



Building Mercy

Mercy University Hospital has completed a critical phase in its €22 million expansion project, with the opening of two new Wards – St. Camillus's and St. Anthony's – which will provide 30 extra inpatient beds.



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- **Celebrating 20 Years of St. Mary's**
- **Project DREAM**
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- **Recognition, Congratulations and Welcomes!**

Mercy University Hospital has completed a critical phase in its €22 million expansion project, with the opening of two new Wards – St. Camillus's and St. Anthony's – which provide 30 extra inpatient beds.

The addition of 30 extra beds in both single and multi-bed ensuite bedrooms over 2 floors are facilitating essential hospital functions in terms of bed capacity and assisting the hospital in disease management pathways, improved patient flow and elective inpatient workloads. The new building is supported by a steel framed structure on piled foundations and will also facilitate two state of the art operating theatres.

Collaborative Working

Clancy Construction were appointed as the main contractor for the project and commenced on site on 6th April 2021. Clancy Construction have a proven track record in delivering complex healthcare projects and the collaborative approach from all stakeholders has been key to the successful delivery of the project. To assist the swift completion of the work, a fast-track construction process using off site fabrication of elements was utilised.

Meticulous planning and collaboration were key to the success of the building as the works were undertaken in a confined space and in a live hospital environment where hospital services were maintained throughout the project. This is testament to the collaborative approach from all stakeholders in seeing the plan come to fruition.

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Technical Services Department

Patient information leaflets giving some background of the project and ongoing works were introduced on this project and worked well from an information sharing perspective. Monthly progress updates were shared with staff to keep everyone up to speed on how the project was progressing.

This project has seen the largest capital investment received by the hospital for some time and some of the challenges that were mitigated and overcome during the project included noise, dust, vibrations, working near live services, working in close proximity to a live hospital environment, maintaining service continuity, coordination of large-scale service shutdowns etc.

Hospital Footprint

The new modular build structure, over three storeys, with a service yard underneath, adds 2,400 sq m (almost 26,000 sq ft) to the hospital's footprint and ties into the existing hospital buildings at six locations in total – two link connections at each floor level. Extensive planning and coordination were involved in progressing these complex tie in works whilst all the time making every effort to minimise disruptions to the hospital.

The new Wards provide 30 extra beds in both single and multi-bed ensuite rooms across two floors (12 single ensuites and six three-bed ensuite rooms). St. Camillus's Ward provides 18 beds whilst St. Anthony's provides 12. Some of the new bedrooms are designed with bariatric patients in mind where mobility issues can arise. Hoists have been installed and door heights raised.

More to Come

The installation of two new state of the art theatre complexes on the 3rd floor of the new build will enhance patient experience and enable the hospital to maintain and advance its surgical programmes. One of the theatres will be a hybrid theatre, just the third of its kind in Ireland. A hybrid theatre, designed to improve efficacy and safety of procedures, combines the traditional operating room with an image-guided interventional suite. The operation is mounted on large screens and can be overlaid with CT, MRI or ultrasound images. The current configuration of the theatre complex is geared towards safely



managing Covid-19 and operationally there is a requirement to maintain this level of preparedness.

This combined surgical theatre suite and 30 bedded modular unit project was progressed under Covid-19 emergency legislation. The hospital currently has 337 beds and 4 theatres.

Thank You

The MUH Technical Services Department extend their sincere gratitude to our Patients, all hospital staff, the project team, end user groups, Clancy Construction, and their Design team for partnering with MUH on this exciting project and the MUH Technical Advisor Team who supported the hospital on the project.

Mercy University Hospital extends its thanks to Shane O'Donnell, Acting Technical Services Officer and the entire MUH Technical Services Department for making this vision a reality and fulfilling their mission statement, whereby "our team will continuously excel in the provision of an appropriate environment enabling our staff deliver optimum patient care".



Photo: Assistant Director of Nursing Margaret Lynch and CNM2, St. Camillus Ward, Maeve Byron welcomed the first patient, Mr. Paschal Hedderman, to the new Wards.

Project DREAM in the Emergency Department

A team led by Advanced Nurse Practitioner (ANP) Sharon Maher were successful in securing HSE SPARK Innovation funding of €20,000 for DeliRium management in the ED and Acute Medicine unit (DREAM) otherwise known as **Project DREAM**.

The **Project DREAM** committee consists of Ms Sharon Maher, Advanced Nurse Practitioner, Dr Rónán O’Caoimh, Consultant Geriatrician, Dr Dearbhla Burke, Senior Physiotherapist, Ms Mary O’Donovan, Senior Occupational Therapist, Ms Julie Mc Hugh, Senior Occupational Therapist, Dr Elizabeth Moloney, Consultant Geriatrician, Dr Darren McLoughlin, Consultant ED Physician, Ms Anne Healy, Clinical Nursing Facilitator Emergency Department. Delirium, a syndrome characterised by acute, fluctuating, impaired attention and consciousness, is common in a hospital setting. Delirium is associated with poor hospital outcomes including excess mortality and prolonged length of stay, as well as the development and progression of a cognitive impairment or dementia. It can also be very distressing for patients and their families or caregivers.

