Message from Area Director

Dear Colleagues,

Welcome to the December 2016 edition of the NMDP Newsletter for the Dublin Mid-Leinster area.

We have a variety of articles from across all disciplines of nursing and midwifery highlighting innovative clinical practice and service improvement developments throughout the area. This edition also summarises many of the opportunities that were taken to share developments through the organisation of events such as seminars and conferences. I hope you will enjoy reading it and that it provides you with the opportunity to share information across your area/section.

As the end of 2016 is fast approaching, I would again like to express my sincere appreciation for the dedication you show in all aspects of your professional work from caring for patients and service users, to your active involvement in the wider development of the nursing and midwifery professions. Thank you.

Our team would also like to wish you and your families a very happy and peaceful Christmas and New Year.

With best wishes

Liz Roche
Area Director – Dublin Mid Leinster
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Patient Centred Care using Careful Nursing Model - St. Vincent’s University Hospital

Introduction: Careful Nursing Philosophy and Professional Practice Model© has been adopted in St. Vincent’s University Hospital (SVUH) as a quality initiative project. It aims to provide patient centred care and improve documentation using structured nursing care plans. Following a pilot project, the Nursing Practice Development team introduced Careful Nursing and a Standardised Nursing Language hospital wide which includes three components; NANDA-I North American Nursing Diagnoses Association – International; NOC-Nursing Outcomes Classification and NIC—Nursing Intervention Classification, collectively known as NNN (Tastan et al. 2013). The project was funded and supported by the Nursing and Midwifery Planning Development Unit. A key element of the project is to focus on the impact of using the Careful Nursing Model and use of NNN on providing patient centred care.

Aims: To examine the safety, quality and patient centredness of nurses’ practice by evaluating:

- nursing-diagnostic skill in patient assessment
- ability to select and implement appropriate nursing care plans
- ability to select and measure patients’ nursing outcomes

Methods:

- Developing patient centred evidence based nursing care plans using NNN
- Delivering education workshop on accurate nursing assessment, diagnoses, outcomes and appropriate interventions
- Providing clinical support at ward level
- Evaluation using Pre/Post Implementation audit, questionnaires and staff interviews.

Outcomes:

- Careful Nursing Philosophy and a Professional Practice Model© has been successfully implemented on 11 medical and surgical wards with over 200 semi-electronic care plans now available.
- Care plans are teaching tools for junior and new staff, which help to signpost the expected standard of care.
- Pre and post implementation results showed an average of 20% improvement in the nursing documentation audits across the 11 wards.
- National Nursing Quality Care Metrics for documentation have improved on Careful Nursing wards by 11% overall in comparison to standard wards from May 2015 to May 2016.

Conclusion: The evaluation has shown that the new system has enhanced nurses’ assessment skills, critical thinking and clinical reasoning and the system releases more time for patient care and has brought about less free text writing.

Plans for future: Identification of ward champions, refresher education, and development of an e-learning programme on patient assessment, conduct periodic audits and provide continuing evaluation to sustain the work.

For further information contact:
Mercy Appathurai, CNM2, Careful Nursing Project Lead E-mail: M.Appathurai@svuh.ie
First Link Nurse Programme -St. James’s Hospital

The Nursing Practice Development Unit (NPDU), St. James’s Hospital (SJH) conducted its first Link Nurse Programme (LNP), on the 17th October 2016, in the Centre for Learning & Development. A Link Nurse is a Registered General Nurse practising in a clinical area with direct involvement in patient care allowing them to observe and to constructively influence nursing colleagues’ clinical practice.

The LNP aims to inform and update Link Nurses on practice development initiatives. This in turn will assist them to influence, improve or enhance clinical practice, with an overall aim of delivering safe and quality patient care. In nursing research, the concept of Link Nurses has shown to positively impact clinical practice and is one of the ways to bridge the theory-practice gap.

The LNP involved 6 presentations on SJH key Nursing Metrics components (Early Warning Score, Pressure Ulcer Prevention & Management, Falls, Central Venous Access Devices, Hydration/Nutrition and Nurse Record Keeping) by experts from within the hospital and from external experts. Karn Cliff, Sepsis Assistant Director of Nursing for the Dublin Mid Leinster group, presented the latest updates on Sepsis and the National Clinical Guideline, No 6. Representatives from TENA and 3M were also included on the programme in conjunction with the Tissue Viability Clinical Nurse Specialist in relation to best practices in incontinence care.

The LNP was co-ordinated by Gráinne Kelly, Clinical Support Nurse and Silvia Vijay, Clinical Placement Coordinator (third from left, front row) and Gráinne Kelly, Clinical Support Nurse (fourth from left, front row) at St. James’s Hospital, Centre of Learning & Development.

A total of 38 Link Nurses attended the day. Following positive feedback, the NPDU intends to run the next programme in Spring 2017 and approval for NMBI Category 1 is in progress for this.

