



Urgent Care Centre at Roscommon University Hospital

Attendees at the Minor Injuries Study Day held in Roscommon University Hospital.

There have been significant changes and developments at Roscommon University Hospital since the reconfiguration of services there in 2011.

An Urgent Care Centre is now in place at the hospital which is comprised of a:

Minor Injuries Unit

Medical Assessment Unit

Medical Day Services

Rapid Access Out-patient Clinic for urgent GP referrals.

Minor Injuries Unit

From registration to discharge the average length of stay for patients in the Minor Injuries Unit for 2015 was 57 minutes and the number of patients using the service is continuing to grow. There is a dedicated Minor Injuries Registrar on site Monday to Friday from 10am to 6pm.

An Advanced Nurse Practitioner Candidate (ANPc) is nearing the completion of her Master's programme and the aim is to have three ANPs dedicated to the Minor Injuries Unit. They will have on-going clinical

interaction with the Emergency Department in UHG to ensure continuous education, clinical supervision and governance.

Nursing staff have completed X-Ray prescribing courses, medication prescribing courses and suturing courses to ensure that patient needs are appropriately met and their care is streamlined.

At the end of 2015, the CNM 1 Elisa Bridgeman and ANPc Maggie Mew organised an ANP lead Minor Injuries Study Day for nurses and doctors working in Minor Injuries Departments within the Saolta Group. The event was attended by representatives from across the Group and offered an excellent opportunity to share knowledge and experience..

Continued on page 14

CONTENTS

CEO update

Update from the Women's and Children's Directorate

Feature Hospital - Roscommon University Hospital

Healthy Ireland Update

In Other News...

NEXT ISSUE JUNE 2016

The next feature Hospital: Portiuncula University Hospital

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

Welcome to the first edition of 2016 of the Saolta University Health Care Group Newsletter.

In this month's issue, we feature Roscommon University Hospital and highlight some of the developments and initiatives taking place there, particularly since the establishment of the Urgent Care Centre at the hospital. This edition also provides a detailed update on the Group's progress in implementing the Healthy Ireland initiative.

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

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

We hope you enjoy this newsletter.

Kind regards

Saolta Newsletter Team
newsletter@saolta.ie



Table of Contents

| | |
|---|----|
| Chief Executive Officer | 3 |
| Group Chief Financial Officer | 5 |
| Group Director Human Resources | 7 |
| Group Director of Nursing and Midwifery | 9 |
| Women's & Children's Directorate News | 13 |
| Feature - Roscommon University Hospital | 16 |
| General News | 21 |
| Healthy Ireland update | 27 |

Follow us online



www.saolta.ie



LinkedIn



[@saoltagroup](https://twitter.com/saoltagroup)



ResearchGate

Recent Tweets

Mar 2016 • 14 days so far...

TWEET HIGHLIGHTS

Top Tweet earned 1,544 impressions

'Out the Other Side: Stories of Breast Cancer Survival' exhibition at UHG until 4th April. bit.ly/1RzCscY
pic.twitter.com/pbMdsVIYgZ



123 0 0

[View Tweet activity](#)

[View all Tweet activity](#)

Top media Tweet earned 1,096 impressions

Patricia and Michael [@DaffodilDay](https://twitter.com/DaffodilDay) University Hospital Galway [@IrishCancerSoc](https://twitter.com/IrishCancerSoc) [@HSElive](https://twitter.com/HSElive)
pic.twitter.com/tekPISdUBI



123 5 0

[View Tweet activity](#)

[View all Tweet activity](#)



By: Saolta (@saoltagroup)

Group Chief Executive Officer

Welcome to Issue 26 of our Group's newsletter. You will be aware that I recently wrote to you as part of an on-going commitment to communicating frequently with all staff regarding developments in the Group. The Newsletter is now up and running for almost four years and has gone from strength to strength. I would encourage you to read it when you get some down time as it does give a snapshot of what is going on in the Group in terms of developments, challenges and successes throughout the year.

New Appointments

Since our last edition we have recruited two Clinical Directors. Dr Ethel Ryan has been appointed Clinical Director for the Women's and Children's Directorate and Dr. Kevin Clarkson has been appointed Clinical Director for the Peri-operative Directorate. I wish them both well in their new roles and I am confident that they will both contribute positively to the Group. We now have all our Clinical Director posts filled. This is very important as we make a focused effort in 2016 towards Group integration.

Mr Tony O'Gorman has also recently been appointed as temporary Head of Corporate Development for the Group taking over from Ms Fiona McHugh who has moved to her new post as temporary Assistant General Manager at Mayo University Hospital. I wish them well in their new positions. I would also like to take this opportunity to acknowledge and thank Fiona for her contribution towards the development of the Group over the past four years.

Operational Plan 2016

The Operational Plan 2016 is available on the Group's website and again I would encourage you to read it. The Plan outlines the key objectives for the Group this year, along with the financial budget, target patient activity figures and key performance indicators. It is evident from reading the plan that the Group is extremely busy when you analyse the numbers seen in inpatient, outpatient and day case attendances. In overall terms the Group see approximately one million patients a year. This is sometimes overlooked when we see the media attention focused on our waiting list and ED performances. It is important for us to acknowledge the work that is done, while always trying to achieve improvements in the waiting list and ED targets.

One of the main goals of the Group in 2016 is to develop a Group-wide Clinical Strategy for Patient Services for the next five years and beyond. This is extremely important to ensure we all know the direction we are going and allows for the development of specific specialty strategies within the overall Group framework. Supporting this will be the development of the corporate functions such as IT,



Maurice Power
Group Chief Executive Officer

Finance and HR.

This work will be led by our Chief Clinical Director, Dr Pat Nash and he will keep you informed throughout the year on its progress.

Group IT

We all know that one of the key enabling factors to allow a group of hospitals to integrate fully is up-to-date integrated IT systems. This applies both to clinical services and non clinical services such as Finance and HR.

Nationally there has been significant underfunding of IT for a number of years, but there is now some progress being made with the appointment of Richard Corbridge, HSE Chief Information Officer, which is a positive step by the HSE to progress IT developments .

I am pleased to say that we have agreed with Richard to recruit a Group IT Director in the coming months to oversee the IT function within the Group, including the many exciting but challenging IT Projects the Group will be commencing.

Services Issues and Developments

We are still experiencing pressures in our Emergency Departments, but there has been an improvement this year with a thirty per cent reduction on trolley waits compared to the same period last year. This is good news, particularly as the numbers attending ED have gone up by eight per cent. However, I am fully aware that we have many challenges ahead in all of our hospitals. I know there has been a huge amount of work undertaken on all sites with the help and cooperation of all staff in the hospitals and the community. I would also like to acknowledge the contribution of Ms Anne Keating of the HSE Special Delivery Unit since she joined the Group. We still need to build better Emergency Department infrastructure –in this context, UHG is the main priority and we continue to push for this nationally. Other Emergency Departments including Mayo University Hospital and Sligo University Hospital will also need to be progressed in the near future.

Group Chief Operating Officer

This is the first Group Newsletter of 2016 and my first contribution as Chief Operating Officer. In this update I hope to give you a sense of the activity underway and progress being made on targets and initiatives across all the hospitals in the Saolta Group.

Activity in the first months of the year overall is up on this time last year and in particular in all our Emergency Departments. The significant increases in ED attendances have translated to a five per-cent increase in admissions across the Group. The Group continues to follow the new System Wide Escalation Framework agreed by the National ED Taskforce in December. Measures are in place across all the hospital sites to deal with the increase ED attendances and they include additional bed capacity, the transfer of appropriate patients to community care settings, working closely with community health teams, communication with GPs to ensure patients are referred to ED only where appropriate, extra ward rounds and postponement of non-urgent elective procedures. While there are reductions in the numbers of patients awaiting admission in our EDs when compared to 2015, regrettably patients are still experiencing long waits in some cases. I would like to acknowledge the efforts of staff in relation to seeing and treating patients attending the ED and I appreciate that it can be extremely challenging.

Additional beds have opened across the hospitals in the last number of months and the final 13 beds are expected to open in UHG by the end of March. This brings to 59 the total number of escalation beds that have been put in place across the Group over the last number of months.

In relation to scheduled care, work is on-going across the hospitals in the Group to implement plans to meet waiting list targets for inpatients/ day-cases, outpatients and scopes, primarily focusing on 18 month and 15 month

On the capital front we will be opening the new Endoscopy Unit in Roscommon University Hospital in the coming months. This will be great news for Roscommon and will allow the hospital to work very closely with the neighbouring hospitals in integrating both scoping and surgery work.

Schwartz Rounds

In the last week the first Schwartz Round took place in UHG. Jean Kelly, Group Director of Nursing and Midwifery will outline in more detail the concept behind the Schwartz Rounds and the outcome of the first meeting. From what I have heard, the meeting was a huge success and a very positive event for all staff who participated. I am delighted to support this initiative and intend to develop this throughout the Group.

Maurice Power

Group Chief Executive Officer
Saolta University Health Care Group



Ann Cosgrove
Group Chief Operations Officer

targets and the timelines specific for scopes. We have significant challenges due to the number of patients on our waiting lists for a number of specialities and this varies across the hospital sites.

A number of significant infrastructural projects have opened recently in our hospitals including the CF Unit in Mayo University Hospital and the Medical Academies in Sligo and Mayo University Hospitals. The new Academy at Letterkenny University Hospital is almost complete. Work is continuing on the new 75 bed ward block development at UHG and it is due for completion at the end of this year, with equipping and commissioning to take place in the first quarter of 2017. We are currently recruiting staff for the new endoscopy unit at Roscommon University Hospital which is expected to become operational shortly.

I look forward to working with you and meeting many of you over the coming months.

Anne Cosgrove

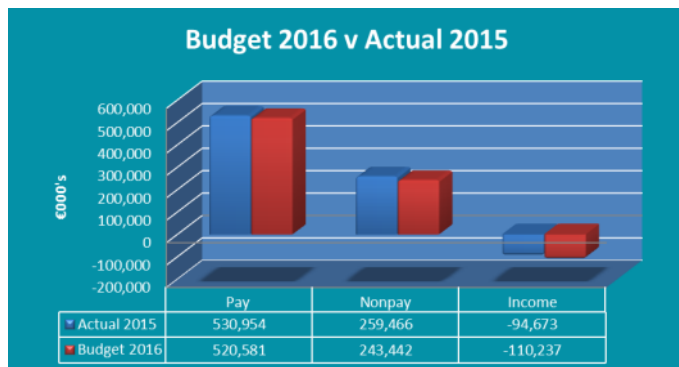
Group COO
Saolta University Health Care Group

Group Chief Financial Officer

Budget 2016

The Saolta University Health Care Group received a budget of €653.8m for 2016. The graph below shows a breakdown of the budget compared to our actual expenditure in 2015.

Pay



Following a recent performance meeting with the National Team it was clear that there will be a strong focus in reducing pay in 2016. A reduction in spend on overtime and agency will be critical in delivering overall pay reductions necessary to stay within our budget.

Non-pay

The requirement for 2016 is to significantly reduce the level of expenditure particularly in the areas where the Group have discretionary control and we will be working with National Procurement to achieve savings that will not impact on patient services.

Income

This year we received an additional income challenge of €16m. In order to meet this challenge we must address the issue of private patients being captured at admissions, timely completion of claim forms, non insured debt management and a review of our processing in admission and patient accounts. A proactive approach to maximising income and strong debt management will be favourably received at a national level in terms of the allocated budget.

ABF UPDATE

2016 is the year when we are migrating from the historic block-budget approach to a model of 'Activity Based Funding' (ABF) for public hospital care covering inpatients and day-cases. A national envelope of funding has been determined based on the exchequer budget.



Inpatient and day case care is being purchased using price and volume, with transition adjustments. The remaining activity such as emergency care and out-patients will remain in the block allocation.

