MERCY UNIVERSITY HOSPITAL, CORK LIMITED

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Mercy times

Mercy Homecare Service

The Mercy Homecare service is a newly established service at Mercy University Hospital (MUH) whereby Healthcare Assistants (HCA's) deliver quality personal care to patients in the community. It enables the patient to be safely and effectively discharged into the community setting while the patient awaits the provision of a HSE home care package.

This will reduce length of stay in hospital and reduce the use of transitional care for patients. There is continuity of care with the Clinical Nurse Manager 3 (CNM3) lead for this service acting as a link between the hospital and community. The service is based on a model in Dublin's Beaumont Hospital and CNM3 Eileen Kenny spent time in Beaumont to shadow the service they provide and to establish and enable the Mercy Homecare Service here. Mercy Times checked in with Eileen recently to chat about the Service itself and its impact for our patients.



L-R CNM3 Eileen Kenny with HCA's Janice O'Herlihy and Paul Coleman

There is more inside…

- ***Visit of Minister Michael McGrath***
- ***Mercy on the Move - Wellbeing***
- ***A Painting Called Mindfulness!***
- ***Recognition, Congratulations and Welcomes!***

How does it work?

The rationale for the service is based on ensuring that once a patient has been approved a homecare package, they are discharged home, out of the acute hospital setting. Very often the patient's loved ones are hesitant to take the patient home until all elements of the package are in situ, this service will now ease those concerns and enable the patient to return to their own home safely instead of remaining in an acute/transitional bed for potentially weeks or often months. Prolonged hospital admissions can lead to a myriad of issues for patients including becoming deconditioned, prone to infection and suffering low mood.

What is the Process?

The Discharge co-ordinator/Patient Flow Clinical Nurse Manager 2 identifies and refers a patient to me, I then go to the ward, assess, within the strict criteria circulated to all relevant stakeholders, and determine next steps. A patient assessment, care needs, care plan and home assessment have been devised to support the service. We also have a Lone Care Worker Policy in place, and we are hoping to devise a dedicated Mercy Homecare Policy.

Continued on page 2

How were staff recruited?

Expressions of interest were sought from within the Hospital. Recruitment criteria included holding a full clean driver's licence. Further to an active recruitment process, two staff members were selected and the recruitment of a third is pending. Bespoke training was arranged for staff with a focus on lone working, GDPR, management of aggression and violence - basically all things relevant to working alone.

What happens on a Home Visit?

I will assess the patient, ascertain if they fit the criteria, arrange a home visit and effectively engage with family/ loved ones (next of kin) to plan a discharge date.

On the initial visit, I would go to introduce the carers and go through the care plan. Then there would be a follow up phone call to next of kin and then I would come and visit about a week later to check on the patient and all documentation.

The HCA's report directly to me via phone and the safety measures for this include a check-in and check-out text message. Out of hours this is managed by the Assistant Director of Nursing on duty.

There is also ongoing communication (weekly) between myself and the Home Support Office (HSE)/Public Health Nurse as this is a collaborative community endeavour.

What is the hospital's commitment?

The Hospital has assured the patients and families that the service will continue until all the appropriate and required supports are put in place by the HSE. No patient will be left without help or support.

What has been the initial response of patients?

There has been a very positive response and warm reception to all of us. Just to give you an example, this was a message received within the first week of the service.
"We couldn't manage without your service and honestly you hand picked the best. They are kind, caring and experts in their field. I only hope Mam will have them for a long time".

The service is in its infancy but in keeping with the pioneering spirit of Mercy, we envisage that the service will expand in time as we continue to create our "Hospital without Walls". For now, a regular audit will be undertaken to ascertain how many bed days are saved, the length of time that a patient remains in the service, referral levels and acceptance etc.

The Power of Art - A Painting called Mindfulness



Reflecting on the humble beginnings of Mercy University Hospital, Cork's greatest need at the time was a place of care for the sick and infirmed without bias or prejudice. That need was met by the insightful planning, arrival, mission, and values of the Mercy Order under the leadership of Catherine McAuley. Their work, focused on person centred care and the staff providing it. This documented work has not only added to the Mercy archives, but also to the history of nursing. A history that has created a Nursing Model of Care, called Careful Nursing, and has framed the Mercy's Hospitals ethos and Values.

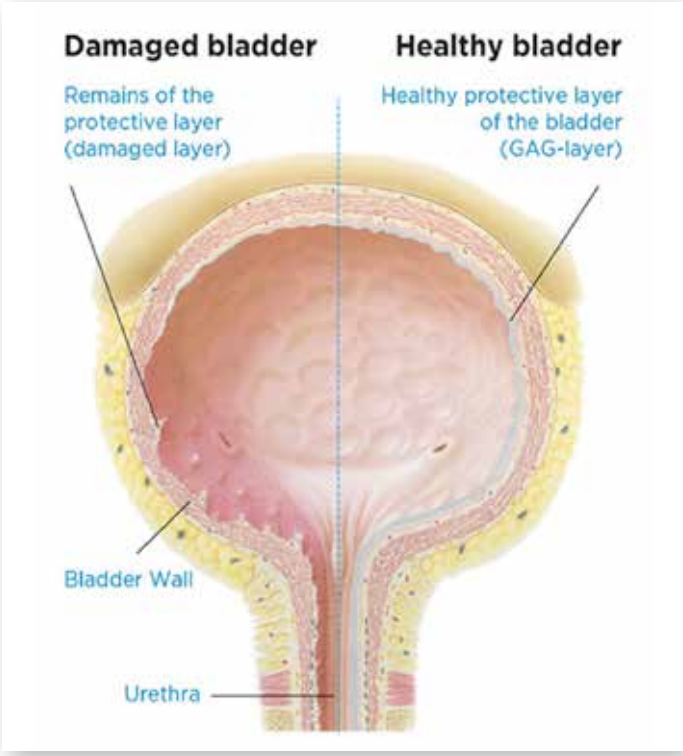
The Nurse Practice Development Unit is located on the fourth floor Thomas Moore Block. Education Room 7 has always been an educational space, where nursing staff can develop and master skills required to provide safe, quality, evidenced based nursing care. This room not only provides a space for education and support but is also a quiet reflective space. Post COVID 19 research shows that mindful based interventions can reduce stress and fatigue and can enhance the ability to provide high quality nursing care and improves wellbeing (Wang et al 2023). Managing clinical work stress becomes critical not only for patient care, but also for nurses health and long-term tenure. The health care environment brings challenges to everyone. Feeling you'll never "get it", missing home, missing loved ones, tired from the strains of a busy life, tired of never being able to give enough, tired from always having the positive side out… each person's challenges and emotions similar yet unique.