Early identification and management of delirium is strongly advocated to minimize adverse events. All patients aged ≥ 65 years should be screened for delirium while in hospital with a brief screen called the 4AT.

The aims of Project DREAM are:

1) enhanced identification and follow-up of delirium to ensure resolution, **2)** education of staff, patients, and carers on delirium and **3)** CALM, a bespoke multi-component intervention to prevent and manage delirium for patients in the emergency department (ED).

The team to date has completed an initial audit on delirium screening, with only 9% of patients screened for delirium in line with the HSE guidelines. In addition, a survey of ED staff was completed which showed that one third of those surveyed had no formal training on delirium assessment or management. Respondents cited that the main barriers to screening for delirium included lack of time, lack of training, unsuitable environment, and unclear pathway for management if screening is positive for delirium. As a result, small group teaching for ED staff on delirium recognition and management is being arranged.



This project also includes the development and introduction of bespoke CALM resources for patients in the ED to help prevent or alleviate the symptoms of delirium. As pictured in the image above, this will include the use of items to help with orientation: radio/CD players, laminated photos of Cork, digital photo frames and reminiscence cards. Items to help with cognitive stimulation: playing cards, printed tabletop activities (word searches, sudoku, crosswords, colouring sheets), pens/pencils/crayons, large piece jigsaws, hand comforters. Items to help with sensory impairments: amplifiers, magnifying glasses, small whiteboards, and items to promote good sleep eye masks, ear buds. A sincere thank you to all in procurement, in particular Simon Wood, Tricia Hamilton and Yvonne Quinn for assisting with the sourcing and purchasing of these items. These items have now started to arrive and will be introduced for use in the ED.

The next phase of the project includes staff education in ED, the development of an educational booklet for families and patients on delirium and the introduction of CALM resources to the ED. We will then re-audit and analyse the effectiveness of Project Dream.

Happy Anniversary St. Marys Ward



Celebrations - St Mary's Ward and Geriatric Medicine 20th Anniversary in Mercy University Hospital

On November 30th, 2022, Mercy University Hospital (MUH) held a "birthday party" for St Mary's Ward to mark the 20th Anniversary of the Ward and the beginning of geriatric medicine as a specialty in the hospital. Mercy Times spoke with MUH Clinical Director, Dr. Kieran O'Connor about this significant celebration not just for MUH but for the people of Cork

"In 2002, with the appointment of Dr Colm Henry to the Mercy University Hospital and South Infirmity Victoria University Hospital we had the first consultant physician in geriatric medicine appointed to the voluntary hospitals in Cork.

With Dr Colm Henry's appointment to the Mercy University Hospital a new 15 bed ward, St Mary's Ward, was opened in the hospital for the acute care of older patients. St Mary's Ward had a specific design to support the complex needs of many older people during acute illness. St Mary's Ward has been the focus of specialist services for older people in the Mercy University Hospital over the past 20 years and is a specialist ward with exemplary skilled staff.

St Mary's Ward has had amazing nursing leadership over the years. The first nursing ward manager was Bridie O'Sullivan who subsequently became Director of Nursing of the Mercy University Hospital before being appointed the Chief Director of Nursing and Midwifery for the South/South West Hospitals

Group (SSWHG) in 2014. Specialist skilled nursing in gerontology has been key to the care on St Mary's Ward and the spread of good gerontological practice throughout the Mercy University Hospital. Nursing staff from St Mary's Ward have contributed to the development of advanced practice in nursing and education throughout the hospital.

Interdisciplinary working is essential to good care of acutely ill older people. St Mary's Ward has benefited from excellent & broad team across physiotherapy, occupational therapy, speech & language therapy, pharmacy, dietetics, discharge coordinators, and social work. The ward has been supported by great ward clerks, catering staff and porters. It takes a very broad team of staff in a hospital to care for and support patients. We were delighted to celebrate the contribution of all this amazing team on St Mary's Ward at our recent "tea & cake" party for the 20th Anniversary.

Since 2002, geriatric medicine and specialist services for older people have grown substantially in the hospital. The department has progressed from one consultant to now having seven consultants in geriatric medicine associated with the department. The services from the department are now spread over three campuses: Mercy University Hospital main site; St Mary's Health Campus in Gurrabraher; and St Finbarr's Hospital Campus on Douglas Road.





The department has grown and spread beyond the hospital walls as we continue to support the complex needs of older people. In 2016 St Francis Unit, which is a “closer to home” transitional care unit, opened on St Mary’s Health Campus in Gurranabraher. Our services to the Northside of Cork city have increased this year with the opening of the Integrated Care hub for Older People on St Mary’s Health Campus with Dr Keith McGrath as the clinical lead. The department of geriatric medicine in the Mercy University Hospital is due to expand further in the coming year with the development the Regional Memory Service in Lancaster Gate.



