MERCY UNIVERSITY HOSPITAL, CORK LIMITED
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Working Together

Cork Integrated Dementia Care Across Settings (Cork-IDEAS) Research Project

The Cork IDEAS research project is a Genio Funded project to improve Dementia Care in Mercy University Hospital and Cork Community. Dr. Suzanne Timmons, Consultant Geriatrician and Cork IDEAS Principal Investigator, takes Mercy Times on a journey through the ground breaking work being undertaken in this field…

Background

Genio is an organisation that works with the Department of Health and the Health Service Executive, supported by Atlantic Philanthropies. Their mission is to support individuals that are disadvantaged, enabling them to live full lives within their communities. The Genio charitable trust provides innovation funding, and a Cork consortium, including many Mercy hospital staff and led by Dr Suzanne Timmons, has received €500,000 to improve the integration of dementia care in Mercy University Hospital and the surrounding Cork community. This is a significant achievement and a positive way forward in enhancing quality care provision for patients with dementia.

Cork-IDEAS: MUH and Cork Community Partnership

Dementia is under diagnosed but affects about 30% of older people admitted to MUH, and it is reported that 25% of all acute hospital beds are occupied by a person with dementia at any time. As the population ages, this percentage will continue to rise. The Cork IDEAS project is about improving care for the person with dementia in MUH and community. A number of initiatives will be rolled out in the coming months to help achieve this goal and some work has already begun. Integrating care between the hospital and the community is a vital component of the project.

MUH and key community stakeholders will work together to provide an integrated service for patients and their families, providing excellent acute hospital care where necessary, alternatives to admission where possible, and support for those caring for the person at home. Also, we will facilitate families/carers who wish to continue caring for the person with dementia during their hospital stay. Other supports that will be implemented include environmental changes, improved discharge support and education and training.



A Dementia Nurse Specialist, Mary Mannix, has been employed since June 2014 to work with patients, families/carers and staff to improve the hospital experience for the person with dementia. Mary has extensive experience of working with people with dementia and their families, and is now working closely with staff in the hospital to ensure that the Mercy hospital becomes a *"dementia friendly hospital".*

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Cork Integrated Dementia Care Across Settings (Cork-IDEAS) Research Project

(Continued from page 1)



Hospital Initiatives:

Education

Raising general awareness of dementia among all hospital staff is an important aspect of improving the hospital experience for a person with dementia. Existing staff will be offered various levels of education on dementia. The educational initiative, led by Doreen Lynch, Director of Nursing Education, has already begun and consists of three main strands:

- **Raising dementia awareness**
  A 45 minute programme to raise awareness about dementia will be available to all MUH staff over the next year. We would hope that everyone will avail of this brief training, as everyone comes into contact with a person with dementia –you might have a telephone call from someone who has forgotten some important details, or you might meet someone who is lost in the hospital, and it is important to be aware that this person **may** have dementia. We'll give you some simple tips about communicating with a person with dementia.

- **Enhanced staff training**
  A four hour programme, "Enhancing Well-Being For The Person With Dementia in The Acute Hospital: An Introduction" (based on a National Dementia Training Programme) will be rolled out shortly, for nurses and health care assistants who care for people with dementia on a regular basis.

- **Dementia Champions**
  A more intensive dementia training programme, delivered in the Mercy hospital in collaboration with DCU, prepares staff to become "dementia champions". Dementia Champions have a special interest in dementia and enhanced skills, and can help other staff when they are unsure how to care for a person with dementia. Six people have completed the Dementia Champions module to date and there are three people currently on the programme, due to finish next month. A Dementia Champions forum has been established so that trained champions can support each other and continue to learn together.

Environmental Changes

An occupational therapist has been appointed to commence part-time work on the Cork-IDEAS project in MUH in January. Anne O' Hea, an occupational therapist with experience of working in a dementia specific hospital ward in the UK, will work closely with Mercy staff to make simple environmental changes hospital-wide that support the person with dementia (simpler signs; orientation cues, such as clocks; more welcoming areas for walking and sitting).