Renée O' Connell, the mother of Fiona Dunican (CNM2 Discharge Co Ordinator) has yet again brought a blank wall to life. St. Josephs family room was the first to benefit from her artistic talents. The power of her art has now been brought to Education Room 7. Her gift of a painting aptly named **Mindfulness,** has brought an expression of freedom, and getting away from it all to a blank wall. It makes one pause, and in that moment, it allows the mind to forget what is happening around it. A busy, fast paced pressured environment disappears into silence and beauty. **Thank you, Renée O' Connell.**

Focus on: St John's Urology Unit



CNM2 Jane O'Brien spoke with Mercy Times recently about the services provided in St John's Urology Unit which was set up in 2001 as an ambulatory day case procedure unit. Over the years the Urology service in MUH has evolved and adapted to patients' needs and it now compromises of St John's Urology and St John's Uro-Oncology Day Units (previously known as MUH Men's Health Unit). A variety of urology investigations and services are scheduled daily, and Jane provided insight for us into one such procedure.



Interstitial Cystitis and Painful Bladder Syndrome

"Intravesical therapy (bladder instillations) is one such service that is provided in St John's Urology Unit. Bladder instillations are administered for both benign and malignant conditions. The following benign conditions may be treated with regular bladder instillations – Interstitial cystitis (IC), Painful Bladder Syndrome (PBS), recurrent urinary tract infections and radiation induced cystitis.

Both IC are PBS are chronic bladder conditions. The cause of these conditions remains largely unknown. Internally the bladder is protected by a urothelial layer known as the GAG (glycosaminoglycan) layer. If this layer is abnormal/ defective it may allow urine to leak through it which may cause inflammation in the underlying bladder layers. Research suggests that patients with IC and PBS have an abnormal GAG layer.

Symptoms/Diagnosis and Treatment

Symptoms include bladder pain, frequency, nocturia, urgency. These symptoms impact hugely on all aspects of a patient's life. IC and PBS are characterised by flares and remissions and are 10 times more common in women than men.

Diagnosis is made by exclusion; specific causes of infection and malignancy are first ruled out. Baseline investigations include – detailed history taking, recording a bladder diary and a flexible cystoscopy.

Treatment options include diet and fluid modifications (avoiding exacerbating foods and fluids), oral medications, bladder instillations or surgery as a last resort. Restoration of the GAG layer by directly instilling a solution into the bladder can improve symptoms.

Once a diagnosis is made and a patient is referred to St John's for bladder instillations the following is scheduled.

- Induction course - 1 instillation a week for 6 weeks
- Maintenance programme - 1 instillation every 4 weeks

Nurse Led Service

On the day of the bladder instillation the patient attends St John's. This is a nurse led service. The patient is assessed, and a urinalysis is done to rule out any infection. The patient is catheterised, the bladder instillation is administered intravesically and the catheter is removed. Patients are encouraged to 'hold' the instillation in the bladder for a maximum of one hour. The patient usually stays in the unit until he/ she voids.

As the patient's condition improves the maintenance instillation interval is increased gradually. This time interval is reviewed at each admission and is dictated by patient's symptoms.

Many patients attend St John's for years for regular bladder instillations. There is no cure, but regular bladder instillations can successfully control bladder conditions and positively impact on quality of life. This is reflected in the numbers attending St John's. The number of patients referred for this nurse led service has increased significantly. Since 2015 the number of bladder instillations administered has almost tripled. In the future, we the Urology team aspire to provide a more holistic service that would include input from Physiotherapy, Dietetics and Clinical Psychology."

Celebrating 21 years of Nursing & Midwifery Education in Ireland

On the 14th of December 2023, the Mercy University Hospital (MUH) Centre of Nurse Education (CNE) team attended an inaugural National Educational Conference entitled **'Celebrating 21 years of Nursing and Midwifery Education in Ireland-The Past, The Present and the Future.'** The Conference was held in the Hodson Bay Hotel, Athlone with representation from all 21 Centres of Nurse Education (CNME's) in Ireland.

Collaboration and Friendship

Conference planning began back in June 2023. This entailed many hours of planning, collaboration and hard work resulting in a wonderful, educational Conference for everyone to savour. Ann Cummins (Director) and Siobhan Buckley (Nurse Tutor) from the Mercy CNE were active members of the national organising committee for the Conference. The organisation committee was chaired by Marissa Butler (Director of CNME, Galway) and co-chaired with Roisin McLoughlin (ONMSD National Education Lead). Regular meetings were held online with members attending from all corners of the country. This was a wonderful opportunity for our CNE staff to meet Directors and Nurse Tutors from a variety of CNME's. Conference sub-groups were formulated, and long-lasting friendships were made with each other.

The Conference had several excellent live presentations, including 'The Future of Artificial Intelligence in Education', 'The Benefits of Modern Simulation' and 'The Future Vision of the CNME's'. The Conference sold out early, with 180 delegates attending from CNME's, NMBI, HEI's and the ONMSD.



From L to R Ann Cummins, Elizabeth Myers and Siobhan Buckley with their poster



From L to R Rachel Long and Louise Newcombe with their poster.

