



Hospital Watch

Mercy University Hospital has launched a campaign, together with An Garda Síochána, to enhance the security of the entire hospital campus and eliminate instances of verbal abuse and physical aggression towards staff. This will result in the reestablishment and launch of Hospital Watch which will further enhance greater Garda visibility to the entire hospital campus up to and including daily patrols. This initiative is in keeping with our Core Values as everybody – staff, patient or visitor to our hospital is expected to be respectful to and understanding of the people they meet and interact with on a daily basis.

Hospital Watch is about giving hospital management and staff a structure to reduce crime and fear of crime in the hospital by working in partnership with An Garda Síochána. It also includes the assignment of a Garda Hospital Liaison Officer, Garda Peter O’Riordan. MUH are also supported by Cork Garda divisional Crime Prevention Sergeant Brian

McSweeney. Sergeant McSweeney is in the process of conducting a series of security reviews across the Hospital and he will also assist with refocusing the Mercy Quarter Community CCTV project which involves the support of the Department of Justice and the local business community.

The Hospital Watch programme aims include:

- To reduce crime and fear of crime in a hospital environment.
- To promote crime prevention awareness among hospital staff, patients and visitors.
- To facilitate engagement, partnership and problem solving between An Garda Síochána and hospital management.

Hospital Watch is a crime prevention programme based on the following principles:

- Partnership and problem solving
- Engagement
- Crime prevention

Mercy University Hospital places paramount importance on the safety of patients, staff and visitors whilst in our hospital and abusive and aggressive behaviour, assaults (physical or verbal) racial or hate crimes in any manner will not be tolerated.

We would like to take this opportunity to thank An Garda Síochána for their immense contribution, commitment and support to MUH in their efforts to bring Hospital Watch to fruition which will further enhance the excellent relationship currently existing between MUH and An Garda Síochána. MUH Deputy CEO, Maurice Spillane noted that “There is a real sense that Mercy University Hospital staff are front and centre in Hospital Watch”.



There is more inside...

- **ED Makeover**
- **A Smoke Free MUH**
- **MUH Change makers**
- **Vaccine Clinic brings Hope**
- **MUH Employee Choice Values Award**



Members of the MUH Hospital Watch Team presenting our Garda Colleagues with Mercy Re-usable Cups

MUH Staff Forum: Meet Your Representatives

As a Values-led organisation, MUH is committed to ensuring all staff across all grades and disciplines are treated with compassion and respect as we work together as a team for justice and excellence for all. To enhance our current communication/engagement structures a new Hospital wide Staff Forum (#WeAreMercy) has been established. The aim of the Forum is to

- Drive greater participation of staff within the hospital (create ownership and pride)
- Give staff the opportunity to make suggestions to improve the employee experience and to make MUH an even greater place to work
- Enhance existing methods of communication and to encourage further two-way dialogue

Members of the Forum will contribute in a meaningful and practical way in the best interests of the staff they represent.

The Staff Forum will meet quarterly, or as the need arise.



Your Staff Forum representatives are: Jonathan Shortt (Clerical), Geraldine O'Leary (Finance), Helen Richards (Clinical Psychologist), Catherine Richardson (Social Work), Stephanie Yates (Laboratories), Allen Moore and/or Lukasz Dabrowski (Catering), Annemarie Russell (Nursing), John O'Grady (Medical), Adrian O'Callaghan (HCA) and Damian Harrington (Health & Safety).

The Forum is chaired by the MUH HR Director, Oonagh van Laren and facilitated by MUH Values & Culture Lead Siobhán Kenny.

Celebrating our Mercy Business Partner



Mercy University Hospital (MUH) was delighted to learn that the Staff of Noonan Cleaning Services, working in Mercy University Hospital, were awarded **"Best Managed**

Contract" at the recent 2020 Bidvest Noonan Annual Awards.

MUH Household Services Officer, Tracey Dinneen, shared the good

news with Mercy Times, "I have worked with the Noonan contract managers, supervisors and staff for almost 20 years and have seen many 'changes of the guard'. In the last 5 years the pressures experienced by a busy acute general hospital have accelerated and the cleaning contract staff has never left us down. They have turned up on short notice, stayed longer than was planned, and during the last year when the Pandemic put the most immense pressure on all of us, our patients and staff, Noonans maintained the highest level of service showing their loyalty and commitment to this hospital".

Huge Congratulations to all involved.

Emergency Department Makeover!

Anyone visiting our hospital site recently would note some changes to the landscape. As part of the hospitals winter planning initiatives, to help prepare the hospital for expected issues during winter 2020, due to the ongoing Covid-19 pandemic, the need for further clinical capacity was identified including additional waiting, reception, triage and assessment spaces in the Emergency Department.