Volunteers

Volunteers can play a great role in supporting a person with dementia in hospital, whether it is just company, sitting and chatting; or facilitating a familiar, enjoyed activity; or accompanying a person for a walk to the shop or canteen. Preparatory work for volunteers to provide this social support for patients in the hospital (not just for people with dementia) has begun, led by Josephine Griffin, Patient Liaison Officer. We are keen to recruit suitable people for this volunteer role, so please spread the word! Also, we have been chosen as a pilot site for a national advocacy and support programme (SAGE) where specially trained volunteers will be able to support vulnerable older people in hospital who don't have a family to support or advocate for them. This has worked well in residential care, and it is now being rolled out to acute hospitals.

Integrated Care Pathways

An integrated care pathway for the person with dementia is to be developed to promote coordinated care from community to hospital and back to community. This will minimise delays, improve communication, and support patients and families during hospital admission and discharge. A community dementia care coordinator will be joining the Cork-IDEAS team next year. This role is crucial to the successful integration of care between the acute hospital setting and the community, and will help us link with community supports, both professional and voluntary.

Research

Dawn O' Sullivan is an independent researcher who is evaluating the interventions and changes that are occurring as a result of the Cork-IDEAS project, and has already completed some baseline research. This research will help other hospitals to roll out similar improvements, and will help us to see what works and what doesn't. Thank you to everyone who has already helped Dawn with her research.

The Cork-IDEAS project is new and innovative and we have a fantastic opportunity to be a leading hospital in our care of people with dementia. We are known for our strong ethos of care, and with training, our new staff appointments, and minor modifications to our built environment, we can be confident that this excellent care extends to a person with dementia. We would like to take this opportunity to thank you sincerely for your continued support, for taking time to complete questionnaires, participating in interviews and facilitating the project in your departments - we are grateful and without your support this work would not be possible.

If anyone would like more information, has a suggestion or comment for the project, or would like to come on board as a consortium member, please contact Mary Mannix or Dawn O'Sullivan informally, or email Suzanne Timmons at **s.timmons@ucc.ie.**

MUH Paediatric Study Day…

The Paediatric Group in Mercy University Hospital hosted their 1st Paediatric Study Day on October 22nd, 2014. The study day which had NMBI category one approval (5 CEUs) focused on:

1) Paediatric Oncology and Haematology,
2) General Paediatrics, and
3) Chronic Illness and Disability.

The Study Day highlighted the excellent, innovative, evidence based practices being carried out within paediatrics.



MUH has been upgrading…



St. Brigid's Ward has entered the 21st Century having undergone a complete makeover.

The Patient rooms on St. Brigid's 1 have been fully refurbished with the creation of en suite bathrooms in four extra rooms giving a total of 7 en suite single rooms out of 11. Electrical trunking was installed over each bed space alongside a new Nurse Call system. The Clean and Dirty utility rooms were also refurbished to HIQA standards.

The continuing high standards of care delivered in St. Brigid's ward is now delivered in an environment that is much more aesthetically pleasing for patients and staff alike.

Time for Tea & Miracles...

The Mercy Miracle Appeal took place in early December to raise funds to support people affected by Heart disease and Strokes in Cork. In 2011, every hour a man, woman or child died from heart disease or stroke.

C103 got on board again this year for the appeal relaying stories featuring people's personal experience of heart and stroke related illnesses and Tea & Cake Breaks were organised throughout Cork City and County to raise valuable funds.



MUH Speech and Language Therapist, Finola Ferris with former patient Toni Noonan. They joined us for a cup of tea with her daughter Tracy and Granddaughter Megan Kean for the Mercy University Hospital "Tea and Cake Break" in aid of the Mercy Miracle Appeal where ***€1,533.93*** *was raised.*
Picture Denis Boyle

Kenya comes to MUH

MUH was delighted to extend its hospitality and welcome to our colleagues in the Mater Hospital, Nairobi. The purpose of the visit by our Kenyan colleagues was to create strategic alliances, promote the mission of their hospital abroad and to gather and exchange valuable ideas and MUH was more than delighted to share in the experience.

Our esteemed visitors included Dr. John Muriithi- CEO, Mr. Lawrence Muiga, Marketing, Dr. Rhoda Mutia, E&A, Sr. Roseline Abwao, Director of Nursing Services and Dr. Agnes Chege, Pharmacy



Our Stars

The Mercy Stars Awards, hosted by the MUH Foundation, seek to recognise those individuals, teams and fundraising volunteers who go the extra mile for patients and colleagues at Mercy University Hospital and so it was on a splendid evening in September that staff members and fundraisers alike were honoured.

