



# Sligo Regional Hospital Newsletter

SLIGO REGIONAL HOSPITAL  
The Mall, Sligo Tel: 071-9171111 Fax: 071-9174645

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## Message from General Manager

Welcome to our first edition of our electronic newsletter. It is our first formal newsletter to staff since Our Times which we had to cease due to financial constraints. It was decided in the absence of a printed communication that we should endeavour to produce an electronic feature and this represents our first journey in this direction. I hope that you find it informative and of value.



2012 has been a difficult year in many respects for the hospital and indeed health services in general. Tight budgetary and staffing constraints have meant a challenging year for all in providing and managing services. Notwithstanding these difficulties and not diminishing the difficulties being experienced by staff, we, as a hospital, have continued to provide high quality services and this is undoubtedly due to the commitment and dedication of staff across all departments in the hospital.

A significant achievement during 2012 was the awarding of JAG Accreditation to the Endoscopy Unit. The unit was awarded Level 1 Accreditation for 1 year and the hospital is only the second hospital nationally to have achieved this level of accreditation. Similarly a number of laboratories in the Pathology Department have retained accreditation and these achievements are significant in the context of reduced staffing levels and being able to demonstrate the high quality of services being provided in these areas which meet the highest international standards. Well done to all concerned.

A number of significant ward reconfigurations/upgradings have been completed or are nearing completion at this time. The Orthopaedic upgrade is due to be completed shortly and this development will lead to significant improvement in infrastructure and facilities within the department. A new Short Stay Unit designed to cater for medical patients who require inpatient accommodation for up to 48 hours is planned to open on the 10<sup>th</sup> December. The objective of this unit is to facilitate the reduction/elimination of patients on trolleys combined with other developments in terms of unscheduled care which are also being progressed. The Medical/Haematology Oncology Unit are relocating to the Medical 4 area in early December which has been occupied by a wide range of staff over the past couple of years. Our thanks to all staff who have cooperated with office moves over the past number of months.

*Continued on page 2....*

### **Mission Statement**

*Sligo Regional Hospital is committed to the delivery of a high quality, patient centred service in a safe, equitable and efficient manner.  
We recognise and value the contribution of each staff member and endeavour to support them in their ongoing development.*

The ring road development which staff will have noticed in recent months is due for completion in the very near future. The completion of this work will open up the hospital campus for future developments under the Hospital Development Control Plan. It is also planned that additional car parking at Ash Lane will be provided to cater for 200 additional spaces into 2013. A further 40 spaces have been provided in recent months as a result of recent developments/reconfiguration of areas. Plans are also at advanced stages for the upgrading of the Mortuary facility to provide a viewing/waiting area for relatives. This project which will be known as the Slán Project has received funding from a number of sectors in order to advance this important development. Proposals have also been developed for the upgrading of the Central Sterile Services Department (CSSD). This project will cost approximately €3m and it is hoped that progress can be achieved with this project in 2013 subject to Capital funding approval. We are also seeking to progress developments in relation to a Medical Academy in conjunction with the National University of Ireland in Galway.

This will provide accommodation for medical students from Galway as we are partners with them in the provision of training for medical students.

As this newsletter is being prepared we have been advised that the Health Information and Quality Authority have commenced a programme of monitoring health care service providers compliance with the National Standards for the Prevention and Control of Health Care Associated Infections in the last quarter of 2012. This monitoring programme will initially focus on unannounced and announced assessments of acute hospitals compliance with the standards. With this in mind, I would request all staff to be aware of their responsibilities in relation to the prevention and control of health care associated infections and to adhere to policies, procedures and guidelines in relation to same.



We recently hosted a regional briefing on Health Service Reforms 2012 - 2015 led by Dr James Reilly, Minister for Health and Children. In attendance also were senior members of the HSE, Tony O'Brien, Dr. Barry White, Martin Connor, John Hennessy, and Damien McCallion. The event passed off successfully and well done on all involved with the preparations on the night itself.

It is fitting at this time also that we remember all the staff who have departed from the hospital since our last newsletter. The Early Retirements/Incentive Schemes were introduced since our last edition and many of our friends and colleagues have resigned and are enjoying life post Sligo Regional Hospital. At this time also it is proper that we remember in our thoughts and prayers our colleagues who have passed away since our last newsletter. You will have your individual memories of these staff and I hope that you will treasure the memories and remember them at this time.

Finally, may I take this opportunity of thanking you most sincerely for your commitment and dedication over the last year and wish you all and your families a Happy, Healthy Christmas and New Year.

Grainne McCann  
Acting General Manager

Dr. James Reilly, T.D., Minister for Health and Children, addressing staff on "Future Health" at Sligo Regional Hospital on 22nd November 2012







# Nursing & Midwifery Update



## Message from the Director of Nursing and Midwifery

I would like to take this opportunity to sincerely thank all staff for their commitment to the delivery of patient care. Earlier in the year and again in more recent months we have seen further measures to reduce the budget overspend within the HSE, posing significant challenges for nurses, midwives and support staff. I want to acknowledge your continued commitment during such difficult times. The Health Reform is focused on patient centred care and will bring challenges but also opportunities for nurses and midwives in the profession to ensure expected quality care is provided and patient out-comes are met.

I would now like to take this opportunity to update you on some key Nursing and Midwifery activities over the last number of months.

## Productive Ward (PW) and The Productive Operating Theatre (TPOT)

These quality improvement initiatives were introduced in 2012 and Steering Groups were established comprising of MDT; Line Managers, Heads of Depts, Consultant's and Regional Lead. These groups aim is to support the PW and TPOT initiatives which focus on redesigning and streamlining the way we manage and work, helping to achieve significant and lasting improvements – predominantly in the extra time given to patient as well as improving the quality of care delivered.

A number of staff in Lead roles attended training days supported by regional NMPDU from December 2011 to recent a training event in October 2012 – the aim is to support staff in driving these quality focused initiatives. The PW pilot site is SSGS ward and the team leads are Ms. Mairead Hourihane and Ms. Grainne Bourke CNM2's, Ward Leads, Ms. Kate Bree Project Lead, Ms. Charlotte Hannon and Ms. Noreen Casey Productive Ward Facilitators, Ms Therese Gallagher UNO/SM, Ms Liz Breslin Regional Lead and Ms Ann-Marie Loftus Executive Lead. The initial aim for the lead role is to progress foundation modules such as: Well Organised Ward: making the environment more user friendly and having everything you need to do the job more conveniently located. Know How We Are Doing: using measures to drive improvements. In recent weeks we facilitated a visitation from Mr Mark White PW National Lead and he appraised the hard work and commitment by all the grades of staff on SSGS ward and the PW Leads.



**Pictured with their 'Ward Vision'**  
are L/R: Ms. Grainne Bourke and Ms. Mairead Hourihane CNM2 Surgical South Gynaecology Unit, Productive Ward Site.

Ms. Alison Smith is the TPOT Lead and at our visioning workshop the main challenges to getting theatre started on time were:

- |   |   |
|---|---|
| <input type="checkbox"/> Lack of bed on day of surgery                  | <input type="checkbox"/> Staff delays and staffing on wards |
| <input type="checkbox"/> Lack of destination holding bay                | <input type="checkbox"/> Communication across teams         |
| <input type="checkbox"/> PAC expansion                                  | <input type="checkbox"/> Patient arrives at report time     |
| <input type="checkbox"/> Organisation and management of emergency board |   |

In May 2012 the Theatre Admission Area was opened, where staff admit the 1<sup>st</sup> Adult pre-assessed ENT patient and this has improved our 'on time starts'. Improvements relate to 36% on time starts in April based on 3 morning lists to 68% on time stats in August based on 5 morning lists. With theatre costing €1,250 per hour this reflects:

- April 394 minutes lost equates € 8,207.02
- August 67 minutes lost equates €1,395.61

*Continued on page 4....*

## Nursing update continued....

Ongoing project work with TPOT have a key patient focus based on: Walking patients to theatre, the Well organised theatre and the introduction of the 5 S's (Sort, Set in order, Shine, Standardize and Sustain) to store room. We expect the Theatre Admission Area will be progressed to facilitate a two bay area beside theatre for admission of both ENT patients and Surgical and Gynae patients in 2013. It is the Director of Nursing/Midwifery vision to roll out PW throughout SRH and re-engineer Lean training completed by a large number of fifty staff since 2010 to present date. We acknowledge Dr Mary Hodson and her team in CNME who supported this training for staff in SRH.



