



# Pioneering: The Importance of Health Research

Health care research can provide important information about disease trends and risk factors, outcomes of treatment or public health interventions, functional abilities, patterns of care, and health care costs and use. When clinical research has been successfully implemented in clinical practice it can answer important questions relevant to practitioners, provide the evidence necessary to underpin practice and improve patient outcomes.

Research has been identified both as an area of significant growth in the Mercy University Hospital (MUH) and as a key component in transforming the Health Service. Participation in clinical research demonstrates the hospital's commitment to improving the quality of care we offer and to making our contribution to the nation's wider health improvement. This also allows clinical staff to stay abreast of the latest treatment possibilities giving patients access to new treatments that they otherwise would not have.

## Collaboration and Development

MUH, utilising the expertise of the HRB Clinical Research Facility UCC, has a unique opportunity to promote the integration of research and education into patient care.

This collaboration will be able to offer a number of significant features to further local research efforts including opportunities for multi-disciplinary approach to health research and the application and translation of research findings directly to patient care, the potential for collaborative funding applications for major research grants and shared infrastructure and resources.

MUH recently established a Research Committee which will guide the strategic development of research and establish governance structures and policies for the conduct of research activities in the hospital. Their knowledge and expertise will also contribute greatly to the culture of enquiry and best practice for health research within the hospital. The committee members include, Dr Kieran O'Connor (Chair), Dr Evelyn Flanagan, Professor Michael O'Riordain, Dr Rónán O'Caoimh, Professor David Kerins, Ms Margaret McKiernan, Ms Maria Connolly, Ms Carol Hunter, Mr Frank O'Riordan, Professor Joe Eustace, Professor Ciara Heavin and Professor Colin Bradley.

In addition to the research committee, Dr Evelyn Flanagan has been appointed as Research Manager of the hospital. Dr

Flanagan in collaboration with the HRB Clinical Research Facility at UCC, supports the development of high quality research and innovation within the hospital. Dr Flanagan takes an organisational-level lead in ensuring the research is conducted and managed to high scientific and ethical standards. This helps to ensure that research is aligned with the hospital's objectives and allows development of research activity.

## International Recognition

Research at MUH is recognised internationally and many MUH staff members are active in the international research arena through publishing in high impact journals, presenting and chairing at international conferences and through membership of editorial boards. To date the research activity includes projects as diverse as bio-photonics, frailty, predictive analytics, microbiome and much more! This research activity has grown through the interest and passion of our staff from all departments within the organisation who want to improve the provision of care. Our vision for the future is to continue to lead practice through research and to continue to produce research with potential to enhance patient care and outcomes.

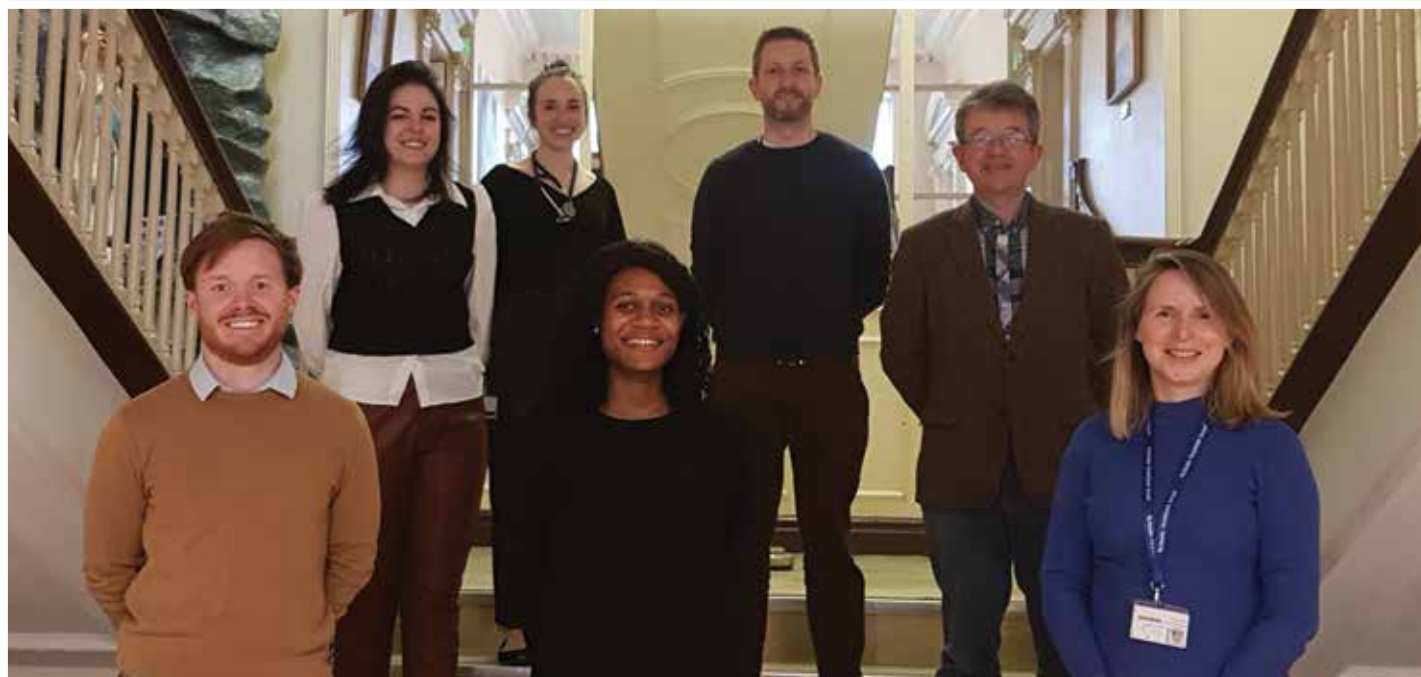
## There is more inside...