The overarching management approach to ABF within a hospital should be to deliver "efficiency within the financial cap". The Irish health system operates with a financial cap so ABF cannot fund unlimited increases in volume. What it can do, and is doing, commencing in 2016, is reward those hospitals which clearly have unit costs below the national average.

ABF involves a 'revenue' stream being offered to each Group /Hospital for specified inpatient and day-case activity, together with a block grant for other work. The combined total can be referred to as the budget, but with a very different underlying construction - if the specified work is not delivered, the ABF revenue will not be paid. We recognise that we will have to work with exceptions to this principle - for example a serious outbreak in a hospital might prevent them from delivering work; however the core principle is being established.

Groups/Hospitals are free to deliver increased volume through efficiency, within their financial cap. This will improve their unit cost. In subsequent years we plan to create an incentive fund to purchase additional activity from the most efficient hospitals. In 2016 this option is not available to us.

ICT

The Saolta Group, working with Richard Corbridge, HSE CIO, will be appointing a Group Director of IT (to be advertised in March 2016), who will have responsibility for implementing the Group ICT strategy together with ensuring the rollout of applications that are prioritised nationally.

The Group has identified a number of key projects that need to be pursued such as Group PAS/EPR. This will require significant resources to implement and we will be working with the HSE Chief Information Officer and the National Acute Division in relation to this in 2016.

The Lab Servers at Galway will be replaced at the end of February (a risk issue) and the system will eventually be replaced by a National Lab system across the Hospital Group in 2018.

We have entered in contract finalisation on the Electronic Document and Records Management system and are working with the preferred vendor. This will take another few weeks due to the complexity and scale of the project.

GUH/MUH have been identified Phase I sites for a new Medical Oncology Clinical Information System and that is expected to commence for us in early 2017. We are currently assessing OPD self registration systems and expect to have a preferred vendor identified shortly. This will allow patients to self-register at OPD clinics thereby reducing queues. Robust electronic communication between the Saolta Group through Letterkenny University Hospital and Altnagelvin Hospital is being developed as our patients from North Donegal will be getting Radiotherapy treatment in Altnagelvin.

We are currently working with national ICT to address the GUH network outage problems which took place in March 2015. The Group, through national ICT capital, will have to prioritise and invest considerably in infrastructure including telephony systems and we are working through that at the moment.

Tony Baynes

Acting Group Chief Financial Officer
Saolta University Health Care Group

Group Director of Human Resources

I would like to take the opportunity to update you on the work that has been undertaken to provide development opportunities for Clerical Officer staff across the Saolta Group. As I outlined in previous newsletter updates to you, over the last year we have developed a training and development programme for our Clerical Officer staff and the first group completed this course late last year. As part of this course, participants were required to undertake a project relevant to their area of work. The projects presented were all of the highest standard and spanned the services provided by the Group. I believe there is significant learning for the Group as a whole and we hope to establish a forum whereby the learning from these projects can be shared across the Group.

The Galway and Letterkenny programmes took place late last year, while the Sligo programme was held in February this year. It is planned to rollout this training programme across the remainder of the Group over the course of 2016. Shadowing, self-directed learning, managing conflict, understanding clients' needs, two-way communication, dealing with unsatisfied customers, time management, team dynamics, managing meetings, effective minute taking, personal resilience, assertiveness skills and project work are all part of the programme. Each of these skills will assist staff, not just in their current role but will also help them prepare for promotional opportunities that may arise in the future. To give a flavour of the work undertaken, I have highlighted some of the projects below:

Catherine Casey – Nursing Administration, University Hospital Galway

Catherine looked at the existing monthly absenteeism report for nursing staff which is provided to the Director of Nursing each month.

The aim of the project was to improve the way this information is displayed to the Director of Nursing and Catherine created a bar-graph visual to present the information in a format that was easier to use and identified trends more clearly, therefore assisting in managing absenteeism.

Amy Moran – HIPE Department, Portiuncula University Hospital

Amy undertook an evaluation of the accuracy of details in the patient discharge summary for HIPE. The aim of the project was to evaluate the patient discharge letter from the medical consultant and to identify any additional diagnoses that could have been recorded on the letter. In turn, this would show if the additional diagnoses would change the ARDRG of the hospital stay for the patient. This also would then make a difference to the funding that is received by the hospital via Activity Based Funding (ABF).



John Shaughnessy
Group Director of Human Resources

Antoinette Nolan Barrett, Admissions Department, University Hospital Galway

Antoinette developed a project plan to prioritise the admission of children for surgery and ensure that they are taken to theatre as quickly as possible. This involved designating one registration desk at specific times for children only and ensuring that the admission team had details of the children due to register on a given day to ensure they are admitted quickly. Findings to date have indicated a reduction in the length of time children wait to be admitted to hospital for their surgery.

Emma Croke – Patient Accounts Department, University Hospital Galway

Emma developed an information leaflet which is provided to patients from non-EU countries on their admission to hospital. The leaflet relates to the payment of their bills, particularly in relation to health insurance claims. The leaflet has greatly assisted in the payment by insurance companies of claims submitted by non-EU patients.

Anne Martyn – Urology Department, University Hospital Galway

Anne undertook a project in the Rapid Access Prostate/Urology Department in UHG. Anne developed a multidisciplinary communications timetable which has been introduced in the Department. The project has greatly benefited the operation of the Rapid Access Prostate / Urology outpatient clinic service for University Hospital Galway.

Louise Melia – Human Resources Department University Hospital Galway

Louise undertook a project to cost absenteeism in the Saolta Group. This initiative assists managers in determining the scale of absenteeism in their department and provides useful information for managers in their efforts to manage absenteeism.

Pat Scully – Call Centre Office, Merlin Park University Hospital

Pat undertook a project in the Outpatient's Department. The aim of this work was to ensure that all clinics were operating full to capacity and that those patients waiting longest were seen in available appointment times. The project has resulted in improved clinic attendance and reduced the number of patients who do not attend for their appointment.

Roisin Rodgers – Management Office, Merlin Park University Hospital

Roisin's project looked at developing an online booking system for the transfer of patients by ambulance within Merlin Park University Hospital. This online booking system enables the transport supervisor to plan and organise transfers of patients within Merlin Park University Hospital, and reduces 'immediate' requests, while prioritises those patient transfers which are most urgent.

Suzanne Flynn – Medical Records Department - University Hospital Galway

Suzanne developed a staff information pack and training manual for both managers and staff in the Medical Records Department at UHG. The pack provides managers with all the necessary documentation that needs to be completed in advance of a new staff member joining the team. The staff pack provides new team members with an introduction to the various systems and processes in use in the department as well as important contact details and a site map.

I would like to congratulate each of the participants on the courses undertaken to date and urge Clerical Officers across the Group to speak to their manager and consider applying for this programme when it next becomes available at their hospital.

John Shaughnessy

Group Director of Human Resources
Saolta University Health Care Group

Group Director of Nursing and Midwifery

This is the first issue of the Saolta Group newsletter for 2016 and already we have a number of exciting projects up and running.

In January I attended the End of Life Facilitated Workshop held in Sligo. This Workshop was made possible by the Irish Hospice Foundation. All hospitals in the Saolta Group were represented and the aim of the Workshop was to develop a job description for a Group End of Life Co-ordinator.

The Workshop was facilitated by Tessa O'Connell, Managing Partner of Brand-Edge, a business consultancy company. At the Workshop, we reached agreement in relation to the role and impact of the appointment of an EOL Co-ordinator and we also identified interim actions to support improvements in End of Life Care in each hospital in the Group. It was really exciting and uplifting to hear the commitment and enthusiasm of all the participants.

We also recently received findings of the evaluation of



End Of Life Workshop Participants

the concept testing phase of the Caring Behaviours Assurance System Ireland (CBAS-I). The evaluation was carried out by Anne McCarthy, Research Officer NMPDU. The aim was to assess the impact of the introduction of CBAS-I as perceived by staff across the Saolta Group. The results indicated that the programme content was received positively in the ward. The tools of 'caring walks', 'practice observations' and 'patient interviews' were very useful to staff. Staff noted that CBAS-I contributed to a change in behaviours in caring attitudes towards one another and patients. There was an increased feeling of self-worth amongst the quality champions and it empowered participants to influence change within themselves and within their wards. As with all projects there were challenges highlighted such as limited progress with action plans, communication about CBAS-I and engagement of all ward staff. These issues will be addressed in future CBAS-I training manuals. One staff member's feedback in the evaluation, which



Jean Kelly
A/Group Director of Nursing & Midwifery

particularly resonated with me noted,

'There are many initiatives, but to be honest it's the most basic one there is, there are two words – caring behaviours and if we aren't doing that, there is no point in us being in a hospital'

We look forward to the roll out of this initiative to all hospitals within Saolta Group over the coming months.

I also recently attended the Florence Nightingale Foundation's Leaders for Compassionate Care Programme Network Dinner. This Programme was a two day residential event held in Athlone. The Foundation, on behalf of the HSE and the National Leadership and Innovation Centre for Nursing and Midwifery, provided a programme grounded in and designed around compassion. This was specifically targeted at Clinical Nurse and Midwifery Managers (CNMII). The main aim of the programme was to provide space for the managers to explore how they could further improve the quality of care within a variety of settings and how this could be transferred into the practical element of leadership within their teams. Decisions were reached by experiential and collaborative learning drawing from four domains of leadership practice:

- An understanding of context.
- The introduction of technical competence and expertise.
- Personal development through coaching and action learning.
- Relational development which is an understanding of effective communication, using self and networking.

The programme provided the Directors of Nursing with an opportunity to meet the CNMIs and to listen to their concerns and their desire for compassionate care for all patients. It was a privilege to meet everyone and it was a very uplifting evening.

Both the CBAS-I program and the Leaders for Compassionate Care Programme will work well together in building on our current values of safer, better quality care and will have a positive effect on our patient's experience.

February saw our first session of the Schwartz Rounds. This structured meeting provided an opportunity for staff from all disciplines across the organisation to reflect on the emotional aspect of their work. Commenting on the event, Dr Sean Dineen noted "As a Group we are excited about the opportunity to introduce Schwartz Rounds in Galway. We see it as a forum for engaging staff in discussions about that which motivated many of us to work in hospitals in the first place - providing compassionate care to our patients".

The Schwartz Round Team consists of Catherine Anne Field – Lecturer, Discipline of Health Promotion, NUI Galway and Schwartz Round Facilitator, Irene Maguire - Senior Physiotherapist, GUH and Schwartz Round Facilitator, myself as Chief Director of Nursing and Midwifery, Dr Sean Dineen – Head of School Medicine, NUI Galway and Consultant Endocrinologist GUH, Siobhán Murphy, Administrator, Chief Academic Office, GUH and Olive Gallagher, Patient Advice and Liaison Service Coordinator, GUH.

Our first session was very well attended with over 100 staff present from all specialities and services.

I am very pleased to announce that following a visit from NMBI they are recommending the approval of Christine Sheehan as Advanced Nurse Practitioner in Critical Care Outreach. Congratulations to Cathryn Lee and her team, without their vision and efforts this would not have happened. This is another national first for the Saolta Group.

Congratulations also to Sligo University Hospital and their 'Slán project which received an award at the Irish Healthcare Centre Awards 2016 in the 'Healthcare Building of the Year' category.

Finally, congratulations to Pauline Ferry, Staff Midwife in LUH who received third place in the 2016 British Journal of Midwifery Awards in the Neonatal Wellbeing category for her clinical audit of the care provided to babies of women with diabetes.



Jean Kelly
A/Group Director of Nursing & Midwifery
Saolta University Health Care Group



The Women’s and Children’s Directorate

Photo L-R Ms Joanne Higgins, Ms Sheila McCrorie and Ms Anne-Marie Grealish (absent from the photo is Dr Katharine Astbury)

Gynaecology Oncology Quality and Audit Day

Staff from UHG attended the National Cancer Control Programme’s inaugural Gynaecology Oncology Quality and Audit Day on 4th December last at Farmleigh House in the Phoenix Park, Dublin. Dr. Michael O’Leary, Consultant

Obstetrician and Gynaecologist at UHG and Chair of the Surgical Gynaecology Oncology Leads Group, presented a paper on developments in surgical gynaecology oncology.