For further Information contact: Silvia Vijay, Clinical Placement Coordinator 
Email: Sivijay@stjames.ie or Grainne Kelly, Clinical Support Nurse Email: GrKelly@stjames.ie

The Development of a Respiratory Nurse Led Clinic - St Michael’s Hospital

Patients referred by their General Practitioners (GP) with suspected respiratory problems often have long waits for specialist respiratory review. Davies (1999) identified the detrimental effects this has on patient morbidity and mortality. There is increasing evidence of the effectiveness of nurse-led clinics in conjunction with traditional medical models and Penney (2003) has shown the benefits of nurse led clinics in reducing outpatient waiting times.

Aims/Objectives: In November 2013, St. Michael’s Hospital developed their Respiratory services by introducing a nurse led respiratory clinic. The aim was to provide a high standard, specialist nursing service to patients that encompassed their physical, psychological and social needs. A core objective was to reduce the nine month waiting list for the physician led respiratory clinic.

Implementation: A Respiratory Consultant screens all referrals for suitability for the nurse led clinic. The patients receive diagnostics/ tests by one practitioner, which includes; spirometry with reversibility, alpha 1 antitrypsin testing, B-type Natriuretic Peptide (BNP) blood test, arterial blood gas and electrocardiogram. The Clinical Nurse Specialist assessment includes comprehensive history taking, physical examination, education, evaluation of test results and Chest X-ray. Subsequently, the CNS discusses findings with the Respiratory Consultant and develops a plan of care.

Outcomes: Of 320 patients reviewed; 57% had COPD, 21% had Asthma and the remainder had no significant respiratory problem. 73% were discharged back to their GP, 5% were referred to the physician-led clinic and the remaining 22% are still attending the clinic. Savings are generated through avoidance of multiple outpatient attendances, less dependence on physicians and optimisation of medication prescription and delivery. Patients benefit through early diagnosis and treatment in a single visit to a clinic and experience a faster service appropriate to their needs. Waiting times for physician review have reduced from 9 months in 2013 to 2 months in 2016.

Conclusion: This demonstrates that nurse led clinics can provide a quality service, resulting in time and cost savings as an alternative to the traditional outpatient clinic for those thought to have a respiratory problem. It is envisioned that an Advanced Nurse Practitioner could be used to diagnose and treat these patients. This would provide the patient with a full advanced nurse led service and would ensure consultants time is best served reviewing complex cases.

For further information contact: Peter O’Toole CNS Respiratory Email: potoole@stmichaels.ie
Return to Midwifery Practice Programme

An Bord Altranais agus Cnáimhseachais na hÉireann (NMBI, 2015) strongly recommend that a registered midwife who is returning to practice after an absence of five years or more should complete a Return to Midwifery Practice programme (RTMP). Given current national midwifery staff shortages, recruitment of midwives within the domestic market is a priority for the HSE and Department of Health. Therefore, the rationale and necessity for providing Return to Midwifery Practice programmes remains.

The Midwifery Education Group, a subgroup of the Association of Directors of CNMEs has worked collaboratively to develop a National Return to Midwifery Practice Curriculum, which is reflective of current midwifery practice, legislation and NMBI guidance. The duration of the course is 12 weeks, comprising of 3 weeks theory and 9 weeks clinical midwifery placements.

In April 2016, the first RTMP course based on the revised RTMP curriculum was delivered in the Centre for Midwifery Education (CME), located at the Coombe Women and Infants University Hospital. Using a ‘hub and spoke’ model, the theoretical component was delivered in the CME and clinical midwifery placements were facilitated in the three Dublin maternity hospitals and the maternity units in Wexford and Letterkenny. Nine midwives started and completed the course. Initial evaluation of the course was very positive. All candidates reported ‘joy’ at rediscovering their passion for midwifery, and caring for women and babies.

Having received ethical approval, the CME Team are currently conducting two related research projects. The first is exploring registered midwives experiences of undertaking a RTMP programme. The second study is exploring the experiences of those midwives who supported the RTMP candidates during their clinical midwifery practice placements. It is anticipated that the findings will guide and shape the content and delivery of future RTMP programmes and the support structures required.

For further information contact Triona Cowman, Director Centre for Midwifery Education
Email: tcowman@coombe.ie

Participants on the Return to Midwifery Practice Programme
L to R Catherine Dineen, Mighela Coen, Kathleen Corrigan, Una Butler, Wieslawa Gorska, Chiara Medici, Ann Bascoulergue, Beata Gawlik Wabik, Tracey Innes.
Nursing & Midwifery Planning & Development Unit, Dublin South Kildare and Wicklow (DSKW), Annual Conference 2016

Inspiring and Sharing Excellence in Nursing & Midwifery Practice

The Nursing & Midwifery Planning & Development Unit (NMPDU), DSKW were delighted to host their 3rd annual conference in the Clarion Hotel, Liffey Valley, Dublin on September 15th 2016. The objective of the conference was to showcase nurse and midwife led innovations across the region through four key themes; practice development, service development, education and learning and technology.