- **Meet the Team: Technical Services**
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- **I QUIT**
- **Mercy Moments**
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Dr. Evelyn Flanagan

# Immediacy of the Response



Front (left to right) Aidan Kaar, Dr Mary Nwaezeigwe, Lucy Quinlivan

Back (left to right) Lorraine Nolan, Dr Anne Fennessy, Dr John O'Grady, Dr Martin Buckley (photo taken pre Covid19)

**The Gastro Intestinal (GI) Function Lab at the Mercy University Hospital (MUH) is one of the largest in Europe with a medical director (Dr Martin Buckley), 4 GI Physiologists (Lucy Quinlivan - Chief GI Physiologist, Julie O'Neill and Aidan Kaar - Trainee GI Physiologists and Lorraine Nolan - GI Lab Aide) and a clerical coordinator (Catherine Bennett).**

The lab provides a full array of GI physiology investigations including oesophageal and anorectal function testing, SIBO, Lactose and Fructose intolerance breath testing and Small Bowel Video capsule examinations. The lab also runs an extensive clinical research program.

The Covid-19 pandemic has led to unprecedented change in our healthcare systems. The speciality of gastroenterology within Mercy

University Hospital Cork was faced with the deferral of many routine and surveillance endoscopies as the focus was redirected to urgent care. Stringent restrictions and measures for endoscopy procedures were put in place, which aimed to protect patients and healthcare professionals from uncontrolled exposure. The HSE guidance document for safe endoscopy in pandemic conditions recommended that alternative non-invasive investigations be considered for all non-urgent referrals for endoscopy.

As a response to these restrictions and increasing waiting lists during the first lockdown the GI Lab at the Mercy introduced a new technique to examine the oesophagus, stomach and duodenum – the Upper GI Video capsule examination. During this new procedure the patients merely swallows a small capsule with cameras as both ends. These cameras transmit the images to a screen in the GI Lab or to a recorder that the patient wears.

The entire procedure is performed in the GI lab over an hour and there is no need for hospital beds or patient sedation. The procedure is not aerosol generating.



This technology was rapidly and successfully introduced as an alternative diagnostic tool during the Covid-19 pandemic to help tackle the increasing waiting list for gastroscopy at our unit.

Throughout the pandemic in MUH we have seen that the PillCam UGI achieves excellent views of the upper GI tract. In selective cases it is a safe alternative to gastroscopy and has helped to significantly reduce gastroscopy waiting times. During the third lockdown the GI lab has introduced a Colon video capsule test as an alternative to Colonoscopy.

# “Hospital without Walls” Welcome to the Lee Clinic

**On May 10th, Mercy University Hospital (MUH) transferred its Medical Oncology Day Service – St. Therese’s Ward – from on site at MUH to the Lee Road Clinic.**

In the Covid-19 environment, it was determined that it was no longer feasible to deliver the full day case oncology service from its existing location on the Mercy University Hospital site and a new satellite unit was identified and procured. This service transfer is also in keeping with the recommendations of the National Cancer Control Programme (NCCP) and National Public Health Emergency Team (NPHET) who state that such units should preferably be kept distinct in view of the vulnerability of this patient cohort.

Acute oncology services will continue to be provided in the main hospital by the oncology team in the newly named St. Bernadette’s Oncology ward and elective ambulatory oncology services will be run from the new facility in the Lee Clinic. MUH Consultant Oncologist Dr. Derek Power said that “the location of this facility away from the main hospital, but virtually connected to it, is very concordant with how international oncology services are run”. The Medical Oncology Outpatient Service will also transfer to this site in due course to deliver an integrated model of care which is endorsed by the NCCP.

Mercy University Hospital delivers 29% of all new systemic drug therapies for oncology in the Cork/Kerry public system and it is expected that demand for chemotherapy services will continue to increase due to different treatment regimes. The new state of the art facility includes private treatment spaces with separate triage and isolation units and the increased capacity along with specialised oncology nursing staff and access to the latest drug therapies will benefit patients.

At the opening of the new facility, MUH CEO, Sandra Daly said the opening of St. Therese’s Ward in the Lee Clinic optimises patient safety and patient experience at MUH, “This is the third off site unit commissioned under MUH’s governance in line with the principle of a “hospital without walls”. Ultimately we are here to serve patients in the most compassionate and effective manner possible and this development enables this goal”.