Posters and Presentations

Poster presentations were submitted by nurses and midwives locally and nationally with diverse topics displayed and excellent content to view. Two posters were put forward by the MUH CNE, and both were successful in being shortlisted for the Conference. Nurse Tutors Louise Newcombe and Rachel Long displayed a poster 'Evaluating Regional nurses' responses to the implementation and delivery of a face-to face National Education Programme". Nurse Tutors Siobhan Buckley, Elizabeth Myers, Ann Cummins, Director, Dr. Rónán O Caoimh, Consultant Gerontologist, Dr. Paul Claffey, Specialist Registrar and Sharon Maher, ANP Dementia, successfully presented their poster on 'Developing the VERA Framework into a Simulation Scenario to Improve Clinical Communication for Persons with Dementia.'
During the Conference, all 21 CNME Directors were delighted to be presented with a beautiful plaque acknowledging the invaluable and successful educational service to nurses and midwives over the past 21 years. The MUH CNE plaque was presented to Ann Cummins, Director of Education in MUH, CNE.

To the next 21 Years

The union of committee members on the eve of the Conference was a highlight. It followed a long and worthwhile six months of planning and organising. To finally meet in person and to celebrate the event together in the Hodson Bay Hotel in Athlone was just fantastic. The occasion was extremely special and will live long in all our memories as a wonderful celebratory, engaging and informative Conference. Looking forward to the next 21 years of CNME education.

Excellence in Collaboration

The Health Service Excellence Awards is an opportunity to showcase and celebrate examples of the great work that happens every day across our health service. The awards also promote shared learning for other teams through our awards success stories.



The South/South West Hospital Group (SSWHG) project entry was a winner in the category "**Innovation in Service Delivery" - Operationalising a Perioperative Initiative across the South/South West Hospital Group (SSWHG).**

Utilising Lean methodology, the (SSWHG) initiated a structured programme of theatre governance reform, data collection, communication, staff training, and quality improvement focused on perioperative services. Ten hospitals in the Group took part and the programme was fully aligned with relevant national clinical programme. SSWHG can now model future theatre capacity and compare with the demand of surgical waiting lists. This framework is an applicable model to any similar healthcare services.

Mercy University Hospital focused on a quality improvement which was underpinned by the Perioperative initiative, which gives us the necessary tools to undertake a review of late Anaesthesia starts which were affecting our utilisation of theatres time. Overall, the project aim was more effective utilisation of Theatre time by reducing minutes lost in the mornings due to late starts. On the commencement of the quality improvement the Mercy university Hospital theatre team reduced the numbers of minutes lost from 2015 to 284 an improvement of time lost to late anaesthetic starts by 85.9%. Our challenge now, is to continue monitor and sustain our progress. However, through teamwork, effective communication, and investment of a shared goal improvements this can be achieved.

Acknowledgement

Super Value Mercy

One of our patients was recently inspired by their treatment and perhaps recent events to record a special tribute to the staff of Mercy University Hospital. Whilst we appreciate the temporary moniker, rest assured, we will be sticking with "The Mercy"!

Super Value Mercy

Now Super Value is a well-stocked shop,
Where you can spend till you drop,
And if you do, you might well need,
To spend some time in the Mercy indeed.

Here Doctors and Nurses the same,
Are really on top of their game,
Dishing out wheelchairs and crutches,

And wholesome medicine in clutches
In the kitchen quietly flourish,
The culinary arts which nourish,
Sick patients back to health.
People of poverty, people of wealth,
All alike are healed by stealth.

So, when I think sweet Cork of thee,
My thoughts stray up along the Lee,
To that Mansion of magic and alchemy,
Where strength is restored to the weak,
The Mercy Hospital of which we speak!

Foundation Features

Mercy Cancer CARE Centre

A place for patients and their families to take time to understand what a cancer diagnosis means for them.





Did you know that one in two of us will develop cancer in our lifetime? This means that an estimated 42,000 people are diagnosed with cancer in Ireland each year.

Cancer is a frightening disease, and for too long the impact of cancer on a person's mental health and psychological well-being has not been a priority. At the Mercy University Hospital Foundation we want to improve the wellbeing of people diagnosed and being treated at The Mercy, and now, thanks to the new Mercy Cancer CARE Centre, we are improving the total package of care for cancer patients and their families.

Eight years ago, we had a vision; a vision to create a place for those diagnosed with, and being treated for cancer and their families to come. A place for them to take time, time to begin to understand what their diagnosis means for them.

This month we will open Ireland's only psychologist-led Cancer CARE Centre. This new €3m facility will be open to all cancer patients being treated at MUH and to their families. While our cancer doctors and nurses look after the patient medically, the team in our Cancer CARE Centre will work with the person, and sometimes with family members, to address the psychological impact of their diagnosis.

Psycho-Oncology is concerned with the treatment of distress caused by a cancer diagnosis. Studies have found that, while 53% of patients cope adequately with their cancer centre despite the stresses of the illness, 47% have had levels of distress that reached diagnostic criteria for a psychiatric disorder. Among these patients, 32% showed a mixture of reactive depression and anxiety. Our psycho-oncology service aims to give all cancer patients psychological care and emotional support when they need it most.

The Mercy Cancer CARE Centre, based at 9 Dyke Parade, is within minutes of the Hospital. Covering an area of over 5,000 square ft, the centre offers individual and family therapy rooms as well as a facility for groups to meet. There is also a library where information on cancer and mental health can be accessed, as well as a large kitchen/ social area where those visiting the centre can make a cup of tea or coffee while they wait for an appointment, or whilst waiting for a loved one. The facility also offers visitors the opportunity to visit our centre's garden where they can escape to make time to reflect on the journey that they find themselves on.

As well as costing over €3 million to develop, it will cost over €300,000 annually to provide support services like psycho-oncology and our series of workshops to patients to support them during and after their treatment. 100% of these funds will be raised from donations and through the generosity of our supporters participating in a range of events and appeals; and so we urge you to support these where you can.