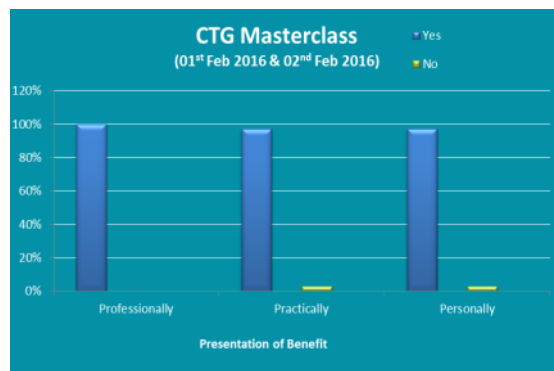
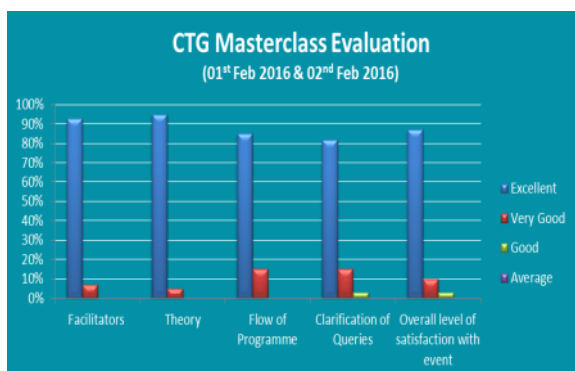
CTG Masterclass for the Saolta Group

A CTG Masterclass was recently held on the 1st and 2nd of February. The facilitator for the class was Dr Edwin Chandrabaran, Consultant Obstetrician and Lead for Labour Ward in St George’s Hospital, London. Funding for this programme was received from the Nursing and Midwifery Planning and Development Unit, Galway.

The Masterclass saw issues discussed such as understanding fetal heart rate control and pathophysiology and the session also included understanding the limitations of CTG, physiology of fetal oxygenation and pathophysiology of CTG. There was also a practical element which included an interactive review of cases. On day two participants reviewed a deeper understanding of intrapartum hypoxia and the wider clinical picture.

The session also included rational use of clinical guidelines on CTG, CTG monitoring in high risk labour and understanding the types of intrapartum hypoxia in interpreting CTG. The interactive element included a discussion on presented cases.

The learning event was well attended with approximately 70 staff including Midwives, Obstetricians and NCHDs from all five maternity sites in the Saolta Group. The feedback was very positive and participants commented on the “wonderful up to date research” while others stated in their feedback that staff would benefit from the class being “mandatory for all disciplines”.



Annual Clinical Report 2014

The Women's and Children's Directorate Annual Clinical Report for 2014 has been published.

The first Annual Clinical Report published by University Hospital Galway was in 2002. In 2013, the West / North West Hospital Group was formed and that year's Annual Clinical Report included contributions from Letterkenny, Sligo, Mayo and Portlinculla Hospitals, as well as University Hospital Galway.



The 2014 report is the second report which includes contributions from all five maternity units. Staff across the Saolta Group contribute to the Report, which has been co-ordinated by Gemma Manning, Quality and Safety Coordinator, since 2007. This year Gemma was assisted by Niamh Thornbury, Directorate Support Manager.

Dr Geraldine Gaffney, former Clinical Director, noted in the foreword, "This report serves as a credit to all those who work within the Directorate".

Study of Neonatal Temperature on Admission

Studies have shown that low temperature on admission to the Neonatal Intensive Care Unit (NICU) is associated with increased morbidity and mortality in neonates.

Various measures were in place in the UHG NICU to prevent low temperatures, such as providing the babies with tiny hats knitted by volunteers, however it was felt that further improvements could be made in this area - for example, ensuring the theatre door remain closed and the purchase of wall thermometers and a blanket-warmer. With the help of the Saolta Group on "Prevention of Hypothermia", Ms Jean James, Registered Advanced Nurse Practitioner, Neonatology on NICU in UHG and Ms Deirdre Naughton, Clinical Skills Facilitator, Maternity Department, UHG, developed a guideline with

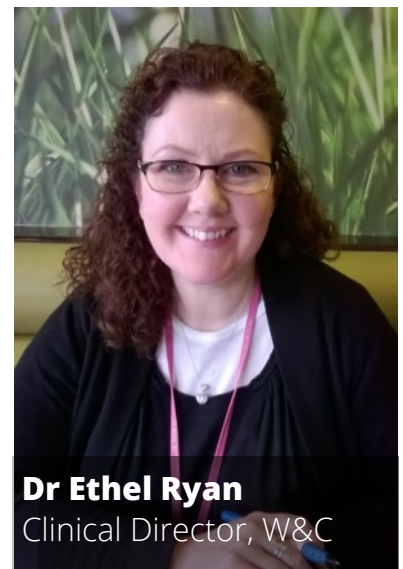
a view to reducing the number of babies with low temperatures. The temperature of infants admitted to the NICU in UHG is audited each month. The work undertaken has resulted in all babies admitted to the NICU in January this year having a temperature of 36.5°C or over. It's the first time in years that this has happened. Congratulations and thanks to Jean James and Deirdre Naughton and to the teams in St. Angela's Ward, the Gynae theatre, St. Catherine's Ward and the Delivery Suite for their on-going work on this

Appointment of New Clinical Director

Dr Ethel Ryan, Consultant Paediatrician and Neonatologist at UHG, has been appointed as the new Clinical Director for the Women's and Children's Directorate. Dr Ryan is a native of the midlands and received her undergraduate training at UCD. She completed her neonatal fellowship in Melbourne, Australia, and an MSc in Clinical Education through the University of Edinburgh.

Dr Ryan has a special interest in infant feeding issues, growth and development and lung issues. Her MSc focused on simulation teaching and training in neonatology and paediatrics. She is also a clinical lecturer at NUI Galway and a member of the National PEWS (Perinatal Early Warning System) Steering Group.

Ms Deirdre Naughton, Clinical Skills Facilitator, Maternity Department UHG developed a guideline with a view to reducing the number of babies with low temperatures. The temperature of infants admitted to the NICU in UHG is audited each month. The work undertaken has resulted in all babies admitted to the NICU in January this year having a temperature of 36.5° Celsius or over. It's the first time in a number of years that this has happened. We acknowledge Jean James and Deirdre Naughton and the teams in St. Angela's Ward, the Gynae theatre, St. Catherine's Ward and the Delivery Suite for their on-going work on this.

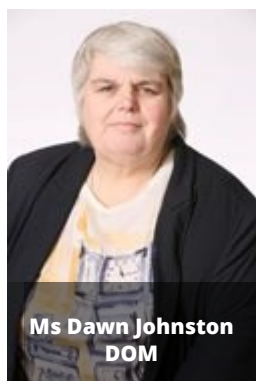


Dr Ethel Ryan
Clinical Director, W&C

Other News From Women's and Children's Directorate

New Appointment to Nursing and Midwifery Board

Ms Dawn Johnston, Group Director of Midwifery has been appointed to the Nursing and Midwifery Board of Ireland by Minister Leo Varadkar TD. She will represent the Directors of Nursing/Midwifery on the Board.



he appointment is for a period of five years and requires a commitment of two to three days per month.



Award for UHG Nurse

Jane Grosvenor was recently presented with first prize for her poster on neonatal skin-care at the National Neonatal Study Day in Croke Park. It was the first time in 10 years that the prize was awarded to a staff member from outside one of the Dublin Hospitals. Jane has also had her research "Skin injury prevention in an Irish neonatal unit: An action research study" published in the Journal of Neonatal Nursing (2016).

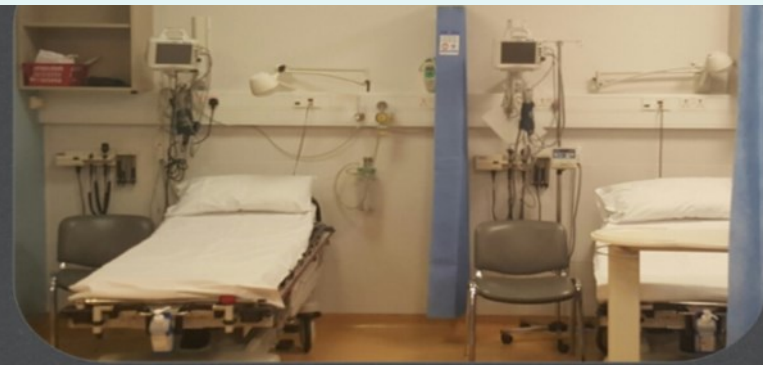
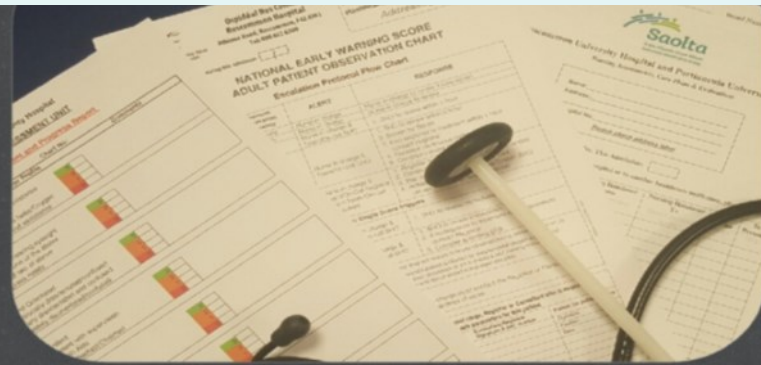


Pictured from left to right is Karen Vickers (Abbvie), Neil Power (Abbvie), Jane Grosvenor (NICU Staff Nurse, UHG) and Bridget Boyd (ADOM, Coombe Women's Hospital,

Associate Clinical Directors

Dr Una Conway, Consultant Obstetrician and Gynaecologist, UHG, and Dr Eddie Aboud, Consultant Obstetrician and Gynaecologist, LUH have taken on the roles of Associate Clinical Director for UHG and Interim Associate Clinical Director for LUH respectively. We wish them well in their new roles.

Feature Hospital— Roscommon University Hospital



Welcome to Roscommon Hospital
Medical Assessment Unit & Urgent Care Centre

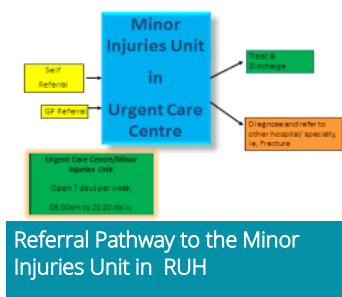
Treating Minor Injuries in Roscommon University Hospital

The Minor Injuries Unit at Roscommon University Hospital is a facility for walk in, self-referral or GP referrals and is located in the Urgent Care Centre in the hospital.

The Minor Injuries Unit is open 7 days a week from 8am to 8pm daily.

Adults and children of five years and over who present with the following conditions can be treated in the Unit:

- Suspected broken bones in legs from knees to toes
- Suspected broken bones in arms from collar bone to finger tips
- All sprains and strains
- Facial injuries including oral and nasal injuries
- Minor Scalds and burns
- Wounds, bites, cuts, grazes and scalp lacerations
- Small abscesses and boils
- Splinters and fish hooks
- Foreign bodies in eye/ears/nose
- Minor chest injures
- Minor head injuries (must be fully conscious and had no loss of consciousness or vomiting after head injury)
- Road traffic accident – delayed presentations only
- Change of Indwelling Urinary Cather (Adults only)
- P.E.G. tube re-insertion (Adults only)
- Dislocated shoulders (Adults only)

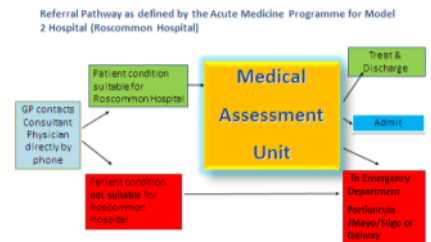


Diagnostics and treatments are available as a day case

Medical Assessment Unit

The Medical Assessment Unit (MAU) is a four-bed unit where patients are referred via their GP to a Consultant for medical assessment. This unit is Consultant-led and has strict acceptance criteria.