The safe transfer of clinically appropriate activities to this new unit was overseen by a multidisciplinary project team, chaired by Ms Carol Hunter, MUH Operations Director. The Department of Nursing led by Assistant Director of Nursing Majella Cahill and Clinical Nurse Manager II, Valerie O’Sullivan co-ordinated the efficient transfer of the service to the Lee Clinic over a period of days. Sincere gratitude was also expressed to Mr. Mark Kane, Estates Manager, HSE and Mr. Gerry O’Dwyer, CEO of the South/South West Hospital Group for the cross city co-operation that has delivered a unit that will enable Mercy University Hospital to continue the provision and delivery of high-quality health care and service our community deserves.



L-R: MUH Deputy CEO, Maurice Spillane, CEO, Sandra Daly with Consultant Oncologist, Dr. Derek Power



L-R: Assistant Director of Nursing, Majella Cahill with Clinical Nurse Manager II, Valerie O'Mahony



L-R: Catering Officer, Brendan Brosnan with Catering Assistant, Frances Galway



Director of Nursing Margaret McKiernan with the Nursing Team of St. Therese’s Ward

## Thank You – Donation of Coffee Machine



Sincere gratitude to Rob Horgan of Velo Coffee and the Horgan Family for their very thoughtful and much appreciated donation of a Bean to Cup Coffee Machine for the new unit which will be generously maintained by David Doyle (Velo Coffee).

# Meet the Team

## Technical Services Department

***“A most eligible building, the former Mansion House of the City has been secured ...”***  
(Cork Constitution Newspaper - 1857)

These words introduced the people of Cork City to a new hospital for the sick poor – The Mercy Hospital - which opened its doors on March 17th 1857 as a 40 bed hospital. Starting with a building that was completed in 1767, over the next 16 decades, in the pioneering spirit of Mercy, the Hospital developed, grew and extended its services in response to the need of the people it serves. Today, Mercy University occupies 16 acres of the City landscape and ensuring the maintenance of all facilities and utility services across the entirety of this site, in accordance with local requirements, relevant health technical memoranda and national and international best practice and, continuing the pioneering development of MUH is the responsibility of the **Technical Services Department (TSD)**.

### Remit

All building and project works are supported and managed through TSD as well as the maintenance of a wide range of plant, equipment and infrastructure. TSD's remit also includes facilities maintenance, grounds and waste management, building and construction services, plant maintenance, project management, accommodation strategy and related

administrative services. From running water, to electricity, office relocations to waste collections, new buildings to the restoration of old, TSD is a one stop shop for all things related to the operational function of the hospital.



### Meet the Team

The team is led by **Shane O'Donnell**, Acting Technical Services Officer and TSD personnel are located across the hospital, categorised under two main sections – Projects and Maintenance.

- Maintenance Helpdesk - **Caroline Herbert** co-ordinates maintenance requests via phone and email and delegates duties onwards to appropriate TSD personnel.
- TSD Administrator - **Conor Kelleher** manages the clerical functions of the wider TSD team including staff training, maintaining project budgets and administration.
- Maintenance Foreman – **Ken Cummins** is the Line Manager to the Maintenance Team and oversees various maintenance projects including the management of external contractors on site.
- Engineering Officer - **Micheál O'Shea** is responsible for the wider Maintenance Team and manages the Maintenance Service Contract. Micheál is also the TSD Lead on the MUH Sustainability Group – Greenway57.
- Site Services Coordinator - **Alan Buckley** is responsible for all service connections and disconnections across the site, i.e. natural gas, medical gases, water, electricity etc.
- Project Engineers - **Charlie Coughlan** and **Stephen Quinn** are the technical experts playing a key role in the two major projects currently underway.

- Project Manager: **Cathal O'Regan** is the Project Lead for the 30 Bed Modular Ward and Operating Theatre Project, together with a number of smaller ongoing projects.
- Fire Safety Officer: **Karl Harris** is responsible for all matters relating to Fire Safety including, but not limited to, audits, training and retention of records.
- Workshops
  - Plumbers: **Michael Doona** and **Niall Hartnett**
  - Electricians: **Paudie Murphy**, **Ted O'Connor**, **Eamon Quinlan** and **Dylan Kenefick**
  - Carpenters: **Niall O'Rahilly Drew**, **Hugo Drew** and **Mick Howe**
  - General Operative's: **Denis Cronin**, **Kieran Coughlan**, **Gene Cremin**, **Tomasz Fiedorek** and **Lee Murray**



The friendly, hard working, approachable and accommodating team strive to keep the hospital running behind the scenes on a day to day to basis.