Significant sharing and learning opportunities were afforded to the 140 nursing and midwifery colleagues in attendance. The combined format of our three keynote speakers, twenty-two speakers presenting on behalf of their services and thirty poster presentations, resulted in a day celebrating the wonderful contribution that nurses and midwives make to the provision of quality care for patients and service users.

Liz Roche, Area Director NMPD Mid Leinster, set the tone for the day by providing insight into the concept of ‘Innovation’ and it’s impact on patient care. Mary Wynne, Interim Director, Office of the Nursing and Midwifery Services Director gave an inspiring keynote address ‘Perspectives on Future Challenges and Opportunities for Nursing and Midwifery.’ She asked the audience to consider ‘not what I do, but what I can do’. This was demonstrated in force by all presenters throughout the day.

Therese Brennan, presenting on behalf of Cherry Orchard Hospital with Fiona Cleary, Director of Nursing Cherry Orchard Hospital.

Mary Wynne ONMSD, with Paul Gallagher, Director of Nursing, St James Hospital and the nurses presenting on behalf of St James Hospital.

Attendees from Our Lady’s Hospital Crumlin.
Innovation through Practice Development

We heard the voice of compassion and care throughout the presentations given by The National Maternity Hospital on ‘Bereaved Parents Experience of Compassionate Care during Second Trimester Miscarriage’, from St. James’s Hospital on ‘Creating Lasting Memories for Bereaved Families’ and from St. Vincent’s University Hospital on ‘Development of an End of Life Skills Workshop in an Acute Hospital setting.

Innovation through Service Development

We then heard the commitment of services in bringing about improvement in the delivery of care. For example, Cherry Orchard’s ‘Introduction of a Traffic Light System for Moving and Handling,’ and the collaborative work of St. James’s Hospital and the National Rehabilitation Hospital on their ‘Improvement Journeys with Productive Ward’. These were followed with work presented by Peamont Healthcare on ‘Moving to a Social Model of Care for Intellectual Disability Services’ and ‘Rheumatology Nurse Led Clinics’ in Our Lady’s Hospice and Care Services. This theme continued with two presentations from the National Forensic Mental Health Service on a ‘Mental Health/Intellectual Disability Initiative’ and the ‘Development of Primary Healthcare Service within the National Forensic Mental Health Service’.

Innovation through Education & Learning

In his keynote address, Professor Jonathan Drennan, University College Cork, provided insight into new ways of ‘Building and Developing Research Capacity in Nursing and Midwifery’ based on his recent experience in the UK. His return to Ireland is of immense benefit to Nursing and Midwifery development. He was followed by an excellent presentation on a collaborative model to build research support networks and infrastructures within the Dublin South, Kildare and Wicklow region. This session was led by Dr. Amanda Roberts, Research Assistant TCD and was followed by presentations from leaders in clinical research from Naas General Hospital, St. James’s Hospital and Tallaght Hospital. Deirdre Madden, the first Irish Advanced Nurse Practitioner (ANP) in Perinatal Care shared her journey and the influence of research on her work. Gillian O Brien, newly registered Tissue Viability/Dermatology ANP, Naas Hospital, gave her thoughts on the challenges of building research into the service she leads.

Innovation through Technology

Ms. Michelle Kearns, Chief Clinical Information Officer - Informatics Lead provided a keynote address for the technology session and brought the audience up to date on current eHealth Ireland developments such as eReferral, the Light House projects and Individual Healthcare Identifier.

The presentations in this section showcased the initiatives people are starting within their organisations. These included the utilisation of Whatsapp to form a journal club for Emergency Department nurses in St. Vincent’s University Hospital, engaging with technology through iPads to give a voice to ICU patients in Tallaght Hospital and phone apps to ensure medication safety in Our Lady’s Children’s Hospital, Crumlin.

The NMPDU DSKW team would like to congratulate all nurses and midwives who presented on the day including the Poster Presentations which reflect the diverse range of innovative and high quality projects across the region. Congratulations are also extended to the winners in the Poster Presentations competition (See page 7).
Prize Winners
Poster Competition

1st Prize  St. Vincent’s University Hospital Dublin

Impact of using the Careful Nursing Model on Providing Patient Centred Care for Assessing, Planning and Measuring Outcomes

2nd Prize  Tallaght Hospital, Dublin


3rd Prize  Meath Community Unit

Becoming More Person Centred

4th Prize  Stewart’s Care, Palmerstown

Early Bird Autism Education Programme

5th Prize  Our Lady’s Children’s Hospital, Crumlin

Bespoke IT skills for Nursing on the Frontline

The NMPDU DSKW would like to commend and congratulate all nurses, midwives and services who continue to strive toward excellence and disseminate their findings and significant achievements. The team are looking forward to welcoming all services to next year’s Conference.