The ageing of the population and increased survival with advanced chronic illness will continue to be a challenge for the health services. The mission statement of St Mary’s Ward remains a good guide to managing the complex needs of acutely unwell older people. This mission statement highlights that while caring for the complex needs of older people, we ensure a positive environment where unique individuality of patients and staff is respected. We must respect patient autonomy and provide person-centred assessment. We must provide dignity and privacy for our patients. Most of all practitioners need to see the person behind the patient.”

Congratulations!

Long Service Recipients

During Mercy Week celebrations Mercy University Hospital is delighted to honour and acknowledge the long service commitment of staff to “The Mercy”. A total of 11 staff were acknowledged for 30 years of service whilst 52 members of staff reached 20 years’ service with a further 31 members of staff receiving 10-year Pins.

A special presentation was made at Mercy Day Mass to **Noleen McCarthy** who has reached the 40-year milestone of service. Noleen is a much-valued colleague and team member of the Catering Department based in St. Anne’s/ Safari Unit.



Lifetime Achievement

The MUH Lifetime Achievement Award is awarded to honour and recognize the contributions over the whole career of an MUH staff member, at the core of which the Mercy Values of Compassion, Excellence, Respect, Justice and Team Spirit are exemplified. This year the award was conferred on **Consultant Anaesthetist, Dr Anita Griffith** and a special presentation was made at Mercy Day Mass.



Congratulations! *con'd*



Graduating Nurses

In late November 21 Nursing students graduated from Mercy University Hospital. To celebrate this wonderful occasion, a Graduation Mass was held in the chapel followed by a reception in the Drawing Room. Due to easing of Covid restrictions family members/partners were permitted to attend this year.

The Mass was celebrated by Fr. Pat McCarthy and music was provided by Sr. Patricia O'Donovan, Helen McCarthy and Michael Bradley with participation from the Nursing Graduates throughout the ceremony. The Graduates were also presented with their Mercy Graduation Badge and a hospital Scroll.



Professors

Congratulations to Professor Derek Power, Professor Adrian Brady, Professor Gerald McGreal, Professor Christoir O'Suilleabhain and Professor Martin Buckley, who are Mercy University Hospital's newly appointed UCC Clinical Professors.

Mercy University Hospital is proud of the valuable links it has with UCC which include undergraduate medical teaching and research and look forward to further nurturing this relationship with these new appointments.



NISO Award

Mercy University Hospital (MUH) is delighted to once again win a National Irish Safety Organisation (NISO) award, and is exceptionally proud of this significant achievement. Maurice Spillane, Interim CEO, said that; *"health, safety and wellbeing is, and always will be, our priority. It is a fundamental part of our core values which shape the identity of every level of our organisation for Patients and Staff. This great achievement is a testament to the commitment and dedication of MUH staff"*



Managing People Skills

Congratulations to the latest Mercy Managers and Leaders who have completed the Managing People Skills Programme. This programme is completed across 4 sessions comprising modules with vital skills, tools and techniques underpinned by the Mercy Values of Respect, Excellence, Compassion, Justice and Team Spirit.

Research Corner



A new era for dementia trials in Ireland- Dementia Trials Ireland launch

In Ireland, clinical trials activity in dementia has been at a low level, but a new network aims to dramatically improve this situation. The vision of Dementia Trials Ireland (DTI) is to ensure that every person at risk of – or living with – dementia in Ireland has access to clinical research. The network, which is supported by the Health Research Board (HRB), was officially launched on 27th September at the Naughton Institute, Trinity College Dublin.

Over the next 60 months, DTI aims to co-develop and support an internationally recognised dementia trials infrastructure, significantly increase Ireland's capacity to conduct dementia trials, and support the delivery of national strategic policies for dementia.

Nationally and globally, there is a pressing requirement for new therapies and interventions as there are no disease-modifying drugs with proven effectiveness in the treatment of Alzheimer's disease and other types of dementia.

In 2021, DTI was one of the recipients of a HRB Clinical Research Network Award. The 1 million funding award is facilitating DTI to establish a management structure, while a small amount of annual seed funding is available to develop trials.

The network will also be supported by several committees and advisory groups including a patient and public involvement (PPI) panel of people with lived experience of dementia. Mercy University Hospital's Dr Rónán O'Caoimh and Professor Suzanne Timmons are both members of the Dementia Network. Interdisciplinary

collaboration across medical specialties, allied health professions, science, and academia will be another crucial component of DTI's work.

DTI has strong linkages with clinical research facilities and third sector organisations. Supporting assets include the Health Research Board National Clinical Trials Office (HRB NCTO), which will support infrastructure; the HRB-Trials Methodology Research Network (HRB-TMRN), which will support trial development and training; and HRB Ignite, which will support PPI activity.