Normal assessment takes four hours and during this time the patient has a full medical assessment, including by a consultant with a decision then taken to discharge home or admit the patient. Patients have access to diagnostics, laboratory, radiology, cardiac investigations and day procedures. GPs can refer patients to the Medical Assessment Unit from 9am to 5pm daily, Monday to Friday by contacting the unit at 090 662 6200 and speaking directly to the Consultant Physician on call.



Medical Day Services

Medical Day Services at Roscommon University Hospital are open Monday to Friday between 9 am and 5pm. Patients can be referred to Medical Day Services by any Consultant in the Saolta Group. The aim of the Medical Day Services is to provide patients with diagnostics or treatments on a day case basis.

Medical Day Services

Aim is to prevent and reduce unnecessary hospital admissions for diagnostics and infusions.

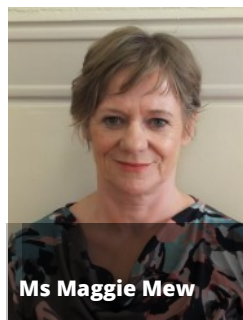
- Haemochromatosis Clinic
- Hydrocortisone Day Curve
- Fine Needle Aspirate
- Overnight Water Deprivation Test
- Oral Glucose tolerance test
- TRT Test
- Synacthen Test
- Dexamethasone Suppression Test
- Intratec (Flebogamma)
- Oncology pre-chemo phlebotomy
- Xolair Injection
- Removal of chemotherapy pumps
- Xometa Infusion
- PICC/Hickman line maintenance
- Venofler/Cosmofer injections
- Rapid Access Clinics

Rapid Access Medical Out-Patient Clinic

Open Monday to Friday 9 am to 5pm
This is a weekly scheduled clinic for urgent out-patient GP referrals, who need to be seen with 4 weeks.

First Advanced Nurse Practitioner- Minor Injuries in Roscommon University Hospital

Maggie Mew is the first Advanced Nurse Practitioner candidate for Minor Injuries in Roscommon University Hospital. The role of the Registered Advanced Nurse Practitioner Emergency (RANP-E) will encompass the holistic treatment of patients over five years of age who attend Roscommon University Hospital with non-life, non-limb threatening injuries. The RANP-E is responsible and accountable for their own clinical case load within an agreed scope of practice and governance in collaboration with other health care professionals. They are guided and supported by evidence based policies, procedures, protocols and guidelines. The key responsibilities in this role encompass autonomous and expert practice, professional and clinical leadership and research and audit.



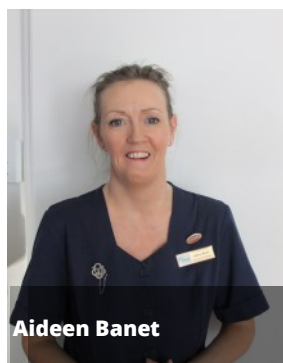
The overall purpose of the RANP-E service is the provision of safe quality care to patients attending the Minor Injuries Unit at Roscommon University Hospital. This will be achieved through expert assessment, diagnosis, treatment and discharge or transfer of patients by the RANP-E. The policies, protocols and guidelines for practice, support the specific management of a wide range of conditions appropriate for treatment in the Minor Injuries Unit. Clinical practice guidelines form the basis for the scope of practice for the RANP-E role and will be reviewed yearly and updated to reflect new research findings. Additionally the RANP-E personal portfolio document demonstrates the range of skills and competencies achieved through continuous professional development.

A Quantitative Exploration of HealthCare Assistants Perceptions of Patient Safety and Incident Reporting in the Acute Hospital Setting

Aideen Banet, is a Clinical Nurse Manager II on St Bridget's ward at Roscommon University Hospital. St Bridget's ward is a 32 bed ward divided into 17 five day in-patient beds and 15 day surgery beds.

Recently Aideen successfully completed a Master of Science (M.Sc.) in Health Services Management in the University of Dublin, Trinity College. She was sponsored to undertake the Masters by Nursing Midwifery Planning and Development Unit (NMPDU).

As part of the Masters programme Aideen undertook a quantitative study to explore Healthcare Assistants' (HCA) perceptions of patient safety and their involvement in incident reporting in six acute hospitals in the Saolta Group. The study was conducted using a modified version of the Hospital Survey on Patient Safety Culture questionnaire (HSOPSC) developed by the Agency for Healthcare Research and Quality.



The findings highlighted previously identified barriers to incident reporting.

This study is an important and distinctive one as it is the first study exploring patient safety and incident reporting by HCAs in the acute Irish hospital setting. Findings provide HCA's, nurses and nurse managers' with insight into the safety culture and reporting culture that exists in the acute hospital setting.

If you would like more information on this study, please contact Aideen Banet e-mail: Aideen.banet@hse.ie

Diabetic Podiatry at Roscommon University Hospital

Catriona Rourke is the Diabetic Podiatrist in Roscommon University Hospital and her appointment is in line with the National Clinical Programme for Diabetes. The service provided focuses specifically on the Diabetic Foot Care Model. Caitriona works with the multidisciplinary team at the hospital to treat diabetic foot problems and aims to avoid complications patients may suffer as a result of their diabetes..



- Checking foot and nail care and giving advice and educating patients on their care
- Treating corns and calluses, which if left untreated can cause skin breakdown leading to ulceration
- Assessing patients biomechanics and also assessing the need for specialised footwear and/or orthotics
- Working as part of the multidisciplinary team treating diabetic foot ulcerations carrying out sharp debridement if required, putting together a wound management plan for the patient, and providing offloading modalities for the wound or affected foot
- Raising awareness and educating patients about the diabetic foot, including informing and engaging with other health care professionals and GPs

The service provided at Roscommon University Hospital includes:

- Examining feet for changes due to diabetes
- Carrying out neurological and vascular examinations on the foot

The Diabetic Foot Clinic is based in the Urgent Care Centre in Roscommon University Hospital.

Clinical Nurse Specialists' Perceptions and Experiences of their Role in Respiratory Care

Noreen Fallon, RN MSc Nursing (Adult Respiratory Care) is the CNM II in the Medical Day Services/ Outpatients Department at Roscommon University Hospital and has recently conducted a research study around "Respiratory Clinical Nurse Specialists' Perceptions and Experiences of their Role in Respiratory Care." The study was conducted in five hospital sites across the Republic of Ireland . The study ranged from Model 2 to Model 4 hospitals and included academic teaching hospitals. The methodology used to conduct the study was a broad qualitative, descriptive approach with semi-structured interviews which explored the perceptions and experiences of ten Respiratory Clinical Nurse Specialists in their role in respiratory care. The data was then analysed using Newell and Burnard's (2011) Data Analysis Framework.

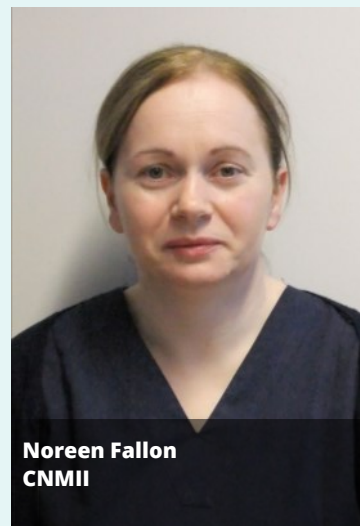
The findings were presented under three themes;

- The multidimensional role of the Respiratory Clinical Nurse Specialist
- Interacting and collaborating
- Advancing the role.

The study concluded that Respiratory Clinical Nurse Specialists perceive and experience their role as

multidimensional in nature. RCNSs are involved in many activities in their day to day clinical practice which span the hospital/ community interface. They are active in the roles of clinical expertise, advocate, educator, collaborator, consultant and health promoter.

This research study is currently being prepared for submission to the Journal of Clinical Nursing for publication. Noreen Fallon can be contacted at noreen.fallon2@hse.ie



Design and Dignity Projects – Improvements to End of Life Care at Roscommon University Hospital

Roscommon University Hospital is a member of the Irish Hospice Foundation (IHF) Hospice Friendly Programme since 2014 and works to ensure that the hospice principles and practices are in place across the hospital.

The hospital ensures that the end of life symbol is in use on wards and encourages both clinical and non clinical staff to attend the *Final Journeys* course.

RUH has received exceptional support from the Mayo-Roscommon Hospice Foundation which has allowed the hospital improve the ward environment for palliative care patients and their families.

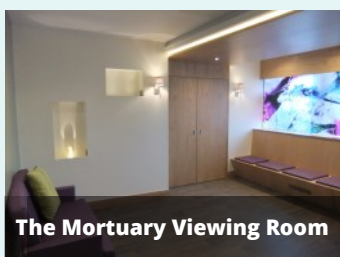
In 2015 RUH received funding from the Design and Dignity grant scheme to upgrade the Mortuary Viewing Room and to provide a Relatives Room at the hospital. The Design and Dignity grants scheme is operated and co-funded by the Irish Hospice Foundation and the HSE and it provides financial support together with design expertise to hospitals to improve interior and exterior spaces, therefore improving end of life care for patients and their families. Colour, lighting, artwork, acoustics, fabrics, furnishings, structural materials and planting are all part of the larger mosaic of end-of-life care which help lessen stress and loneliness and make the unbearable as graceful as possible.

The Mortuary Viewing Room

Roscommon Hospital sees the patient’s relative as an extension of the patient and this room now provides a space that is respectful and comfortable for relatives.

It allows relatives to have personal space and dignity during this very difficult time in their lives. For the bereaved, it provides a suitable, quiet and private environment to spend time with the deceased away from a busy ward environment.

This room evokes a sense of reverence and respect for life, death and bereavement.



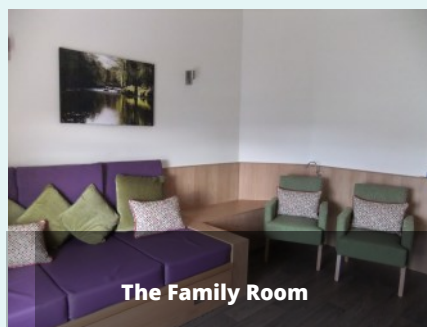
The Mortuary Viewing Room

The Family Room

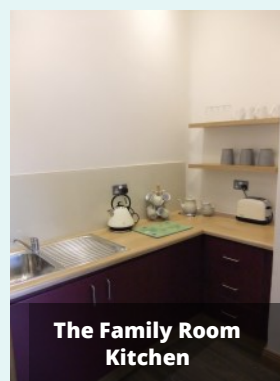
Providing this room for patients relatives allows them to stay close by the patient in comfortable surroundings. The family room can accommodate up to eight people

comfortably and provides a space that is respectful and comfortable for relatives.

The room is flexible for both day and night time use and is located close to the wards. It includes a pull out bed, seating and dining area as well as a kitchenette and en-suite shower facilities.



The Family Room



The Family Room Kitchen



An Update on CBAS-I

Caring Behaviours Assurance System Ireland (CBAS-I) was concept tested in nine wards within four hospitals across the Saolta Group during the summer of 2015.

What is it?

It is a system for enabling and assuring the delivery of person-centred care from point of care to Executive Board.

Where did it come from?

It was adapted from the original CBAS programme to underpin the framework of the National Standards for Safer Better Healthcare, (HIQA, 2012), and the HSE Corporate Plan 2015-2017.

What does it do for patients, staff, and healthcare teams?