For MUH one of the most prestigious awards is the Catherine McAuley Lifetime Achievement Award which recognises and acknowledges those who have committed many years of service to healthcare at Mercy University Hospital. This year, MUH decided to honour 2 (now retired) members of staff.

Joe Higgins (Porter). Joe commenced his working life at MUH in 1976 as night duty porter (Front Hall/Reception), where he spent his 38 years of service. Joe is always fondly recalled by all staff who had the pleasure of knowing and meeting him and with his penchant for fishing; many a "catch" was enjoyed by the night staff. He also subjected many a student to various rites of passage but in equal measure compensated by turning a blind eye if they broke their curfew!! Cupid's arrow also struck for Joe and he met his wife Patsy here at MUH.



Joe Higgins being congratulated by Deputy CEO, Jim Corbett and Asst Director of Nursing, Carol Hunter. Unfortunately, Marion was unable to attend, due to a prior commitment.

Marion O'Leary (RGN) started her working life in MUH as a nursing student in 1976. Having completed her Midwifery studies, she returned to MUH and assumed the duties of Staff Nurse on St. Catherine's Ward initially and later PC (now St. Brigid's Ward). It was here that Marion spent the remainder of her dedicated career until her retirement in 2014. Many recall that being a Kerry woman, Marion's passion for Kerry Football was well espoused and how vociferous she was when they were victorious but how very silent when they were not!

Mr. Patrick Gillen: A Tribute

Mr. Patrick Gillen was one of Ireland's last surviving D-Day veterans, and on a very special day last December, surrounded by family and friends in Mercy University Hospital, he was presented with the Chevalier de la Legion d'Honneur by his Excellency Mr. Jean Pierre Thébault, the French Ambassador.

This honour was bestowed on Mr. Gillen, on behalf of the French Government, in recognition of his outstanding bravery and military service. Mr. Thébault said *"the French Government wanted to honour Mr. Gillen as an Irish hero who committed his life, youth and courage for a noble cause – democracy and the freedom of France and Europe".*

Mr. Gillen was attached to HQ Group of 6 Commando. Together, with his fellow Commandos, at about 8.30 am on June 6th, 1944 he landed on Sword Beach in Normandy. The day would become D-Day - the day that reshaped the landscape and history of Europe and the World. For over 80 days Mr. Gillen and his comrades were tasked with protecting the left flank and reinforcing the 6th Airborne, which was holding a number of bridges preventing counterattacks. Under heavy sniper and mortar fire, and despite sustaining casualties, they secured the bridges and extended forward to a farm in Amfreville, where they held a defensive position for more than 40 days. Mr. Gillen spent 82 days, in total, fighting on French soil and during that time more than half of his unit were killed. *"No words can exactly recall how it might have been. You lost comrades, friends. We lost heroes"*, Mr. Thébault said.

In accepting this honour, Mr. Gillen said he was *"thrilled but immediately felt unworthy"* and graciously recalled and invoked the memories of both his family members and comrades who had fought in both the Great War and World War II, he said *"In accepting this award these and other brave Irish men, thousands of young men who lost their young lives in the pursuit of peace, remain in my memory. This award is as much theirs as mine".*

Mercy University Hospital was very proud and privileged to facilitate and share this truly historic, unique and memorable day with Mr. Gillen, his family and friends.

"Your life, your story and the one of your family illustrate better than many words or books what Europe and its civilization have experienced during the past century – your courage is worth remembering" Mr. Thébault

It was with great sadness that we learned on December 27th that Mr. Gillen had passed away – May he Rest In Peace.



His Excellency, Monsieur Thébault leading the applause to Mr. Gillen, upon presentation of his award, watched by Mr. Gillen's son Ger.



The Class of 2014

Congratulations to our new Graduate Nurses. The recently qualified RGN's marked the occasion with a special Mass and celebration, joined by family, friends and colleagues.
They are wished every success for the future.

Nursing Graduates celebrating their special day. (L to R) Liz Power, Eimear Hayes, Mairead O'Sullivan, Emily O'Connor.

Rising to the Challenge …Could the next nominee please step forward??