The new Portacabins were dropped onsite in September 2020 with the programme of works, led out by our Technical Services Department, commencing shortly afterwards. The unit became operational on December 14th. The space will provide an additional 15 x patient waiting spaces, 2 x triage rooms, 5 x patient cubicles, 1 x procedure room, nurses station, reception, security point and WC facility.

It is hoped that the new space will be of great benefit to both patients and staff in the Emergency Department. Further reconfiguration works to the internal Emergency Department were completed before Christmas and the area was available since Monday December 21st. These works provided 3 further trolley cubicles and additional waiting spaces as well as a ward pantry.

These images capture the transformation of the site.



A Very Mercy Christmas!

Christmas may be a very distant memory but this year more than ever it was essential to bring as much Christmas spirit to the hospital for patients and staff alike. A dedicated Yuletide Team (comprising members of the Staff Forum, Staff Welfare Group and Social Club) came together to create a very Mercy Christmas across the hospital for patients and staff. **Events included:** Online Quizzes, Festive Jumper & Socks Day each Friday including a Charity Donation Day, a candle lit Advent Reflection Service in the Hospital Chapel, outdoor Carol Singers with a very special performance by the Band of An Garda Síochána and a very generous donation from the Kinsale Lions Club and the Late Late Toy Show to our Children's Ward.

Cognisant of the impact of Covid19 on our wider Community, MUH Staff organized coffee mornings and events for key charities across the City and a dedicated Mercy Giving Box was very generously contributed to by staff and distributed onwards by the MUH Social Work Team.

In adherence to Covid19 Guidelines, the traditional Deck the Halls competition was re-engineered as a Deck the Doors competition and across the Hospital a winter wonderland was created!

CONGRATULATIONS TO THE WORTHY WINNERS:

Overall Winner:	Nursing Administration		
Satellite:	1st Human Resources	2nd St. Francis Unit	3rd Mercy Urgent Care Centre
Department:	1st Pharmacy	2nd Canteen	3rd Cardiology
Ward:	1st St. Therese's	2nd St. Brigid's	3rd St. Finbarr's
Billy Rubin*:	Night Duty Assistant Directors of Nursing		

**thinking outside the Box*

Yuletide Deck the Doors Winners



Happy Retirement

During 2020, Mercy University Hospital bade farewell to nineteen colleagues who set off on the next stage of their life's adventure

Celebrations were a little different in 2020. Prior to and during Covid19 restrictions, colleagues and friends found novel ways to ensure their cherished and valued team members were honoured for their commitment and dedication to not only their chosen discipline but to Mercy throughout their working lives.

May the best of happiness, honour and fortune keep with you all as you are wished a very Happy Retirement.

Mary Buckley (Nursing)
 Mary Burns (Nursing)
 Mary Davis (Social Work)
 Margaret Dwyer (Finance)
 Angela Geary
 (Centre of Nurse Education)
 Donie Goulding
 (Maintenance – Electrician)
 Norma Healy (Nursing)
 Sheelamma Johnson (Nursing)
 Olive Mongan (Finance)

Eileen Mullins (Chaplain)
 Mary Twohig Murray (Administration)
 Marianne Murphy (Nursing)
 Donna Peyton (IT)
 Ann O'Mahony (Nursing)
 Ann O'Regan (Administration)
 Tony O'Regan (Security)
 Angela O'Sullivan (Nursing)
 Colman Rutherford (Social Work)
 Norma Twomey (Nursing)



Angela Geary



Margaret Dwyer



Mary Davis



Mary Twohig Murray



Eileen Mullins



Ann O'Regan and Olive Mongan



Mary Buckley



Sheelamma Johnson



Colman Rutherford



Donna Peyton

MUH Goes Tobacco Free!



L-R Carol Hunter, Dr. David Curran, Anna Burns and Damian Harrington

On February 17th - National No Smoking Day - Mercy University Hospital (MUH) formally adopted the National HSE Tobacco Free Campus Policy.

The development and maintenance of a tobacco free environment is crucial to support the de-normalisation of tobacco use in the healthcare setting. The prohibition of e-cigarettes is included in the policy as there is no evidence to support their safe use and the HSE can only endorse products that are proven to be safe.

Dr. David Curran, Consultant Respiratory Physician and Ms. Carol Hunter, Operations Director have worked with the MUH Tobacco-Free Campus Committee (which comprises broad representation across all hospital departments) over

a number of months, to address tobacco use as a care issue. This work has been supported by Anna Burns (Cork Kerry Community Healthcare Tobacco Control Manager), *"Nicotine addiction was classified, by the World Health Organisation, as a Chronic Relapsing Disease, as far back as 1994. Treating tobacco use as a care issue should be a key component of a Person Centred Plan"*.