WE HAVE A NUMBER OF UPCOMING EVENTS THAT YOU CAN GET INVOLVED IN:

Mercy Golf Classic

Classic will take place in Monkstown Golf Club on Thursday 18th & Friday 19th April. Funds raised will go towards the Mercy Cancer CARE Centre. Teams consist of four players and the cost per team is €500, this includes access to the driving range, green fees and a delicious meal in the Monkstown Golf Clubhouse following your round.

To find out more, or register your team visit **www.mercyhospitalfoundation.ie/event/golf-classic-2024**

Micheál Sheridan appointed as CEO of Mercy University Hospital Foundation



Micheál previously spent 13 years at the helm of the Foundation, which during his tenure, raised over €26m for advancements and innovation in the diagnosis, treatment, and care of patients here at The Mercy.

Having spent over a decade raising funds and awareness of bowel cancer, Micheál, himself, was diagnosed in November last year with bowel cancer. Recently he was interviewed by The Echo about his diagnosis and the challenges this has presented.

Micheál also spoke about his motivations for returning as CEO, and the coming to fruition of the brand new, state-of-the-art Cancer CARE Centre on Dyke Parade which will change the face of treatment and care of patients at The Mercy.

You can read the full story here: **https://www.echolive.ie/corklives/arid-41339861.html**

Cork City Marathon

Join #TeamMercy for the Cork City Marathon this year and help us to support advancements in research, diagnosis, treatments, and care of patients at The Mercy.

Cork City Marathon takes place on Sunday, 2nd June and includes a variety of routes and race distances. Whether you are a seasoned runner or are developing your running skills there is a place on #TeamMercy for you.

CORK CITY MARATHON 2024

Your options for the Cork City Marathon are:

- **Full Marathon – 26.2 miles**
- **Half Marathon – 13.1 miles**
- **10km – 6.2 miles**

To join **#TeamMercy**, register at **www.mercyhospitalfoundation.ie/event/cork-city-marathon-2024;** and don't forget you also must register online through www.corkcitymarathon.ie to secure your place and be issued with a race number. You can then choose your preferred method of fundraising.

Fort2Fort

The annual Fort2Fort Charity Cycle returns for its 13th year, and will take place on Saturday, 8th June, starting at Camden Fort Meagher, with a choice of routes around Cork Harbour. Cyclists of all abilities are welcome, and you can choose to cover 65km, 90km or 120km.

The popular sportive will once again raise vital funds for our Cancer CARE Centre and we are encouraging you to don your lycra and get on your bike! Whether this is your first group cycle, or you are a veteran on the roads, we urge anyone considering participating to come join us for what promises to be a very enjoyable day out; as regardless of your experience, there are routes to suit all abilities.

FORT 2 FORT
CHARITY CYCLE SPORTIF

An early bird registration fee of €45 is available until 1st May. After that the entry fee for Fort2Fort is€55 for those that register in advance; while the entry fee on the day will be €60, **so early registration is recommended.**

For full route and registration details visit **www.mercyhospitalfoundation.ie/event/fort2fort-2024.**

Centre of Excellence - Gastroenterology

The Minister for Finance, Michael McGrath, TD, visited Mercy University Hospital (MUH) on Monday, February 19th. The purpose of this engagement was to showcase/highlight the work to date of the Gastroenterology Service and to present the rationale and critical need for its expansion thus ensuring Mercy University Hospital continues to provide world-class endoscopy services to the South/Southwest Region.



Prof. Martin O'Driscoll outlining the function of the GI Lab to Minister for Finance, Michael McGrath, TD, joined by (L-R), Renu Singh, CEO Anne Coyle, Lucy Quinlivan, and Dr Jane McCarthy

The Minister was briefed by Dr Jane McCarthy and Prof Martin Buckley on how MUH is currently the only centre in Munster delivering a full diagnostic and therapeutic gastroenterology service, providing a regional, supra-regional and tertiary referral service for a full range of endoscopic techniques. Mercy University Hospital (MUH) emerged as the designated Regional Centre for Gastroenterology/Endoscopy during the reconfiguration of Gastroenterology Services in the South/Southwest Region and the Minister's support of same was sought. A site visit to the IBD Service and GI Laboratory at Lancaster Hall was also incorporated into the visit.

Hospital without Walls

The second item scheduled for the Minister's attention was to discuss the advancement of Social Inclusion Services at MUH, in collaboration with Cork City Council, Cork Kerry Community and HSE Social Inclusion Services and the innovation of the Mercy Homecare Service (see Front Page). In keeping with its heritage and ethos, Mercy University Hospital retains a strong focus on developing a "hospital without walls" and caring for the marginalised in our society. As part of the South/Southwest Hospital Group and within the future Cork/Kerry Health Region, Mercy University Hospital is working in partnership with various agencies in planning how to respond to the needs of our communities.

Team Update|Occupational Health Department

Staff Health Promotion - Mole Screening

As part of the Mercy Hospital staff health promotion initiative the Occupational Health (OH) Department supported by the Mercy Hospital Foundation ran two very successful mole screening clinics in 2023 with over 40 staff reviewed. The clinic appointments were very popular and unsurprisingly we had a 100% attendance. The OH department risk assessed staff and those meeting higher risk criteria were offered appointments.



Staff were assessed in the Occupational health department using a Digital Dermsocopy a non-invasive technique used in the early detection of skin cancer provided by a specialist



dermatology nurse. This magnified view provided a a magnified view provided a detailed image of the internal structure of the lesion, assisting in the identification of characteristics that may lead to skin cancer. After the appointment, staff mole images were medically reviewed. Staff were then contacted by a medical team within 2 weeks of the initial appointment on their outcome and any further recommendations.

Of the 40 MUH staff who attended 31 staff were reassured their moles were benign. However, 5% of attendees had atypical moles and 17.5% had suspicious moles and all received the appropriate education and referrals. We are delighted to have provided such a valuable preventative and well received initiative to the Mercy Hospital staff.