## Projects

This is a very exciting time for TSD as there are a number of projects underway at the moment including:

- **Radiology:** The Radiology Expansion Project is currently underway. ESS Contracting have been appointed and have been on site for several months. Demolition works are completed and the ground works were completed to prepare for the modular units which were brought on site in June. This contemporary new building will accommodate 5 purpose built Ultrasound Rooms, Supporting Clinical and Patient Areas and Staff Accommodation over 2 floors with a Plant Room overhead. It is currently on target and due for completion in October of this year.
- **30 Bed Modular Ward and Operating Theatre:** The hospital is expanding its inpatient ward accommodation and theatre facilities for the acute medical care that it provides to the people of Cork and beyond. The new build accommodation is to be provided off Thomas Street comprising 30 bed ward accommodation with ensembles spanning floors 2 and 3 of the new build, together with associated support accommodation. The 4th floor level will comprise of two new fully compliant operating theatre spaces with dedicated support accommodation for each theatre. The extension will be linked to the existing hospital buildings at levels 2, 3 and 4.
- **Replacements and Refurbishment Works:** Ongoing works in respect of refurbishment include:
  - Replacement of the Lee View Block lifts, which was completed earlier this year and both lifts are now operational. Refurbishment works to the X-Ray lift are scheduled for July 2021.
  - Refurbishment works across St. Joseph's and St. Finbarr's Wards were completed in June including replacement flooring and repainting across a range of rooms.
  - Following the replacement of 2 washers in Endoscopy a third washer will now be installed in July to coincide with the refurbishment of the X-Ray lift.

## Sustainability

TSD works very closely with the MUH Sustainability Committee, Greenway57, in its commitment to reducing the hospital's carbon footprint and environmental impact by enabling improved services and educational programs to ensure a holistically healthier environment for MUH's patients and staff. In 2019, MUH signed a partnership agreement with SEAI (Sustainable Energy Ireland) to further improve energy efficiency and reduce carbon emissions across the hospital campus. As a public body, MUH are just coming out of a decade long scheme and entering into a new

scheme, another decade up to 2030 with higher targets. The National Energy Efficiency Action Plan 2009 – 2020 (NEEAP), published by the Department of Communications, Energy & Natural Resources, set out an overall national goal of 20% improvement in energy efficiency by 2020, within which the public sector it set a more demanding improvement target of 33%. The 2019 Climate Action Plan sets out 2030 targets for the Public Sector, as follows:

- Reduce CO2 equivalent emissions from the sector by 30%
- Improve energy efficiency by 50%

## Food for Thought!

**The Dietetics Department of Mercy University Hospital is delighted each year to welcome Nutritional Science students from MTU (formerly CIT), who are completing their 3rd year work placement. Each year they undertake a number of key projects on Nutrition and Hydration at MUH and showcase the outcomes in a special Poster exhibition and raffle on the Link Bridge**

Staff viewed the Posters and were asked to vote for their favourite one, with "2021 Menu Analysis Audits" proving the most popular. Mary Montgomery, Cardiac Co-ordinator, CNM2, Department of Cardiology, won the raffle and received a prize kindly sponsored by the Catering Department.



L-R: Stephanie Cannon, Annie O'Shea and Ruth Sinclair with their Poster Exhibition

## Bird's Eye View

**MUH extended its expertise to one of our feathered friends recently after a collision with the hospital's Link Bridge. After a quick triage, a little rest and re-orientation was prescribed and this little one was back in action again, thanks to Kieran Coughlan of our Maintenance Team.**



# I QUIT

On February 17th of this year, Mercy University Hospital formally adopted the National HSE Tobacco Free Campus Policy and also introduced supportive measures for patients and staff wishing to QUIT smoking. Supports include a variety of suitable Stop Smoking Medications (such as Nicotine Replacement Therapy) and access to the HSE Smoking Cessation Service which is available free of charge to all staff and patients. By availing of this one to one support smokers are twice as likely to quit.

MUH Social Worker, **Pauline Ryan**, a self confessed dedicated smoker made the decision to quit and engaged with the Smoking Cessation Services. Mercy Times was delighted when Pauline agreed to share her story to support and encourage anyone who is making that decision to quit.

*"From a very young age, I had begun my journey as a smoker. When I joined the Social Work Department at MUH in 2008, I was a well seasoned, almost dedicated smoker. And I loved my cigarettes. But I always knew that the day would come that I would need to stop smoking. I entered this pre-contemplation stage many times, and had many failed attempts at quitting smoking. I had all the motivations of a young family, health and finances. But attempt after attempt, I would fail. I had all the professional understandings of addiction, but I was never able to apply these to my own situation. This continued until I reached where I have been a smoker for 25 years, all of my adult life.*

*For many years, I justified my smoking. Many couldn't understand why I smoked given that I work in a hospital, and also given that I work with the Palliative Care services at MUH. This February, multiple factors aligned in my mind and life, and this year was going to be the year where*

*I quit smoking for good. I had become absolutely convinced that if I didn't change my behaviour now, my fate would be sealed. I felt that if I continued to smoke, then I would be dead in a short time frame. This may sound over dramatic, but my father was an equally dedicated smoker, he died of cardiac arrest at home. He was 50 years old. I was 4 years old. My daughters are 8 years and 4 years, I am determined that history will not repeat.*

