MERCY UNIVERSITY HOSPITAL, CORK LIMITED

mercy times

Issue No. 9 January 2006

A Quarterly Newsletter



a message from our chief executive officer

I would like to take this opportunity to wish everyone who works at Mercy University Hospital a Happy New Year and to thank you for your support and energy in the provision of services to our patients during 2005.

Our objective for 2006 will be to continue to deliver the best care we can to our patients with the resources available to us. The year ahead promises to be very challenging – and we welcome it and all that it may bring.

Individual staff members are central to the future success of Mercy University Hospital and their development must be a key focus for the future. In 2006, we will start a process of empowering staff to deliver an even more responsive and appropriate service. Our Human Resources Department (HR) will be central to how we develop our staff with the supports and skills they need to perform and excel in their careers here. As early as possible in 2006, we will have a new HR Officer in place to support our nursing staff and a new HR Manager reporting directly to me as CEO. I want to continue to improve the recruitment process and to make it as effective as possible – for managers recruiting to fill vacancies and for prospective candidates making application. This will mean implementing appropriate and responsive recruitment and retention processes that will be led by our HR Department. We will identify appropriate staff retention measures based on a review of the reasons that leavers have provided upon completion of their employment with us.

Throughout the Mercy, we need to listen to each other and to gauge how views are changing over time. Ideas and feedback from staff will be key to the future development of our Hospital. I am presently looking at ways to ensure that we receive and respond to information from those of you working on the front line with our patients.

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a fond farewell to John A. Murphy

John Murphy was the public face of the Mercy Hospital and/or the Mercy University Hospital for over 20 years – of itself a considerable achievement. Over that time, he worked with the Sisters of Mercy, consultants, non-consultant hospital doctors (NCHDs), nursing and paramedical staff, and the wider team in management and non-clinical services to ensure that the Hospital delivered the best quality care possible to patients.



L-R: Jim Corbett - Deputy Chief Executive Officer, John A. Murphy - former Chief Executive Officer and Patrick Madden - Chief Executive Officer.

My introduction to John was in conjunction with the closure of the North Infirmary and a time of severe difficulty for all hospitals in Cork. Many may forget that there was considerable concern that there would be further hospital closures at the time. In some ways the fact that the Mercy came through this crisis and went on to develop and prosper in subsequent years is in no small way due to John's efforts.

The achievements during his period on watch have been many. The new ward block built in the late 1990s has transformed our Hospital. It has allowed the addition of the Geriatric Medicine and Psychiatry services on site, the opening of first-class laboratory facilities, and provided space for Clinical Pharmacology / Cardiology Department. The planned Emergency Department is to follow.

Beyond bricks and mortar, there are now a wide range of services that simply did not exist in the 1980s and all of which required planning, financing, organising, physical space, and a few of which had teething problems to get over. In all of this John conducted the orchestra. He has seen the arrival of ultrasound, nuclear medicine, CT scanning, exercise testing, neurophysiology, sleep apnoea service, social work service, expanded physiotherapy, occupational therapy, speech therapy, dietetics, major expansion of both Outpatients Department and Emergency Department services, medical oncology, and the continued development of surgical specialisation.

What many may not have seen were the hours spent at planning and coordinating meetings in Cork and Dublin, including the Kenny Committee, the Pan Cork Hospital Initiative and annual battles for the Hospital budget. In some ways, these are seen as thankless tasks – but all the more reason to acknowledge them here.

Turning to the man himself, from the time I first met him to now, he has always been a perfect gentleman. His quietly spoken manner and furrowed brow will be missed. I believe these marked his calm but conscientious approach to all problems. Having met him recently, the furrowed brow has smoothed considerably and his smile is wider. I wonder why!

I am sure all staff will join me in wishing him many smiling years to come. He can surely look back on a job well done and, like myself, is old enough to recognise with Horace a monument more lasting than bronze.

Dr. Neil Brennan, *Consultant Physician / Respiratory*

more on page 5

welcome

Welcome to the ninth edition of the 'Mercy Times' – this newsletter is published on a quarterly basis.