CBAS-I puts a patient-centred culture back in the hands of the healthcare team.

It addresses 'caring for patients and caring for staff' in equal measure and believes that when staff are looked after effectively their ability to care for their patients in a caring and compassionate manner is enhanced.

Multidisciplinary team approach

CBAS-I is synergistic and contributes and supports other initiatives such as: The Productive Ward, Leading in Uncertain Times, Nursing and Midwifery Quality Care Metrics and Leaders for Compassionate Care.

How does it do this?

- Good practice is recognised, highlighted and celebrated
- Staff identify areas of practice and service provision that need addressing and collaboratively agree action
- Action is taken which reflects a steady incremental improvement in quality standards and clinical outcomes
- Staff at all levels of the organisation engage about quality issues

The Urgent Care Centre (UCC) in Roscommon University Hospital is one of the nine wards which implemented Caring Behaviours Assurance System-Ireland. According to one of the quality champions from the UCC, CBAS-I was a great driver to 'get things done', and an opportunity to 'lead from the floor'. Working together as a multidisciplinary team offered a unique opportunity for the team to get to know each other and to promote change. It also helped the team to comply with the National Standards for Safer Better Healthcare (HIQA, 2012) by becoming involved in quality improvement initiatives within their centre.



L-R Ms Eliza Bridgeman, CNM1; Ms Mary Farrell, Clinical Placement Co-Ordinator; Ms Ursula Morgan, ADoN; Ms Madeline Spelman, Senior Dietician

CBAS-I gave the team a platform to assess the changes that needed to be made within their department, to involve all members of staff, and to iron out the real issues that influenced their day-to-day work. It heightened their awareness of issues in their department that they may have not noticed before and issues that needed to be addressed.

Since the introduction of CBAS-I, the Urgent Care Centre has got new signage and changed the access route to the department. They have made numerous changes to their filing systems which have ensured a greater degree of confidentiality for both patients and service users. Patient comment cards are now being provided to patients and staff to facilitate comments and suggestions.

At an individual level, some quality champions reported that the CBAS-I programme helped to improve their confidence as exemplified by the following comment: 'I personally felt that CBAS had a very positive effect on me, I feel I can lack confidence and undervalue myself at times. I found I regained my confidence greatly; I learned how to express my own opinions on things and not go along with opinions I did not agree with just to be nice, I also learned that people value and respected my opinion'.

The caring-for-self aspect of the CBAS-I programme was described in very positive terms by another quality champion, who said: 'I found the building personal resilience element of the CBAS-I training using the HeartMath Skills for personal effectiveness very well presented and very worthwhile. It provided me with new tools and insights which I now utilise both at work and in other areas of life. I continued to practice and refine the techniques in enhancing personal resilience'.

LUH Staff Nurse Receives Award for Neonatal Well-being

Ms Pauline Ferry, Staff Midwife LUH has received third place in the 2016 British Journal of Midwifery Awards in the category Neonatal Well-Being, for her clinical audit on Care to Babies of Women with Diabetes. Pauline carried out this audit in 2014/15. As a result of the audit findings, Pauline devised and implemented an action plan. Since the audit these babies are no longer routinely admitted to the neonatal unit but remain with their mothers on the post-natal ward as per best evidence.

The award ceremony was held in Manchester on February 8th. The BJM Awards have become a prestigious and important part of the midwifery calendar in recognition of

outstanding achievements in midwifery practice. Every year, the awards recognise and celebrate hard-working individuals and teams in the midwifery profession. In excess of 120 entries were received this year.



**Ms Pauline Ferry,
Staff Midwife, LUH**

GUH Respiratory Staff Provide Health Check-in for World COPD Day

To celebrate World COPD Day the Respiratory Nurse Specialists, Physiotherapists and Physiologists from GUH hosted a 'Health Check-in' for members of the public in Croí House, Moyola Lane, Galway. The event was in conjunction with COPD charity COPD Support Ireland, who ran a nationwide campaign encouraging people to 'Save your Breath' and come along to their public events held in cities and towns around the country. Over 50 patients were screened for COPD in Galway and the CNSs and Physiotherapists provided education and advice on COPD, smoking cessation, nutrition and inhalers.



COPD, or Chronic Obstructive Pulmonary Disease, is estimated to affect 380,000 people across Ireland, and 102 people died of the disease in Galway alone in 2014.

Niki Byrne Respiratory CNS noted, "COPD is a progressive illness and can be life-threatening. Depending on its severity, it can affect people in many ways in their daily lives and for some can mean significant difficulty with simple physical activities such as crossing a room, climbing a stairs or carrying out household chores. Hosting 'check-in' days raises awareness of COPD and allows the public who have concerns about their breathing to come along and get the advice they need."

This campaign is about encouraging people to quite literally, save their breath, and take action now to protect their future health and quality of life. Early diagnosis means that people can begin to manage their condition much more effectively and help to reduce the severity of the disease.

This campaign was kindly supported by A. Menarini, Boehringer Ingelheim, GSK and Novartis.





Participants and faculty LYIT Saturday 23rd January 2016

DCRA Teaching Course Rated Best by Final Year Medical Students

Donegal Clinical Research Academy recently hosted over 100 final year medical students from across the country in Letterkenny Institute of Technology for a one day educational course in Emergency Surgery. Mr Michael Sugrue led a faculty of seven, including Professor Ronan Cahill-UCD, Mr Ronan Waldron-Castlebar, Dr Alexandrino-Coimbra-University Portugal. The local faculty included Dr Chris Steele, Dr Patrick O Keffe, Mr Muiyiwa Aremu and Mr Obai Elzamzami. The course was supported by NUI Galway.

The meeting, first held last year in Letterkenny University Hospital, has a unique educational style with short

lectures and case discussions. The student course is a modified version of the award winning postgraduate course which was designed in Letterkenny University Hospital in 2012. This course is now world standard in teaching surgeons in emergency surgery. It has been taught in six countries and is led from the Donegal Research Academy base in Letterkenny University Hospital.

Over 80% of the final medical students rated the course as the best educational experience in the five to six years they had spent studying medicine.

Letterkenny University Hospital is also leading an international drive to improve care and outcomes in emergency surgery. It will host the first World Summit on Performance Quality and Outcomes in Donegal in July 2016. The Summit, which is being convened by Mr Michael Sugrue will bring over 40 world leaders in surgery to Ireland.

New €1.4m Cystic Fibrosis Day Care Centre at Mayo University

A new day care centre for patients with Cystic Fibrosis (CF) was recently officially opened by An Taoiseach, Enda Kenny TD at Mayo University Hospital. The new centre provides dedicated facilities for all of the regular out-patient and day care needs of children and young people with CF in the greater Mayo area.

The CF day care centre was built through a partnership between the Mayo University Hospital/HSE and charitable funding and other support provided by Cystic Fibrosis Ireland (the national CF patient group) and CF West (a regionally based CF hospital build fund).

The new centre includes consulting rooms with a state of the art air filtration system that will significantly reduce the risk of cross infection, which is a major challenge in all CF centres. The total project cost was €1.4million of which €800,000 was provided by CF West /Cystic Fibrosis Ireland and €600,000 was provided by the HSE/Mayo University Hospital and the National Lottery.

Commenting at the event to mark the official opening, Charlie Meehan, General Manager, Mayo University Hospital said, "This is a significant development for CF services in the greater Mayo area. The Cystic Fibrosis team at Mayo University Hospital are first-class and this

new facility will enable them to continue to deliver high quality care in state of the art clinical facilities. This would not have been possible without the significant support provided by Cystic Fibrosis Ireland and CF West for the development of this centre".



Dr Michael O Neill, Consultant Paediatrician and lead of the CF team at MUH added, "This new centre will increase the life expectancy and improve the quality of life of the many CF patients in Mayo. It provides two specialist patient areas, treatment facilities, an education laboratory, conference and support facilities all integrated into the main hospital's infrastructure".

Mayo Medical Academy Officially Opened at MUH

An Taoiseach Enda Kenny TD officially launched the Mayo Medical Academy, a NUI Galway partnership with Saolta University Health Care Group and Mayo University Hospital for the training of doctors. The Academy is housed in a purpose-designed facility located in the former chapel on the grounds of Mayo University Hospital.

This is a major investment by NUI Galway into clinical training in Mayo, one of a series of proposed medical academies in the West/North West region.

The new Mayo Medical Academy allows doctors of the future to fine tune their clinical skills under the watchful eyes of tutors and lecturers covering all medical specialties. 60 students per semester from third, fourth and final medical years rotate through Mayo for one year clinical training. The co-location of the Academy with the hospital is deliberate as it allows students to attend didactic teaching in the Academy and also bedside teaching in the hospital.

Commenting at the official opening, Professor Kevin Barry, Consultant Surgeon and Dean of Medical Education said, "Mayo University Hospital has always had very close links with third level institutions, particularly NUI Galway and GMIT. The development of this Academy means that Mayo University Hospital will become part of an officially recognised teaching network. Providing students with a positive and rich experience within our



This building, which is strategically located across from the main public entrance to Mayo University Hospital, has been sensitively restored into a multipurpose teaching facility, which is destined to become the subject of much favourable architectural comment in the future.

As the original building was subject to a historic preservation order, all aspects of the church were carefully retained during the heritage restoration project which began in February 2015. The design team consisted of Taylor Architects, Castlebar, Co. Mayo and the work was undertaken by Mayo based construction firm Mountain View Securities. The entire project was funded by NUI Galway at a cost in the region of €2.2 million. The final result comprises a stunning and innovative architectural design, combining the best of old and new. The building encompasses many features that facilitate a flexible approach to teaching and the various spaces within the building are designed to accommodate different student group sizes simultaneously.



acute hospitals will enable Mayo University Hospital and the wider Saolta Group attract and retain first-class consultant and non-consultant hospital doctors".

Mayo Medical Academy is housed within the boundaries of a previous Catholic Church. The original structure was built at a cost of £3,400 in the early 20th century and was used for religious purposes during the period 1902 to 2010.

Minister for Health Opens Sligo Medical Academy

The Minister for Health, Dr Leo Varadkar TD recently officially launched the Sligo Medical Academy. This is an NUI Galway partnership with Saolta University Health Care Group and Sligo University Hospital for the training of doctors. The Academy is housed in a purpose-designed facility located within the premises of Sligo University Hospital.

The Academy represents a major investment by NUI Galway into clinical training in Sligo and is one of a series of proposed medical academies in the West/North West region. Similar facilities at Mayo and Letterkenny University Hospitals have also been developed.

Speaking at the official opening, Minister Varadkar said: "This new Academy is a win-win for medical students, patients, and the north west region. It broadens the training available to medical undergraduates in the region, improves quality of care for patients, and should also help to attract and retain more medical staff in the west and northwest. I congratulate all of those involved in



developing the Sligo Medical Academy and look forward to their future plans."

Medical Education and Clinical Delivery

The new medical academy will allow doctors of the future to fine tune their clinical skills under the watchful eyes of 11 part time tutors/lecturers covering all medical

specialties. 60 students per semester from 3rd, 4th and final medical years rotate through Sligo for one year clinical training. Sligo University Hospital provides student with excellent exposure to a wide variety of specialities. From January 2016 onwards, the Sligo Medical Academy and Sligo University Hospital will also be welcoming student as part of the School's new Junior Internship programme called ijuMP (Intern Junior Mentoring Programme). The School of Medicine promotes the development of its graduates to a level of excellence in preparedness for clinical practice, allowing them to

function as a competent doctor in a changing, complex and demanding working environment.

Final year medical students will, from January be working on the wards as part of a team and functioning as junior interns. They will be supported by supervising consultants and will work closely with current interns to learn everything about the clinical environment first hand.

Commenting, Gráinne McCann, General Manager of Sligo University Hospital said: "The opening of this Academy is a welcome development here at Sligo University Hospital as it builds on our links with our academic and research partners. This facility will enhance the hospital's reputation and contribute over time to even higher standards of patient care in all of our clinical departments. The further integration of medical education and clinical delivery will



support the recruitment and retention of the highest quality medical staff to our hospital and the region".