*The timing for my beginning my quitting journey was perfect as MUH began its campaign to be a smoke free campus, and the smoking cessation programme was rolled out. With a little apprehension, I made contact with the programme, and spoke with an amazing facilitator. The first step was the completion of a comprehensive assessment of my smoking history. After a detailed discussion/confession, I was advised that I met the criteria for the WHO definition of having a chronic addiction. This was a shock to hear. Working as a social worker, I am well accustomed to coming across addiction, but surely this doesn't apply to me?! Upon exploring this with my facilitator, I soon understood why all of my previous attempts had failed. Once this idea settled, we devised a plan and a programme, and I commenced with the nicotine replacement therapy.*

## And there is more ....

MUH have been successful in its application for the Tobacco Free Campus Bursary for 2020/2021 from the HSE Tobacco Free Ireland Programme. MUH will receive **€7,000** from the Bursary which will be used to support the continued implementation of the MUH Tobacco Free Campus Policy through refreshed signage, literature for patients and the public, local advertising targeting the public to help build compliance etc.

Congratulations to Health & Safety Officer, Damian Harrington, Dr. David Curran, Consultant Respiratory Physician and the MUH Tobacco Free Campus (TFC) Working Group



The programme offered with MUH has been outstanding. For the initial few weeks I had weekly telephone contact with my facilitator, who was incredibly supportive. All of the nicotine replacement therapy was provided, free of charge from the pharmacy department at MUH, who were also outstanding. The programme itself has been very structured, to my needs, and it felt as though I couldn't fail. I can't recommend the programme enough. There is also another element, outside of the programme that has been hugely important. That being the support and encouragement from all of my colleagues at the Social Work Department, and my colleagues from the Palliative Care team. I would like to thank you all. The most incredible support has been from my husband and two daughters, and family.

*I would like to take this opportunity to encourage any smoker, who is considering quitting smoking, to avail of this programme, but at a time when you are ready to do so. I was always a dedicated smoker. At the time of writing, I am now 108 days free from smoking."*

# Mercy Moments

## My Visit to the Mercy Urgent Care Centre

On Autism Awareness Day, April 2nd, Mercy University Hospital were delighted to launch a specially designed Social Story Booklet to assist patients (parents and guardians) attending the Mercy Urgent Care Centre (M-UCC). Staff Nurse **Gerardo Medina** created this booklet in response to a need of our patients, both children and adults, who require assistance when using our services. This compassionate care pathway is available in M-UCC and on the MUH Website – [www.muh.ie](http://www.muh.ie).



## Ageing Well at Home

*"You are never too old to set another goal or dream a new dream"*  
(C.S. Lewis)

Mercy University Hospital officially launched the "Ageing Well at Home" Booklet on June 25th and took the opportunity to celebrate all those involved in planning, designing and creating this excellent resource for older adults, which is particularly pertinent given the recent Covid19 restrictions. The Booklet, which was supported by the Spark Innovation Programme, provides information on health and wellbeing exercise programmes and support agencies for older adults in the Cork area. This project was led out by **Dr. Liz Moloney** with multidisciplinary support from Health & Social Care Professionals at MUH and within the community. Dr. Moloney paid tribute to the "unending enthusiasm, ideas and advice" from the entire team that enabled the production of this booklet.

## Sims Star

Congratulations to Dr. Colm Neary and the aptly named team "Simply the Best" who represented the MUH Surgical Team at the recent South South West Hospital Group SimStars final and won! Colm told Mercy Times, *"SimStars was a great opportunity for teams from across the region to develop their knowledge of and practical skills in simulation design. Patient safety can be vastly improved by simulating high risk situations which are low in frequency. Through 5 online workshops our team developed a scenario based around emergency management of a neck haematoma following thyroid surgery. We were fortunate enough to be selected for the final, where there was a strong representation from the Mercy. All hands were on deck to put our best foot forward and our team of Chloe Spillane, Maeve O'Neill and Mairead O'Sullivan (all under the expert supervision of Prof. Micheal O'Riordain) played a blinder to bring it home! I would encourage anyone to get involved in future competitions, as we learned lots and had a ball."*



## UN Representative

Congratulations to our colleague, Laura Ahern, who successfully interviewed and has been appointed as a representative on the United Nations Convention on the Rights of the Persons with Disabilities (UNCPRD) steering group. The steering group are currently convening via Zoom and progressing initiatives, one of which is to create and design videos which are easy to read and understand. The group will present a report on their work to both the United Nations and the Irish Government.



## Farewell and Thank You!

Mercy University Hospital, similar to all other hospitals, has that bitter sweet moment in June/July of each year as the hospital celebrates and bids farewell to one group of NCHDs as they journey onwards, whilst welcoming the newest cohort of Interns and NCHDs for the year ahead. In keeping with Government Guidelines MUH hosted a special socially distanced afternoon to mark the departure of this cohort of NCHDs who were commended by MUH Clinical Director, Dr. Kieran O'Connor for their *"flexibility and commitment to Patient care and their hard work especially in response to Covid19 and the more recent cyber attack"*.