We wish to express our thanks to everyone who submitted articles, information and / or photos for this edition. This newsletter is yours and it is important that we cover items of interest to you. We welcome your comments and ideas, and would be delighted to consider for publication any article, photograph or other item of interest that you may have. We encourage you to submit items to one of the Editorial Committee members or to the following address / e-mail:

Ms. Donna Peyton
Mercy University Hospital, Grenville Place, Cork.
(021) 427 1971 ext. 5557
dpeyton@muh.ie

Please clearly label all submissions – "NEWSLETTER". The deadline for the next edition is ***24th March 2006.*** Unfortunately, we cannot guarantee to publish or to return submitted items, but will do our very best.

Staff may access previous issues of the newsletter electronically by accessing the "H" drive, opening the Public Folder and opening the Mercy Times folder.

Thank you,
'Mercy Times' Editorial Committee

editorial committee

Bernice Glavin
Clare Horgan
Jenny Murphy
Seán O'Bulmáin
Deirdre O'Connor
Siobhán O'Mahony
Tony O'Regan (Photographer)
Donna Peyton (Editor)
Mary Twohig

Special thanks to our Committee Photographer and several members of staff who provided photographs for this edition.

thought for the day

Everyday Acts of Courtesy

Listen. People appreciate it when you pay attention.

Greet people you don't usually take the time to acknowledge.

Send a thank you note to recognise someone's good deed or act of kindness.

Keep your curiousity in check. Don't ask pointless personal questions.

When somebody impresses you, pay an honest compliment.

If you are walking with someone who can't keep up with your pace, slow down.

Author Unknown

generous support for muh



Tanya McSweeney making a donation of €2,000 to the ICU Department in recognition of their help and kindness. L-R: Rachael O'Connor, Irene McSweeney and Tanya McSweeney.



Bristol-Myers Squibb supports the work of our Acute Pain Nurse. L-R: Patrick Madden, Colette Langan - Commercial Director of Bristol-Myers Squibb, Mary Dunnion, Eileen Cashman - Acute Pain Nurse and Dr. Liam Conroy.

a message from our chief executive officer

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During 2006, we will join the Health Promoting Hospitals Network. Health promotion is a key responsibility of all hospital staff, and must become an integral part of how we all work and deliver health services. Despite improvements in the general health, well-being and social conditions of our population, the Mercy has never been busier and health disparities continue. People who live in disadvantaged circumstances continue to have more illness and more disability than their more advantaged counterparts. We have an important role in this Hospital to strive towards better health for all the people we come into contact with.

The responsibility for the allocation of funding to Mercy University Hospital now lies with the Health Service Executive (HSE); and its financial focus in 2006 will be on rewarding efficiency. There will be a greater emphasis on measuring individual hospital activity and performance; and the allocation of increased funding for our services will be based on our ability to prove that we are efficient at what we do. Those hospitals that can prove efficiency will be in a better position to argue for additional resources. This is a change from previous practice.

A further priority will be on controlling expenditure. We will be obliged to manage within our HSE 2006 budget allocation and to operate within the confines of our staff ceiling. I will be seeking the cooperation of all staff during this challenging process of proving efficiency and of ensuring that all funding is spent wisely and productively.

I look forward to the continued commitment by all staff to caring for our patients throughout 2006.

Patrick Madden
Chief Executive Officer

successful working in culturally diverse teams

The changing nature of Irish society and healthcare professionals – with increased immigration, diversity and mobility of society – challenges healthcare professionals in their efforts to provide culturally sensitive and appropriate care.

Healthcare professionals must embrace those challenges given the significant broadening of cultural diversity in Ireland in recent years, in terms of numbers of people and their national and ethnic origin.

This broadening of diversity is to be welcomed and has significantly added to the rich diversity that has always existed in Ireland. The guidelines within the National framework: 'Planning for Diversity' aims to develop a more inclusive and intercultural society. It is essentially about creating the conditions for interaction, equality of opportunity, understanding and respect. In adopting this approach where healthcare professionals plan for and accommodate cultural diversity, everyone will benefit from the process.

As part of the process of developing skills for working in culturally diverse teams, a series of education sessions were recently run for staff at Mercy University Hospital. We hope to deliver further sessions in the springtime and encourage all staff to attend.

Factors for successfully working in diverse cultural teams include:

- Understanding and accepting cultural differences.
- Awareness of language / pronunciation / slang / differing medical terminology.
- Developing policies and proceedures with an awareness of cultural diversities.
- Providing opportunities for development and skills-sharing.
- Involving newcomers in local life and making sure that this involvement is ongoing.