New IT System

The Occupational Health Department were delighted to introduce a new IT system to the department in November 2023. This was the accumulation of two years of work in bring this project to fruition. We would like to acknowledge the support of HR, ICT, and Finance in facilitating this development.

The new system – OPAS-G2 - will allow the transfer of all the Occupational Health files to a digital format. It allows for a much smoother link between HR and Occupational Health in the pre-employment process as well as having the facility for managers to refer their staff to Occupational health through the system. The system will allow the Occupational Health department to audit their services as well as providing feedback more easily in respect of trends in the service.

New Service - Diabetic Foot Clinic- Mercy University Hospital



Mercy University Hospital is delighted to welcome **Podiatrist, Eoin O'Farrell to the Team.**

Eoin commenced in the Mercy University Hospital in October 2023 as a Diabetes Clinical Specialist Podiatrist. He previously worked at the Diabetic Foot Clinic at Cork University Hospital and Community Podiatry in St Marys Primary Care Centre.

Podiatry is a new service within Mercy University Hospital and is configured to assist with both the Endocrinology and Vascular Services in the management of diabetic foot disease. It is hoped to establish a multidisciplinary foot team in the future to assist with the management of diabetic foot disease within the hospital.

Currently, Eoin has an outpatient clinic, held on a Friday. All patients are registered with either Dr James Ryan, Prof. Gerald McGreal or Mr Gavin O'Brien and the service is for patients with diabetic active foot disease only. Eoin is also currently setting up a clinical room in the main hospital which will be operational in the next few months.

To enable patients to access Podiatry in a timely manner, which would reduce the number of admissions and the number of amputations required, Eoin is developing pathways for diabetic active foot disease patients that attend the Emergency Department in the MUH.

Please do not hesitate to contact Eoin if there are queries regarding this service:

Clinic phone: **021 493 5256**

Mobile: **086 192 8186**

Email: **Podairty@muh.ie**

Shaping the Future – Transition Year Students 2024

Mercy University Hospital were delighted to facilitate the Transition Year (TY) Programme for 2024 which, due to very high demand, saw 50 students participate this year. The programme is co-ordinated through the Department of Nursing and led out by Sinead Goggin and Ann-Marie Daly. The TY programme takes places over a three-day period (within a three-week timeframe)

The students received talks from the different disciplines to gain an insight into the many roles that bring a hospital to life. Physiotherapy, Pharmacy, Occupational Therapy, Dietetics and Speech & Language Therapy delivered presentations on their professions whilst our UCC colleagues also kindly provided the students with an insight into Nursing as a career.

Marian Laverty and David O'Keeffe (Blood Surveillance) facilitated the groups with a very insightful talk in relation to their role in MUH. Bernie Mc Gee CNS CPR and Teresa Hynes Resuscitation Officer provided the students with some practical knowledge on how to perform CPR and use of the AED. The students also received a very informative talk from Anne O' Keeffe Advanced Nurse Practitioner (Minor Injuries) and from Joanne Crowley on Infection Prevention and Control both in the hospital and in the community setting. A hospital tour including the Main Kitchen and the Maintenance Department completed the education on the functioning of a hospital.



This year was the first year that the IBTSB (Irish Blood Transfusion Service Board) joined the programme. All the TY students received a talk in relation to blood donation and the importance of highlighting this very necessary cause. For the third day of the programme the students participated in three clinical rotations, each rotation an hour and a half in duration.

All students evaluated the programme, and the evaluation report was very positive. Sinead and Ann Marie are very cognisant that staff are very busy, and they really appreciate everyone's time and input with the programme. They would like to take this opportunity to thank each and everyone especially the CPC group who assisted us with the TY programme, and Johnathan for providing scrubs for the students and thanks to Aileen and Marie in the canteen for all their patience and support with the students!

April is Bowel Cancer Awareness Month!

April isn't just a month of blooming flowers and warmer weather; it's also a time dedicated to a cause that affects millions worldwide – Bowel Cancer Awareness Month. This month serves as a rallying cry, bringing together individuals, organisations, and communities to shine a spotlight on bowel cancer and its devastating impact.

Did you know that 90% of **Bowel Cancers are CUREABLE** if found early. Bowel screening can detect changes in the bowel before they become a cancer, where there are **no symptoms** and when it is easier to treat. If you have concerns or bowel symptoms contact your GP immediately. **Symptoms of Bowel Cancer include change in your bowel habit, bleeding, persistent abdominal discomfort/ pain, a lump in your abdomen, unexplained weight loss, fatigue.**



FREE BowelScreening
for men and women aged 59 to 69 who do not have bowel symptoms

For further information or to check your details are on the register visit
BowelScreen.ie Or Freephone 1800 45 45 55
THIS TEST IS FREE. A home test kit will be sent to your home and it only takes a few minutes.

MUH Wellbeing Seasonal Photo Competition

As part of the MUH Employee Wellbeing Week in November, the Wellbeing Committee ran a Seasonal Photo Competition, encouraging all staff to get out and about with their cameras/smartphones to capture some beautiful moments.

Previous Photo Competitions have proven hugely successful and this one was no different, so we extended the deadline. There were **44** entries in total and a great voting response.

Huge thanks to everyone who entered and Congratulations to our winners...



1st Aisling Walsh, Bed Management Unit

MUH EMPLOYEE Wellbeing #The Mercy Way



2nd (joint) Brendan Brosnan, Catering Manager



3rd Eleanor Carey, Quality Office (Pathology)



2nd (joint) Ann Ryan, Medical Secretary (Gastroenterology)

Small Changes make a Big Difference

Greenway57 was established in 2018 as the hospital's "Green Team". It is a multidisciplinary team focused on promoting and supporting hospital wide sustainability efforts. The goal of Greenway57 is to enable Mercy University Hospital (MUH) in becoming more resource and energy efficient, prevent/reduce waste and endeavour to create a more sustainable environment for patients and staff of the Hospital. This is achieved by reducing our environmental impact through improved services and educational programs thus enabling our patients and staff to live and acknowledge the importance of a healthier environment.