Motor Neurone Disease took centre stage over the summer/autumn months of 2014 via the internet extravaganza that was the **ICE Bucket Challenge**. The idea was both simple and magnificent, you get a bucket of iced water dispatched over your head and then you donate some much needed funds to IMNDA (Irish Motor Neurone Disease Association). Celebrities, politicians, sports personalities etc. embraced the challenge and the endless circle continued as once the challenge was completed, one then gets to nominate 3 of their counterparts. We've all seen Aladdin and the genie granting 3 wishes... for the sufferers of this disease and the IMNDA, every person who nominated 3 friends or family members, these were their 3 wishes and each nominee was their genie. It both nurtured awareness of the disease and raised much important funds for the association.



Mercy Staff "embracing" the challenge

Proudly accepting the challenge, shoulders back and game face on, up stepped Mercy University Hospital!! A total of 40 participants from over 30 departments participated, resulting in a day of fun, camaraderie and lots of laughter and all was required was a few buckets, a fair few litres of water, a handful of chairs and a willing spirit!

Some may say that the most important ingredient was the "ice". This most certainly was not the case – that honour befell MUH employees and their friends & family who came together as a community to support this worthy cause.

The organisers wish to thank everyone who participated both in the dunking and being dunked, helpers, spectators and those who donated generously to achieve the overall figure of **€1,678.00** for IMNDA.



Dr. Orna O'Toole, Consultant Neurologist and CEO, Sandra Daly presenting the cheque to Jennifer Bonus representing IMNDA

Canteen goes Cashless

The introduction of EPOS touch screen tills incorporating a payment method for Mercy Staff to register, top up and use their ID card to pay, has proved a resounding success.

One year on, the Catering Department have noted the following improvements:

- Staff can avail of discounts as Catering will pass on any price savings from our suppliers.
- The queue-time saved at peak times has improved significantly.
- The computerization project has been a great success with nearly 600 plus staff already registered.

Well done to everyone involved in this project.



Claire McCarthy & Norma Twomey using their Staff card on their morning break with Canteen Cashier Marie Cronin.

Off to visit Santa



CEO, Sandra Daly, Mickey, Tigger and Minnie Mouse seeing the children off to Fota…

Children attending MUH and their siblings, as well as children from Edel House and Cuanlee headed to Fota House on December 5th to meet a very important guest! This wonderful day is fully supported by Cork City Hospital Children's Club.

Mercy Memories



Portion of Roof Garden over General Hospital.

"Sometimes, you have to look back in order to understand the things that lie ahead."
- Yvonne Woon

Farewell

MUH bid a fond farewell to two members of staff as they recently celebrated their retirements. Mary Rodgers retired after over a decade of service as a Medical Secretary in Administration and Nurse Tutor Bernie O'Callaghan bowed out after 40 years service.

Both ladies marked the occasion in style and are wished a very Happy Retirement.



Bernie being presented with a bouquet by her CNE colleague Eleanor Crowley.



Mary surrounded by colleagues.

Human Resources Department - An Overview

'In the spirit of the Sisters of Mercy we provide excellent patient services to maintain and improve the health and wellbeing of those we serve'

Located in the busy centre of Cork city, Mercy University Hospital is a centre of national and international excellence renowned for its high quality patient care, research, teaching, tertiary level health care and enjoys a strong and mutually beneficial link with University College Cork.



Deirdre Casey, HR Manager, MUH

Our Department

The Human Resources Department supports the Hospital's Mission and Vision through a set of processes that provide support to the Chief Executive Officer and Executive Management Board, facilitates learning and development and provides support services to staff.

There is a strong sense of identity with the core values underpinning the mission and ethos of the Hospital. Accordingly, the HR Department is constantly refining and developing the services it provides to meet the ever progressive legislative changes and ensuring best practice, when dealing with managers and staff in relation to organisational issues and/or personal issues.

Currently, Mercy University Hospital employs over 1,000 staff comprising Medical, Nursing, Management/Administration, Health & Social Care, Support Staff and Patient & Client Care.



L-R Fiona Lynch, Caroline Reddington, Deirdre Casey, Edel Coakley and Grainne Kennedy

Our Team

The HR Manager, Ms. Deirdre Casey, has overall responsibility for the development and delivery of key human resource strategies and policies for Mercy University Hospital, including resourcing and recruitment, learning and development, employee relations and HR administration.

The Human Resources Department is organised into seven specialised functions, and all staff in the department have a direct reporting relationship to the HR Manager. The goal of the HR Department is to assist the Hospital in achieving its potential through people.