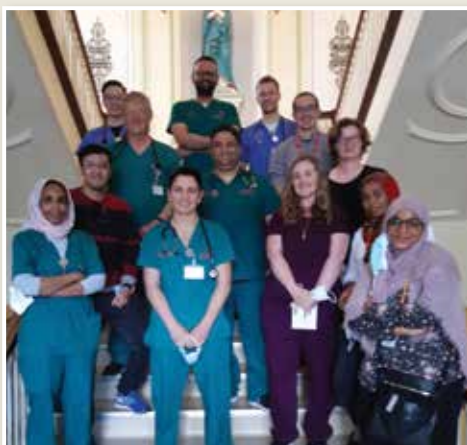
A number of medals were presented to worthy recipients including Intern of the Year, Doctor of the Year etc. To mark this exceptional year, a special Outstanding Service Award was presented to Dr Ibrahim Hislam and Dr. Laura Walsh who are both SpR's in Respiratory Medicine.



*Outstanding Service Award -  
Dr Ibrahim Hislam and Dr. Laura Walsh*



*Medicine and Oncology Group*



*Paediatrics, ED and Radiology Group*



*Surgery and Anaesthetics Group*

## And the Winners are.....

Staff had lots of opportunities to participate in competitions and test their knowledge in speciality quizzes over the last number of months. Congratulations....



### “Spring has Sprung” Photo Competition

Held as part of a dedicated Staff Welfare Month, there was a phenomenal response from our incredibly talented staff but there could only be one winner and that was **Gail Murray** from our Pharmacy Team whose winning shot was voted on by hospital staff and patients.



### World Earth Day

To mark the re-launch of Greenway57, the MUH Committee dedicated to promoting and supporting Hospital wide sustainability efforts, staff were put to the test with a special “Know your Earth” quiz. **Robert Lenihan** from our Finance Department answered all questions correctly and won himself a prize.



### World Hand Hygiene Day

The MUH Infection Control Team marked World Hand Hygiene with a quiz on the very pertinent WHO 5 moments of hand hygiene. The winners and runners up were:

**Barbara O'Donnell** – CNM3 ED Ward  
**Isobel Neenan** – CNM1 St. Brigid's Ward  
**Avril Dunlea** – CNM1 St. Catherine's Ward  
**Teresa Hynes** – CNM2 CCU Ward  
**Florentina Reynolds** – Administration Biochemistry  
**Noreen Lavin** – CNM2 St Brigid's Ward  
**Tina Danza** – HCA OPD

# Presentation of Relic St. Teresa of Calcutta (Mother Teresa)

On May 12th Bishop Fintan Gavin presided at a special ceremony in the Hospital Chapel for the unveiling of a First Class Relic of Saint Teresa of Calcutta. The ceremony was attended by hospital staff and was broadcast live to patients in the Wards.

The relic was gifted to Mercy University Hospital by the Missionary of Charity Sisters (Rome), the congregation which Mother Teresa founded. MUH Chaplain, Fr. Marius O'Reilly, noted that Mother Teresa is especially known for her love of the poor and sick, "It is hoped that many will find great consolation in this time of Covid". A special reliquary was crafted by Mercy's carpenter, Niall O'Rahilly Drew, from recycled wood from within the Hospital.



*Bishop Gavin with MUH Carpenter Niall O'Rahilly Drew*



*Missionary of Charity Sisters*

## Where is your nearest AED?

**One of the starkest images of the recent Euro 2020 Football Championship was the sudden collapse of Denmark's Christian Eriksen, with a cardiac arrest, in the field of play. As nations held their breath, it was also a sobering reminder that time is of the essence in the recognition of Cardiac Arrest, the commencement of CPR (Cardiopulmonary Resuscitation) and the use of an AED (Automated External Defibrillators) in saving lives.**

CPR Clinical Nurse Specialist, Bernie McGee updated Mercy Times on recent changes to resuscitation equipment at MUH.

"As part of a decommissioning process at the end of 2020, the AED's and Manual Defibrillators in the MUH have been upgraded. Some of these original AED's were in the MUH since 1996 and the Manual defibrillators since 2000. The new AED's – Philips FRx and the new Manual Defibrillators – Philips Intrepid, are now in situ throughout the hospital and extensive training took place in February and March for clinical staff on the use of the intrepid Defibrillator. Videos are also available on the intranet for staff to review at any time. These new defibrillators have some new additional features

- A CPR meter (Q CPR device) that when placed on the patient's chest. It assists staff in delivering the highest standard of chest compressions through a visual guide.
- End tidal CO2 monitoring and
- An AED function that is easy to use and will assist staff greatly at the start of a resuscitation before the in-house Emergency Team arrives"

Bernie stressed that "it is important that all MUH staff know where the nearest AED is in their workplace and how to call for help if needed".