It starts with MErcy - the work of Greenway57 is underpinned by the hospital's Core Values by focusing on habits and changing behaviours as a community.



60 Trees worth of Printing in 2024 already

Think before you print
Can you create a new habit



Since its inception, Greenway57 has successfully eliminated the use of disposable cups in the Canteen (recently acknowledged for same across social media by our Keep Cup provider, 2GoCups), introduced Waste Streaming Bins across the hospital and recently unveiled the first of our Fresh Water Dispensers in the Main Canteen (that also indicates how much plastic bottles are saved).

Climate Action Roadmap

The MUH Technical Services Department have also completed a Climate Action Roadmap that is updated regularly and sets out a pathway to achieve the 2030 targets*. We are continuously reviewing this and considering additional energy and carbon saving projects. There is funding available from HSE for some of these projects.

By 2030*, every public sector organisation is required to achieve the following targets:

- 51% reduction in energy-related greenhouse gas GHG) emissions. The benchmark for this is 2016 2018 energy related greenhouse gas emissions. This is an absolute reduction regardless of the organisation expanding its footprint or service post 2018. MUH are currently at 21% reduction here up to end of 2022.
- 51% reduction in thermal (heating and transport) related greenhouse gas emissions. The benchmark for this is 2016-2018 thermal (heating and transport) related greenhouse gas emissions. This is an absolute reduction regardless of the organisation expanding its footprint or service post 2018. MUH are currently at 23% here.
- 50% improvement in energy efficiency. This improvement is directly related to the energy used in MUH buildings and the levels of service being provided. MUH are currently at 41% improvement since 2009.

This is a summary of MUH progress since 2016

Summary of MUH progress to 2030 Targets

	Total GHG benchmark is 2,923,216		Thermal GHG benchmark is 1,346,325		
	Total Greenhouse gas (GHG) kgCO2	**Improvement since 2016-2018 benchmark (%)**	**Thermal Greenhouse gas kgCO2**	**Improvement since 2016-2018 kgCO2**	**Energy Efficiency improvement since 2009 (%)**
2016	3,462,494		1,611,891		27
2017	2,862,764		1,280,734		32
2018	2,524,233		1,124,136		36
2019	2,194,434	25	1,021,206	24	41
2020	2,058,353	30	1,066,691	21	35
2021	2,391,442	18	1,051,590	22	36
2022	2,299,194	21	1,038,028	23	41
2030 Target	**1,015,639**		**659,699**		**50**
Gap to Target	**1,283,555**		**378,329**		**9**
	44% improvemen required from 2022		36% improvement required from 2022		22% improvement required from 2022

Water

We are also actively reducing cold and hot water use and are monitoring this closely by tracking consumption on a weekly basis. There are many aspects to the water use including Reverse Osmosis (RO) systems, water treatment dosing systems, water flushing and water efficiency in the appliances in use including taps, showers, WCs etc We are actively replacing high flow devices with more efficient low flow devices. This has been supported by HSE sustainability funding. We have identified 90 taps that need to be changed which we estimate could save 10,000l/day. This will also save on hot water use thereby reducing gas consumption also used to heat the water.

Ongoing Work

Greenway57 work collaboratively on projects and initiatives with the Sustainability and Energy Officers from the HSE's Climate Action and Sustainability Office and with Cork City Council – Green Spaces for Health (Cork City Council Healthy Cities) to consider how we can contribute to creating a more sustainable and healthy hospital within our community.

Wellbeing - Mercy on the Move

Mercy on the Move – Wellbeing Update

Mercy Times is delighted to announce a new feature **Mercy on the Move** which will focus on all thing's fitness related. Our own qualified Personal Trainer/ Fitness Instructor and Mercy Times and Social Club member, **Cleo Davies** will keep us all updated…

Regular physical activity is one of the most important things you can do for your health, both physically and mentally. The benefits of regular exercise are endless, with some key components such as the reduction of chronic disease, improvements in cardiovascular, muscular health and bone density and the release of endorphins otherwise known as our "feel good" hormone.

With various "pockets" of fitness enthusiasts sitting among our 1,400 plus staff in the organisation, it is important to promote activities outside of working hours that staff would like to avail of. It also brings staff together that may not get a chance to meet or engage with regularly, so there is a huge social element to these activities (another benefit!).

If there is anything you wish to highlight or promote, we encourage staff to contact Mercy Times/ Mercy Social Club.



From L to R: Tara Carrig MUH, Maire Ahern MUH, Cleo Davies MUH, Aoife Board MUH, Lucy Kenefick Obodo, Mellissa Kelly MUH, Nan Kearney MUH, Maria Larkin MUH, Siobhan Curtin MUH and Colin Bowens MUH

2024 Mercy University Hospital - FIT2CARE Challenge

The Mercy Hospital Social Club joined forces with Obodo at the end of 2023 and rolled out it's first staff fitness challenge in 2024.

14 staff took part in the challenge, which consisted of two Revelate classes per week for a period of four weeks. Revelate classes are cardiovascular based sessions of a 45-minute duration that challenges your personal fitness. Each class members heart rate was monitored throughout the class and detailed information was sent after each session, through the polar flow application. Obodo tracked each participants improvements and the results are outstanding.

Overall, there were 700,000 plus metres recorded. On average, overall metres increased by 9.3% over the four weeks and power increased by 20.9%, **that is a 20.9% increase in fitness levels over the four weeks.**

Thanks to Reece Hogan of Obodo who worked with me to facilitate this challenge.

CALLING ALL RUNNING ENTHUSIASTS

'Get in on the action at Cork BHAA events! Whether you're a seasoned runner or just starting out, join the MUH Team! Register for 2024 for €15, €5 per race.