The well organised theatre and the introduction of the 5 S's (Sort, Set in order, Shine, Standardize and Sustain) to store room

**Documentation – Care planning:** This initiative is led by Ms. Kate Bree Asst/DoN NPDO and her team. Nursing and Midwifery Board of Ireland (NMBI) visit in March 2011 outlined nurse documentation as a key recommendation and condition in their report. The aim is to standardise a system of nursing care plan documentation and provide a comprehensive education programme to support nurses to improve documentation. The process is now implemented and audited in two wards and plans are in place to introduce the care plan in two further wards in 2012 and two other areas in quarter one of 2013. We are now working collaboratively with IT dept and we recently facilitated a strategic meeting with Senior Management to progress work on a proposal submission to National office to source and gain financial support towards the introduction of electronic documentation accessibility at the patient bed side. Ms M Ryder UNO/SM, her team collaboratively with IT expertise personnel have introduced an IT recording system in ICU. All key stakeholders involved in this process must be commended for the hard work and commitment to complete the introduction of this work.

### **Clinical Governance**

This is a framework through which healthcare teams are accountable for quality, safety and satisfaction of patients in the care they deliver. We look forward to Ms. Maureen Flynn National Lead for Clinical Governance Development meeting with the Senior Nurse Team in mid December 2012.

One key priority for the Director of Nursing and Midwifery is to maintain and improve quality and safety in patient care and in recent months we have introduced nurse and midwife metrics on wards.

**Nurse and Midwifery Metrics:** Nurse and Midwifery Metrics provide a strong reassurance of the quality and safety of care. A menu of metrics is available covering the following sixteen topics: Medication Storage and Custody, Medication Administration, Documentation, Patient Observations, Discharge Planning, Tissue Viability, Falls, Restraint, Nutrition, Continence Assessment, Pain Management, Infection Control, Privacy and Dignity, Choice, Communications and Environment. Metrics with whom there was extensive collaboration.

Metrics are a process of frequent measurement that provides nursing and midwifery managers with a benchmark in relation to for example Tissue viability and medication management practice within clinical settings and across organisations. Earlier in 2012 nurse line managers to Medical Oncology, Medical 7 and Surgical North wards agreed to pilot the medication management metric. This enabled us to have the metric tool tested, amended and rolled out to maternity dept, and other areas in SRH.

Ms. Grainne Wyer fulfils the Metrics Co-ordinator role and we have nearly fifty nurse/midwife staff trained in the metric process. The metric results are fed back to the Nurse/Midwife Clinical Audit monthly meeting where learning is shared and improvements to services implemented. We have received key support from Ms P Kavanagh NPDU with the introduction process and staff training on site.

## Nursing update continued....

**Clinical Risk Reporting Practices:** In Q3 2012 on site nurse/midwife training updates were provided by Mr J McElhinney in collaboration with all UNO/SM's. The high reporting practices by the nurse/midwife profession is commendable. Review of risk reporting empowers a learning environment and initiation of change to practice, supporting safe patient care. The Medication Tabbard initiative was rolled out on wards in 2012 led by Ms Eileen Carolan and NPDO staff in collaboration with CNM's and RGN's. The main aim is to reduce medication errors and to ensure safe medication management throughout SRH.

**National Review of Undergraduate Nursing and Midwifery Programme:** We forwarded a submission from Sligo Regional Hospital towards the national review of undergraduate nursing and midwifery programme which is vitally important to ensure our next generation of nurses and midwives are fit to practice in a changing health care system. This process examined the content and structure of the current degree programme.

**Rostering Workshop:** Mr. Brendan McGrath facilitated a Rostering Workshop early in October 2012. Thirty nurse/midwife line managers were in attendance. We are now implementing recommendations in the report and the first priority identified by nurse/midwife staff is to introduce a tool that will ensure key elements are captured on weekly rosters and to Support CNM/M's and staff on Good Rostering Practices.

**Monitoring and communication practices of HCAI's on patients between Acute and PCCC settings:** Early in 2012 Ms Teresa Farrell Asst/DoN IPC introduced a user friendly template for completion by the RGN when patients are discharged to the community settings. The aim is to ensure all relevant HCAI information is communicated timely at patient discharge. The practice is monitored collaboratively with PCCC settings and it is proposed we complete an audit in Q1 of 2013. Mr Ciaran Adams CNS IPC continues to provide on site Hand Hygiene education for staff and recently has completed the hand hygiene audit in SRH.

**Nurse and Midwife Medicinal Prescribing and Ionising Radiation Prescribing:** A total of twenty seven nurses/midwives have completed nurse/midwife medicinal prescribing programme and a significant number are prescribing and/or progressing their CPA documents for approval to DTSC. We have thirteen nurses who completed the Ionising Radiation Programme. All staff who completed these programmes must be commended for their hard work and must be congratulated on their achievements. This expanded role will have positive impact on the patient journey in the services provided in SRH. Acknowledgment to Consultants who supervised and supported staff, radiology dept staff, head of pharmacy and the chair to DTSC and all members to DTSC on supporting nurse/midwife professionals.

**Nurse Facilitated Discharge Planning:** In September 2012 Dr. M. Boyd, SDU facilitated a workshop on the nurses' role in leading patient discharge planning. There were thirty five professionals present from both the acute and PCCC. Mr. Ken Fitzgibbons Senior Nurse Manager Beaumont Hospital visited SRH in September and shared their experience in Nurse Leading Patient Discharge Planning. Presently, we are introducing some of the learning from these educational events e.g. introduction of the Ward White Board which enables 'Patient Status at a Glance' ensuring patient information is easily retrievable by the Multi-Disciplinary Team (MDT), using the three second visualisation rule. 'Expected Date of Discharge' for all In-Patients is also a key element for nurses to work collaboratively with Consultants and implement at the time of the patient admission process on wards.

**Nurse and Midwifery Managing Attendance:** Significant work was implemented over the last number of months by all line managers in addressing the high level of sick leave within nursing/midwifery. We are now beginning to see a reduction on the percentages experienced. Data is collated on graphs and communicated to line managers to share with staff to keep the awareness and importance of managing staff attendance effectively. We need to continue to implement our standard procedure of good practice in back to work staff meetings and access timely Occupational Health support referrals to support staff and ultimately reduce the amount of sick leave on wards and departments.

**One Final Note:** Earlier in 2012 brought the retirement of a number of our nursing and midwifery colleagues and I would like to express my sincere gratitude to them all for their valuable contribution to the delivery of quality patient care and wish them well.



Submitted AnnMarie Loftus, Director of Nursing & Midwifery, SRH

### **End of Life Care**

Sligo Regional Hospital is a hospice friendly hospital and has been involved with the Hospice Friendly Hospitals (HFH) programme since 2007. Currently the End of Life Care Committee (chaired by Kate Bree A/DoN and Vice Chair Dr. Cathryn Bogan) are actively working with the Slán Project Team to improve the viewing area in the Mortuary area of the hospital. The current Mortuary at Sligo provides excellent post mortem clinical facilities, unfortunately the facilities for those close to the deceased are totally lacking in terms of areas for the grieving family and friends to congregate and to view the deceased.



Having been awarded a Design and Dignity Grant from the HfH, The Slán Project Team under the lead of Shane Campbell HSE Estates have been working on the design of the new mortuary extension. It was recently submitted for planning and has received planning permission in October 2012. The new facility will act as an exemplar for design and dignity for the hospital and wider community and will deliver benefits in line with core principles of the Hospice Friendly Hospital Programme and demonstrate what can be achieved in challenging circumstances. The Slán Project team is comprised of Shane Campbell, Kate Bree, Dr. Cathryn Bogan, Nuala Ginnelly, Des Horan, Dr. Clive Kilgallen, Domhnall McLoughlin and Fr. J. Carroll.



Picture of proposed new Mortuary extension at SRH

*Submitted by Kate Bree, Asst/DON Practice Development  
Nurse Practice Development Unit, SRH*

### **End of Life Care Link Nurse Programme** **North West Hospice/Sligo Regional Hospital**

In May–August 2012, the multidisciplinary team at North West Hospice facilitated the delivery of a programme for end of life care link nurses in the acute setting. The programme is adapted from a course which was developed by educators from five hospices in the Republic of Ireland (St Francis Hospice, Raheny: Our Lady's Hospice and Care Services, Harold's Cross: Marymount Hospice, Cork: Milford Care Centre Limerick and North West Hospice, Sligo) and funded by a development grant from Irish Hospice Foundation (2010-2011) for link nurses in residential care settings for older persons. It has received ABA Category I approval. The programme would not have been possible without the support of all levels of nursing management in Sligo Regional Hospital. The programme can be accessed on Q Pulse and Barry McKenna and the IT team have worked hard to ensure that the audio presentations can be accessed on computer at ward level.