In case of emergency:

- The in-house Emergency number changed to '2222' (Twenty Two, Twenty Two) in February. This is in keeping with the International In-Hospital emergency number.
- This number serves both Medical and Security Emergencies, but the caller must state the type of emergency to the Reception Staff when the call is made, to ensure the correct team are directed to the emergency.
- All areas off campus – OPD, Coach St., Lancaster Hall, M-UCC, St. Francis Unit and St. Therese's Lee Road phone 999 or 112 (Please know your Eircode in these areas)



# Welcome on Board

**Mercy University Hospital is pleased to announce the appointment of two new members to its Board of Directors.**

## Eoghan Lynch

Eoghan qualified from University College Cork with a B Eng Civil Engineering degree in 1980 and subsequently completed a Masters in Ocean Engineering at University College London. Further to an extensive career in offshore oil and gas engineering in the UK and Norway, Eoghan returned to Ireland in 1989 and started work with Ove Arup & Partners Ireland ('Arup') in August of that year. From 2011 to 2018, Eoghan was Managing Director of the Arup Ireland operation.



Since retiring in 2020, Eoghan has retained his role as Chairman of the Arup Charitable Trust, a charitable organisation which primarily provides financial support to initiatives which promote education in the built environment.

Eoghan told Mercy Times, *"It is a great honour and privilege for me to be considered to join the Board of the Mercy Hospital – it is a hospital of national importance with a long-standing reputation for medical excellence and care in the community"*.

## Ann-Marie O'Sullivan

A communications professional since 1988 when she graduated from UCC with a BComm., Ann-Marie, as Chief Executive of AM O'Sullivan PR, provides strategic communications counsel to large and small organisations across Ireland, in a broad spectrum of industry sectors. Ann-Marie was conferred with the title of Life Fellow of the Public Relations Institute of Ireland (PRII) in December 2020. This is the highest honour that can be awarded by the PRII, championing those practicing at the highest standards within the profession.



Ann-Marie is Chair of the UCC Alumni Board and is a member of the Cork Airport Development Council (CADC). She previously served on the boards of Good Shepherd Cork, Cork Chamber and daa Plc.

AM O'Sullivan PR was named PRCA Agency of the Year Award at the Annual Awards for Excellence in Public Relations in June 2020.

# Recognition

**Annual days to celebrate and acknowledge specialities, professions and practices at MUH are core to recognising the contribution of all staff and highlight the key work being undertaken. Over the last few months MUH has celebrated:**



International Nurses Day 2021



National HSCP Day



International Social Work Day

# Safe & Secure

**Mercy Times has a new addition to its regular features with the inclusion of a Fire Safety Update from MUH Fire Safety Office Karl Harris and also some Crime Prevention Tips from Garda Brian McSweeney (Crime Prevention Officer) as part of the MUH commitment to Hospital Watch.**

## Fire Safety| Evacuation Fundamentals

Over the last several months, MUH staff have undertaken a brand new training module - Evacuation Fundamentals - delivered by the MUH Fire Safety Officer, Karl Harris.

The training module focuses on the importance of staff preparedness before and during an evacuation by explaining the importance of fire prevention, compartmentation and a detailed understanding of the progressive horizontal evacuation process.

The evacuation fundamental module is a mixture of both theoretical and practical training followed by a real hands-on scenario.

A total of 28 sessions are booked for July and places are filling up fast with almost one third of the training sessions booked up in only a matter of a few hours. This training is **open to all staff members**, even staff members who may not directly deal with patients on a day to day basis, as it is so important to have a full understanding of how the evacuation strategy is designed but equally works.

If you would like to put your name forward for this training, please do not hesitate to reach out the MUH Fire Safety Officer on **kharris@muh.ie** who will be delighted to assist you and help you get placed on the next available training session.



*A typical ski-sheet that can be used for rapid evacuation.*



*MUH staff members working as a team to simulate progressive horizontal evacuation.*



*Staff learning how to manoeuvre around a stair using the mattress and ski-sheet.*



# Foundation Features

**After a fantastic 12 years as the Foundation's Head of Fundraising and most recently, as Interim CEO, Julie Harris has recently stepped down from her role. We would like to thank Julie for her incredible work over the years and applaud the impact it has had on patients at the Mercy. We wish her the very best of luck in her future.**

We would also like to take this opportunity to introduce the Mercy Hospital Foundation's new CEO, Paschal McCarthy. Paschal brings with him 35 years of experience in Management in the Pharmaceutical industry in Ireland and Norway with Baxter Healthcare, Schering Plough, Nycomed Ireland, Nycomed Imaging AS, Amersham Health and most recently, General Electric Healthcare.

"I see my role in the Mercy University Hospital Foundation as a way to give something back after a long and successful career. Cancer is all too prevalent in our world and if I can do anything to help alleviate the suffering of patients then I will be tremendously proud."

Paschal can be contacted at [pashcal@mercyfundraising.ie](mailto:pashcal@mercyfundraising.ie).