Date/Time	Race	Venue
Wed 10 Apr 7.30pm	PwC 5km	Albert Quay, Cork
Wed 8 May 8pm	Pfizer's 6 miles	Ringaskiddy
Tue 21 May 8pm	John Buckley Sports 5km	Lee Rowing Club
Wed 12 Jun 8pm	Musgrave 5km	Cork Boat Club
Wed 26 Jun 8pm	DePuy Synthes 4 miles	Ringaskiddy
Wed 3 Jul 8pm	Sterling 5km	Sterling (formerly Novartis)
Wed 17 Jul 9pm	Gas Networks Ireland 5km	Cork Boat Club
Wed 31 Jul 8pm	Thermo Fisher 5km	Currabinny
Wed 14 Aug 7.30pm	Stryker 4 miles	Community Centre, Carrigtohill
Wed 28 Aug 7.30pm	Cork Mental Health (Martin Lawlor Memorial) 5km	Little Island
Sun 29 Sep 10am	Radisson Blu Hotel & Spa 5km	Little Island
Sun 13 Oct 10am	Defence Forces 5km	Tramore Valley Park
Sun 17 Nov 10am	Clearstream / Deutsche Börse Marc O'Sullivan Memorial 5km	Marina
Sun 15 Dec 10am	Cork Simon Christmas Run 5km	Blackrock Hurling Club (Proceeds Cork Simon)

Any questions, contact Marie Kelly **makelly@muh.ie;** Gail Murray **amurray@muh.ie** or Nan Kearney **nkearney@muh.ie**. You can also connect on Strava by searching for Mercy University Hospital.

Welcome on Board - Barry O'Brien



Mercy University Hospital (MUH) is pleased to announce the appointment of a new member to its Board of Directors:

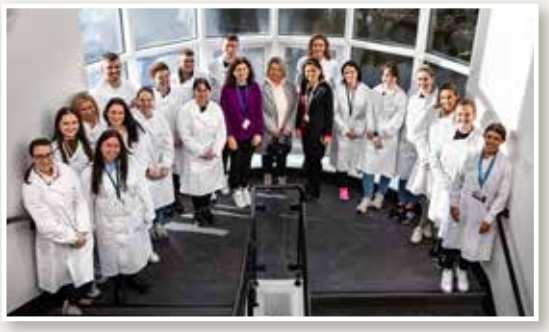
Barry O Brien joins the MUH Board of Directors as an experienced Human Resources practitioner who has recently retired having spent over 46 years as a career public servant. Barry is a graduate of UCC and is a Fellow of the Chartered Institute of Personnel and Development, FCIPD. He has spent 38 years of his career working in the public health system and was the National Director for HR in the HSE and the last 8 years of his career were spent as Director of HR in UCC.

With over 25 years senior management experience and a strong track record of service delivery improvements, Barry continues to have a strong interest in our Health System. He was a lead negotiator on the government side for both the Croke Park and Haddington Road national agreements. While Barry is currently a board member of the Workplace Relations Commission, he has served on the Boards of the Public Appointments Service, Pre-Hospital Emergency Care Council and CORU.

Mercy Moments

Donation to Cuanlee Refuge for Abused Women and Children

#This is Mercy – the MUH Laboratory Team held a raffle on Christmas week in aid of Cuanlee Refuge for Abused Women and Children, located nearby on Kyrls Quay. The team raised €1,225 and are pictured with Mary Cullinane Manager of Cuanlee, who accepted the donation.





ICU Valentines Heart Awareness Day

The MUH ICU team were taking care of everyone's heart on Valentine's Day when they hosted a dedicated Heart Awareness Day. Staff were invited to pop in during the day to spend 5 minutes refreshing their CPR skills on a manikin. There was a great response with prizes and cakes for participants.

Be Grief Aware. Show You Care

"There are no stages of grief; it ebbs and flows" Learning more about grief can help someone before and during the grieving process and can also help the people supporting them. End of Life Care Co-ordinator, Edel O'Neill marked National Grief Awareness Week on January 22nd with information available for everyone and education sessions including a webinar **'Living with Loss'**





Endicott College Cummings School of Nursing and Health Sciences Boston

In early December, the Department of Nursing, Mercy University Hospital welcomed representatives from Endicott College Cummings School of Nursing and Health Sciences Boston. The Department of Nursing in Mercy University Hospital is partnering with Endicott College to offer a clinical placement here to Endicott nursing students, commencing July 2024.

First Year Nursing Students

Mercy University Hospital welcomed thirty first year nursing students in the BSc 2023 programme. The students commenced their first clinical placements in November 2023. The BSc General Nursing programme is a four-year course where students are allocated a parent hospital in which they will attend most of their clinical placements.



Values Award

Employee Choice Values Award

The winner of the MUH Employee Choice Values Award for the fourth quarter of 2023 resulted in joint winners:



Vadims Ivanos (Porter) was nominated by his colleagues under the Value of Compassion for which calls us to empathize with the other as we try to understand their suffering. Vadims demonstrated heartfelt compassion when acting as translator at a very difficult and life changing moment for a Mercy patient and their family. Vadims peers noted that he went above and beyond in his duty of care and considerably eased the suffering of another.

Dr Peter MacEneaney (Consultant Radiologist) was nominated under the Values of Compassion and Excellence for maintaining high standards of quality, excellence, and performance in all aspects of the hospital's service which includes patient care and education and training. Peter was nominated by his colleagues for his dedication, mentorship, empowerment of colleagues and unwavering patient advocacy.