To be culturally competent doesn't mean that you are an authority on the values and beliefs of every society. What it means is – that you hold a deep respect for cultural differences and are eager to learn about other cultures.

Elizabeth Myers - *Nurse Tutor, Specialist Coordinator (Centre of Nurse Education)*

christmas 2005



Santa visits the children after the staff children's annual Christmas mass.



Staff in a festive spirit while enjoying themselves at the MUH staff Christmas party.

what we measure, we can improve

Hygiene and cleaning is one of the most important challenges facing our Hospital in 2006. A whole raft of new standards and monitoring processes will be arriving imminently for us to implement; and our Chief Executive Officer, Pat Madden has asked me to lead and coordinate this effort.

We have already set up a Hospital Hygiene and Cleaning Working Group, which has developed an implementation plan and strategy to deliver even higher standards of cleaning and hygiene. This process will involve a considerable amount of work.

As you read this, we will be undertaking a major baseline audit of cleaning and hygiene standards. A weekly monitoring process for all wards, clinical departments and public areas will be initiated. What we measure, we can improve! Follow-up external audits will occur from now on; and there will be two each year, with no prior notice given!

It is important to note that according to the results of the first external audit, our Hospital scored 78%, which was rated as 'Fair'. This scoring level, however, was greatly influenced by the fact that much of the audit was concerned with hygienic practice and physical condition of buildings – not cleaning. In fact, our cleaning scores were significantly higher. A recent patient survey reported that 93% of our patients stated that they thought the Mercy's standards of cleaning were 'good' or 'very good' – so we have a strong base to build on.

We will need to increase the frequencies of cleaning in some areas and will need to devote resources to improving the physical condition, storage facilities and space available in some parts of the Hospital. We have made appropriate bids for the necessary resources and the Health Service Executive is expected to make extra money available in 2006.

Nonetheless, we cannot be complacent. There will be an energetic drive for improved standards throughout this year and in the future.

Jim Corbett - *Deputy Chief Executive Officer*

relocation

We would like to inform staff that Payroll (Salaries and Wages), Creditors, Supplies and the Finance Department have moved to a new off-site location.

New Location: Crawford Business Park *(opposite St Finbarr's Cathedral)*

If you have any difficulty finding the building, please contact any of the departments below for instructions. Please note that office hours are 9 am to 5 pm.

Payroll queries that cannot be appropriately dealt with over the phone can be dealt with by making an appointment to meet with one of the Payroll staff.

Accountants: 16339 / 16340
Creditors: 16330 / 16331 / 16332
Director of Finance & Information: 16343
Finance Officer: 16342
Income Officer: 16341
Salaries: 16326 / 16327 / 16328
Supplies Department: 16334 / 16335 / 16336 / 16337 / 16338
Wages: 16322 / 16324

Please Note: *All calls to Crawford Business Park are charged local call rates – if possible, please use e-mail.*



L-R: Team captains: J. J. Cronin and Kieran Coughlan.

perfect match

The second Perpetual Trophy Challenge Benefit Match kicked off on the 26th November at the UCC Mardyke Arena.

The highly coveted trophy will be shared this year as both teams exhibited equally impressive skill – and the referee made some very diplomatic calls!



L-R: J.J. Cronin, Brian Riordan, Dr. Shahbaz Sheikh and Lee Murray.

Cheque presentation of €1,050 to Dr. Shahbaz Sheikh to aid victims of the earthquake affecting Pakistan and Kashmir. The MUH Perpetual Trophy Challenge Match Committee wish to thank everyone who helped in the event and those who supported their fundraising efforts.



L-R: Richard Browne, Dr. Shahbaz Sheikh and Ann Casey.

Another cheque presentation of €1,508 was made to Dr. Shahbaz Sheikh in aid of the earthquake victims. The monies were collected from fundraising efforts which took place in the Hospital's main canteen and at O'Casey's Bar in Ballyporeen, Co. Tipperary.

centre for gastroenterology

There have been many exciting developments at the Centre for Gastroenterology in 2005.