DTI is not solely focused on attracting and supporting investigational drug trials. It is also seeking to develop and support trials involving medical devices, psychosocial interventions, and repurposed drugs, etc. Importantly, it wants to support trials that relate to different types and stages of the disease from pre-clinical to advanced.

The DTI goal is to ensure that everyone in Ireland at risk of, or living with, dementia has an opportunity to participate in clinical research.

Congratulations to MUH Consultant Urologist, Mr. Derek Hennessy and MUH Clinical Psychologist, Professor Helen Richards on the publication of their paper – **Psychological Distress in Patients with Urolithiasis: A Systematic Review and Meta-analysis** – in the Journal of Urology which is the premier Urological Journal in North America.

Awareness of the Need - Immediacy of the Response

“The Mercy” hosted a **Social Inclusion/Inclusion Health Information Morning** for hospital staff on **Monday December 5th, 2022**. Advanced Nurse Practitioner Inclusion Health, Eibhlin Collins introduced Mercy Times to the many services who presented on the day.

“The Mercy is in regular partnership with many community services towards improving cohesion and better outcomes for our patients and therefore services from the full spectrum of diversity in community services were invited. However not all were able to be present and we hope to have many others join us at future events. The Groups attending on the day included:



Mary Crilly, Sexual Violence Centre, Neil O'Carroll, Chairman, MUH Board of Directors and Eibhlin Collins, ANP, Inclusion Health

The Traveller Visibility Group who was represented by Liz, Noreen and Amanda showcasing their services including the role of the health worker in Traveller Health in general and in relation to addiction, Beoir Boutique and the community creche at the TVG centre in Cork.

The **Probation Service** was represented, sharing with us how their staff work with people who have offended to desist from committing more crime and to reintegrate into society on release from prison.

Mary Crilly and colleagues from **Sexual Violence Centre** promoted their services which includes counselling for people affected by sexual violence either recent or in the past. They work with other services and with education providers to promote 'Safe Gigs' and research into drinks spiking.

The education officers from **Cork Prison** exhibited information on their education programme for prisoners and a community project to support partners of men currently in prison.



North Cork Community Health staff shared resources for staff and patients on targeting health inequalities through health-focussed initiatives as part of the Health Action Zone. These workers also shared information on refugee support services and services that assist people in languages other than English.

Churchfield Trust attended to tell us about their work with service users with a recovery-oriented focus. Options for clients to connect with the community and employment include experience in the Trust's workshop, Garden Café and gardening project. churchfieldcommunitytrust.com



Des from the **Youthreach Education** programme explained how young people (15-21 years) who are no longer engaged in mainstream education are offered a viable progression route to further education, training or employment.

Support of and empowerment of women affected by domestic violence is provided by **Mná Feasa** who run a helpline Monday to Friday as well as support groups and an accompaniment service. Volunteers can attend Garda, Court, medication or solicitor appointments with affected women. The organisation also works alongside Cork Men's Action Group to raise awareness of Domestic Violence among secondary school students.



Kevin and Noreen from **Cork Simon** Community's outreach team explained how their work enables service users to enter and progress through the emergency accommodation system as well as the other supports such as primary care, employment and training opportunities and addiction services for people affected by homelessness.



Sheila and Miriam from **Cork Alliance** told staff about their services which help people leaving prison to make a fresh start through reducing offending and increasing positive participation in family and community life. Their supports are diverse, including one-to-one key working, ear acupuncture and taking part in sailing outings.

The morning was exceptionally well-received by those who attended to visit the many stalls presenting and it is important to acknowledge the work and support received from the Office of the Director of Nursing and in particular Sinead Goggin in making this day happen. There were also two prizes donated from Café Izz which were especially well received."



Jim Woulfe

Mercy University Hospital is pleased to announce the appointment of Jim Woulfe to its Board of Directors.

Jim is a native of County Limerick and a UCC Dairy Science graduate. He has worked in the Agri & Dairy Industry throughout his career when upon graduating in 1979 he joined Ballyclough Co-operative in Mallow which subsequently merged with Mitchelstown Creameries to create **Dairygold**. He has held many Senior Leadership roles throughout his career including Head of HR and Head of Agri Business at Dairygold before his

appointment as its Chief Executive in 2009. He recently retired from **Dairygold** after a career spanning over 42 years.

Jim successfully led the Dairygold organisation through the EU deregulation of dairy controls and the subsequent growth and expansion. Today, Dairygold is one of Ireland's largest Co Operatives exporting to in excess of fifty counties. The business has grown substantially over the past decade with revenues of €1.17 billion and profitability of €30m in 2021.

Jim's achievements were recognised by Cork Chamber when he was honored with the 2021 award for "Outstanding Contribution to Business."