There were eleven participants from many clinical areas within Sligo Regional Hospital (Emergency Dept, Coronary Care Unit, Intensive Care Unit, Medical and Surgical Units and Stroke, Renal and Pain specialities). Through a standardised programme they have learned about the principles of palliative care, pain and symptom control, communication, care in the final days and hours, self-care and ethical issues. It is envisaged that they will deliver the programme in their own clinical area and act as a resource and role model in end of life care. The programme will build on their existing knowledge and skills and strengthen links between clinical areas in Sligo Regional Hospital and North West Hospice. The Link Nurse will ultimately support staff in enhancing the delivery of quality care for patients and families at end of life irrespective of where they are being cared for.

The success of this initiative will depend on the support that each nurse will receive at ward level in delivering the programme. This is a challenge and will remain a challenge but through the End of Life Committee (Chair, Kate Bree, A/DoN) we will explore ways of facilitating the Link Nurses in delivering this programme at ward level. Congratulations to all the nurses who participated in the programme who were awarded a North West Hospice commemoration pin in recognition of their commitment to improving outcomes for patients at end of life and their families.

*Submitted by Hazel Smullen,  
Education and Practice Development Co-ordinator, North West Hospice, Sligo*



## Dermatology Department win at the 2012 Irish Medical Times Healthcare Awards

Selene Daly, Dermatology CNS Sligo Regional Hospital has recently completed research with the travelling women and girls from the North West. The study examined their levels of UV exposure and the attitudes they hold towards tanning. The project came about when Floradh Dunne (Liaison P.H.N) contacted Selene and asked her to speak to Community Health Care workers (CHW) who are members of the travelling community about skin health.

It became apparent from the meeting that the travelling women and girls were heavily using sunbeds and more concerning they did not realise the potential health hazards which arise from heavy UV exposure. However we do know that skin cancers are caused by over exposure to UV light. In fact 7-8 sunbed sessions in a lifetime gives you an 80% chance of developing skin cancer.

A research project was undertaken by the Dermatology Department in Sligo Regional Hospital which is led by Dr. Dermot McKenna. The travelling community were surveyed to ascertain their attitudes towards tanning and to measure the amount of UV they experienced through sunbed usage.

96 surveys were completed which showed that 60% of the ladies in the community were using sunbeds regularly. Worryingly most of them did not take precautions while using sunbeds (such as wearing goggles). Almost no travellers were given any information about the side effects of tanning while using sunbeds or signed consent forms. The youngest respondent was 13 years old and had been actively using sunbeds for years.

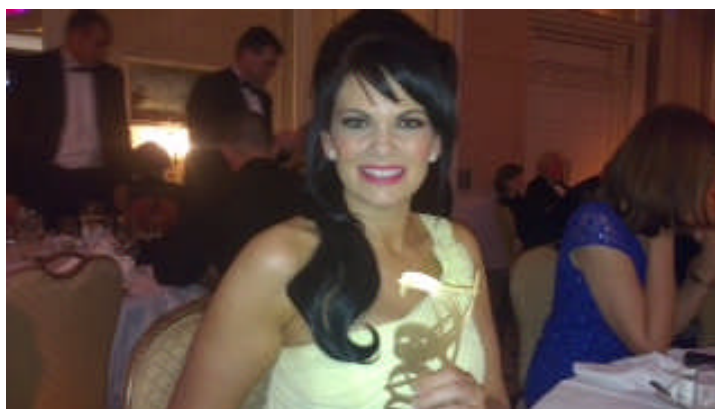
A health intervention was launched which involved Selene along with the community workers holding information workshops informing female travellers about the dangers of overexposure to UV. These workshops were held in Sligo and Carrick on Shannon.

Since the intervention 79% of the travellers have stopped using sunbeds and 100% are more conscious of the side effects of tanning.

Selene has presented this research at various conferences nationally and has also been invited to present the findings at the National Cancer Conference for the British Association of Dermatology Nurses.

This award has won the prestigious title of Irish Medical Times Best Patient Lifestyle Education Project 2012.

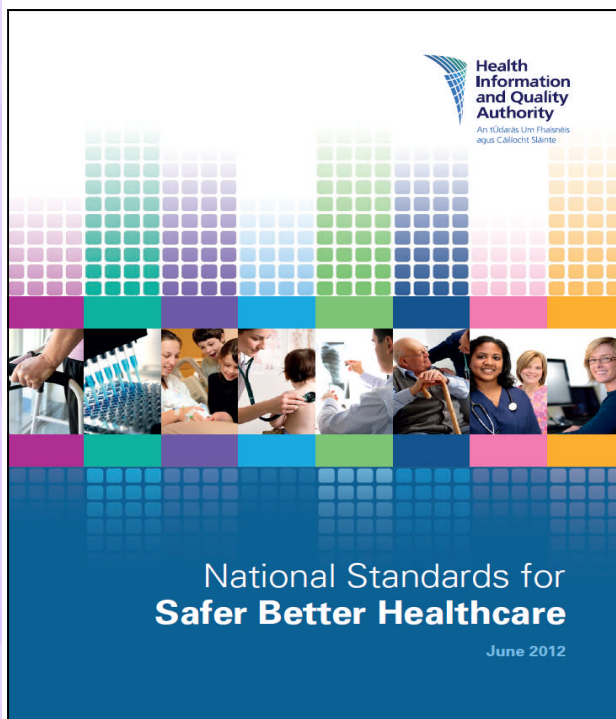
For further information, please contact: Selene Daly, Dermatology CNS, [selene.farrell@hse.ie](mailto:selene.farrell@hse.ie) or Bleep 599



Selene Daly, Clinical Nurse Specialist in Dermatology pictured at the 2012 Irish Medical Times Healthcare Awards

*Submitted by Selene Daly, Dermatology CNS, SRH*

# HIQA National Standards



The new National Standards for Safer Better Healthcare were launched by the Minister for Health on 26<sup>th</sup> June 2012 and will apply to all healthcare services provided and funded by the HSE.

The National Standards for Safer Better Healthcare aim to give a shared voice to the expectations of the public, service users and service providers. They also provide a road map for improving the quality, safety and reliability of healthcare.

These standards will underpin the proposed licensing of all healthcare providers. Monitoring of compliance with the standards by HIQA will commence from May 2013 onwards.

To facilitate implementation of the new standards, a Webex with HIQA was held at SRH on 18th October 2012 and follow up information sessions are scheduled over coming months.

For further information, see [www.hiqa.ie](http://www.hiqa.ie). All information on the National Standards is also available for staff access via Q Pulse.

*Submitted by Karen Reynolds, Accreditation/Quality Co-ordinator, SRH*

## National Clinical Programme Update



Sligo Regional Hospital and Sligo/Leitrim/ West Cavan is currently rolling out initiatives in 19 of the National Clinical Programmes. Initially established under Dr Barry White, these programmes are setting out the best practice for the future delivery of our services to patients within individual specialities. There is a clear focus on improving access and quality and reducing costs.

A number of visits to the hospital have taken place over recent months from the National Clinical Teams including, Acute Medicine, Emergency Medicine, Surgery, Older Persons, Paediatrics and Neurology. Processes have been established within the hospital and PCCC to implement recommendations and work will continue during 2013. Further details can be obtained from Jo Short, Senior Project Officer, Ext 4217 or email: [jo.short@hse.ie](mailto:jo.short@hse.ie)



*Submitted by Jo Short, Senior Project Officer, SRH*



# Endoscopy Unit receives JAG Accreditation Award

Our Endoscopy Unit has recently achieved level one Accreditation status. This award has been achieved following a rigorous quality assurance assessment and survey inspection by a peer review assessment team from the Joint Advisory Group (JAG) on Gastrointestinal Endoscopy under the auspices of the Royal College of Physicians (RCP), London, UK.



The JAG Accreditation scheme is a pathway of quality improvement and is recognised nationally and internationally for setting the standards for excellence in Accreditation for Endoscopy services. This Accreditation scheme is a professionally led clinical service scheme that puts the patient at the heart of the service delivered. It is an all encompassing and supportive process that is designed to ensure safe, effective quality patient care within all aspects of the Endoscopy service.

Since the commencement of this Accreditation programme in Ireland in 2011, the Endoscopy Unit at Sligo Regional Hospital is the second unit to achieve this award status first time round. Earlier in the year, St. Vincent's University Hospital, Dublin also achieved level one accreditation.

**John Stebbing, Chair of the Joint Advisory Group (JAG)** stated:

"Sligo Regional Hospital have made an exceptional achievement in meeting the standards for Level 1 Accreditation in Ireland. The JAG accreditation standards are relatively new in Ireland and this is a great achievement for the Endoscopy Unit at Sligo Regional Hospital to be the second unit in Ireland to meet the standards first time. The staff have great motivation and enthusiasm at every level of the organisation and are driven by patient safety and quality of care throughout. The achievements made in improving the standards at the Endoscopy unit are truly impressive, and we are delighted to award the unit Level 1 JAG accreditation status".