Our Capsule Endoscopy service is now established; and Mercy University Hospital is the only hospital in Ireland providing this investigation. We now provide this service on a nationwide basis. During this test, a small computerised camera, roughly the same size as a medication capsule, is swallowed and transmits images to a receiver carried on the patient's waist line. The patient swallows the capsule in the morning, and then returns to the Hospital in the evening when the information from the receiver is downloaded. This provides a video showing the entire small bowel lining. While it was initially mainly used to detect bleeding in the small bowel, recent research in 2005 has demonstrated that it has a variety of uses and it is envisaged that this modality of investigation will become more widely used in the future. This technique has revolutionised our understanding of small bowel diseases.

The Mercy now also provides a supra regional Endoscopic Ultrasound service. During this technique, an endoscope with an ultrasound probe is passed along the upper gastrointestinal tract. This allows excellent imaging of the wall of the oesophagus, stomach and adjacent organs such as pancreas and bile duct. In the near future, the Mercy will establish a Linear Endoscopic Ultrasound service. This service would allow us to perform invasive techniques such as pancreatic biopsy, lymph node biopsy and cyst drainage, outside of the gastrointestinal tract. This will facilitate more accurate staging of gastrointestinal cancers and the initiation of more appropriate treatment. Mercy University Hospital is the only centre outside of Dublin providing this service.

Mercy University Hospital has recently established a diagnostic and therapeutic ERCP service (Endoscopic Retrograde CholangioPancreatography). During ERCP the bile ducts and pancreatic ducts are visualised and therapeutic procedures such as stone removal or stent insertion is performed. The Mercy provides a regional tertiary referral ERCP service.

In 2005, there were 3,636 Endoscopic procedures performed at Mercy University Hospital.

An active Research Unit has also been established at the Centre for Gastroenterology, with a full-time Research Registrar and other team members who are currently looking at the role of bacterial overgrowth in irritable bowel syndrome and the aetiology of diverticular disease. We are involved in multi-national studies looking at non-ulcer dyspepsia, clostridium difficile and inflammatory bowel disease. Members of the Centre for Gastroenterology work closely in conjunction with our Surgical colleagues, our departments of Histopathology and Microbiology, and the Department of Medicine at University College Cork.



L-R: Mary Twohig, Dr. Martin Buckley and Ann Ryan.

The Centre for Gastroenterology would like to express its appreciation to our colleagues in the Hospital for all their support in 2005 and look forward to working closely with you in 2006.

***Martin Buckley** – Gastroenterologist*



Some of the members of our dedicated Endoscopy team.

John A. Murphy retirement functions

23rd November 2005

Mr Pat Madden,
Chief Executive Officer,
Mercy University Hospital,
Grenville Place,
Cork

Dear Pat,

I wish to thank you and all the staff for the beautiful gifts on the occasion of my retirement from the Hospital. They were very much appreciated by myself, Helen and the girls. Please convey my thanks to the committee who organised the party at the Hospital and dinner at Maryborough House Hotel. I certainly got a great send off and both events were enjoyed by everyone.

May I also take this opportunity to wish you and all the staff every success for the future.

Yours sincerely,
John Murphy



John A. Murphy



L-R: John A. Murphy, Lord Mayor of Cork Cllr. Deirdre Clune and Helen Murphy.



L-R: Helen Murphy, Sr. Laurentia, John A. Murphy, Sr. Felicitus, Sr. Concepta and Sr. Loretto.



L-R: John A. Murphy and Patrick Madden.



L-R: Hugo O'Connor and Seán O'Bulmáin.



L-R: John A. Murphy and Des Murphy



L-R: Catherine Bennett and Aoife Board.



L-R: John A. Murphy, Clare Horgan and Garry Lee.



staff news

Congratulations and very best wishes to the following staff members:

engagements

Anna Buckley – Nurse Practice Development
Suzanne Cronin – PC
Margaret Egan – PC to **Brendan Murray** – Portering
Declan Reidy – ICT

weddings

Carmel Carey – Emergency Dept.
Claire Hynes – St. Catherine's Ward
Sara Mongon – Risk Management
Simon Wood – Supplies

it's a girl

Niamh Heffernan – ICU
Linda Quinn – Catering
Kitty O'Neill – St. Catherine's Ward

it's a boy

Sonya Lynch – St. Anne's Ward
Angela Quinn – Catering

it's twins

Allan Meek – Laundry (a boy and a girl)

In each issue of the Mercy Times, we would like to include the names of staff members who recently: became engaged, got married, or welcomed a new addition to their family. If you or one of your colleagues has staff news to share, please contact the Editor or any Editorial Committee member.