During 2022 he was appointed to the Boards of **Enterprise Ireland** and **Bord Bia** and currently serves as Chairman of the board at **FOTA Wildlife Park**.

Awareness Days

Awareness Days are special dates in the calendar dedicated to raising awareness of issues that affect the lives of our patients and to also support our staff. These Days can be global, national, or local or more niche and focused. Whilst Awareness Days are primarily educational at Mercy University Hospital, they can also be fun and inspirational and always come with some prizes, thanks to generous sponsors.

Over the last year, Mercy University Hospital staff have been busy highlighting the issues that matter to our patients and to our staff in the delivery of their care. Below is just a taste of some of the days that have been hosted by our dedicated staff across all disciplines



Annual Falls Prevention Day



Occupational Therapy Week



Positive Ageing Week



Waste Awareness Day



World COPD Day



World Suicide Prevention Day



World Patient Safety Day



European Antimicrobial Awareness Day



Children's First Awareness Week

A Mercy First – Welcome MECPATHS

The Hidden Crisis of Child Trafficking in Ireland



JP O'Sullivan and Ann Mara pictured with some of the attendees at the inaugural training



On September 12th last, Mercy University Hospital Cork, became the first hospital in Ireland to commence training on awareness of child trafficking - how to recognise it and what to do next. The training was delivered to staff from various departments throughout the hospital. There was great interaction during the session. Following the workshop, Siobhan Kenny, Values and Culture Lead in MUH commented: *"Mercy University Hospital is delighted to welcome JP O'Sullivan and Ann Mara of MECPATHS. Given that 60% of human trafficking victims present to Emergency Departments, this training is not merely timely, it is essential for all healthcare providers. In keeping with Mission and Core Values of the hospital and in the spirit of Catherine Mc Auley, we wish to continue this collaboration with MECPATHS. A programme will be developed to explore the responsiveness and service gaps that exist within the hospital and a Policy will be developed to further assist staff."*

Mercy University Hospital is delighted to partner with MECPATHS on this journey and found out some more about its work and purpose from Sr Patricia O'Donovan, RSM "During these past few years, the world has experienced and is still experiencing heightened vulnerabilities due to Covid 19, various conflicts and wars, along with economic and climate crises. Without doubt, children are particularly vulnerable to human trafficking in times of such crisis and emergency. Globally, statistics tell us that 33% of all victims of trafficking are minors. However, the TIPS (Trafficking in Persons) Report 2022 stated that child victims of trafficking in Ireland are not being identified. During the past two years, no child has been formally identified as a victim of child trafficking. Does this mean that child trafficking does not exist in Ireland or are we as a society not doing enough to address this heinous crime and choosing to ignore this issue? How long more will children who are caught up in modern day slavery be 'Hidden in Plain Sight?'"

As you may be aware, the work of MECPATHS concentrates on awareness raising, education and advocacy. It is

imperative that frontline professionals receive the necessary training to support child identification. Training workshops (in person or e-learning) are delivered to professionals including hotel staff and management, social workers, private security authority licensees, US border control and airline staff, emerging professionals, third level training colleges, educators and medical setting staff. These frontline professionals are witnessing situations and many, if not most, do not know how to respond. Situations include children being moved between different hotels for sexual exploitation; children missing from state care; children being controlled by criminal gangs; children on the streets working within organized begging networks; children moving drugs around villages, towns, cities and children who are exploited by their own families – parents, grandparents, aunts, uncles, siblings. Awareness raising, education and a cohesive understanding of the issue of child trafficking is essential. The following are some of the recent developments in the work of MECPATHS, which facilitate this awareness raising and education.

Tusla and MECPATHS collaborate to highlight the issue of Child Trafficking in Ireland



A new partnership between Tusla – Child and Family Agency in Ireland and MECPATHS has taken place, which will provide Tusla management and frontline professionals associated with the protection of children with training on Child Trafficking in Ireland. This in turn will increase agency capacity in responding to this growing human rights and social justice issue. This new partnership with Tusla will see MECPATHS facilitate online workshops for CPW (Child Protection

and Welfare) Social Workers from 17 areas across Ireland as well as staff from the Separated Children Seeking International Protection Team and the National Out of Hours Service. Over 500 Tusla management and staff will be trained initially. Commenting on this recent development, Bernard Gloster, CEO, Tusla stated: *“Tusla is pleased to partner with MECPATHS in a coordinated effort to raise awareness and provide training to our frontline professional staff, including those in the community and voluntary services we fund, who work to protect children in communities across the country. Regular training and development are crucial to ensure that our practice meets the evolving needs of the children we work with. In addition to our training with MECPATHS, we developed*

the Child Sexual Exploitation (CSE) procedure in partnership with an Garda Síochána to guide this area of work.”