*Special acknowledgement to Carol Murray, Clerical Officer, for all her hard work and organisation skills in preparing for the Conference

For further information on our Annual Conference 2016 please go to: https://www.hse.ie/eng/about/Who/ONMSD/NMPDU
Delivering Maternity Service Updates to Traveller Men & Women Coombe Women’s and Infants University Hospital (CWIUH)

Introduction: The Centre for Midwifery Education and CWIUH were approached by Pavee Point in late 2015 with a request to develop targeted education for Traveller men and women, who act as volunteer Community Health Workers for the Travelling Community in South Dublin city and county.

Aims/Objectives: To improve maternal and neonatal outcomes & experiences for this significant community of clients accessing services at CWIUH.

Methodology: Two separate education days, one for Traveller men Community Health Workers, and the other for Traveller women Community Health Workers were held in July 2016. Through collaboration with the Acting Practice Development Coordinator in CWIUH and other key personnel, we developed a timetable to cover a range of topics of particular relevance and interest to Pavee Point Community Health Workers. These included: Breastfeeding and Infant Feeding, Community Midwifery Services, Mental Health Services Overview, Spiritual Care in CWIUH, Antenatal & Booking Clinic Overview, Neonatal Unit Services Overview & Metabolic Screening, and the Role of the Medical Social Worker.

Outcome: Feedback received post the event from both the Community Health Worker Volunteers and the Outreach team at Pavee Point was positive, and provided us with valuable insight into how our maternity services are perceived by this Irish ethnic minority.

Conclusion: This education event enhanced relationships and furthered understanding between a tertiary maternity unit and their local community of Traveller mothers, fathers and babies.

Plans for the future: Pavee Point expressed their gratitude to CWIUH, and we are hopeful that it is the beginning of a continuing series of collaborations to improve Traveller families’ experiences with maternity services.

For further information contact: Liz Greene Midwifery Specialist Coordinator- CME Email: egreene@coombe.ie

Neonatal Web Camera System The National Maternity Hospital (NMH)

The admission of a newborn baby to the Neonatal Intensive Care Unit (NICU) results in the physical separation of a mother from her baby. This separation has been shown to have a significant impact on maternal anxiety (Mizrak et al., 2015), mother and infant bonding (Tooten et al., 2012), maternal ability to breastfeed, and susceptibility to postnatal depression (Rhoads et al., 2015). Strikingly, disruption in the parent-baby bonding process is associated with adverse parenting behaviours, with a high prevalence of abuse and neglect found in children with a history of neonatal health problems (Tooten et al., 2012).

The NMH 35-bed, Level 3, NICU is a recognised centre of excellence. Caring for approximately 1,300 babies per annum, referrals are made to the unit for sick babies from across the country (NMH, 2016). A multidisciplinary team was formed to investigate and explore the possibility of a virtual solution to the physical problem.

Aim: To provide a real-time, live connection between mothers separated from their babies in the NICU, by way of android tablet and web-camera, respectively.

Method: Funding for a pilot project was received from the Nursing and Midwifery Planning and Development Unit (NMPDU) and, in early 2016, Angeleye® Camera Systems based in Arkansas, USA, was selected as the appropriate provider for the NMH. The system was installed in the NMH in May 2016. Since then comprehensive testing and risk assessment of the system has taken place in preparation for the formal commencement in December 2016 of a pilot project.

Outcome: The pilot is starting small, consisting of one web camera in the NICU and one android tablet for use by mothers across a variety of internal hospital settings. A research study, also due to commence in December 2016, will evaluate the outcomes of the system in terms of enhanced mother-baby bonding, enhanced provision of family-centered care, and enhanced parent and staff satisfaction. External family-baby connectedness between babies in the NICU and families at home via smartphone, personal computer, or tablet is the ultimate end goal.

For further information contact: Kim Ryan, Staff Midwife Email: kryan@nmh.ie
The Nursing Service of Tallaght Hospital hosted its 11th Annual Nursing Conference on the 18th of October 2016. The conference theme this year was ‘Blending Clinical Skills and Nursing Core Values’. Attendance far exceeded expectations and evaluations of the conference was very positive. We had some excellent presentations from our guest speakers including:

- Dr. Anne Marie Brady, Director of Trinity Centre Practice & Healthcare Innovation–Nursing Research Opportunities
- Ms. Mary Wynne, Office of the Nursing & Midwifery Services Director, HSE –Nursing Values
- Ms. June Boulger, National Lead for Service User Involvement: HSE National Advocacy Unit-Patient Charter
- Dr. Paul Mooney-Coaching

It was also an opportunity to showcase some excellent developments in Tallaght Hospital nursing service including the development of the Patient satisfaction survey, Open Disclosure & Protected Disclosure.