Despite our best efforts, there may be some omissions due to our inability to obtain timely approval.

human resources department news

welcome new appointments

We wish to welcome the following staff, who recently joined Mercy University Hospital.

October 2005

Mary Brosnan	*Staff Nurse*
Louise Buckley	*Staff Nurse*
Finola Casey	*Speech & Language Therapist*
Noel Connolly	*ICT Systems Administrator*
Joan Hennessy	*Clerical Officer*
David Olushola	*Radiographer*

November 2005

Oyindamola Akingbade	*Ward Attendant*
Maria Clancy	*Staff Nurse*
Lorraine Condon	*Ward Attendant*
Alison Coughlan	*Ward Attendant*
Eileen Cronin	*Ward Attendant*
Carol Doran	*Clerical Officer*
Margaret Guiney	*Catering Assistant*
Mary Hughes	*Clinical Placement Co-Ordinator*
Hazel Keogh	*Ward Attendant*
Caitriona Kiernan	*Ward Attendant*
Monica Kwas	*Ward Attendant*
Marian Lake	*Ward Attendant*
Jeanette Lehane	*Ward Attendant*
Kate Looney	*Ward Attendant*
Amanda Mafuka	*Ward Attendant*
Jill Murphy	*Ward Attendant*
Francis O'Keeffe	*Clerical Officer*
Denise O'Neill	*Ward Attendant*
Majella O'Shea	*Ward Attendant*
Peesamma Samuel	*Staff Nurse*
Suzanne Sexton	*Ward Attendant*
Noel Sweeney	*Ward Attendant*

December 2005

Jedina Acbang	*Staff Nurse*
Gwendohlyn Alberto	*Staff Nurse*
Nerissa Angeles	*Staff Nurse*
Analyn Batac	*Staff Nurse*
Miles Natividad Batore	*Staff Nurse*
Grace Bontuyan	*Staff Nurse*
Lea Sheryl Calpase	*Staff Nurse*
Jocelyn Caumban	*Staff Nurse*
Alma Cortado	*Staff Nurse*
Nathaniel De Asis	*Staff Nurse*
Daisy De Jesus	*Staff Nurse*

December 2005 – continued

Marvin De Jesus	*Staff Nurse*
Herminia De Juan	*Staff Nurse*
Jessica Delos Reyes	*Staff Nurse*
Juliana Delos Reyes	*Staff Nurse*
Zheena Delos Trinos	*Staff Nurse*
Khodee Densing	*Staff Nurse*
Maria Corazon De Vera	*Staff Nurse*
Samuel Dimaandal	*Staff Nurse*
Judy Domingo	*Staff Nurse*
Floribeth Elacio	*Staff Nurse*
Mercy Espanol	*Staff Nurse*
Nora Espartero	*Staff Nurse*
Loreta Estrada	*Staff Nurse*
Jocelyn Galias	*Staff Nurse*
Jansen Gallardo	*Staff Nurse*
Nisha Jose	*Staff Nurse*
Jennifer Landingin	*Staff Nurse*
Diana Jean Leoro	*Staff Nurse*
Cynthia Lugo	*Staff Nurse*
Teresite Mendinueto	*Staff Nurse*
Racquel Mil	*Staff Nurse*
Alan Miranda	*Staff Nurse*
Christian Moreno	*Staff Nurse*
Kutty Nair	*Staff Nurse*
Bernadette Nalundasan	*Staff Nurse*
Joshiva Nava	*Staff Nurse*
Karren Nuguid	*Staff Nurse*
Annie Orato	*Staff Nurse*
Tesashelalonica Paras	*Staff Nurse*
Sini Paulose	*Staff Nurse*
Methushella Pimentel	*Staff Nurse*
Ismaelito Quijada	*Staff Nurse*
Charmielyn Cruz Ramos	*Staff Nurse*
Doris Remorozo	*Staff Nurse*
Catherine Salenga	*Staff Nurse*
Hope Sanchez	*Staff Nurse*
Mellorine Santos	*Staff Nurse*
Gary Sesaldo	*Staff Nurse*
Shiju Kumar Sivan	*Staff Nurse*
Romeo Tajanlangit	*Staff Nurse*
Emma Taninas	*Staff Nurse*
Maria Mia To	*Staff Nurse*
Maria Unabia	*Staff Nurse*
Kaviya Varghese	*Staff Nurse*
Aileen Yanos	*Staff Nurse*
Anna Liza Ybanez	*Staff Nurse*
Eden Ybarola	*Staff Nurse*

consultant appointments

Welcome to the following Consultants who recently joined Mercy University Hospital.