Our Roles

- **Recruitment & Selection -** seeks to attract and retain quality staff who will be committed to the organisation, in accordance with the strategic plan, and who will add value to the hospital in the future. At MUH, we strive to be an employer of choice and are constantly involved in attracting the right person for the right job at the right time for our hospital.

- **Employee Relations -** promotes, encourages and fosters good working relationships to the benefit of all stakeholders. We ensure the relevant best practice HR policies and procedures are in place to support good employee relations and to support people management on the ground.

- **Medical Manpower -** to attract high quality medical staff who will deliver and develop hospital services in line with the strategic plan. We continue to foster good relations with the relevant bodies that govern medical practice and medical education in Ireland.

- **HR Nursing -** attracts and retains nursing and para nursing staff who will support, deliver and develop hospital services in line with patient needs and the overall strategic plan

Human Resources Department - An Overview

- **Training and Development** - develops the concept of the learning culture and supports continuous personal and professional development of all managers and staff.

  External Links
  - The MUH HR Department has fostered valuable links with the Performance and Development Unit (HSE), which will enable the "roll out" of various programmes throughout the hospital over the coming months and years.

  Internal Priorities
  - Global Induction programmes have been re-introduced as MUH continues in its recruitment drive.

  Values
  - 2014 brought the "core purpose" of MUH to the fore with the engagement of Management and Staff in identifying and then launching the Core Values of MUH. This huge undertaking has positively permeated throughout the hospital and continues to be embedded in the day to day working life of MUH and its staff.

- **Superannuation/Pension/HR Administration** - provides support and expert knowledge in the area of pension administration. To streamline the HR processes and to support managers and staff in the day to day business of the hospital.

- **Occupational Health/Staff Wellbeing** -ensures quality care to staff whilst complying with policies and procedures and managing risks to health from both a staff and a patient perspective. Assisting managers and staff in the wellbeing of all involved in providing a service to patients is vital. Health Promotion initiatives for staff form an integral part of the work of Occupational Health including the provision of flu vaccines, health awareness campaigns etc.

  The wellbeing of our staff is paramount and in that regard the Employee Assistance Programme (VHI Healthcare) provides a confidential specialist programme which is available to all staff in respect of their required need. The FreeFone 1800 995 955 is open 24 hours, 365 days a year and face to face appointments can also be facilitated.

Our Experience

Over the last number of years, the HR Department has been integral in implementing national and international directives whilst mindful of the needs and well being of our staff. Two such examples included:

Take the Highway to H.R.
Whatever you want to call us for,

Come over to us for your problems to sort,
We're here to give you all support,

The answer to every question is here in H.R.

- **EWTD – European Working Time Directive (Medical Manpower)**
  The European Working Time Directive (EWTD) is an EU initiative. The main provisions of the Directive are to limit maximum hours of working, and establish minimum entitlements to rest periods etc. to protect NCHD's.
  A national commitment was made in respect of NCHDs to eliminate shifts in excess of 24-hours, to further progress EWTD compliance during the last quarter of 2013 and to the achievement of full compliance through 2014. Accordingly, MUH successfully identified and implemented change to set out the path to achieve full compliance, being cognisant of the importance of the welfare of each of our NCHD's.

- **The Haddington Road Agreement 2013 - 2016**
  The Public Service Stability Agreement – 2013-2016 *(Haddington Road Agreement)* set out the measures on productivity, cost extraction and reform with the aim of achieving targeted pay bill reductions and the cost of the pay and pensions bill over the three years from 2013 to 2016. This lengthy process involved the engagement and full co-operation of all staff which must be acknowledged given the arduous requirements.

Our Commitment

In accordance with the National Standards for Safer Better Healthcare, the HR Department continually strives to undertake and execute its duties within the framework for best practice - to work with, for and on behalf of all managers and staff.

GP Referrals for OutPatient Clinics

Central Appointments Office, Outpatient Department (OPD) manages all public referrals received from General Practitioners and other external sources for appointment in the out-patient clinic. This is a requirement of the Special Delivery Unit (SDU) Protocol: The Management of Outpatient Services Ver2.0 (Jan 2014). It also helps to maximise efficiency and reduce duplications.

How does it work?
Within 24 hours of receipt of the referral the Central Appointments Clerical officer date stamps the referral and captures the receipt electronically on iPMS (Integrated Patient Management Systems) which is then placed on the OPD waiting list before being forwarded to the appropriate Consultant for triage. Once the referral is triaged by the Consultant and sent back to Outpatient Department, it is again date stamped and the iPMS referral and waiting list entries are up dated to capture the Consultant's triage outcome and clinical prioritisation.