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

CONGRATULATIONS

Anne-Marie Crowley (Administration – POLAR Unit)

Joanne Crowley
(Department of Nursing – Infection Control)

Mairead Fitzgerald (Catering)

Clare Loughry
(Department of Nursing –St. Francis Unit)

Teresa Marshall (Department of Nursing - ICU)

Josephine Masterson
(Health Care Assistant – St. Anne's Ward)

Tom McSweeney (Finance - Procurement)

Michelle Morrissey (Department of Nursing – ICU)

Niamh O'Flynn
(Department of Nursing – Mercy Local Injury Unit)

Gemma O'Mahony (Finance - Payroll)

Rebecca Sheehan
(Department of Nursing – St. Patrick's Ward)

Preceptor of the Year

The role of a Preceptor is critical to the mentoring of Nursing students in clinical areas. Preceptors are skilled nurses who demonstrate and teach high standard nursing care to nursing students. All of our Preceptors are highly valued by nursing students and this year nursing students were given the opportunity to nominate a preceptor that has gone above and beyond to facilitate their learning. This Preceptor of the Year campaign was organised by the Clinical Placement Coordinators and Nurse Practice Development Coordinator and it's first recipient was **Chloe Larkin-Walsh** from St. Finbarr's Ward. Chloe was presented with flowers and a certificate by Eva Murphy, 3rd Year nursing student, Martina Hughes, ADON Nurse Practice Development and Margaret McKiernan, DON.



Baked Carmelized Red Onion and Blue Bell falls Goats Cheese tartlets with Baked Sweet Potato Chive & Chili Butter

Gary Costello, MUH Senior Chef



INGREDIENTS: Pastry

- 250 g Plain flour
- 125 g Butter
- 1-3 Tbsp of milk or water
- Pinch Salt

METHOD

1. Sift the flour into a bowl or food processor - add butter and make into fine bread crumb consistency - add milk or water to bring it together.
2. Remove to floured surface and mould into disk.
3. Wrap in cling film and refrigerate till required.

INGREDIENTS: Goats Cheese Filling

- 300g of soft Goat's Cheese
- 2 egg yolks
- 50 mills of Cream
- Pinch nutmeg
- Onion marmalade
- 1 red onion finely sliced
- Rocket
- Walnuts

METHOD

1. In a bowl cream the goat's cheese and egg yolks together
2. Semi whip the cream and mix into goat's cheese.
3. Add pinch nutmeg.
4. Roll your pastry into tartlet cases of 5 inch or 12 inch.
5. Line with baking beans and bake blind for 10 minutes.
6. Remove beans and bake for another 5 minutes.
7. Leave to cool for 20 minutes.
8. Layer the base of the case with onion marmalade, then the sliced onion then top off with the goat's cheese mix
9. Chop walnuts and sprinkle on top and bake for 15 mins.
10. Toss rocket in olive oil and black pepper and rest on top of tartlet.

INGREDIENTS: Baked Sweet Potato

- Red chilli x 1
- Chives x 25 gr
- Butter x 150 gr
- Sweet Potato
- 25 gr parmesan

METHOD

1. Wash sweet potato well.
2. Wrap individually in a piece of tin foil.
3. Bake at 170 degrees for 40 mins.
4. Add butter chive and chilli to blender.
5. When cooked make a cross at the top of the potato and squeeze hard.
6. Top with chilli butter and grated parmesan.

HAVE YOU HEARD: YOU CAN JUST Tap n'Go

The MUH Catering Department bean to cup coffee machine is now TAP operated in the small canteen.



Meet your Social Club Team...



Back Row: **Craig Clinton** (Catering Supplies Officer), **Ann Moriarty** (Clerical Officer, Operations Support Service), **Sinead Goggin** (Personal Assistant to the Director of Nursing), **Cassie Willis** (Complaints Officer). **Front Row: Clodagh Tobin** (GDPR lead), **Ann McCarthy** (Risk Management), **Cleo Davies** (Personal Assistant to the Operations Director) and **Deirdre O'Connor** (Chair) (Support to Chief Financial Officer)

The Social Club team are voluntary members, who had a busy year in 2023 and plan to be even busier in 2024.

Board and Bookcase

The Mercy Social Club installed a noticeboard for staff who do not have access to email. This is located in the Small Canteen Lobby. ***The Mercy Social Club is your Social Club and we would love to hear from you.***

We welcome any suggestions and can be contacted by email **socialclub@muh.ie** or via our new Suggestion box located in the Small Canteen Lobby by the Social Club notice board. We also plan on promoting via the Canteen TV.





We introduced a "bring a book / take a book" bookcase to this area. A variety of books have been provided, staff can take a book and replace at any time.

We are happy to take donations of books, please contact us on **socialclub@muh.ie**

The Winners Are - Deck the Doors



Photography Club...

Thank you to Kieran and John who have started up a photography club

Please contact Kieran / John directly if you wish to join.



Thank You Mercy Foundation: Mercy University Hospital Emergency Department introduces "grippy socks" for enhanced fall prevention!



In a move which prioritises patient safety and comfort, Mercy University Hospital Emergency Department (ED) is pleased to introduce anti-slip "grippy socks" which have been generously funded by the Mercy University Hospital Foundation.

Slips, trips, and falls are a prevailing concern within the hospital environment, often resulting in injuries that can prolong recovery times and compromise patient well-being. With the introduction of "grippy socks", The Mercy ED aims to mitigate these risks. Designed with advanced grip technology, the new anti-slip socks will provide patients with secure footing on various surfaces throughout the Hospital.

The introduction of **"grippy socks"** underscores Mercy University Hospital Foundation's commitment to support innovation and person-centered care in Mercy University Hospital. By seeking out simple advancements that improve the patient experience, "The Mercy" continues its tradition of providing world-class service in a world-class hospital.

Emma Murphy, Clinical Nurse Manager in the Emergency Department at Mercy University Hospital explained "We welcome the introduction of "grippy socks" as part of our ongoing efforts to enhance patient safety and thank the Mercy University Hospital Foundation for funding this addition. The Emergency Department can be a bustling environment, and ensuring the stability of our patients is paramount.

"By offering patients these socks, we aim to minimise the risk of accidents and enhance the overall experience for those under our care. Not only do they offer practical benefits, they also contribute to a sense of comfort and reassurance for our patients during what can be a stressful time."

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



Tara Carrig:
Tara supports HR Recruitment – ext 5652



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!
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