Welcoming this positive development, **Grainne McCann, Acting General Manager**, stated:

"Following the combined efforts of all the staff working in the Endoscopy Unit, I am delighted that the quality service provided to patients within the locality has now been formally recognised through this Accreditation Process. I wish to commend all the staff involved in this process who have demonstrated an ongoing commitment to ensuring quality standards are achieved".

**Kevin Walsh, Consultant Gastroenterologist/Endoscopy Clinical Lead**, stated:

"From an Endoscopist view, we have had excellent co-operation between the Physicians and Surgeons performing Endoscopy in the Unit. This has led to excellent outcomes for patients in terms of safety, achieving high quality Endoscopy and reduced waiting times. The process has also greatly improved our training programme for Junior Doctors in the Department".

**Karen Reynolds, Accreditation/Quality Co-ordinator** stated:

"The results of the JAG survey is a remarkable achievement for the Endoscopy Unit in a short space of time, this outcome demonstrates the combined team input of the multidisciplinary Endoscopy Users Group and all staff who contributed in many ways to achieving this Accreditation Award".

**For further information, please see:**

- Global Rating Scale (GRS) for Endoscopy Units, [www.ireland.globalratingscale.com](http://www.ireland.globalratingscale.com)
- Guidelines for the Implementation of a National Quality Assurance Programme in GI Endoscopy 2011, Conjoint Board in Ireland of the Royal College of Physicians and Royal College of Surgeons.
- Joint Advisory Group (JAG) on GI Endoscopy, [www.thejag.org.uk](http://www.thejag.org.uk)
- Irish National Cancer Screening Service (NCCS): "Implementing Ireland's First National Population-based Colorectal Cancer Screening Programme" [www.cancerscreening.ie](http://www.cancerscreening.ie)

# National Colorectal Screening Programme

As a result of the Endoscopy Unit achieving the JAG Accreditation Award, Sligo Regional Hospital has been selected as a designated centre to commence roll out of the new National Colorectal Screening Programme.

The National Cancer Screening Service (NCSS) is currently preparing for the introduction of a national population-based colorectal cancer screening programme, for men and women aged 60 to 69. In preparation for this, baseline assessments have been conducted across all public hospitals in Ireland. The fundamental aim of this Quality Assurance Programme is to establish a quality assurance framework in each Endoscopy unit that ensures the provision of a high quality, timely and accurate service with an associated quality patient experience.

The national bowel cancer screening programme is on course to start at the end of the year. Initially it will offer free testing to men and women aged 60 to 69. The programme, called "BowelScreen", will later be extended to men and women aged 55 to 74 every two years. It is being rolled out on a phased basis to ensure that the necessary back-up for testing and treatment is in place. The screening will detect both cancerous and pre-cancerous conditions and is hoped that it will reduce the death rate from the disease.

Guidelines to ensure quality control have now been published, said Majella Byrne, Acting Director of the National Cancer Screening Service. "Similar to Breast Check, Cervical Check and the upcoming Diabetic Retinopathy eye screening programme, we must ensure that quality assurance is paramount and all the essential elements are in place," she said.

"The publication of these guidelines is an important and positive step in advance of the introduction of the colorectal screening programme later this year". Bowel cancer is the second most commonly diagnosed cancer in Ireland with more than 2,000 new cases a year. It is estimated that by 2020, because of the ageing population, there will be 79% increase in the cancer in men and 56% in women. The first stage of the new screening programme will involve a home-testing kit sent through the post.



**Members of the Endoscopy Unit at Sligo Regional Hospital celebrate their Accreditation success**

**L/R:** Caroline Conmy, CNS Gastroenterology, Fidelma Scott, Staff Nurse, Brenda Parke, Staff Nurse, Therese Gallagher, Acting UNO/SM, Catherine Cunningham, CNM II, Ciaran O'Boyle, Porter, Kevin Walsh, Consultant Gastroenterologist, Sinead Duffy, Staff Nurse, Aisling Queenan, Staff Nurse, Lucy Byrne, Staff Nurse, Anna Burke, CNM III, Suzanne Murtagh, Staff Nurse, Angela Walsh, Staff Nurse, Martina Anderson, Health Care Assistant & Karen Reynolds, Accreditation/Quality Co-ordinator.

# Happy 10<sup>th</sup> Birthday Stroke Unit!

The Stroke Service in Sligo Regional Hospital has now been in place for 10 years which is a significant achievement and is certainly a leader amongst acute stroke services in Ireland. It was set up following the appointment of Dr Paula Hickey, Consultant Physician and Geriatrician. This was followed by the appointment of Una Moffatt as Clinical Nurse Specialist in Stroke Care in 2002, the first such post in Ireland. The Stroke Unit is now on Medical 7 (level 7) having moved from Medical 4.

The entire multidisciplinary team has always shown extraordinary enthusiasm for what can be a challenging area of acute patient care. The nursing staff on Medical 7 have always delivered a very high standard of nursing care.

The Stroke Service regularly carries out Clinical Audit of its work including one which looked at the effects of the FAST campaign on acute stroke presentation and management in the hospital. The FAST media campaign was run by the Irish Heart Foundation, the aim of which was to help the general public recognise when a stroke is occurring and encourage rapid presentation to hospital in order to assess suitability for Thrombolysis.



**Staff Members of the Stroke Care Unit at Sligo Regional Hospital** Front L/R: Aoife Kilroy, Ward Receptionist, Una Moffatt, CNS Stroke Care, Shely Ramdass, Intern, Patricia O'Connor, Dietitian, Ailbhe Hayes, Pharmacist, Dr. Paula Hickey, Consultant, Michael Gallagher, Health Care Assistant, Clara Meehan, Occupational Therapist. Back L/R: Adeel Chaudhry, SHO, Mohammed Kaballo, Registrar, Anne Dowdican, Staff Nurse.

The Stroke CNS attended the 16<sup>th</sup> Congress of the European Federation of Neurological Societies in Stockholm from 8<sup>th</sup> to 11<sup>th</sup> September 2012 and presented a poster (with discussion) titled: The Effect of a Public Information Media Campaign on Acute Stroke Presentation and Management in an Irish Hospital. This poster was also chosen as an E-poster.

The Stroke Service maintains its links with the North West Stroke Group, which is a voluntary support group which provides information, support and social events for people affected by stroke including families and carers. This group is now in existence for 8 years and was the winner of the group section in the Irish Heart Foundation's Stroke awards in 2010.

*Submitted by Una Moffatt, CNS Stroke Care, SRH*

## Pathology Accreditation & Update



### Pathology Accreditation

Our Blood Transfusion laboratory retained its ISO15189 accreditation status for 2012. Public Health Laboratory is also accredited to ISO 17025.

It is hoped that Haematology, Biochemistry and Microbiology will be added to the Blood Transfusion scope, and will undergo an INAB accreditation inspection in early 2013.

The Histology laboratory is due an INAB ISO15189 inspection in December 2012.

### Pathology Specimen Acceptance Policy

The Pathology Specimen Acceptance Policy is now live. This policy details mandatory criteria for specimen and request form completion (Q Pulse Reference number: PATH-GEN-POL-6).

### All Staff Please Note:

**Any specimen and/or request form that deviates from this policy will not be processed with zero tolerance effective from 1st Dec 2012.**



*Submitted by Pathology Staff, SRH*



# Audiological Services

## Reeling in the years, Audiology in Sligo Regional Hospital, then and now....

While there have been many technological developments in the diagnosis and delivery of rehabilitative measures for those of us in society who have been afflicted with some degree of hearing loss, the disorder is still just as prevalent and as cruel as it ever was.

But it is only when we look at our local audiological services and compare these to when the hospital based service was first established in Sligo thirty two years ago, that we can appreciate just how much we have progressed, both in our understanding of the condition of hearing loss and in the diagnosis and management of the disorder.

Some of the advances over the years, to our local hospital services, deserve attention as these service developments have grown from a local need and a desire to enhance the quality and extent of care available.

One of the biggest challenges facing those who are involved in determining the hearing status of infants or young children, particularly those with an intellectual disability, is the detection and quantification of any hearing impairment.

Fortunately, the Sligo Regional Hospital Audiology Department has had a long tradition of association with our colleagues in N.Ireland. With the support and expertise from the scientific staff in the Royal Victoria Hospital in Belfast, we established the first electrophysiological assessment methods available south of the border.

Prior to this, the clinician had to rely almost exclusively on behavioural assessment to establish the hearing ability of the younger child.



The electrophysiological assessment was, and still is, regarded as a specialist audiological practice. The National Audiology Review Report, published in 2011, recognises this and has rightly graded the work as a specialist task. We look forward to the implementation of the report's recommendations in addressing both the needs of the service users and in the recognition for those centres that have taken the initiative and developed specialist skills.