Dr. Gehad Elbastawisy	*Locum Consultant Anaesthetist*
Dr. Louise Gibson	*Locum Consultant Paediatrician*
Dr. Kieran O'Connor	*Consultant Physician in Geriatric Medicine*

retirements

Mercy University Hospital would like to thank the following employees for their service throughout the years and to wish them a long and happy retirement.

John A. Murphy	*Chief Executive Officer*
Sheila Murphy	*Senior Staff Nurse*



MUH staff who have achieved their trainer certification status in Crisis Prevention Institute (CPI) Nonviolent Crisis Intervention Training, accompanied by Jim Corbett - Deputy CEO, Chris Sheehan - CPI Development Officer and Maria O'Keeffe - Administrative Assistant to CPI Committee.

mercy university hospital as a health promoting hospital

What is a health promoting hospital? It is one in which health promotion is integral to the ethos of the institution – its structure and culture – and the way in which it is managed. This may require adapting management structures and facilitating greater participation by staff.

'Health Promoting Hospitals' is a World Health Organisation (WHO) initiative, which was designed to improve health and environmental conditions for both staff and patients by implementing a range of health-promoting policies and activities. As one of the largest employers in Ireland, the Health Service is ideally placed to promote health in partnership with other sectors of the community.

One of the strategic aims of the National Health Promotion Strategy 2000-2005 was to encourage the Health Service to become a health-promoting environment. The Irish National Health Promoting Hospitals (HPH) Network was established; and Mercy University Hospital's Executive Management Board (EMB) recently approved a proposal for the Hospital to make an application to this Network. The Mercy is already engaged in many health promotion activities; and membership in the Network will allow it to benefit from being formally identified as a health promoting organisation.



The Health Promoting Hospital concept is much more than giving information or the provision of health promotion activities. It is also about corporate identity and organisational change that focuses on hospital systems and on the attitudes or ways in which health care workers and practitioners carry out their work.

A health-promoting hospital aims to help all the people within its reach to achieve their highest possible level of health and well-being. The Health Promoting Hospitals concept and Network strive to find a balance between health promotion, disease prevention and illness treatment for both patients and staff.

What This Means for Staff – *an opportunity to:*

- Gain recognition for health promoting efforts and models of good practice, and aid in their transfer to other areas within MUH.
- Relay healthier messages to patients through the provision of information and advice on health issues.
- Build on teamwork and non-hierarchical styles of communication between staff and between staff and patients.
- Have a voice in how MUH services are organised.
- Participate in workplace health promotion programmes.
- Reduce rates of stress, injuries and illness.
- Participate in additional health promotion educational skills and training.
- Be employed by an organisation, which enables you and values your health and that of its patients.
- Benefit from improved quality and variety of food services.
- Improve morale.
- Have the authority and autonomy to empower patients.
- Cooperate and exchange experiences with other member hospitals.
- Expand recuperation and rehabilitation programmes for patients.
- Increase commitment to the advancement of quality health care.
- Improve relationships between MUH and the community which it serves.
- Acknowledge differences in value sets, needs and cultural conditions affecting individual and population groups.
- Benefit from evaluation of health promotion activities (i.e. accreditation process).
- Receive healthier messages, work in a healthier environment and strive to be healthier overall.



What This Means for Patients – *an opportunity to:*

- Experience enhanced quality patient communication and care.
- Be empowered and encouraged to share the responsibility and decision-making in relation to their own health.
- Receive quality health promotion information regarding risk factors and high-risk behaviours.
- Participate in patient health promotion programmes (e.g. expanded recuperation and rehabilitation programmes).
- Experience an improved range of support.
- Enjoy improved quality and variety of food services.
- Experience a supportive, humane and stimulating environment within our Hospital (for long term / chronic patients).