A Clinical Skills Fair was embedded into the conference with clinical skill stations available on the day for nurses to review, practice and ask the experts. Clinical skills demonstrated included; Non-Invasive Ventilation; Tracheostomy care; Airvo; Care of Chest drains; Care of CVAD; Venepuncture and Cannulation; Stoma Care; Wound management and VAC dressing and the Medical Equipment Library.

A career stand, with nurse expert’s available to discuss the variety of career opportunities open to nurses; the experts included; Assistant Director of Nursing, Registered Advanced Nurse Practitioner, Nurse Tutor and Clinical Nurse Manager.

An impressive display of poster presentations of innovative nursing practice was also highly commended by the judges of the poster competition.

Sincere thank you to all the Nurses who attended and contributed to this year’s conference, planning has already began for next year’s Nursing Conference.
Seminar in the Midlands on Excellence in End-of-Life Care in Residential Settings.

A quarter of all deaths in Ireland annually, approximately 7,500, occur in residential care settings. The Irish Hospice Foundation ‘Journey of Change’ programme provides staff with information on all aspects of end-of-life care, including training tools which facilitate staff to reflect on their end-of-life care practices, celebrate what is done well, identify what could be done differently and make effective change where needed. To date, more than 105 nursing homes have taken part in the ‘Journey of Change’ training including 8 residential centres in the Midlands.

A one day event held in Tullamore, organised by the Irish Hospice Foundation, showcased many excellent examples of improvements made by staff and residents on aspects of end of life care in residential care settings. The day was attended by more than 100 nurses, education providers and healthcare assistants.

Invited international speakers included: Professor Richard Groves, Co-Founder and Executive Director of the Sacred Art of Living Center, Oregon who spoke about ‘The Art of Diagnosing Spiritual Pain at End-of-Life’; Professor Sheila Payne, Emeritus Professor, International Observatory on End-of-Life Care, Lancaster University, spoke about ‘An Innovative Intervention to Improve Palliative Care in Long Term Care Facilities in Europe (PACE) project’. The European perspective on end-of-life care, diagnosing spiritual pain and the importance of self-care were also among the topics discussed.

National speakers included: Ann Cummins, Brooklodge Nursing Home, County Galway, who gave the example of a sympathy card developed by staff and residents after taking part in a ‘Journey of Change’ programme’. The image on the card is of an oak tree and contains the words: ‘Let me share my joys with your troubles, and hold your hands when you need me most’. An oak tree was planted in the grounds of the nursing home in memory of all of the residents who passed away.

Breeffi McGuinness, Irish Hospice Foundation, Bereavement Services, Training & Development Manager said “…nursing homes and hospitals must acknowledge the emotional impact caring for someone at end-of-life has on healthcare workers”.

Croghan Active Retirement Group performed two short sketches they developed. The first sketch showed how families can disempower an older person and the second showed how older people can empower each other to continue being active.

Anna de Siún, National Development Coordinator of ‘Journey of Change’ said: ‘Good end-of-life care can only be delivered where there is recognition of the uniqueness of each person’s journey through life and a shared understanding of the importance of supporting and respecting each individual person’s needs and wishes on that journey’.

The seminar was supported by the Nursing and Midwifery Planning and Development Unit in the Midlands.

For further information contact: Eilish Croke Email: eilish.croke@hse.ie

The ‘Journey of Change’ team:
L to R Joanna Brennan, Regional Development Coordinator, Midlands; Thelma Pentony, Training Specialist, HSE DNE; Hilary Smyth, Regional Development Coordinator, Mid-West; Aoife O’Neill, Regional Development Coordinator, Dublin; Anna de Siún, National Development Coordinator; Una Cronin, Regional Development Coordinator, South; Mary Lovegrove, Regional Development Coordinator, Dublin.

L to R Dr Cillian Twomey, Consultant Geriatrician (retired), Prof. Richard Groves, Co-Founder & Executive Director of the Sacred Art of Living Center, Oregon. Prof. Sheila Payne, Emeritus Prof, International Observatory on End of Life Care, Lancaster University & Will Seaman, son of Lily.
Quality Care Metrics – Review and Further Development of Metrics

Quality Care Metrics allows organisations to demonstrate the standard of basic nursing and midwifery care which they deliver to their service users. It identifies areas in which care is good and must be recognised and celebrated, as well as those areas in which care requires improvement. Quality Care Metrics consists of a series of questions (indicators) that affords each unit or ward to determine how well the processes of their nursing/midwifery care are aligned with evidence based national standards that guide best practice.