Among the many recommendations of the National Audiology Review Report, is the establishment of a local service for tinnitus sufferers.

Tinnitus is a very distressing condition where a persistent noise is generated within the patient's auditory system. In the absence of any help for tinnitus sufferers locally, a clinic was established in Sligo Regional Hospital a number of years ago.

While we wait for developments from research scientists towards the elimination of the condition, we can offer our patients support and management of this condition.

While there will no doubt be many more technological developments in the future, our core principle here in Sligo Regional Hospital will be to continue to embrace these developments to improve the welfare of our local patients.



*Submitted by Cathal McGurgan, Chief Audiologist, SRH*

# Inflammatory Bowel Disease — Study Day

An Inflammatory Bowel Disease Study Day was held on the 19<sup>th</sup> September 2012 in the Sligo Park Hotel, Sligo organised by Susan Moore, Clinical Nurse Specialist Stoma Care and Caroline Conmy, Clinical Nurse Specialist Gastroenterology.

Inflammatory Bowel Disease (IBD) is the second most common chronic inflammatory medical condition, second only to rheumatoid arthritis. Both Ulcerative Colitis and Crohn's disease have their peak incidence in young adulthood but can develop at any age. The incidence of both these conditions has been increasing in the developed world for the past number of decades and this increase has also been seen in Ireland. The exact cause is unknown, however environmental and genetic factors are known to play a role. The North West area has a population of approximately 236,000 with an estimated 500 patients with IBD attending SRH.

The chronic unpredictable nature of ulcerative colitis and Crohn's disease means that together they represent a substantial burden of sickness not only in hospital clinics and wards, but also in the community. Because of the wide ranging effects of IBD, multidisciplinary care of affected patients, both within and outside the hospital is essential.

The aim of the study day was to create a greater awareness and educate health care professionals on the needs of patients with Inflammatory Bowel Disease but also to highlight the multidisciplinary service available to these patients in Sligo Regional Hospital. The opening introduction was given by Ann Marie Loftus, Director of Nursing and Midwifery Services at Sligo Regional Hospital. Ulcerative Colitis and Crohn's disease was described by Dr Kevin Walsh, Consultant Gastroenterologist as being chronic conditions and medical management was presented in detail. Mr Martin Caldwell, Consultant Surgeon presented the surgical management of Inflammatory Bowel Disease. Presentations from Brian Rattigan, Chief Pharmacist, Susan Moore, Stoma Care CNS, Caroline Conmy Gastroenterology CNS, Catherine Cunningham, A/CNMII Endoscopy and Lorraine Cosgrove, Senior Dietitian provided a very comprehensive multidisciplinary approach to management of Inflammatory Bowel Disease Patients at Sligo Regional Hospital.

In addition to the above presentations, two patients bravely told their story of living with Ulcerative Colitis and Crohn's disease and for many, this was one of the highlights of the event. The organisers would like to acknowledge all who contributed in any way and to attendees for their participation in the Study Day.



Speakers who took part on the study day: **L/R** Caroline Conmy Gastroenterology CNS, Catherine Cunningham A/CNMII Endoscopy, Lorraine Cosgrove, Dietitian, Susan Moore Stoma Care CNS, Martin Caldwell Consultant Surgeon. Absent from Photo, Kevin Walsh Cons Gastroenterology/Physician, Ann Marie Loftus DON/M, Therese Gallagher UNOSM, Brian Rattigan Chief Pharmacist



*Submitted by Caroline Conmy, Gastroenterology  
Clinical Nurse Specialist, SRH*

# Irish Pain Nurses & Midwives Society (IPNMS)

The Pain Service at SRH receives referrals from primary, secondary and tertiary care. The drivers for the development of the CNS led Pain Clinic were as follows;

- Development CNS Nurse Led Pain Clinic for management of musculoskeletal pain would complement the current Pain Service.
- Improve access to Pain Service with shorter waiting times for initial consultation.
- Waiting times first appointment with Anaesthetist (Consultants in Pain Medicine) and waiting times for review appointments increased.
- Geographical referral area expanded since service set up. The Pain Service receives out-patient referrals from Sligo, Leitrim, Donegal but also from Cavan, Monaghan, Mayo, Longford & Roscommon.
- International research by the OECD have demonstrated that advanced practice nurses can improve access to services and decrease waiting times (Delamaire & Lafortune, 2010).
- Large body of evidence showing a high patient satisfaction rate with Nurse Led Clinics because greater time is spent educating and counselling patients.



Referral Source: GP referrals to Pain Clinic and triaged to Nurse-Led Clinic by Consultant in Anaesthesia and Pain Medicine.

Caseload as per Back Pain Triage Pathway for SRH.

- Back pain referred from Back Pain Triage Clinic (Radiculopathy, Joint and Muscle Pain)
- Neck pain (Radiculopathy, Joint and Muscle Pain)

For further information, please contact Deirdre O'Gara, CNS Pain Control, Ext 36875

The Irish Pain Nurses and Midwives Society (IPNMS) has recently set up a specialised website to provide useful Clinician links and news/events on pain services in Ireland as well as information on Websites, Societies, Educational Sites, Publications, Education/Courses, Bursaries and Clinical Updates.

If you are a healthcare professional with an interest in pain medicine, log onto [www.ipnms.ie](http://www.ipnms.ie) to become a member.



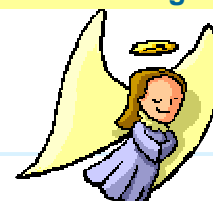
IPNMS Committee Members: **L/R** Deirdre O'Gara, CNS, Pain Control, SRH, Cathy Sexton, CNS Pain Management, Cavan, Mary Walsh, Pain Management, Mayo General, Laserina O'Connor, ANP, MMUH, Mary Merrick, CNS Pain Medicine, MWRH, Limerick, Patricia Molyneaux, CNS, Pain Management, St Johns Hospital, Limerick.

Missing from photo: Patricia Duff, CNS, St. James's Dublin, Niamh Molloy, Pain Nurse, Waterford Regional, Caroline Mitchell, Pain Control, UCHG

*Submitted by Deirdre O'Gara, CNS, Pain Control, SRH*



# Volunteer Service Update



Our Volunteer programme continues to evolve at SRH. We currently have a team of 20 volunteers in place. The Volunteer service is provided Monday to Friday in the main reception area, Out Patient Department and other areas as required.

The main role of the volunteer service is to provide a friendly welcome and reassuring first impression to all who enter the hospital and to assist and guide visitors and patients to the various wards, departments and clinics in the hospital.

All Volunteers receive induction, training and support is ongoing as required.

A Volunteer Policy and Volunteer Service Agreement is in place for all Volunteers. Voluntary input is regarded as complementary to the work of the hospital staff and is in no way a substitute for same. Links are also well established with Sligo Volunteer Centre.

The ongoing roll out of the Volunteer Service is a way for the hospital to encompass community involvement in ensuring all patients receiving treatment in Sligo Regional Hospital receive their care in an integrated manner. It also helps to make the experience whilst in the hospital as pleasant as possible in what can be a worrying, overpowering experience for some members of the public and patients.

Since the establishment of the Volunteer Programme at SRH, we have assisted other HSE hospitals with the set up of their volunteer programmes.



**Current Volunteer at SRH assisting a member of the public**

## WHAT ARE THE MAIN ROLES/DUTIES OF THE VOLUNTEER?

To:

- ▶ Give a friendly welcome & reassuring first impression to all who enter the hospital.
- ▶ Seek out patients & visitors who look lost or unsure of where they are going.
- ▶ Have a professional & approachable manner to patients & visitors.
- ▶ Assist with accompanying patients to various wards, departments or clinics in the hospital.
- ▶ Escort families to their destination
- ▶ Be actively involved in engaging in a friendly manner in talking with patients.
- ▶ Provide directions & general information.
- ▶ Assist Patients with messages from shop.
- ▶ Supply information & answer queries e.g. visiting times, shop, catering, church etc.
- ▶ Maintain strict confidentiality with patients & visitors details in accordance with the hospital's Confidentiality Policy.

**For further details please contact:  
Accreditation/Quality Department  
Ext 2609/4210 or email:  
[volunteer.coordinator@hse.ie](mailto:volunteer.coordinator@hse.ie)**



**The Volunteers can be  
contacted on  
**Bleep 330**  
from 9am—3.30pm**

*Submitted by Accreditation/Quality Dept, SRH*

# Friends of Sligo Regional Hospital



## Message from the Chairperson

The Friends of Sligo Regional Hospital I am very pleased to say is attracting increased support from the Region this year. We thank Mary Tighe and all the volunteers who have supported her to-date. The Community at large greatly appreciate all the Services provided by our Hospital and in particular the caring and politeness of all the staff in the Hospital. The success of Friends of Sligo Regional Hospital reflects the great efforts of our staff in these challenging times. I look forward to the year ahead when we will have many memorable events for us all to enjoy and support.