Membership in the HPH Network will help Mercy University Hospital (MUH) to establish a new role and increased status. In order to successfully operate as a Health Promoting Hospital, however, there must be commitment from all staff – and that means YOU -- a commitment to the idea of organisational and personal change. All of us can become involved in bringing in new and better ideas, which might impact on our own health or that of our colleagues, patients or visitors. Thinking up creative ideas and devising schemes to improve health for patients and staff is essential, as is maintaining the quality and standards of the services we offer.

I would like to express my appreciation for all efforts from MUH staff to date on existing and ongoing health promotion projects. I hope that you will join with me to work towards the formalisation of Mercy University Hospital as a Health Promoting Hospital.

Mr. Patrick Madden - *Chief Executive Officer*



a tribute to Norma Watson

It was with great sadness that we learned of the untimely passing of our dear friend and esteemed colleague Norma Watson on September 28, 2005.

Norma began her employment with Mercy University Hospital in 1988 in the Accident and Emergency Department, after returning from two years in Saudi Arabia. Previously, she had worked in the U.S. and in the North Infirmary, where she trained as a R.G.N.R.S.C.N. After a few years' break working for the Cope Foundation, Norma returned to St. Anne's Ward in the Mercy where she excelled as a Paediatric Staff Nurse. In the most recent past, Norma was a valued and dedicated member of the Outpatients Department.

This stunning lady lived her, all too short life, to the fullest. She was a highly organised person who checked her diary for a window to meet with her countless friends. She had to be organised, because if she wasn't working, she was golfing in the Lee Valley, skiing down an Austrian piste, enjoying a European city break or on a golf weekend in Dingle.

One cannot think of this mischievous and most charming person without a tear in one eye, and a twinkle in the other. It has been our pleasure to have known 'Watson' and to have called her both a friend and a colleague.

"Ar dheis Dé go raibh a hanam" (may she rest in peace).

On behalf of all the staff here at Mercy University Hospital, we extend our deepest sympathy to Norma's beloved family. A Mass will be offered to remember Norma on Friday, 3 February 2006 at 7:15 pm in the Hospital Chapel. All are welcome.

Respectfully submitted by
Sheila Connolly Sullivan and Eileen Kenny



A group of excited children (patients at MUH during 2005) receiving a festive send-off from Patrick Madden - CEO. The children were on their way to meet Santa at the Bubblegum Club Christmas party in Fota.

a lifetime spent on the private corridor

Sheila Murphy retired after 25 years of service as a Staff Nurse on the Private Corridor.

She was an exceptional role model for all staff. Patient care was her priority, where kindness and compassion were hallmarks of outstanding care.

We extend our good wishes to Sheila for a long and happy retirement.



endoluminal stenting for aneurysms of the aorta

Traditionally, open surgery to repair aneurysms of the aorta has been extremely successful and is durable in the long term. It is, however, quite severe on patients and carries a significant mortality risk even in the elective setting.

Over the past twelve years or so, endoluminal stenting has been developed to a high degree worldwide. This involves the insertion of a tubular stent via the femoral arteries in the groins to the dilated part of the aorta. The stent is released when in the correct position as seen on an X-ray monitor, and springs open to its predetermined size. It thus attaches itself to the wall of the aorta above and below the dilated segment, excluding the aneurysm from the circulation. As a result, open surgery on the abdomen is avoided and frail patients do much better in general terms. Post-operative intensive care is not required and many patients are fit to go home a few days after surgery.

The Aortic Aneurysm Stenting Programme commenced at Mercy University Hospital in June 2005; and to date, ten patients have had stents inserted successfully. Procedures are carried out in the operating theatre, and involve the use of imaging equipment to show the position of the stent within the patient's body. The Vascular Surgery and Radiology Departments have worked together to establish this Programme, with the cooperation of the Anaesthetists and Theatre nurses.

With the increasing incidence of abdominal aortic aneurysms, it is projected that stenting will be performed on approximately twenty patients annually in the near future.

Mr. Gerald McGreal, *Consultant Surgeon / Vascular*

Design: *Dowling & Dowling Design Consultants Limited Tel: 021 4821971*