In order to ensure that metrics continue to offer a valid means of measuring care, a national research initiative is underway to review the metrics (areas of care e.g. pressure ulcer care, medication administration) and the indicators (questions that allow us to measure our standards in those areas) currently in use and to develop other metrics as required. To this end, the ONMSD has established seven national work-streams (Acute Services, Midwifery Services, Children’s Services, Mental Health Services, Intellectual Disability Services, Older Person Services, Public Health/Community Nursing Services). The work-streams will be supported by three universities; University College Dublin, University of Limerick and National University of Ireland at Galway, to ensure that the new suite of metrics reach the highest evidence based standards.

The participation of nurses and midwives nationally in this research is central to its success. In the coming weeks the university based researchers will seek the opinion of nurses and midwives on which metrics they feel best define the care and support they give in daily practice. This will be achieved through the use of an online survey. Participation will be sought from all grades of registered nurses and midwives. If you would like to register with the research team in order to avail of the online survey, please contact the relevant research team below.

Have Your Say - Email your Expression of Interest to Participate in this Research Study (online survey)
email the appropriate work-stream

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For Further information contact: Mary Nolan Quality Care-Metrics Project Officer Midlands
Email: mary.nolan13@hse.ie
Pressure Ulcer Care- Naas General Hospital

In the clinical setting when patients are identified as being at risk of pressure ulcer development, one element in pressure ulcer prevention is providing an effective pressure redistributing surface (mattress) in a timely manner. Challenges include delay, cost and staff time used in provision of a rental pressure redistribution support surface.

Naas General Hospital (NGH) undertook a quality improvement initiative to assess the effectiveness & efficiency of a hybrid, non-powered system, in providing an effective pressure redistributing surface for pressure ulcer prevention. Hybrid support systems have a higher specification than the basic foam mattresses currently in use in NGH. Furthermore, the hybrid system combines foam and air to maximise the benefits offered by both static and alternating surfaces. As NGH was in the process of replacing its standard hospital mattresses, it was an opportune time to assess the effectiveness and efficiency of a hybrid, non-powered system, in providing an effective pressure redistributing surface for pressure ulcer prevention.

**Method:** Following education sessions and introduction of a skin assessment documentation tool at ward level, a 6-week trial of a hybrid mattress took place. All beds on one clinical ward were fitted with a hybrid mattress, in place of the standard hospital foam or pressure relieving rental mattress. Data was collected using a bespoke data collection tool focusing on patient demographics, Norton Score, development of pressure ulcer, patient and staff experience. Data was also collected on time and cost savings.

**Findings:** Mattresses were found to be both effective and efficient. There was no increase in development of pressure ulcers in comparison to corresponding time-frame before trial period. No rental pressure relieving devices were required during the trial periods with substantial cost savings. There was saving of staff time in installing and removing rental mattresses. Positive patient and staff feedback was also received. Improved safety was also reported with reduced manual handling and cables at bed side.

**Conclusion:** As a result of the effectiveness of the hybrid mattress in terms of pressure ulcer prevention, time & cost saving and overall patient and staff satisfaction, a business case has been developed to purchase the Hybrid mattress for another 31-bedded ward.

**For further information contact:** Nora O Mahony, Nurse Practice Development Co-Ordinator Email: nora.omahony@hse.ie
**Attitudes of Healthcare Staff Influencing the Uptake of Influenza Vaccine Literature Review**

**Background:**
Irish and international guidelines recommend annual influenza vaccination of all healthcare workers (HCWs) to protect themselves and to reduce the risk of transmission from HCWs to patients. However, vaccine uptake among HCWs is below the national target (40%).

**Aim:**
To identify the attitudes and beliefs of HCWs towards influenza vaccine and their influence on vaccine uptake.

**Method:**
A qualitative retrospective systematic review was conducted. Electronic data sources reviewed included CINAHL, Medline, Embase, Cochrane Library, PsycINFO and PubMed (2000–2015). The search was performed using defined MeSH terms and keywords. Studies related to influenza vaccination on patients were excluded.

**Results:**
Filtering of 289 studies resulted in 18 studies that fulfilled the study criteria. 4 descriptive themes for declining vaccination emerged
(a) Misconceptions about influenza vaccine
(b) Fear of adverse reactions
(c) Doubts about vaccine efficacy and
(d) Perceived minimal personal health risk from influenza.

These were balanced by 4 descriptive themes for accepting the vaccine, which were
(a) Personal benefit
(b) Patient benefit
(c) Protect the HCWs family and
(d) Professional responsibility as a HCW.

From these 8 descriptive themes, four key analytical themes emerged. Two were negative based on
(1) issues with the vaccine and
(2) HCWs perception on personal health risk.

However two were positive based on
(1) the benefits of vaccination and
(2) the role of a HCW.