*Gerry McManus, Chairperson, Friends of Sligo Regional Hospital*

**"Friends of Sligo Regional Hospital"** was set up as a registered charity in March 2008.

The aim of Friends of Sligo Regional Hospital is to supplement the services provided by the HSE and hospital for the health, welfare, and comfort of patients. This will be achieved by the provision of additional facilities and equipment to enable staff in the delivery of a better service to the patients during their hospital stay.

Friends of Sligo Regional Hospital comprising members of the public supported by hospital staff was set up with the following key objectives:-

- Raise the profile of services provided by Sligo Regional Hospital to its catchment population comprising Sligo and County, South Donegal and Leitrim
- To provide medical equipment, facilities, services and patient comforts in the Hospital which would not otherwise be available from ordinary HSE funds.
- To enable the structured targeting of monies raised by fundraising initiatives in the community to those services in most need and yield greatest benefits.



## Friends of Sligo Regional Hospital - Oncology Bus Service

During 2011, the Friends of Sligo Regional Hospital commissioned a new bus for the daily transport of patients between Sligo Regional Hospital and Galway University Hospital for Radiotherapy and other specialist cancer treatments. The Friends received a National Lottery Grant of €170k as part funding in recognition of the need to purchase a bus. Patient feedback was sought as to what would be required in relation to any new bus specification and subsequent survey completed which gave the committee valuable feedback as to what patients felt was important in the new specification.

To this end, the Friends of Sligo Regional Hospital Committee set out to purchase the bus which was customised to the highest specification in accordance with patient needs. Although this new state of the art bus was funded in the main through National Lottery Monies, significant financial contributions were received from both Cancer Care West and SHOUT (Sligo Hospital Oncology Unit Trust). Since the new bus came into operation in mid 2011, the bus has completed up to 270 patient journeys per month with hugely positive feedback from patients.



# Friends of SRH — Charity Events



Caroline Patton, Manager of Ballyshannon Leisure Centre together with Carly McGowan, Gym Instructor & Eileen Gurn Receptionist presenting FSRH with a cheque for €5,388 proceeds from a 1K sponsored swim held in the Leisure Centre on 5<sup>th</sup> September, 2012



Pictured above are members who took part in the 2012 annual fundraising walk for Cardiac Services at Sligo Regional Hospital organised by Marie McGowan, Kinlough Co. Leitrim. A total of €4,600 was raised.



Lady Winners of the Golf Classic  
We would like to thank all those who supported the Golf Classic held in Co. Sligo Golf Club on Friday 20th July 2012

## Calling all Cycling Enthusiasts.....



Plans are in place for a 40K Cycle on Good Friday March 29<sup>th</sup>, 2013.

**For anyone interested in helping with the event or participating please contact Mary on 087 4182366**



A very successful Art Exhibition was held on 21<sup>st</sup> June, 2012.  
We would like to thank the organisers of the event: Edel McDermott, Michael McNamara and Mary Tighe.

We are most grateful to the artists for exhibiting their work, those who supported the event and to the former Mayor of Sligo Cllr. Rosaleen O'Grady.

Thank you one and all!



The An Post Tour of Sligo 2013 will take place on the May Bank Holiday weekend; Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> May 2013. The Family Fun Day with 10Km Hazelwood Spin will happen on Saturday 4<sup>th</sup> May while the 60Km Lough Gill Circuit, 100Km Innisfree Tour and 160Km Ox Mountain Challenge takes place on Sunday 5<sup>th</sup> May.

This is a wonderful opportunity for cyclists to participate in leisure cycling while also enjoying the stunning scenery on offer in beautiful County Sligo.

So..... Get on Your Bike and Be Part of the An Post Tour of Sligo 2013.

*Submitted by Friends of Sligo Regional Hospital*



# Supporting Cardiac Services at SRH



The Friends of Sligo Regional Hospital are delighted to announce that "Pet Stop Discount Warehouse and Fuel Centre" have chosen Cardiac Services at Sligo Regional Hospital as their **charity of the year 2012/2013**. From September 2012 to August 2013 inclusive, 1% of their monthly turnover will be donated to the Friends of Sligo Regional Hospital, which will raise vital funding towards Cardiac Services at Sligo Regional Hospital, thus enhancing facilities for patients throughout the North West.



**Pictured at the recent announcement of the Pet Stop funding campaign for Cardiac Services at Sligo Regional Hospital, L/R: Grainne McCann, Acting General Manager, John McKeon, Pet Stop, Dr. Donal Murray, Consultant Cardiologist, Karen Reynolds, Accreditation/Quality Co-ordinator, Mary Tighe, Friends of Sligo Regional Hospital.**

Announcing the association with their Charity of the Year, **John McKeon and Alistair North, Pet Stop** stated: "We are very proud to be able to support the vital fund raising campaign for Cardiac Services at Sligo Regional Hospital. Improved local facilities will provide a real difference for patients and their families throughout the North West catchment areas".

Pet Stop Discount Warehouse is the leading Animal and Petshop product and service provider in the Northwest with stores located at Sligo Retail Park, Castlebar and Ballina.

"Our aim is to provide the most competitive and recession-proof pricing in the Northwest area.

The company was established in December 2008 and our aim is to provide top quality products and produce lines to satisfy our current customers and potential customer's needs.

Pet Stop Discount Warehouse sees itself as an integral part of the local community environment and as part of the local community prides itself in providing vital sponsorship to various community initiatives and groups throughout the Northwest region.

Our main focus is the loyalty of our customer base and to provide friendly and professional staff to cater for all our customer needs with weekly "Hot Deals" and "Promotions" to add further value for our customers.

**Gerry McManus, Chairperson Friends of Sligo Regional Hospital**, stated:

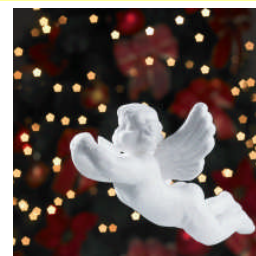
"I greatly appreciate the support from Pet Stop for our fundraising initiatives for the hospital and I ask for staff and users of the hospital service to support Pet Stop in this venture".

**Domhnall Mc Loughlin, Assistant General Manager, Sligo Regional Hospital** stated:

"I warmly welcome the decision of Pet Stop to designate the Friends of Sligo Regional Hospital as its Charity of the Year. I sincerely thank John and Alistair from Pet Stop for their generosity particularly in these difficult economic times. I urge other local businesses to consider similar initiatives to help the Friends of Sligo Regional Hospital in its fundraising endeavours".



# Neo-Natal Fundraiser April 2012



This year the much anticipated fundraising trip around-Ireland trip '**Ride Out For Preams**' annual event took place over four days from the 26th to 29th April 2012. The trip was supported by Harley Davidson, Peugeot Ireland, Radio Nova, Peter Marks, Honda bikes, Dunnes Stores and others.

The charity '**Irish Premature Babies**' invited participants to take up the challenge and be part of this journey of hope.

The purpose of the challenge was to raise vital funds for life saving equipment which would go to Neo-Natal Intensive Care Units and Special Care Baby Units around Ireland, including - Incubators, heart monitors, ventilators and apnoea monitors. These are just some examples of the many units required to keep these precious little babies alive. Over a four day period, up to 30 motorcyclists, led by a convoy of Peugeot cars and a van, delivered life-saving equipment to baby intensive care units in Louth, Cavan, Donegal, Sligo, Galway, Kerry, Limerick, Laois and Dublin.



**Bikers are welcomed at SRH by parents & staff from the Neo-Natal Unit**

## **Sharon's' (one of the Motorcyclists) Blog Day 2 of the Ride Out for Preams - well worth the effort!**

*"We reached Sligo and were welcomed by so many nurses, doctors and families, they all made such a special effort to come out and see us. We took some fab group photos, and then were brought into the canteen where a feast awaited our hungry bikers. They really looked after us, and they too allowed a couple of our bikers to view the NICU'.*

**Arthur's Blog Day 2 of the Ride Out for Preams:** *'So, we visited three hospitals today but I didn't get to see any babies. No, instead I got to see the reaction of the big hairy bikers that did get to visit the tiny creatures. It was very funny to see big leather clad bikers being reduced to tears by a visit to helpless tiny tots...'*

Riders and passengers, many of whom are parents and relations of premature babies, had to each raise €1,000 to allow the charity to buy the requested equipment for each hospital. Among the equipment given to hospitals were incubators, heart monitors, ventilators and apnoea monitors.