Pharmacy will stock a variety of suitable Stop Smoking Medications (such as Nicotine Replacement Therapy) for patients and administer them as soon as possible after admission, to avoid unpleasant withdrawal symptoms, which are short-lived and for which treatments exist. MUH will also refer patients into the local Smoking Cessation Service (details below) and/or the National QUIT team (details also below).

The HSE Smoking Cessation Service is available to all staff as well as patients and is free of charge. By availing of the one-to-one support available you are twice as likely to quit. In combination with Stop Smoking medications you are four times more likely to quit. Six out of every ten smokers want to quit. Stop smoking for 28 days and you are 5 times more likely to stop for good!

Patient referral form is available on the Mercy intranet
Local Smoking Cessation Service at 021 4921641
Contact QUIT on 1800 201 203
Or FREETEXT QUIT to 50100

Awareness: Pancreatic Cancer

Each year Mercy University Hospital actively promotes World Pancreatic Cancer Awareness Month, which falls in November.

The MUH Hepatobiliary Team roll out information sessions across all communication mediums in the hospital which provide information on the signs and symptoms of pancreatic cancer, how it is diagnosed and treated, what are the risk factors etc. Some of the events this year included a Grand Rounds Presentation by Mr. Adrian O'Sullivan, Consultant General, Hepatobiliary and Pancreatic Surgeon and Information Stands with nutritional information, support services etc.

Over 200 staff members entered the Quiz and the winner was Orla Queally, Staff Nurse on St. Joseph's Ward. Orla received a beautiful hamper from the English Market.

Deirdre O' Keeffe (Hepatobiliary Clinical Nurse Specialist) presenting Orla Queally with the grand prize.



Service Development: Podiatry (Vascular Service)



Eoin O'Farrell (Senior Podiatrist) has recently started a new Sláintecare post with the Vascular Service at Mercy University Hospital under the clinical governance of Consultant Vascular Surgeons Mr. Gerald

McGreal and Mr Gavin O'Brien. Eoin will be based one day a week in the dressing clinic in the MUH Out Patient Department.

Eoin qualified with a BSc Hons Degree from the National University of Ireland, Galway in 2015. He is currently working as a community podiatrist in St Mary's Primary Care Centre with a special interest in Vascular Podiatry. He has also worked in the Diabetic Foot Clinic in the Cork University Hospital.

This post is part of a pilot Sláintecare project in Network 9 (comprising Farranree, Blarney, Knocknaheeny, Fairhill, Sunday's Well and the City Centre) which aims to improve the management of diabetes care within the network. One of the main

objectives of the project is to improve the integration between primary and secondary care.

Together with Karen O'Hanlon (MUH Vascular CNS), Eoin has developed a Vascular Podiatry pathway for Diabetic and peripheral vascular disease patients with active foot disease to access hospital Podiatry services in a timely manner. In doing so, it is envisaged that the Podiatry service will assist in the reduction in the number of diabetes foot related admissions and patients requiring lower limb amputation through early intervention.

If you would like to contact Eoin via email: eoin.ofarrell@hse.ie

A New Librarian at MUH

Breeda Herlihy joined Mercy University Hospital in January 2020, taking over from Joe Murphy, as the Librarian in the MUH Library at the Centre of Nurse Education. Breeda came from UCC Library where she worked as manager of the UCC open access repository CORA, which provides online open access to publications and theses from UCC researchers and doctoral students.

The role of the library at the Mercy is to support evidence-based clinical practice and the learning, research and teaching needs of the staff and students on placement. A library space, computing facilities and small study room are provided in the CNE as well as access to print and online information resources. Breeda is available for 1-to-1 consultation on literature review and systematic review searching and can help with research requests to support health professionals access quality evidence.

The Mercy has linked up with the HSE National Health Library and Knowledge Service so that some of their online resources are extended to Mercy staff at work and outside of the MUH ICT network via OpenAthens. Resources such as CINAHL (a nursing and allied health literature database),

Medicines Complete (an online resource for drug and healthcare information) and UpToDate (a clinical decision support tool) are popular.



In a unique arrangement, the HSE library service has been able to make the clinical decision support tool "**BMJ Best Practice**" available to anyone in Ireland. This will be useful to all readers of Mercy Times as BMJ Best Practice gives fast and easy access to the latest medical information. Updated daily, it draws on the latest evidence-based research, guidelines and expert opinion to offer guidance to healthcare professionals on diagnosis, prognosis, treatment and prevention of the most common medical conditions. Users register on the BMJ Best Practice website and can use the mobile responsive website or download and use the BMJ Best Practice mobile app.