## Foundation Facebook Challenges



Due to the Covid-19 pandemic, many of the Mercy Foundation's usual fundraising events have been postponed or adapted to a virtual version where possible. Even in these difficult times, the people of Cork and further afield have continued to give back to the Mercy Hospital.

The Foundation has now held two 'Facebook Challenges' so far this year which sees people take on a set challenge to raise funds for the Mercy Cancer Appeal. Participants are also part of a Facebook group where they can connect with others and share their reasons for giving back to the Mercy. Friends and family can support them through the challenge by donating to their Facebook fundraiser.

We are delighted to announce that the '300,000 Steps in February' and the '3,000 Sit-Ups in May' Challenges raised a phenomenal €147,000 for cancer services at MUH. Our next challenge, '300,000 Steps in August' will kick off on August first. Registration is now available by visiting [www.mercyhospitalfoundation.ie](http://www.mercyhospitalfoundation.ie)

## New Chairs for St. Therese's

Thanks to the Brown family from Ballincollig, who took part in the '300,000 Steps in February' Challenge, two mobile oncology recliner chairs were recently purchased for the new St. Therese's Oncology Day Unit in the Lee Clinic. These chairs will help to provide maximum comfort and greater mobility for cancer patients and will help to make an incredibly difficult time a little bit easier.

We are delighted to be able to support the staff and patients in the new St Therese's Oncology Day Unit and wish them the very best of luck in their new location.



# “Make Mercy Real”

## MUH Employee Choice Values Award



Congratulations **Elaine Hanna** – Clinical Nurse Manager II, ICU – winner of the MUH Employee Choice Award for this quarter. Elaine was nominated by her colleagues in ICU and CNM2 Noreen Crowley in St. Anne’s Ward, under the Value of Excellence and Team Spirit for her exceptional and compassionate leadership, mentorship and consideration for her colleagues during this exceptional time. Elaine lives the “Mercy Way” by responding to the needs of patients and staff efficiently, promptly and calmly. As per Covid19 Guidelines, a small ceremony was held to make the presentation to Elaine

There were 14 nominations in total and 13 commendations were also awarded.

## *Congratulations*

### Winner

**Elaine Hanna** (Department of Nursing- ICU)

### Commendations

- Liam Corcoran (Medical Records)
- Ann-Marie Daly (Department of Nursing – CPC)
- Josephine Griffin (Patient Liaison Officer)
- Anna Higgins (Physiotherapy)
- Siobhán Kennedy (Clerical – Millard Street)
- Brian Murphy (Porter)
- Bernie O’Connor (Department of Nursing – ANP)
- Mary Sheehan (Post Room)
- Clare Brennan (OPD – Clerical)
- Tara Hart (OPD – Clerical)
- Geraldine McCarthy (OPD – Clerical)
- Joanne McCarthy (OPD – Clerical)
- Katie Murphy (OPD – Clerical)

This peer to peer award moves beyond just rewarding top talent, recognising presence or acknowledging group success and is an inclusive whole-organisation cultural commitment to encourage everyone’s development. The specific focus of this Award is on the MUH Core Values of Respect, Compassion, Excellence, Justice and Team Spirit.



# Perfect for the Summer BBQ! Huli Huli Chicken

**Lukasz  
Dabrowski**

**Head Chef**

## INGREDIENTS

(Serves 6)

- 1kg bone-in skin-on chicken thighs (about 6 thighs) or you can use chicken breast with skin-on, or wings
- Salt & Ground black pepper to taste
- 250 ml pineapple juice
- 50-60 ml low-sodium soy sauce
- 50g brown sugar
- 50g ketchup
- 60 ml chicken or veg stock
- 1 tbsp. Sriracha
- 3 cloves garlic, crushed
- 2 tsp. freshly grated ginger

## METHOD

### STEP 1

Season chicken all over with salt and pepper and place in a large bowl. In a medium bowl, whisk to combine pineapple juice, soy sauce, brown sugar, ketchup, chicken stock, Sriracha, garlic, and ginger.

### STEP 2

Pour marinade over chicken and cover with cling film. Marinate in the fridge for at least 2 hours, or leave over night.

### STEP 3

Heat grill at medium heat, remove chicken from marinade, then bring marinade to a boil in a medium sauce pan over high heat. Boil until it is the consistency of a thin barbecue sauce - about 5 minutes.

### STEP 4

Place chicken on the grill, skin side down. Cook, turning occasionally and basting with sauce, until skin is crisp and chicken is cooked through, about 30 minutes in total.

### STEP 5

You can serve with grilled fresh pineapple and, garnish with spring onions.



## Editorial Team

Mercy Times has a wide audience that is continuing to grow across the health, corporate and political sectors and it is a wonderful opportunity to showcase all that is good and positive about MUH.

**Join the Team ... if you have an article, photo, snippet, event ... let us know .... We are here for you!**

### Meet your Mercy Times Editorial Team for this Edition



#### Cleo Davies:

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#### Sinead Goggin:

Sinead is the Personal Assistant to the Director of Nursing – ext 5344



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Siobhán is the Values & Culture Lead for MUH – ext 5653



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