Participants were given the unique opportunity to visit Neo-Natal Intensive Care Units and Special Care Baby Units around Ireland. This gave each and every participant a fantastic insight and opportunity to see firsthand what a difference their fundraising efforts would make. On their visit participant's met the parents and medical staff working on the wards. A breast pump (€1600) was purchased for Sligo Regional Hospital from the money raised on the bike ride.

*Submitted by Marie Kennedy, CNM II, SRH*



## Dignity at work and role of Support Contact Persons



All employees of the Health Service are entitled to be treated with dignity and respect in the workplace and also have a duty of care to treat others with dignity and respect. To this end the health service employers and health service trade unions have produced a revised Dignity at Work Policy for the Health Service (2009).

If you feel you are being bullied, harassed or sexually harassed or you have been accused of bullying or harassment there are a number of supports available to you.

One of these options is to contact the **Support Contact Person**.

Sligo Regional Hospital has a number of staff who volunteer to deliver the role of a Support Contact Person. The staff are fully trained to enable them **to listen, be supportive** and **outline the options available to you** in addition they **explain the procedure** for dealing with allegations of bullying or harassment in the workplace.

The contact can be face to face or by phone. The support contact person will treat any discussions as completely confidential and will not be requested to disclose information to any third party.

If you feel you require this support please contact our service where we assure you that you will be offered support in a confidential, non judgemental manner provided in a safe environment.

Please see below list of support contact persons in Sligo, you have the option of seeing any of the staff listed:

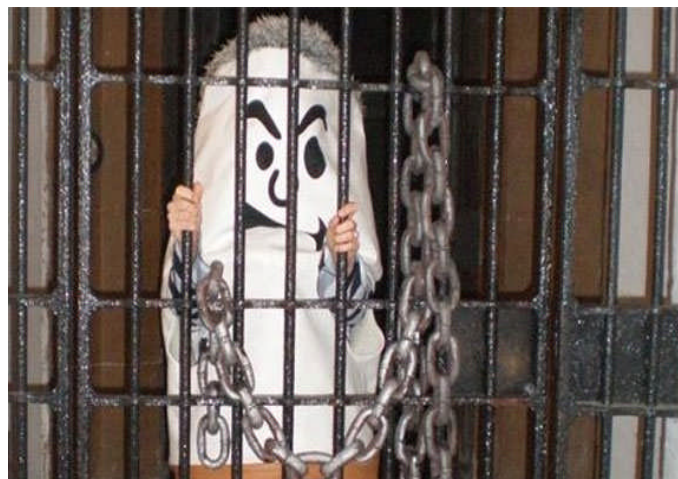
Pauline Kent	087 7789033 or 071 9174548
Wendy McGinty	087 7888454
Gordon Barrett	071 9174601
Joe Casey	087 0998881

## Smoking Cessation 'Get A Grip'

Are you one of the staff members who have quit smoking this year? If yes then you are welcome to the club of non smokers and the gains are two fold. On average smokers die 10 years earlier than non smoking colleagues also the financial gains are substantial with a 20 daily smoker saving on average €3,400 annually, now that is something definitely worth celebrating as we ring out the old and ring in the new year.

If you have attempted to quit in the past and have been unsuccessful take some comfort from the fact that relapse is a normal part of the process of quitting and we do not look on it as a failure, we approach each new attempt having learned something from previous quit attempts.

As the new year beckons with our traditional new year resolutions why not consider stopping smoking for 2013.



The HSE staff support programme is available to you. Take a step to loosen that grip and call **Pauline Kent on extension 4548 for an appointment.** Alternatively visit [www.quit.ie](http://www.quit.ie) or [www.facebook.com/HSEquit](https://www.facebook.com/HSEquit)

*Submitted by Pauline Kent,  
Smoking Cessation Co-ordinator, SRH*



# Infection Prevention & Control Updates



## New Hand Hygiene products

Sligo Regional Hospital has recently changed contracts for Hand Hygiene products incorporating the following:

- Alcohol Hand Gel – Sterillium gel pure
- Foam soap – Seraman sensitive
- Moisturiser – Silonda sensitive

The reason for change was due to direction by HSE to participate in the procurement process in selecting these products for on-going contracts..

In the clinical area, effective hand decontamination involves either the use of Alcohol hand gel (to visibly clean hands) or hand washing for soiled hands. Hand decontamination by either method is one of the most important measures for breaking the chain of infection. A significant number of situations requiring hand decontamination are most readily served by the use of alcohol hand gel. Alcohol hand gel has a fast and broad spectrum of antimicrobial efficacy and is recommended Nationally and advocated by the World Health Organisation (WHO).

The HSE service plan for 2012, clearly outlines (a) the quantity of alcohol hand gel used and (b) the % compliance of hospital staff with the WHO's 5 Moments of hand hygiene as two of the five metrics to be monitored as key performance indicators in efforts to prevent Healthcare Associated Infections.

The new products have been trialed successfully and are presently being installed throughout the hospital. Alcohol hand gel will continue to be available via the pharmacy, while the foam soap and hand moisturizer are available from general stores.



Sinead Duffy, Staff Nurse, Endoscopy & Ciaran Adams, CNS,  
Infection Prevention & Control using the new Sterillium gel pure

*Submitted by Teresa Farrell Assistant Director of Nursing, IPC, SRH*



## Q Pulse update at SRH



Sligo Regional Hospital continues the roll out and implementation of a Quality Management Information System (QMIS), utilising Q-Pulse Quality Management System software, to assist with the control, co-ordination and communication of numerous quality and safety activities across the organisation. Q Pulse is accessible to all staff on any internal computer.

The following Q Pulse modules are utilised:

- **Document Control:** provides a secure framework for all Internal and External Policy, Procedure and Guideline documents. A monthly summary report detailing all new and review documents uploaded to Q Pulse is circulated via email to all staff.
- **Corrective and Preventative Action** facilitates hospital wide **electronic Incident Reporting** via a purpose built wizard. A variety of CAPA Reports are now produced via Q Pulse and circulated to key staff, committees and Specialty Management Teams. These reports include monthly summary reports, SMT monthly reports and full CAPA reports as required.
- **Electronic Maintenance requesting and reporting**
- **Audit Management** details all Internal and External audit activity
- **Equipment/Assets:** details all asset information including location, service/calibration and maintenance records.
- **Analysis:** facilitates a wide range of analysis reporting.

### Logging of Maintenance Calls

When logging maintenance requests for all equipment, please ensure that the Hospital Asset number is recorded in the details section. This will help the Maintenance department locating the equipment and records associated with this equipment can be updated to Q-Pulse.

All Mattresses are now tagged with the hospital asset number at the foot of the mattress (towards the corners), please quote the Asset tag number when disposing of mattress.

In order to keep the Asset module up to date, please inform the Accreditation/Quality Dept of any new equipment/assets or any equipment that has been disposed.



Sample of an Asset Tag

### Q Pulse Training & Support

Q Pulse Training Movies are accessible via the hospital intranet [www.sgh.ie](http://www.sgh.ie) whereby you can view the training modules in your own time via a built in movie for specific topics:

- Go to "Information Services" tab on home page
- Click on "Pulse Training Movies" & choose from the following list:

**Logging into Q Pulse & searching, Completing an Incident/Near Miss Wizard, Completing the maintenance request wizard & Uploading a document to Q Pulse.**

This facility is available to all SRH staff and accessible via all computers throughout the hospital.

If you need any support with any of the modules on Q Pulse, please contact the Accreditation/Quality Dept Ext 2609/4210/4302 where we will be more than happy to provide guidance, assistance and support to you.



### Reminder to all staff!

- Log out of Q Pulse when your specific task is completed (to free up "licence" for your colleague)
- If you are using Q Pulse to access a document, report an incident or log a maintenance call you can do this via your department "generic password" (this enables a "full licence" to be freed up for other tasks)



# British Medical Journal (BMJ) at SRH



Left to right: Dr. Scott Walkin, Sligo GP Training Scheme, SRH; Mr. Tim O'Hanrahan, Consultant Surgeon, SRH; Prof. Domhnall MacAuley, BMJ Senior Editor and Helen Clark, Library & Information Services Manager, SRH.

Prof. Domhnall MacAuley, Senior Editor of the BMJ recently gave an excellent talk at Sligo Regional Hospital. He spoke about how the BMJ works, what the BMJ publishes and why. He also gave an insight into his own role dealing with research papers from first submission to the final decision. Prof. MacAuley encouraged novice researchers to enter the publishing arena.

Dr. Therese O'Connor and Dr. Inam Ul-Haq, who have both recently published in BMJ Case Report, gave an account of the process of publishing their case reports. The event was chaired by Dr. Scott Walkin of the Sligo GP Training Scheme and jointly organised by the Research & Education Foundation and the Library & Information Services at Sligo Regional Hospital.