All hard copy referrals should be addressed as follows:



Effective & Efficient
The **GP electronic referral** has proved to be both an effective and efficient method of referring patients for OPD services.

- It complies with HIQA recommendations for the management of GP referrals.
- It increases the safety of the referral process.
- it speeds up the referral process: through eliminating certain steps (too many hands), adding some critical steps (transparency) and standardising the referral process.



An electronic acknowledgement is received by GPs on download of the referral in the Central Appointments Office, with the GP receiving a further electronic acknowledgement outlining the Consultant's recommended action post triage.

Have you ….Signed up?

If you have not already signed up for the GP electronic referral, details can be found on: **www.healthlink.ie**

Well done to our "Team Procurement" for getting down and dirty at the D'hillbillies 6k Mud Run all in aid of the Mercy Foundation Cancer Appeal

Before



Front Row L to R :Denise Fogarty, Ciara Neville, Tricia Hamilton
Middle row L to R: Marion Coughlan, Marie Meade, Carol Doran (Supporter), Sarah Doran (Supporter), Grace Walsh (Supporter)
Back Row L to R: Shane Mullins, Jamie Cierans, John Meade.

After



L to R: John Meade, Shane Mullins, Tricia Hamilton, Marion Coughlan, Jamie Cierans, Ciara Neville, Marie Meade, Denise Fogarty.

The Circus has arrived at St. Anne's Ward
DFS and *Optimise Design* sponsor makeover of family room in Mercy University Hospital's Children's Leukaemia Ward



Joe O'Reilly, Manager, DFS Sofas, Mahon together with Lauren Crowley "cut the ribbon" watched by Emma O'Callaghan, Catherine Crowe and Denise O'Connor (Design Doctors – Optimise Design) and MUH staff.

Further to the 96FM Radiothon Appeal in May, a Facebook competition to redesign a Family Room in the Children's Leukaemia Ward, at Mercy University Hospital, with former RTÉ's design doctors and sponsored by DFS, saw Mallow native and Gaisce bronze award-winner Emma O'Callaghan team up with Denise O'Connor and Catherine Crowe of Optimise Design, to make-over the family room.

The Circus theme was envisaged by Emma and Optimise Designs and Emma was delighted to see her vision become reality - "*I knew it would have some impact, but to hear today from an actual parent the difference that it will make to them, is just amazing*," Emma said.

The space has been transformed and is now a place where parents and children can relax while undergoing treatments. Therese Crowley, who's daughter Lauren attends the Unit, commented that "*The new room is bright, it's cheery, it's just so lovely*," and indeed, Lauren was on hand to help officially "*cut the ribbon*" on the day.

Manager of DFS' Cork store at City Gate, Mahon, Joe Reilly is delighted with the company's partnership with Gaisce and the opportunity for DFS to bring some comfort to the families of leukaemia sufferers attending the Mercy University Hospital. "*It has been a privilege to work with everyone involved in the Hospital, Gaisce and Optimise Design. Our own DFS designers also loved creating the ideal handmade sofas from the extensive DFS range to suit the needs of this room.*"

use of equipment



If you need it – don't abuse it
If you need it others do too
When you take it – please replace it
Others need it just like you

If you take it don't misplace it
And put it where it doesn't belong
As there t'would be when next it's needed
Its' storage place would be all wrong

If you remove it please don't loose it
It may be a necessary tool
So please remember to return it
This is an important rule

All our equipment is so important
It helps to save so many lives
And as you know it costs a fortune
So please take care that it survives