Sligo Medical Academy Building

The €2 million euro state of the art facility will include a lecture theatre, clinical skills laboratory, tutorial rooms, mock consultation rooms, tutor offices, and study spaces for the students. The new landmark development is located at levels 7 and 8 above the existing Library.

Dr Geraldine McCarthy, Dean of Medical Education in Sligo added, "Sligo Medical Academy is an exciting development for undergraduate medical students in the North West. It is a state of the art facility, with lecture theatre, clinical skills lab and small group teaching rooms for 60 NUI Galway students from 3rd year 4th year and final year. The academy has been running since 2009 with 10 part time Clinical Tutors and it is wonderful to now have a purpose built facility to meet the medical students' training needs. It represents a significant investment by NUI Galway in Sligo University Hospital to train our future doctors".

Symposium Demonstrates MUH Commitment to Quality and Patient Safety

Mayo University Hospital hosted its 2nd Annual Quality and Patient Safety Symposium at St Mary's Hall, GMIT Castlebar. The event was attended by over 120 delegates representing a diverse group of people committed to patient care from management, medical and allied health professions, support staff, and patient advocacy groups.

Speakers at the Symposium included Dr Philip Crowley National, Director, Quality Improvement Division, Ms Maureen Flynn, Director of Nursing and Midwifery, Quality Improvement Division, Dr Simon Western, Adjunct Professor, UCD and CEO Analytic-Network Coaching, Stephen McMahon, Director Irish Patients Association and Ciara Kirke, Clinical Lead, National Medication Safety Programme.



Dr Philip Crowley,
National Director, Quality Improvement Division

There were two key themes echoed throughout the day by all speakers. The first theme involved re-imagining health care that it is truly patient centred. Dr Crowley conceded that the system is currently limited in its ability to determine actual quality of patient care. By reviewing the service user's experience, many items of improvement can be identified that can lead to a more positive interaction with the system and therefore greater satisfaction with the care being given. Many of the speakers also spoke of the need to engage in a more meaningful way with patients. Change is required to remember service users are not just 'bodies with a diagnosis' or 'cogs in a wheel'. Ms Flynn spoke of 'humanizing' care such that patients are involved in the governing process and their own self management. She also asked health care workers to reflect on what lessons can be learned from patients and to consider how any action directly impacts the person. Stephen McMahon advocated for respect and compassion in human relations, also adding that communication and teamwork are essential to supporting patient's needs and gaining trust and confidence.

The second theme focused on the importance of valuing front line staff and providing them opportunities to fulfil their potential. Dr Simon Western, introduced

the concept of Eco- Leadership in which the power to influence change and progression is shifted throughout the organisation. Workers at all levels have the ability to lead change as well as having a greater responsibility to deal with the consequences of their actions. This is a system which can build success, provide more rigorous planning, and also allow greater learning from failures. Both Dr Crowley and Ms Flynn emphasized the importance of 'freeing the front line'. These workers hold the key to enabling patients to manage their own



health as their experience and hands-on presence is essential to direct health care changes and quality improvement projects. An excellent example of a process driven model to address patient and staff concerns was described in the presentation by MUH's Emergency Department team on CBAS – Caring Behaviours Assurance System. Significant changes have taken place in the ED as a result of this process including improved facilities for both patients and staff. Senior ED nurse, Ken Figgis, spoke honestly regarding the benefits and difficulties of the CBAS process but emphasized his gratitude for the opportunity to become actively involved in addressing change. Demonstrating the respect and value for an organisation's worker improves the staff experience and consequently results in better care for patients. This theme resonated very strongly amongst the hospital staff present as several projects highlighted at the symposium demonstrated the work product and job satisfaction that can be gained from taking an active role in leading quality improvement projects.

Presentations delivered at the event highlighted significant clinical improvements included:

Orthopaedics 3-day Fast Track Program by Dr Derek Bennett and the multidisciplinary orthopaedic team, Francis Power (CNM), Elaine Williams (Physiotherapy), and Denise Carthy (Occupational Therapy), Antimicrobial Stewardship by Marie Ronan and Rose Cafferkey, both Senior Clinical Pharmacists at MUH Cystic Fibrosis Unit by Dr Michael O'Neill (Consultant Paediatrician and Associate Clinical Director for Women's Health and Children, MUH) CBAS in ED at MUH by Ethne Kelly (CNM), Ken Figgis (ED Nurse), and Dr Jason Horan (Consultant in ED).



Symposium Demonstrates MUH Commitment to Quality and Patient Safety

At the Symposium, the MUH Quality and Patient Safety Activist Teams presented on their work around three themes: promoting patient centred care; reducing waiting times and improving communication.

Catherine Donohoe, Director of Nursing and Midwifery at MUH championed the idea of working with health care partners Allergan, Baxter and Hollister, with the purpose of introducing industrial processes to improve quality and safety in the hospital environment.

The first group are currently introducing a hospital wide name badge that aims to get back to basics by improving clarity in communications at the point of first contact with the service user.

The second group will launch their pilot project in Dr Lavin's medical clinic with the aim of patients been seen within thirty minutes of their scheduled appointment time.

The third group demonstrated improved effective interdisciplinary communication after piloting an integrated record on a medical ward.

Many staff have commented on the benefits of this

The symposium included a gallery of posters demonstrating 21 quality and patient safety projects which have been completed in the hospital over the last year. Many of these initiatives were a direct response to dealing with actual incidents or potential risks identified in practice. Projects included tips on fall prevention, improvements in infection control practices, addressing patient safety in clinical handovers and improving work practices in pressure ulcer prevention, paediatric triage, and diabetes management.



Mr Paul O'Grady and Ms Caroline Conway

The key message from this symposium centred on recognizing the value in people. In doing so, a future health system will respect both service users and staff and will consequently provide greater quality, safety and satisfaction for both. Evidence of improvement initiatives are underway that demonstrate MUH is committed to this strategy. The programme has undoubtedly generated ideas for proceeding with the quality agenda including greater patient focus in the year to come.



Mr Stephen McMahon
Irish Patients Association

partnership as they have generated several actions points to improve day-to-day work processes, communications and quality improvement planning. This also provided a significant opportunity for staff across the organisation to become actively involved in large scale patient impact projects.

Healthy Ireland Implementation — The First Year

What is Healthy Ireland (HI)? Healthy Ireland is a national framework for action to improve the health and wellbeing of our country over the coming generation. It was published on March 28th 2013, and sets out four central goals for our health and wellbeing with clear routes and strategies to achieve these goals, in which all people and all parts of our society can participate.

How important is Healthy Ireland to the health services? The HSE Corporate Plan 2015-2017 has identified 'Promoting health and wellbeing as part of everything we do so that people will be healthier' as its number one goal.

Healthy Ireland in the Saolta Group - The Saolta University Health Care Group is the first hospital group to develop a Healthy Ireland (HI) Implementation Plan in response to the Healthy Ireland Framework 2013-2025. The plan was launched on October 9th 2014 by the Saolta Group, together with An Taoiseach and Dr Stephanie O'Keefe, HSE National Director of Health and Wellbeing. The plan for the Group provides an opportunity to increase the health and wellbeing of our service users and also for the organisation to be a leader in creating a culture of health. The plan has the support of the Saolta Group's Executive Council and the Board of Directors. A steering group has been in operation for HI since July 2014. In January 2015 the Saolta Healthy Ireland Implementation Group convened. The Group met on six occasions during the year and aimed to deliver actions from the Saolta HI plan. Following an extensive review process, a number of actions were undertaken in all hospitals while local implementation groups delivered actions that were site specific.

The Team - The HI team is made up of representatives from the Saolta Group, HSE Health Promotion West, Public Health, NUI Galway and a number of other partners. In particular it is supported by John Shaughnessy, Jean Kelly, Ann Cosgrove and Maurice Power at executive level. It is also supported by Janet Gaynor and the team from Health Promotion West. Across all the sites, the General Managers and their teams work to implement the Healthy Ireland objectives and these include, Mary Kelly, Anne Drake, Peter Byrne and Sean Murphy in Letterkenny University Hospital. Pauline Kent, Avril Kelly, Marion Ryder and Grainne McCann in Sligo University Hospital. Martina Vaughan and Elaine Prendergast in Roscommon University Hospital. Laura McHugh, Lorna Quinn, Lucy Dowling and Chris Kane in Galway University Hospitals. Charlie Meehan and Fiona McHugh in Mayo University Hospital and Maire Kelly and James Keane in Portlinculla University Hospital. Pamela Normoyle also works closely on the project in Roscommon University Hospital and GUH.

2015 Highlights

Governance and policy - In 2015, the Implementation Committee was formed, developed and expanded. On-going steering group meetings have taken place and local implementation groups and subgroups have been **formed**. **Actions** were identified, finalised and delivered, while a review was undertaken to map resources, HI activity levels and HIQA health and wellbeing standards. Healthy Ireland is now included at staff induction and updates feature regularly in the Group's newsletter.

Reporting and evaluation - KPIs have been developed for HI actions and local committees report into the HI Implementation Group. The Executive leads report into Group Executive Council and the Saolta Board.

Partnerships - A Smarter Travel Charter was signed by the Group CEO and a student programme was developed in association with NUI Galway, AIT and Health Promotion West. There is on-going collaboration with Health Promotion West on the development and delivery of calorie posting, stress control and motivational interviewing programmes. There is also a sharing of resources with the RCSI Hospital Group and the National Health and Wellbeing Division. The HSE's Department of Public Health has provided county health profiles for all hospitals within the Saolta Group.

Initiatives: - A number of subgroups have formed and are working on improving uptake of the flu vaccine, developing a health and wellbeing training plan for staff and developing and implementing calorie posting. Smarter travel surveys have been undertaken at all hospitals, while Operation Transformation physical activity initiatives were offered to staff. A pilot BMI recording study was undertaken at Sligo University Hospital. Smoking cessation programmes have been delivered and brief intervention training has been offered to staff. A number of screening programmes are on-going as are employee support services. Breastfeeding initiatives also continue across the Group. The progression of the vending policy implementation also continues.

2016 Plans

Maintaining the actions delivered in 2015 is the first objective for the HI implementation teams in 2016. There will also be a focus on developing and delivering a number of initiatives. These include:

Stress control - The development of a 'train the trainers' programme to enable staff to 'become their own therapist'

Flu vaccine - A commitment to increasing uptake of the flu vaccine to protect patients and staff

Health and wellbeing training plan - Completion of the plan is a target, which will offer staff a comprehensive directory of staff health and wellbeing services, training opportunities and resources for patients

Calorie posting and vending policies - The calorie posting initiative was a great success last year on a variety of levels. Groups will continue to meet to implement calorie posting for lunch items in 2016. The Group will progress plans to ensure all vending machines comply with the HSE healthy vending policy whereby the ratio of items in a machine will measure 60:40 (i.e. 60% 'better choice' items vs. 40% 'other choice' items).

BMI pilot programmes - Pilot projects to look at recording BMI details will be undertaken in each hospital with a view to expanding this across the Group

Research - In association with NUI Galway and the Group, we will aim to develop a research platform for Healthy Ireland

Communication - The Implementation Group will provide updates on progress and initiatives in the Saolta Newsletter and is developing a calendar for health and wellbeing events for 2016.

Calorie Posting — Pre-Implementation Survey



Saolta University Health Care Group became the first hospital group in Ireland to successfully implement the HSE calorie posting policy on its breakfast menus in 2015. A pre-implementation survey was developed and collated by NUI Galway Health Promotion student Ashling Jennings across the Group to establish the views of service users. The results suggest strong support for calorie posting in all hospitals.

There were a total of 531 responses with four out of five responses provided by females which is representative of the Group's demographic. The survey suggests that calorie posting could have a positive influence on purchasing decisions leading to healthier meal choices. The majority of respondents (83%) were aware of calorie posting on menus. (Fig.1).