Submitted by Mette Jensen Kavanagh Executive Officer  
Research & Education Foundation, SRH

## HSE library.ie Slogan Competition

As part of the national Library Ireland Week celebrations, held in November, HSE Libraries across the country held a slogan competition. Members of all HSE Libraries were invited to write a slogan summing up why hselibrary.ie (our electronic information resource website) is so important to them. We received 25 entries, of which 5 were submitted to the national judging panel and a further 5 entries were submitted by Letterkenny General Hospital Library.



Staff in the North West proved to be great slogan writers! A member of the Letterkenny General Hospital Library won the first prize of an iPad and one of our own members, Emma Harrington (GP Trainee) won the fourth prize of a Kindle.

We were delighted with all the entries we received and with how much people so clearly value the Library and its services.

Other activities to celebrate Library Ireland Week in the Library included a Book Fair in conjunction with the Book Nest, spot prizes, free gifts and competitions which took place in November 2012.

Submitted by Helen Clark, Library and Information  
Services Manager, SRH



# Sports & Social updates



## Champions visit hospital

Since the last edition of Our Times, Sligo Rovers have achieved significant success with victories in the FAI Cup Final last November and a couple of weeks ago with their historic win of the League of Ireland (Airtricity League). This was their first success in the League since 1977.

The hospital was honoured on both occasions, most notably recently with the visit of Sligo Rovers players, management, officials and coaches to the hospital less than 24 hours after receiving the trophy. They first visited the Paediatric Ward and also went to the Neonatal Unit, Emergency Department and the Haematology/Oncology Unit. Sligo Regional Hospital is very appreciative of this gesture and of the way the players, manager and officials conducted themselves during their two hour long visit.



The hospital has many links with Sligo Rovers past and present with Gemma and Stuart Rutherford providing a link through their father Chris with the last Rovers team to win the league in 1977 and Harry Mc Loughlin a goalscorer in the 1983 Cup Final. Many of our departments such as the Emergency Department, Radiology and Orthopaedic Departments have also supported the "Bit o Red" because with their efficient care and treatment of Rovers players this season and others .

Sligo Regional Hospital warmly congratulates Ian Barraclough and his team on their magnificent achievement this year and wishes them ongoing success both on and off the field in the years ahead.



## Champions Sligo Rovers pictured with staff at SRH



# Sports & Social updates

## SRH Sports & Social Club 2012

A new committee has recently been formed to represent existing members of SRH sports and social club. We are also in the middle of a recruitment drive to try and encourage more staff members to join up and make a positive contribution to the club. Out of approximately 1200 staff members, this year we have increased our membership from 129 last January to 190 members.

The cost of membership is less than **70c/week** and this deduction can be made through salaries. Application forms are also available from a committee member or from outside the canteen.

This money is used to fund a monthly draw with small cash prizes and subsidise any activities or social events that club members wish to organise or participate in.

Activities this year included a cooking night out in Source, lunchtime yoga, warriors run participants and a summer barbeque. We rely on our club members to make things happen. At the moment our big event is a **Christmas party in the Glasshouse on the 14<sup>th</sup> December at a cost of €5/member**. This includes a punch reception, meal, and disco with spot prizes. Accommodation is also available on the night at a reduced rate.

**Tickets are available from Myles, Tom and Brendan. Non members are also welcome along on the night at €17.50.**

Please join up to avail of a good night out.

**JOIN UP AND MAKE THINGS HAPPEN!!!!**

**Contact:** Myles.kavanagh@hse.ie  
Brendan.lowry@hse.ie  
Tom.rouse@hse.ie  
Siobhan Brennan



*Submitted by Myles Kavanagh, Pathology Dept, SRH*



# Forthcoming Events....

## PANTO 2013



### Sligo Regional Hospital Musical Society is proud to present: *The Little Mermaid*

Written by Andrew O'Leary, directed by Deirdre Staunton & Niamh Manly, this production is loosely based on the Hans Christian Andersen Story of the little mermaid.

A pantomime to suit all age groups, it promises to catch the imagination of the young and mature audiences, and will have feet tapping, hands clapping, mouths humming and smiles on everyone's face.

#### The little Mermaid story line:

The little mermaid Anemone has always wanted to visit the human world, watching the ships from her sea-home. But one day she makes a dreadful bargain with the sea-witch, swapping her voice for a pair of legs, and has only one day to get true love's kiss and remain human...

This will be Sligo Regional Hospital's Musical Society's 16<sup>th</sup> Pantomime. This band of talented HSE employees have been entertaining Sligo audiences for more than **15 years** and have donated more than €100,000 to local Sligo charities.

Rehearsals began in September and by the time January arrives perfection is guaranteed!!

The directors and cast agree that this year's production will be spectacular with songs, dance routines and story lines guaranteed to shake those post Christmas blues away, just what the doctor ordered!!



Members of the 2013 Panto in rehearsals

*Submitted by Deirdre Staunton  
Resuscitation Training Officer, SRH*

### Reminder — Mandatory Staff Training 2013

**Fire Lectures:** 1st Wednesday of every month at 11am and 2pm in the ETC building.

**Hand Hygiene:** Every Tuesday at 11am in ETC building.

**Please Note: It is mandatory for all staff to attend on an Annual basis**





## 2012 Retirements

Ann Cawley, CNM II, Nursing  
 Angela Dunne, Senior Lab Scientist  
 Angela McTernan, CNM II, Theatre  
 Angela O'Dowd, CNM I, Phlebotomy  
 Bernadette Benson, Grade IV, Paeds  
 Brian Feeney, Asst/Head Porter  
 Catherine Leonard, Staff Nurse, ENT  
 Catherine Molony, Dental Surgery Assistant  
 Dolores Kelly, Staff Nurse, Orthopaedic Theatre  
 Elizabeth Bourke, Chief Medical Scientist  
 Elizabeth McTiernan, Asst/Director of Nursing  
 Fran O'Keeffe, Consultant Radiologist  
 Geraldine Noonan, Medical Scientist  
 Helen Ferguson, Catering/Assistant  
 John Gleeson, Consultant Paediatrician  
 John McArt, Catering Manager  
 Leo Egan, Groundsman  
 Liz Wall, Chief Medical Scientist  
 Julia Ann Lumsden, Staff Nurse  
 Margaret Brady, Staff Nurse, Medical North  
 Margaret Kenny, CNM II, LWO  
 Margaret (Mary) Lipsett, Senior Radiographer



Margaret Wallace, Domestic Staff  
 Marian Coyne, CNM II, ED  
 Martin Gorman, Multi-Task Attendant  
 Mary Frances Murphy, Staff Nurse, Surgical North  
 Mary Dolan, CNM II, Ophthalmology  
 Mary McMahon, Health Care Assistant, Ophthalmology  
 Mary Mitchell, Act/Radiology Services Manager  
 Mary Rouse, Clerical Officer, Dietetics  
 Mary Smith, Staff Nurse ENT  
 Maureen McNally, Clerical Officer, Patient Accounts  
 Michael McNamara, Consultant Radiologist  
 Niamh Macey, Clinical Audit Co-ordinator  
 Noel O'Shaughnessy, Chief Medical Scientist  
 Nora Drury, Grade IV, Obs/Gynae  
 Philomena Conway, Domestic Ward Attendant  
 Rose Loughlin, Domestic Support  
 Sally Browne, Chief Medical Scientist  
 Teresa Byrne, Staff Nurse, Endoscopy  
 Thomas Stallard, CSSD Operative

***We wish them all the best for the future!***

## Articles & News Items for further editions of Newsletter

We welcome any article, news item or photographs which you wish to have included in the next edition. Articles can be emailed to the Accreditation/Quality Dept and we will endeavour to include in the next issue which will be distributed in Spring/Summer 2013.

Please do not hesitate to contact us on  
**Ext: 2609/4210/4302**

## Christmas Message from our Chaplains

*Christmas celebrates the birth of Jesus*  
 God with us in everything that we are;  
 human, vulnerable, caught in the web of time...



All of us at the Chaplaincy Department wish to thank our friends and colleagues for their support and help in our ministry during the past year. We wish all the Patients and Staff at Sligo Regional Hospital the blessings of Christmas.

*The Chaplains, SRH*

## Dearly Departed

**Joyce Hamilton**, Unit Nursing Officer/  
 Service Manager  
**Gary Henry**, Catering Department

Please remember those who have passed away in your prayers.



**On behalf of the Accreditation/Quality Department,  
 we wish all our readers a  
 Happy Christmas & every good wish for the New Year**



***Many Thanks to all staff who contributed to the production of the 1st edition of the new electronic newsletter***