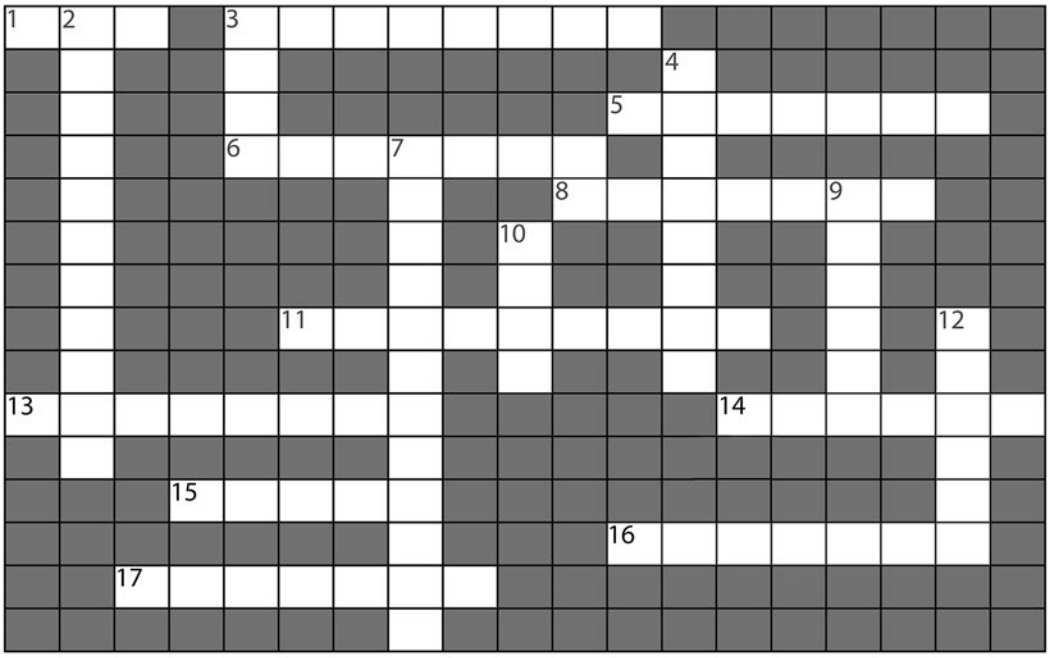
- Kathleen Heelan



The new room being put to the test watched by CEO, Sandra Daly, Director of Nursing, Margaret McKiernan, Asst. Director of Nursing, Martina Hughes, CNM2 Sinead Favier and staff of St. Anne's Ward.

IT IS COMPETITION TIME

Deadline for the submission of the completed crossword puzzle is the 17th of March, 2015. A designated box has been set up in the Post Room.
The lucky winner will receive €50.



Across:

1. Brain & Spine.
3. First infectious disease in humans to be eradicated.
5. To faint.
6. The opposite of nocebo.
8. Inexpensive medicine.
11. Nerve pain.
13. (& 2 Down) This statistician helped save many lives in the Crimean War.
14. Pale.
15. Bacteria found in the gut.
16. From the Greek meaning "tube".
17. Ancient African tribes used Driver Ant's jaws as ...

Down:

2. (see 13 Across)
3. Essential tool in preventing MRSA.
4. Drug to induce sleep.
7. The C in CAT scan.
9. After Vaccine.
10. Part of the electromagnetic spectrum.
12. From the French "separate out".

Gluten Free Lemon Cheese Cake



Ingredients:
2 Pks of 150g GF digestive biscuits
75g Butter
200 g Mascarpone Cheese
125g cream
1 segment of lemon jelly (135g)
1 tin condensed milk

9" tin

Method:
Melt the butter slowly. Crush the GF digestive biscuits into very small pieces and add to the melted butter. The texture should be nice and moist. Test by pressing the biscuit together. If it sticks than it is fine. Put the biscuits into cheese cake tin and smooth out evenly.

Mix the condensed milk and Supervalu Mascarpone cheese together until smooth. Whip the cream and add to the mixture. The more the cream, the lighter the mixture, but not too much that the mixture will over flow.
Dissolve the jelly - melt in microwave for 80 seconds. Leave to cool and then add to the mixture.
Grate 1 fresh lemon zest into the mixture.
Cut the lemon and squeeze the lemon juice again into the mixture. (mind those pips!)

Mix well and add to your biscuit base and leave to set for 3 hours.

Garnish with cream (optional)

We wish to express our thanks to everyone who submitted articles, information and / or photos for this edition. If you have something to submit for a subsequent issue, please contact any member of the Editorial Committee.

Mary Twohig – Chairperson
Siobhán Kenny – Editor
David Hegarty – Graphic Design / Photographer
Tony O'Regan – Photographer
Colin McKeon
Edel Coakley
Clare Horgan

Current and previous issues of the Mercy Times can be found online at www.muh.ie and on the MUH Intranet – Sharepoint.

**'Mercy Times'
Editorial Committee**