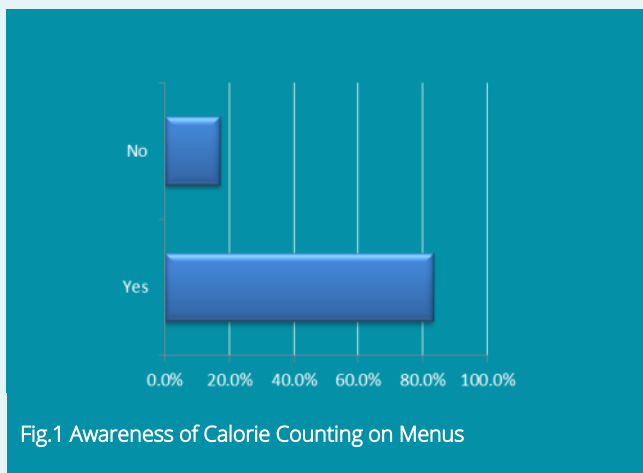


Fig.1 Awareness of Calorie Counting on Menus

Almost 90% of staff would like to see calorie information on restaurant menu boards (Fig.2), with 60% of respondents saying it would have a 'definite' or 'very probable' effect on their purchasing decision (Fig.3).

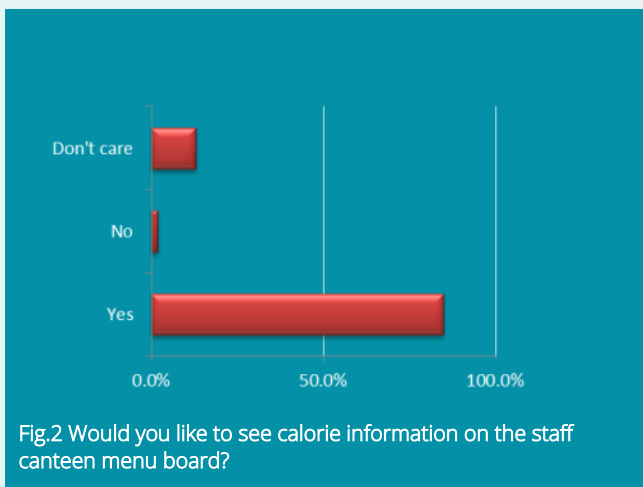


Fig.2 Would you like to see calorie information on the staff canteen menu board?

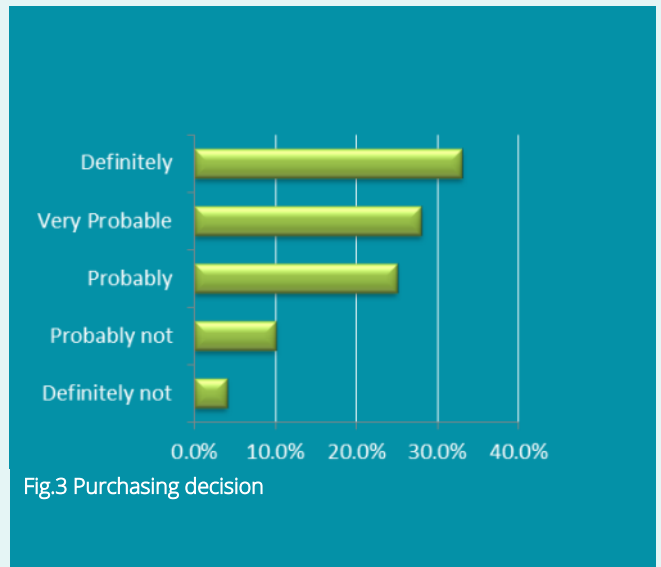


Fig.3 Purchasing decision

One of the most important factors reported in making the decision to purchase food was 'Nutritional Information', with 73% of those surveyed selecting it as an 'important' or 'very important' factor (Fig. 4).

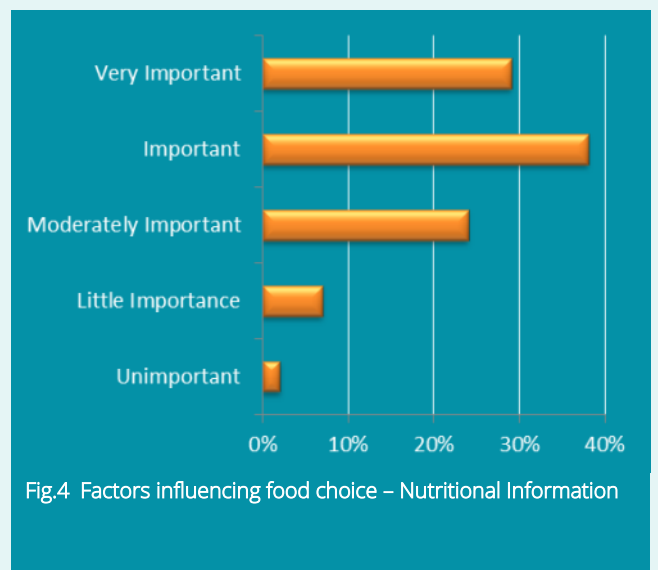


Fig.4 Factors influencing food choice – Nutritional Information

The implementation of the HSE calorie posting policy is an important action from the Saolta Group's Healthy Ireland Implementation Plan 2015-2017 and is a positive step in making the healthier choice the easier choice for service users and staff. Lunch remains the most popular service in staff restaurants with 80% of respondents availing of it regularly. As such the next phase of this project will involve extending calorie posting to lunch menus in all our restaurants. Work has already begun and the initiative will be completed in the coming months. We acknowledge the contribution of all our colleagues in the catering department for their support and assistance in making calorie posting a reality.

For further information on Health Ireland initiatives contact Greg Conlon—Saolta Group Lead Health and Well Being

Saolta Healthy Ireland Implementation at Sligo University Hospital



In May 2015 a local SUH Healthy Ireland implementation multidisciplinary group was established. Individual hospitals identified a number of priority areas that linked with both the Healthy Ireland plan and standards 1.9 and 4.1 of the national HIQA standards. The key objective of the standards that service users are supported in maintaining and improving their own health and well being. In SUH the areas selected for action were:

1. Nutrition
2. Breastfeeding
3. Staff Well Being
4. Tobacco.

Since the Group was established in SUH significant progress has been made on implementing Healthy Ireland.

Actions

Considerable activity took place in the area of nutrition, with baseline audits conducted in all departments regarding the practice of weighing patients. In addition six sit-on scales were purchased for departments in order to ensure that BMI audits can be conducted on inpatients. The calorie posting phase one was launched successfully on 9th December in the canteen for staff.

Improving breastfeeding rates, in particular for patients post section in theatre is an on-going initiative and is a requirement for applying for HPH

baby friendly hospital accreditation.

A very exciting open day took place in main foyer at SUH and involved individual stands providing information on how to stay healthy and well in mind and body. External agencies shared their expertise and staff were appreciative that they took time out of their own work schedule to support the hospital and its staff. The cycle initiative was particularly rewarding and all who signed up completed the task successfully. On-going stress management programmes were offered from the community health promotion department. World COPD Day and World Diabetic Day were also marked and there were information and screening activities for staff and the public provided by hospital Clinical Nurse Specialists. The Sligo University Hospital choir also participated in the Sligo Sings project which was a joyous and enriching experience for all.

The Smoke-free Campus initiative requires on-going support from all staff to advise anyone who smokes on campus that the grounds are smoke free.

Planning for 2016

There are a number of events happening for the first quarter of 2016 and details will be provided to staff. The mindfulness programme for staff has been launched and there will be a renewed focus on the staff smoking cessation programme in addition to the launch of walking and cycling initiatives.



Sligo University Hospital is a Smoke Free site.

Service users expressing their delight that they are no longer exposed to smoke on the hospital grounds.

Help and advice on how to stop smoking is available from:

**SLIGO UNIVERSITY HOSPITAL,
STOP SMOKING SERVICE (071) 917 4548
QUIT FREEPHONE 1800 201 203
FREETEXT QUIT TO 50100
WWW.QUIT.IE
LOCAL SERVICE 1850 200 687**

Saolta Group Cancer Centre Annual Report Published

Professor Kevin Barry, Charlie Meehan, General Manager, Mayo University Hospital; Dr John Killeen; Maurice Power, CEO, Saolta University Health Care Group; An Taoiseach Enda Kenny; Dr Jim Browne, President, NUI Galway and Professor Michael Kerins.

The Saolta University Health Care Group published its 2014 Cancer Centre Annual Report in late December which outlined details of the comprehensive programme of cancer care delivered to people of the West and North West across the hospitals in the Saolta University Health Care Group.

The Annual Report demonstrated the large volume of inpatient, outpatient, and day-case services delivered in hospitals the Saolta Group, across a spectrum of cancer specialties. The numbers of people being seen and treated for cancer across the hospitals delivering cancer services in the Saolta Hospital Group continue to increase significantly. Across the **Group in 2014, there were**

21,379 episodes of inpatient care for cancer patients – this figure refers to both the number of patients treated in hospital for cancer and the number of times they were treated in hospital. There were also increases in the number of patients attending cancer related outpatient clinics across the Group and an increase in the number of patients receiving both chemotherapy and radiotherapy.

GUH Interventional Radiology Broadcast Live Procedures

Galway University Hospitals (GUH), a leader in interventional radiology with a world class service in diagnosing and treating patients from all over Ireland and overseas recently showcased the expertise of the Interventional Radiology Department when they hosted “live cases” for the LINC International Interventional Radiology Conference which took place in Germany. Interventional Radiology is an independent medical specialty providing minimally invasive image-guided diagnosis and treatment of diseases in every organ system. More than 90 cases were performed from 13 international centres worldwide and transmitted real-time online to a wide medical audience using the latest in high definition television and wireless technology. The audience (remotely) had the opportunity to ask questions as the operations occurred.

GUH is the only hospital in Ireland or the UK to be involved in this project, which is one of the biggest meetings of its kind in the world and was viewed live by at almost 4000 doctors on the main screen in Leipzig, Germany plus many thousands more around the world. This is Galway's third year to take part in this Interventional course.

Commenting, Dr Gerry O Sullivan, Consultant Interventional Radiologist at Galway University Hospitals said, “by broadcasting procedures live we were able to share our expertise and experience with a much larger group of doctors internationally.

UHG is one of the leading centres in Europe for acute deep venous thrombosis work and a team of 25 staff, including nurses, radiographers, pathology staff, doctors, porters and administrative staff work in the Interventional Radiology Department. Significant numbers of patients from outside the region travel to Galway for treatment. These procedures are highly advanced using the most cutting edge technology available which results in a much better quality of life for our patients”. LINC is a comprehensive and interventional live course designed to foster



**Front Row: Marie Curley, Dr Ian Davidson, Dr Gerry O'Sullivan, Dr Chris Maharaj, Clare Adams, Irene O'Meara
Front Row: Elaine Larkin, Fiona Gallagher, Noreen Keelan, Grace Kenna (CNMII), Mary Nolan and Louise Brennan**

collaboration between colleagues worldwide and to promote the understanding and development of endovascular therapies that can be incorporated into daily clinical practice. This highlights how technological advancements in medicine are contributing to improving practice through innovative online education and training.

Arts Trust 'Out the Other Side Stories of Breast Cancer Survival'

University Hospital Galway (UHG) is the first to play host to an inspiring exhibition that will be touring Ireland over the coming months, having received national attention earlier last year. 'Out the Other Side: Stories of Breast Cancer Survival' is a collection of individual stories and photographs of Irish women who have survived breast cancer. The exhibition was developed to offer encouragement to other breast cancer survivors and women living with the disease in Ireland. The installation, which has been developed by Roche in partnership with the Marie Keating Foundation, was launched in UHG on the evening of Monday 7th March.

It will be hosted in the Arts Corridor, on the Ground Floor of University Hospital Galway until April 4th 2016.