**Conclusion:**
Influenza vaccine uptake by HCWs is influenced by complex factors. Identification of these beliefs and attitudes could be used to impact positively on future influenza vaccine campaign for HCWs.

The research abstract was published in the Hospital Infection Society Journal, Nov 2016 Vol:94, PgNo: S102 and selected as a poster and oral presentation at the Federation of Infection Societies Annual Conference and the 10th Healthcare Infection Society (HISD) International Conference 2016

**For further information please contact:** Muthu Saba, Clinical Nurse Manager, Cherry Orchard Hospital. **Email:** Mutha.Saba@hae.ie

*This literature review was presented at the Federation of Infection Societies FIS Annual Conference and the 10th Healthcare Infection Society (HISD) International Conference 2016. Edinburgh 6-8 November 2016*
Workshop on Nurse and Midwife Prescribing of Medicinal Products and of Medical Ionising Radiation

The Nurse & Midwifery Planning and Development Unit (NMPDU), Dublin South, Kildare and Wicklow hosted a workshop on Nurse and Midwife Prescribing of Medicinal Products and of Medical Ionising Radiation on November 17th 2016. Over thirty attendees from the region were present from acute, maternity, older persons, community and mental health services.

Maureen Nolan, Director of Nursing, National Lead for the Implementation and Audit of Nurse Prescribing of Ionising Radiation and Medicinal Prescribing Dublin Mid Leinster, opened the Workshops with an overview and update on nurse prescribing to date.

Usha Daniels, Registered Advanced Midwife Practitioner Diabetes, National Maternity Hospital, Liah Chambers, CNS Home Based Treatment Team Tallaght Mental Health Services and Anthony Kearney, Registered Advanced Nurse Practitioner, Emergency Department, Tallaght Hospital shared their experiences of becoming and practising as a nurse/midwife prescriber and of the impact on their patients and service users.

Following very positive evaluation, a similar workshop is planned for 2017.

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**Midlands Research Interest Group**

A key strategic aim of the Office of the Nursing & Midwifery Services Directorate (ONMSD) and Nursing and Midwifery Planning and Development (NMPD) is to promote and support excellence in nursing and midwifery practice, fostering a culture of ethical research while supporting service-led initiatives for healthcare staff.

In support of this aim, the NMPD Midlands in collaboration with key stakeholders, established a Regional Nursing & Midwifery Research Committee in 2015. The aim of the group is to foster an enquiring practice environment, promote research utilisation, identify strategic regional nursing research opportunities and share research in collaboration with our academic partners in the region and our library services.

Recognising the value of nursing and midwifery research to practice, the group are examining measures to promote and support research practice locally. The defined research role for Registered Advanced Nurse Practitioners and Advanced Midwife Practitioners (RANP’s/RAMP’s) and Clinical Nurse Specialist’s/Clinical Midwife Specialists (CNSp’s/CMSp’s) in the promotion of a continuum of research activities requires a shared focus.

Meeting bi-monthly, to date the group meetings have facilitated master classes on the following topics: *Hosting a Journal Club* by Nicola Fay Regional Librarian, *How to get Published* by Dr Patricia Heavey, *Lymphoedema* by Mary Costello Advanced Nurse Practitioner Tissue Viability, as well as discussion on the practical support the group can provide to nurses engaging in research. The group is available to act as an advisory forum for nurses and midwives to consult on research issues, trends and ideas.

In 2017, the group plan to extend its message to nurses in the region and host additional workshops and a conference to provide registered nurses and midwives with the opportunity to showcase and share their research.

Membership of the committee consists of representation from:

- NMPD Midlands Region
- Nursing and midwife disciplines and nurses who express interest in nursing research
- CNSp’s/CMSp’s & Clinical Nurse/Midwife Managers and (RANP’S/RAMP’s), Nurse/Midwife Managers; Directors Of Nursing/Midwifery, Directors and Assistant Directors of Public Health Nursing
- Athlone Institute of Technology and Regional Centres of Nursing & Midwifery Education
- Regional Library Services

For further information contact: Judy Ryan NMPDU Midlands. Email: judy.ryan@hse.ie

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**Advanced and Specialist Nurse/Midwife Practice**

**Useful Information**

Information relating to advanced and specialist nursing and midwifery practice can be found on the Office of Nurse and Midwifery Services Director (ONMSD) website https://www.hse.ie/eng/about/Who/ONMSD/Advanced-and-Specialist-Practice/

**Clinical Nurse and Midwife Specialist Applications**

The ONMSD will approve CNSp and CMSp applications from HSE funded organisations on an interim basis under the delegated authority of the Department of Health

**Advanced Nursing and Midwifery Practitioner Role Development**

Advanced nursing and midwifery practitioner roles are developed as a response to health needs and organisational requirements.