Without doubt, there is an exploding economy of child exploitation throughout the world. Surely, this is one of the most critical issues of our time. As we approach the 10th anniversary of the establishment of MECPATHS (2023) may we continue in our commitment to raise awareness in whatever way we can to highlight this heinous crime. We owe this to the young people of our world. To quote Teilhard de Chardin “The future belongs to those who give the next generation reason to hope.”

You can also check out the MECPATHS website for more information

www.mecpaths.com

“Room to Improve” - Occupational Therapy Kitchen

The Mercy University Hospital (MUH) Occupational Therapy Department (OT), with the support of the MUH Foundation, hospital management and the ingenuity of the hospital’s Technical Services Department, created and developed a new Occupational Therapy Kitchen

By removing the office function from the area, the potential of space opened up and also allowed the team to have a more organised storage area. The new kitchen significantly improves the patient experience and the quality of OT functional assessments and interventions

The OT Department hosted a coffee morning to officially open their new addition the money raised from the event contributed to the purchase of two new high support comfort chairs for St Mary’s Ward.

Congratulations to Maria Larkin (Senior OT) who led out on this project. Many thanks to the staff of St Marys Ward, the OT department and the Catering Department who contributed delicious baked goods and tea and coffee to the morning.



Mercy165

Mercy165 Celebrations continued with a dedicated Nursing Conference and a visit from a former resident!

Nursing Conference

The Department of Nursing hosted a Conference on September 28th to honour the 165th Anniversary of the hospital. The theme of the Conference was “Connections” and reflected on 165 years of the delivery of careful Nursing and the development of evidence-based Nursing practice and services at Mercy University Hospital including, amongst others, Social Inclusion and Outreach Services, whilst acknowledging the many connections past, present and future that ensure the continued exceptional delivery of care.

There was a broad range of speakers and topics, both national and local, including Georgina Bassett, Deputy Chief Nursing Officer, Office of the Chief Nursing Officer, Department of Health, Lorraine Clarke Bishop, Nursing & Midwifery Board of Ireland (NMBI) and Bridie O’Sullivan, Chief Director of Nursing and Midwifery, SSWHG.

Lord Mayors Visit

To mark the 165th Anniversary of the opening of the Hospital in 1857 the hospital welcomed the Lord Mayor, Cllr Deirdre Forde, on October 17th for Afternoon Tea. This visit of the Lord Mayor honoured two Mercy traditions:

- The connection with the Mayoralty of the City as the Mansion House was the official residence of the Lord Mayor until 1841. The Mansion House was built for the Office of the Lord Mayor and this is a very unique historical link for Mercy with the City.
- The gathering of Mercy staff for “a comfortable cup of tea” - a tradition handed down from Mercy foundress Catherine McAuley who encouraged her Sisters to enjoy “a comfortable cup of tea” after her death. Today, the comfortable cup of tea represents warm hospitality and generosity amongst the Mercy community.

Heritage Information Panels

A series of information Panels have also been especially designed recounting the foundation and history of the hospital. The Panels will form a series to be displayed across the hospital in key locations.



Foundation Features

Here are just some of the items we have funded recently for the Mercy University Hospital:

Winter Warmers

Keeping with the Mercy Hospital Foundation values, centred around supporting the people of Cork city the foundation funded some "Winter Warmer" packs last year.

The packs were created to be given to any of the Mercy patients who would benefit from it. They contained a bag of resources such as hats, gloves, scarves, thermal wear, hot water bottle etc, accompanied by information on keeping warm during winter (e.g. seai.ie 'Keeping Well and Warm' booklet).

An initiative like this was an incredible way to keep our foundation's promise of keeping the people of Cork city safe and cared for.



Facebook Challenge - October

Another huge success of last year was our **Walk/Run 165Km Challenge** last October in aid of our Cancer Appeal.

This event was extra special not only for the work and dedication of its participants but because we were also able to help celebrate the 165th Birthday of the Mercy University Hospital.

Staff from the hospital took part in the challenge in groups, and we cannot thank you all enough. You all work tirelessly to save lives and provide a level of care and kindness that is unmatched. A huge well done to you all for completing the challenge with us.

Between you all, you raised a phenomenal **€29,341**. A huge thank you to those who took part and of course their family and friends who supported them throughout their challenge. Well done and thank you to everyone! *Pictured here are Cleo Davis and Nollaigh O'Neill presenting us with a cheque for all their fundraising efforts during this challenge.*

Be sure to keep an eye out for more challenges coming your way over the coming months, we have two coming up in 2023.



Golf Classic

That time of year is coming around again, the Annual Mercy Hospital Foundation Golf Classic is back, all in aid of the Mercy Cancer Appeal.

The event will be held on Thursday 27th, and Friday 28th of April, in Monkstown Golf Course.

Enter with a team of 4 for €500, and you could be in with a chance of winning a new car if you hit a hole in one! Don't worry if you haven't got the perfect shot, there are so many other prizes to be won on the day.