Pictured at the launch of the 'Out the Other Side: Stories of Breast Cancer Survival' exhibition, at University Hospital Galway, is Liz Yeates, Marie Keating Foundation; Margaret Flannery, Galway University Hospital Arts Trust; Rory Holohan, Roche, & Dr Silvie Blazkova, Consultant Medical Oncologist, University Hospital Galway, Galway.



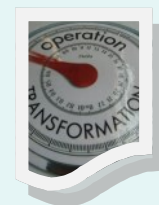
Operation Transformation in the Saolta Group

Staff working in theatre in UHG signed up in great numbers to this year's national health promoting initiative "Operation Transformation" on RTE television.



A group of 56 employees participated in the sharing of health information and details of organized events, including details of twice weekly walks. Copies of the weekly recipes from local supermarkets were made available to all participants and these were distributed on the weigh-in days (Wednesday and Thursday mornings). A weigh-in area for staff in theatre was identified and participants took the opportunity to weigh themselves and have their weight loss recorded. A staff member organised speakers to come on Monday mornings for the first four weeks to give talks on relevant health and well-being issues.

Operation Transformation has now finished at a national level and the overall feedback from staff has been hugely positive, with people acknowledging the value of participating in health promoting events with the support of work colleagues.



A group of staff at Roscommon University Hospital also joined the official Operation Transformation campaign. Up to 15 staff members met every Tuesday and Thursday evening in Roscommon town to undertake a 5km walk. Feedback from staff has been very positive and they feel motivated to continue their health promoting efforts. The numbers involved in the hospital are continuing to grow and efforts are underway to involve the local running group, the Roscommon Harriers.

Over €825,000 Funding for Diabetes in Pregnancy Research in the Saolta Group

The Saolta Hospital Group's Atlantic Diabetes in Pregnancy Service (Atlantic DIP) under the leadership of Professor Fidelma Dunne



Prof Fidelma Dunne

has received over €825,000 in research funding from the Health Research Board (HRB) for clinical and health service research on diabetes before, during and after pregnancy.

As part of this research, work began in February on a trial to establish the effectiveness of metformin as a treatment for gestational diabetes (GDM). The randomized controlled trial is entitled EMERGE: A randomized placebo controlled trial of the effectiveness of Metformin in addition to usual care in the reduction of gestational diabetes mellitus effects. Funding of over €799,900 has been provided by the Health Research Board to conduct this study over a five year period. The research will be conducted through the HRB Clinical Research Facility in conjunction with Professor Martin O Donnell (CRF), Professor Declan Devane (School of Midwifery NUIG), Dr Paddy Gillespie (School of Economics NUIG) and Dr John Newell (CRF). The research aims to evaluate whether the initiation of metformin at the time of GDM diagnosis reduces the need for insulin, and reduces the development of excessive gestational weight gain compared to placebo. It will document the

impact on perinatal outcomes and postpartum maternal glucose. A detailed cost benefit and cost utility analysis will also be conducted.

The second HRB grant was received by Dr Aoife Egan and Professor Dunne under the Knowledge Exchange and Dissemination scheme (KEDS) entitled "High quality pre-pregnancy care is essential for women with diabetes". Funding of €26,000 has been provided and will be used to provide a national seminar for women with diabetes to focus on the benefits of pre-pregnancy care and pregnancy planning. It is also planned to develop and distribute a diet booklet for women with diabetes who are pregnant or planning pregnancy and update the Atlantic DIP website to enable women and professionals to get information easily online. As part of this grant a national meeting of healthcare professionals and women with diabetes will take place to develop a Core Outcome Set (COS) that can be used by all researchers in reporting the benefits of pre-pregnancy care programs.

Finally Professor Fidelma Dunne, who leads the Atlantic Diabetes in Pregnancy Service, is the President-elect of the International Association for the Study of Diabetes in Pregnancy groups (IADPSG) and her four-year term commenced in March this year. The IADPSG group was formed to encourage and facilitate research and advance education in the field of diabetes in pregnancy. The Association aims to facilitate an international approach to enhancing the quality of care for women with diabetes in pregnancy. This appointment acknowledges Professor Dunne's international reputation as a leader in the management of diabetes in pregnancy.

Radiographer of the Year

At the recent Medray and Irish Institute of Radiography and Radiation Therapy (IIRRT) Annual Conference, Sligo University Hospital, Róisín Daly Fowley was named the 2015 Radiographer of the year.

Róisín has been working as radiographer at SUH since July 2006. This award is presented to a radiographer that goes beyond the call of duty to ensure patients receive utmost of special care. It recognises the high quality services provided by radiographers while also recognising their commitment to up-skilling taking into consideration their CPD portfolio.

Radiographers are nominated by a member of the public, a patient or staff.



L/R: Donna Kavanagh, Senior Radiographer, Niamh Manly, PACS Manager, Eileen Kelly, Deputy RSM, Róisín Daly Fowley, Radiographer, Valerie Coggeran, Radiographer, Brendan Lowry, PACS Office.

Important

OÉ Gaillimh
NUI Galway

HRB Health Research Board

HE JIGSAW

Save the Date!

23rd June 2016

National University of Ireland Galway, 10:00 am – 4:00 pm

Strength in numbers: Teaming up to improve the health of young adults with **type 1 diabetes**.



This innovative meeting will involve key stakeholders from Ireland and around the world involved in young adult diabetes care.

The event will be **free to attend** and will be of interest to people using, delivering and planning young adult diabetes services.

More information to follow.
Registration will open in March 2016

#T1DSINs2016



GUH Choral Society Visit MUH and SUH

The GUH Choral Society travelled to Mayo and Sligo University Hospitals on the 21st of December last where they sang for patients, visitors and staff. The initiative took place with the support and assistance of the Saolta Group, the GUH Arts Trust and the management of the three hospitals concerned. As part of their annual events and activities, the choir have tried to encourage other hospitals within the Group to form their own choirs. This would have tremendous benefits for both patients and staff. On the day in question, Community Radio Castlebar was broadcasting live from the foyer of Mayo University Hospital and the choir was delighted to be included in the broadcast. The choir performed in MUH under the guidance of Seamus Leonard, Music Director.

As a Healthy Ireland initiative, singing in a group is highly recommended and is a great feel-good activity.

Research published in the 'Frontiers in Neuroscience' Journal has shown that singing in a choir regulates the activity of the vagus nerve which is linked to emotions and communications with others. Indeed, it was noted that the heart rates of members of a choir rise and fall at the same time.

Anyone interested in joining the choir in their hospital should contact:

GUH: Seamus Leonard, ext 3474.
Email: seamus.leonard@hse.ie

SUH: Ann Hayes, ext 4793.
Email: AnnG.Hayes@hse.ie

If there isn't a choir in your hospital, why not consider starting one? It's great fun and builds on itself over time. If you need assistance in setting one up, Seamus is more than willing to give some assistance and guidance.

Success for SUH at the 2016 Irish Healthcare Awards



The Slán Mortuary Project at Sligo University Hospital was awarded Healthcare Building Project of the Year at the 2016 Irish Healthcare Centre Awards held in the Royal Marine Hotel, Dunlaoghaire.

The Slán Project provides a private and dignified space for bereaved families to spend time with their deceased loved one in an appropriately designed facility. The viewing rooms are refined and dignified with quiet ante-rooms where people may first see their deceased loved one.

At the same event, Sligo University Hospital received the Award for the Healthcare Department Initiative—Cost Saving Measure which was presented to the Ophthalmology Department for their project "Having the right people with the right skills, in the right place at the right time".

The Hospital was also presented with the Health Care Department Initiative Award for a General Hospital for their project—End of Life Care—"Keepsake Quilts for Bereaved Parents".

Both projects were previous winners at the Saolta University Health Care Group Staff Achievement Awards held in November 2015.



Dysphagia and Safer Feeding Training Sessions at Portiuncula University Hospital

A number of education sessions were recently offered by speech and language therapy to all staff in Portiuncula University Hospital working in the area of dysphagia. Dysphagia describes a difficulty eating or drinking and is a consequence of multiple medical aetiologies in the older person. Due to the complexity of the swallowing process, many adverse health conditions can influence swallowing function. Identification of the patient at risk of dysphagia is important from a clinical view point.

These education and training sessions aimed to develop knowledge and awareness of dysphagia and safer feeding practices. The sessions used combined learning techniques, including role-play and case studies, in addition to the formal presentation. Hourly sessions across a two month period were provided.

Nursing, HCA, Allied Health Professionals and Physicians attended the training sessions. Learning outcomes were measured pre and post training using a questionnaire. Areas of greatest learning were noted in identifying populations at risk, signs of aspiration and modifying food and fluids as part of dysphagia management.

These education sessions will continue to be rolled out throughout 2016 in PUH.

Guided Meditation at Portiuncula University Hospital

Portiuncula University Hospital has commenced twice weekly 20 minute sessions of guided meditation for staff, patients and visitors to the hospital. The sessions, which take place on Monday and Thursday afternoons offer participants the opportunity to take some quiet time to become more aware and 'be' rather than 'do'. This guided meditation is currently facilitated by Ms Niamh Brennan, Chaplain, Ms. Caroline Roche, Assistant Staff Officer and Mr. Brendan Harding, Surgical Consultant. It was initiated through the Occupational Health Department by Ms Maeve Barry, CNS.

Feedback from attendees has been very positive. Staff, patients and visitors to the hospital are welcomed to session and no previous experience of meditation is required.

Loss of Our Friends and Colleagues

Prof. Wil Van der Putten (RIP)

Our close friend and colleague, Prof Wil Van Der Putten, passed away recently. Wil worked as Chief Physicist and Head of Department of Medical Physics and Bioengineering at University Hospital Galway which he founded in 1995 until his retirement in February.



Wil has been at the heart of many projects at UHG over the years concerning radiology installations, medical device equipping, and the Phase-2 project that brought radiotherapy to Galway in 2004. Through his role as Radiation Protection Advisor at UHG and at the other Saolta Group hospitals, he was well known within the Diagnostic Imaging community throughout the West and North West as well as the Radiotherapy

group at UHG.

Wil was also Adjunct Professor of Medical Physics at NUI Galway. He founded the MSc course in Medical Physics in 2003 and has shared his wisdom and enthusiasm with well over one hundred MSc students and numerous PhD students since then.

His enthusiasm, energy and creative thinking made an impact on everyone who met him. He was very generous with his time and everyone who worked with him felt the warmth of his personality. He will be greatly missed by all who knew him.

May he rest in peace.

We wish to extend our deepest sympathies to his wife Deirdre, his daughters, Sophie, Marieke and Emma and extended family and friends.

May he rest in peace.

Ms Doreen Farrell (RIP)

Our friend and colleague, Ms. Doreen Farrell lost her battle with cancer and passed away on 30th December 2015. Doreen, who worked in the Finance Department at Portiuncula University Hospital for 35 years, was a very popular member of staff and is deeply missed by all her friends and colleagues. Doreen was very dedicated and committed to her role in the finance department and to the hospital.



She was a gentle soul and an inspiration to us all. Her Month's Mind Mass was held in Portiuncula Hospital Chapel on 29th January 2016, with a huge attendance.

We would like to express our deepest sympathies and condolences to Doreen's husband, Liam, children,

Condolences

Ciara and Conor and her sister, Patricia Kelly (ED, Portiuncula University Hospital) and to her extended family and friends.

May her gentle soul rest in peace.

Our CEO, Mr Maurice Power, on behalf of the Group, and the Board, would also like to extend condolences to the families and friends of Ms Laura Kelly, Student Nurse, University Hospital Galway, Mr Harold O'Meara, Services Department, University Hospital Galway and Ms Syama Saini, Staff Nurse, Out-Patients Department, Sligo University Hospital who all recently passed away.

May they rest in peace.



Saolta University Health Care Group
University Hospital Galway
Newcastle Road
Galway

newsletter@saolta.ie
www.saolta.ie