For further information: Contact your local Nurse and Midwifery Planning and Development Unit.
**Bringing the Teacher to You - St Vincent’s University Hospital**

**Introduction**
Following a review of how continuous professional education is delivered to nurses in St. Vincent’s University Hospital the Department of Nursing has begun the process of moving away from didactic classroom based delivery to a self-directed pedagogy where participants are self-motivated and engage proactively in their own learning. The Intravenous Medication Administration Programme is one of the first programmes to transfer to this method.

**Aims and objectives**
- Develop a level 8 (NFQ) theoretical and clinical skills programme for the administration of intravenous medication in line with national policy and guidelines and international best practice
- Actively engage the participants in knowledge acquisition and development in relation to the administration of intravenous medications
- Streamline the process for obtaining certification in Intravenous Medication Administration
- Create reusable learning units
- Reduce nursing staff release time and direct teaching time

**Methods**
Four learning units were designed:
1. Aseptic Non-touch Technique, ANTT®
2. Intravenous Medication Administration, Policy and Preparation of Intravenous Medications
3. Central Venous Access Devices (CVAD’s)
4. Intravenous Medication Calculations

These learning units are hosted on the Moodle platform via the ‘My View’ Human Resources System. The learning units integrate all the education requirements outlined in the National Policy for the Administration of Intravenous Medications by nurses and have been developed based on SVUH policy and procedure, best available evidence and national and international guidelines. The participants are encouraged to self-direct their learning, in-order to attain the appropriate knowledge to successfully complete the learning unit and actively engage in knowledge acquisition. Participants engage in multiple interactive quizzes throughout each learning unit, which enables participants to test their knowledge on the theoretical content. This ensures participants have the adequate knowledge to prepare and administer intravenous medication in the clinical area.

**Outcome**
From an education perspective staff actively engaged with the on-line theoretical knowledge. Previously staff were required to attend an 8 hour study day and return for a 1 hour theory and calculation assessment. The release time required for staff to undertake the workshop has been reduced to 4 hours. It is anticipated that in the first 3 months of the introduction of the learning units 360 nursing hours have been saved. From a course management perspective the process has been simplified saving administration time and making the process easier for participants to complete.

**Plan for the future**
Initial plans include the production of filmed demonstrations to support the learning units. Evaluation and review of the learning units is ongoing.

We wish to acknowledge the support of Mr. Derek Hoey (Learning Technologist).

**For further information contact** Freda Browne Email: f.browne@st-vincents.ie
Casting, Splint & Brace Application Self Directed Learning Programme
St. Vincent’s University Hospital

June 2016 saw the launch of the first self directed learning programme in Plaster Casting, Splint & Brace Application in St. Vincent’s University Hospital (SVUH). The application, adaptation and removal of patient’s casts, splints and braces is a skill requiring knowledge and understanding of basic principles, good judgement and sensitivity, in order to safely care for patients (British Orthopaedic Association 2015).

The programme was developed by Orpha Walsh, Registered Nurse Tutor and Mary Ryder, Director of Nurse Education & Practice Development, in collaboration with the Clinical Nurse Manager 2, Clinical Nurse Specialist and Assistant Director of Nursing from the Orthopaedic Bone & Joint Unit, SVUH.

The primary focus of this programme is to develop and enhance each Registered General Nurse’s (RGN) practical nursing skills in plaster cast, splint and brace application. Each RGN will gain the knowledge, skills and techniques required to safely apply a cast, splint or brace, in order to effectively immobilise an orthopaedic injury. The RGN will also learn the considerations to be taken into account prior to the application of a cast, the safe management during its removal and the assessment, planning, coordination and implementation of each patients care prior to discharge.

The duration of the course is approximately two months. On successful completion of the academic and clinical assessments the student will receive continuous educational units accredited by the Nurse & Midwifery Board of Ireland.

For further information contact: Orpha Walsh, Registered Nurse Tutor
Email o.walsh@st-vincents.ie

Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing – IDS TILDA.
Presentation of Findings from Wave II

People with an intellectual disability are living longer. Although evidence indicates that they have poorer health outcomes than the general population, little is known about what life is like for those who are advancing in years. The Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing – IDS TILDA is the first national and European longitudinal study on ageing and people with an intellectual disability. With people with an intellectual disability as active participants, this holistic study is examining the physical, cognitive, psychological, behavioural health and social care of persons with an intellectual disability over time as they age. Having completed the first and second waves of the study the team are currently embarking in the third wave of data collection.

On the 13th of July 2016, researchers from the study visited the Midlands (Mullingar) to facilitate a presentation on some of the findings from the study. The research areas discussed included; bone health, medication, social participation and where people with an intellectual disability live. The information shared was very well received by a mixed audience of support carers, nurses, therapists and participants of the study.

http://www.idstilda.tcd.ie/

For further information contact: Judy Ryan NMPDU, Midlands Email: judy.ryan@hse.ie