A report on the work completed by Health and Wellbeing in 2018
Summary: The Committee met four times in 2018, in accordance with its Terms of Reference. It is a large committee with 28 members.

Action Plan: An action plan was developed and approved by Committee members to guide the work of the Committee in 2018 and was approved as final in April 2018. This action is used to monitor progress and identify areas for development.

Key Performance Indicators: One action associated with the Committee’s action plan related to the development of KPIs for the Committee. KPIs were approved by the CHO Quality and Safety Committee in September 2018. At the October HCAI/AMR Committee meeting, it was agreed that reports against the KPIs would be provided by committee members from each care group going forward.

CPE (Carbapenemase Producing Enterobacteriaceae): The Minister for Health declared CPE a public health emergency on October 25th of 2017. Guidance and information, including any updates in relation to CPE from the Office of Clinical Lead is an agenda item at each committee meeting.

PPPGs: Guidelines relevant to CPE for the community are circulated as updates or new guidelines are received

Progress: Significant progress has been made in relation to achieving a number of key priorities. This includes:

- promoting increased uptake of hand hygiene education using different means (including e-learning) through representatives from different care groups on the committee (older persons, mental health, primary care)
- sharing learning from an antibiotic prescribing initiative in SouthDoc (out of hours GP service) pilot initiative now extended to all out of hours GP services in Cork & Kerry
- CPD for Pharmacists
- Hand Hygiene aligned to national programme & database updated
- New ICPN governance structures in process of being implemented & recruitment in final stages.
Emergency Management

- Managed 2 Red Alerts
- Reporting and lessons learned from Storm Emma & Storm Ophelia collated and disseminated
- CHO governance of interagency emergency management working groups
- Draft regional plan developed (awaiting finalised CHO acute plans)
- New Interagency Officer appointed
- Two exercises prepared for CHO participation in early 2019
- Emergency management daisychain in place
- Emergency management delegates in place
- Dedicated space for Crisis Management Team and Interagency staff by year end
- Emergency Plans for CHO & Acutes in final stage
- Fleximort system in place and exercised
- Transport Coordination Database due for delivery Q1 2019
- CKCH Management team Shared folder & sub folders for Emergency Management now in place
- Crisis Response packs for delegated CMT members
- Card with Emergency conference dial in details circulated
Self Management Support Initiatives

- Self Management Support Coordinator For Chronic Disease Started in Post on July 27th 2018
- Phase 1 mapping almost complete
- Phase 2 mapping commenced
- Interim Directory of Services and Programmes designed, Directory to be populated and disseminated in Jan 2019
- Engaging with HSE Communications regarding production of website and online directory in 2019
- Engagement of relevant stakeholders continuing across CkCH
- Joined the committee of the LIGG
- Articles developed for specific chronic disease support groups
- Posters developed for Physiotherapy and Mental Health
- SMS Elevation pitch completed with national agreement

One of the pitches below to be selected

- Many people in Ireland are living with long term health conditions. My job is to work with everyone involved to help build capability in people to live well.

- Because so many people are living with long term health conditions my job is to support, educate and increase people’s skills and confidence to manage their health problems in order to live well at home.

- My job is to support the awareness and development of services which increase the ability and confidence of people with long term conditions to manage their health and to live well.
Healthy Ireland Survey Results

1 in 5 children are overweight

1 in 4 primary school children meets the recommended 60 minutes of physical activity per day

Alcohol consumption in Ireland is 5th highest in Europe

49%

49% of Irish people over 50 have one chronic disease, and 18% have more than one

The major chronic diseases (diabetes, cardiovascular and respiratory disease) will increase by 20% to 30% in the next 5 years

1 in every 10 people over 50 years of age has diabetes

1 in 5 of us will experience mental health problems in our lifetime

36,000 new cases of cancer are diagnosed each year
Influenza

Peer led Influenza Clinics

- 56 Peers actively conducting clinics in 28 settings.
- 56 Peer clinics advertised and delivered for staff of Cork Kerry Community Healthcare
- Leaflet and posters for staff developed and distributed, 3 influenza preparedness sessions delivered for staff, voucher sent to all home helps /DONs for nursing staff
- Influenza lead provided Info sessions for staff of Cork Kerry Community Healthcare in LTCF’s
- 40 sessions delivered to 305 staff in 18 settings
- Focus group conducted with CNM2’s (n=7) and an ADON (n=1) in a large Hospital to seek views on improving uptake rates
- Opt out scheme developed as per NICE guidelines 2018

Other areas of Influenza Activity:

Primary Care

5 peers trained in Primary Care

Mental Health Services

Cork: 21 peers

- 23 clinics completed

Kerry: 3 Peers

- 2 clinics offered for MHS staff

Disability services

2 peers

- 4 clinics ran, 1 OH and others ID staff
- 96 staff vaccinated in ID services in Cork.

Communications

Video created, leaflets created for staff and home helps, Posters developed and distributed, photo and press release of Minister for Older persons and Mental Health getting the vaccine, Video shown at engagement sessions for staff.

Data

Total Percentage of LTCF staff vaccinated midseason = 35% (target 60%)

Staff from other entities are outside of these figures
Staff Health & Wellbeing 2018

4500 direct contacts

Desk to 5k programme
Desk to 5k support workshops
Staff H&WB day
6 x Kindness Works Here workshops
30 x Irish Heart Health Checks
6 x Home Help Health & wellbeing sessions
6 x Healthy Eating Demos
2 x Love Life Love Walking
BHAA 5k Road Race
Smoke Free Campus North Cork
Road Safety Authority Bike Training
Coolnagarrane
Mental Health Service Gym equipment
Rathass Coffee morning
Introduction to Walking
100 Skibbereen Girls Art Project
Psyched Initiative
2 x Operation Transformation Teams

Corporate Discounts for Sports & Leisure Centres
Steps Challenge
Dedicated Staff Wellness space St Finbarrs Health Campus, Carrigaline Primary Care Centre, Killarney Community Hospital
Bikes : Rathass, Model Business Park, Mount Alvernia & St Marys Health Campus, Coolnagarrane, St Finbarrs Health Campus

Making a Difference Staff Awards
Mental Health Service Soccer Challenge
2 x Mind your Mental Health workshops
Monthly Newsletter
Monthly Theme of the Month
Lee Road 4k Race
Carrigmor Gym
H&WB survey completed with front line managers
Feedback report completed from Home Help H&WB Days
Webpage and twitter developed
2019 calendar designed and produced
Social Prescribing Information Graph
System Reform

CKCH first CHO to launch Healthy Ireland Plan
Network Demographics Resource Documents
16 Staff Healthy Ireland Plan Workshops completed
Healthy Ireland Leads role agreed
MECC pre-implementation
Social Prescribing CKCH Steering Group
Connecting for Life Cork Kerry Health & Wellbeing subgroup (Kerry Wellness Week, Cork Men’s seminar)
COMPASS Implementation group TOR developed & due for activation Q1 2019
Implementation of Project Vision Reporting Tool
Citizen Engagement / Partnerships
  - WELLCOMM Well Communities Connect 12 January 2019
  - Local Authority LCDCs + scoping local urban amenity projects with Local Authorities
  - Healthy Cities & ECCOWELL
  - Thewellebeingnetwork.ie consortium and website developed
  - Health Innovation Hub
  - 3rd level sector
  - Arts Council Ireland
  - Glucksman Gallery
  - Crawford Gallery
  - Helium Arts
  - Cork Local Sports Partnership
  - SECAD
  - Walkway in St Marys
  - Vitality, Cobh