Happy Retirement

During 2022, Mercy University Hospital bade farewell to eighteen colleagues who set off on the next stage of their life's adventure



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Our cherished and valued team members were honored, by their colleagues, for

their commitment and dedication to not only their chosen discipline but to Mercy throughout their working lives.

May the best of happiness, honour and fortune keep with you all as you are wished a very Happy Retirement.

Pictured are some of our 2022 Retirees:

Eleanor Crowley, Elizabeth (Liz) Lavers, Ber O'Shea, Yvonne Callanan, Nuala Coughlan, Martina O'Sullivan and Margaret Owens.



Thank You

CPRCNS and ACLS co-ordinator, Bernie McGee acknowledged two retirees, especially, - Nuala Coughlan and Margaret Owens for their contribution, dedication and exceptional teaching skills as ACLS Instructors.

Values Award



The winner of the Employee Choice Values Award for the third quarter of 2022 was **Shane Higgins (Finance – Payroll)** who was nominated by his colleagues under the Values of Respect and Team Spirit, for how he has enabled and empowered staff in their own work. Shane received his award from Interim HR Director Michael Hanrahan and Chief Financial Officer, Brendan Doyle.

The fourth quarter of 2022 resulted in joint winners - **Jessica Clinton** and **Liam Smye** - who are both part of the **Catering Team** working in St. Francis Unit and the Emergency Department respectively. Both Jessica and Liam were nominated by their colleagues under the Value of Respect for their innate consideration of patients and how they ensure that the little things make such a big difference to our patients "Mercy" experience.

A commendation, in the form of a specially designed Certificate, is awarded to the remaining nominees to acknowledge their nomination.

Commendations - Quarter 3

Congratulations

Cian Butler
(Administration)

Una Carleton
(Department of Nursing)

Ann Conway
(Administration)

Ann Cummins
(Director - Centre of Nurse Education)

Mary Crowley
(Department of Nursing)

Mairead Fitzgerald
(Catering Department)

Bart Grabowski
(Porter)

James Kelly
(Medical Records)

Gerardo Medina
(Department of Nursing)

Marion O'Connell
(Haemovigilance Officer)

Sharon O'Sullivan
(Administration)

Aoife Walshe
(Department of Nursing)

Commendations - Quarter 4

Congratulations

Lisa Casey
(Administration)

Joanne Cashman
(Administration)

Denise Fogarty
(Administration)

Sinead Kelleher
(Social Work)

Ruth Kingston
(Physiotherapy)

Martina Lenihan
(Administration)

Janice Lyons
(Administration)

Noleen McCarthy
(Catering Department)

Lynda O'Neill
(Administration)

Angela Quinn
(Catering)

Noreen Smiddy
(Administration)

Aisling Walsh
(Administration)



Liam Smye and Jessica Clinton pictured with Catering Manager Brendan Brosnan and Catering Officer Tamara Mastropaolo

Mercy Moments...

Employee Referral Program

To attract the best talent to the MUH the HR Department undertook a number of actions in 2022, including developing an Employee Referral Program. The program was open to current MUH employee to refer suitable applicant(s) to open positions in the MUH. The Employee Referral campaign period ran from February 23rd to June 30th with prizes to be won if the applicant is successfully hired.

All referees were placed in a draw and congratulations to winners Siobhan Kennedy and Deborah Hartnett who recently received their prizes from Michael Hanrahan and Sue Cunningham (pictured). **The next referrals programme will be launching soon..**



In the Pink!

Mercy University Hospital staff were in the pink on October 25th for a very special cause. Inspired by the incredible enthusiasm of Aisling Walsh, the Bed Management Unit hosted a Big Pink Breakfast with a Very Big Pink Raffle which raised €2,268 for Breast Cancer Awareness Month 2022. Thanks to the incredible generosity of so many businesses across the city, there were 48 prizes in total. **Congratulations to everyone involved.**



Swimming Success

Congratulations to our colleague Laura Ahern who won a gold medal in the 25 metre Breast Stroke event and a bronze medal in the 50 metre Backstroke event, in the Munster Special Olympics Swimming competition recently. Laura is a shining example of Team Spirit in the Mercy University Hospital as she works in a number of departments within the hospital ie Support Services, Bed Management Unit, Portering and Maintenance Departments.

Laura is pictured with her colleagues (L-R) Janice Lyons, Tracey Dineen, Lorraine O'Sullivan and Mick McGarry



Blessing for Konkani Community

On December 10th, Bishop Fintan Gavin inaugurated Munster Konkani's Community with Holy mass. This Community is made of Mangalorean Catholics - an ethnos religious community of Indian Christians adhering to the Latin Rite of worship from the Roman catholic diocese of Mangalore of the erstwhile south canara area by the south western coast

Bishop Gavin was joined by Fr. Pat McCarthy, Chaplain of MUH and Mercy staff including: *Ivy Monis (St. Joseph's Ward) Michael Lobo (St. Bernadette's Ward) Jovita D'Cunha (St. Mary's Ward) Monita Dias (ICU) Jennifer Dias (Emergency Department) and Diana Rodrigues (Phlebotomy Dept)*



Safe & Secure

In this edition of Mercy Times, Sergeant Brian McSweeney wants to highlight the importance of vigilance on phishing and ransomware which is happening across a number of online and traditional channels.

"I would like to highlight the risks involved and the steps that can be taken to mitigate against both phishing and ransomware attacks. Phishing emails are used by attackers to lure people into disclosing personal details or clicking on malicious links still remain the method used by cybercriminals to gain unauthorised access to a computer or network. At the same time hackers continue to design smarter and more sophisticated phishing emails in the hope of **gaining peoples trust and pressuring them into acting without thinking.**

Over the last number of months many people in Cork City have been the injured parties to clicking on the link and a lot of money taken from their accounts. The top two (2) links that people are engaging with are from An Post and the HSE.

People who are not expecting parcels are clicking on links supposed to be from An Post asking for a small amount to be paid so that a parcel can be released. Others are receiving messages supposed to be from the HSE stating they are close contact, and people are following the links and eventually providing their card details for money to be taken. **These organisations are not engaging with people like this!**

BE INFORMED

- Never respond to any unsolicited emails/click on links until you have verified the source.
- Do not do this using the contact information in the e-mail. Look up this information yourself.
- **NEVER give away your personal information or security details such as your PIN or full online Banking Password to anyone.**
- Don't allow yourself to be RUSHED. Take your time, and please do the relevant checks.

Please use a safe password for your banking. Stay away from using the digits in your DOB as a password.



We hope you enjoyed our Christmas festivities this year.

Carol Singing

The Transition Year Students of St. Aloysius Girls Secondary Schools came into the hospital (link bridge) on Friday, December 16th to treat patients and staff to some festive tunes! This was also the day that staff got to wear their favourite Christmas Jumper whilst making a donation to the Mercy Foundation.

Christmas Lights

A sincere Thank You to The Mercy Foundation for sponsoring this year's Christmas Lights and to Greenveldt Ltd for the installation.



Deck the Doors Competition & Winners!

With cameo appearances by Santa, Bruce Willis and Prince William, the standard and creativity across the Hospital for the annual Deck the Doors competition was outstanding. Congratulations to everyone who entered!

The Overall Award – Billy Ruben:

St. Oliver's/Endoscopy

Clinical Areas (Wards etc)

1st	Neurology
2nd	St. Anne's
3rd	St. Patrick's

Non-Clinical (Offices etc)

1st	Pharmacy
2nd	Switchboard
3rd	Cardiology

Satellite Areas

1st	Dietetics
2nd	QRMD
3rd	Finance

Thai Red Curry

Gary Costello *Senior Chef*



INGREDIENTS

For the salad

- 4 x 150gr Chicken fillets cut into strips
- 1 Large carrot sliced thinly
- 1 Large white onion diced
- 2 Red onion diced
- 2 Mixed peppers
- 1 Courgette
- 2 Cloves garlic crushed
- 1 Red chilli diced
- 25gr grated fresh ginger
- 1 Stick of lemongrass
- Zest and juice of 2 limes
- Lime leaf x 2
- 1400ml of coconut milk
- 400mls of single cream
- 15grms basil and coriander
- 250mls Chicken stock
- 100grms Thai red curry paste

METHOD

1. Marinate chicken in lime juice and 25grms of curry paste (overnight)
2. In a pot on a medium heat add garlic ginger and chilli with carrot and onion cook slowly to release flavours (4mins).
3. Then add your thai curry paste and stir well
4. Add lime and lemon grass and let it infuse.
5. Add coconut milk cream and chicken stock and bring to the boil
6. Reduce heat and add fresh herbs and peppers and courgettes and slowly cook for 30 mins
7. Bake the chicken 170 degrees for 20 minutes and add to the sauce
8. Correct the seasoning

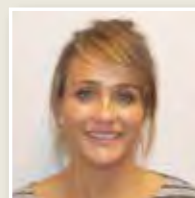
Serve with basmati rice and naan bread

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:

Cleo is the Personal Assistant to the Operations Director – ext 5671



Sinead Goggin:

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



Siobhán Kenny (Editor):

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



Colin McKeon

Colin is an ICT Technician – ext 5628

Our contributors for this edition: Thank you!

Dearbhla Burke, Alison Clair (MUH Foundation), Eibhlín Collins, Gary Costello, Ann-Marie Daly, James Deasy, Tracey Dineen, Evelyn Flanagan, Derek Hennessy, Grainne Kennedy, Sergeant Brian McSweeney (An Garda Síochána), Deirdre O'Connor, Dr. Kieran O'Connor, Majella O'Connor, Patricia O'Donovan (RSM), Maria O'Keeffe, Cathal O'Regan and Diana Rodrigues.