Contact **Breeda via library@muh.ie or 021 493 5145** if you need help with using the library, online resources or research questions.

Mercy Moments!

HSE SPARK Innovation Programme for FITT



(L-R) Maria Larkin (OT), Jennifer Daly (Physiotherapist) and Dr Liz Moloney (Geriatric Medicine Spr/Clinical Research Fellow)

Ciara Gillman (Physiotherapist) is now in Community Outreach and Gillian O'Brien is now in St Francis Unit.

Congratulations to the MUH Emergency Department Frailty Intervention Team (FITT) who secured funding from the HSE SPARK Innovation Programme in December for two Frailty projects.



The first project is a community based Ageing Well initiative led by Ciara Gillman (Physiotherapist) and Gillian O'Brien (Occupational Therapist) whilst the second project is an ED-based Frailty initiative led by Dr. Liz Moloney, Geriatric Medicine Spr and supported by ED staff, Jennifer Daly (Physiotherapist) and Maria Larkin (Occupational Therapist).

The Spark Innovation Programme is an NCHD-led initiative that encourages healthcare providers to develop and implement their ideas so that we can improve our health service. National Doctors Training and Planning (NDTP) established Spark in July 2017 as a national programme to encourage, support and recognise innovation among doctors in Ireland. The programme is now also being supported by the National Quality Improvement Team with the goal of encouraging innovation across our health service.



Eileen Lombard: Change maker

Congratulations to Eileen Lombard, MUH Physiotherapy Practice Educator, who was one of eight HSE staff who have been successful in gaining a scholarship place on the second year of the Health Innovation Hub Ireland and Trinity College Dublin Postgraduate Diploma in Healthcare Innovation, which is clinician led. From almost 50 applicants these eight were identified as high potential change makers in the Irish health system and offered a scholarship place among a class of health industry and health sector students. Along with their fellow students, HIHI/HSE Innovation Champions will be supported to identify and plan an innovative solution applicable to each participant's workplace that will have a positive impact in Irish healthcare.

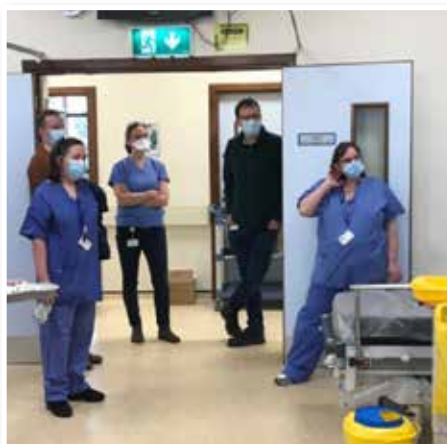
E-Learning Module – Reporting an Incident

Congratulations to our Quality Risk Management Department and especially Cassie Willis who have launched an E-Learning Module – Reporting an Incident. As our hospital and staff adapt to living with Covid19, Cassie devised and developed this online module that will guide staff through the Incident Reporting process and allow them the freedom to pause and return to the module at any stage.



Vaccine Clinic

It was a very hopeful and positive start to 2021 when Mercy University Hospital received supplies of the Pfizer/BioNTech COVID-19 vaccine to enable Vaccination Clinics to commence on New Year's Day 2021.



This was to be the first of a number of phased deliveries of the vaccine. The logistics of delivering the vaccine safely within the required timeframe required the commitment of so many staff across the hospital as, when transport is taken into account, there is approximately a four day window to dispense the vaccine.

Margaret McKiernan Director of Nursing is the clinical lead for this project and is closely supported by a dedicated team including Carmel Walsh, Sinead Goggin, Aoife O'Connell and Jackie Naughton who are in charge of the **scheduling and administration** of the clinics. The team of vaccinators (comprising nursing and medical staff) in addition to staff from **Pharmacy, OPD, Catering, Risk Management, Anaesthesia and Medical Staff across all specialties** are supporting the vaccination clinics in addition to their existing workloads. The speed and efficiency of the roll out is truly a visible demonstration of the Mercy Values in action.

In line with National Immunisation Office Guidance, all MUH staff have been offered vaccinations and MUH have also vaccinated the following community services as requested by the HSE - Marymount Hospice, GP practices, St. Michael's Mental Health Unit, co-located in MUH, Community and Addiction/Homeless services and Child and Adolescent Mental Health Services (CAMHS).

On announcing the arrival of the vaccine, MUH CEO Sandra Daly stated *"Tomorrow is a day of hope and optimism for the future and in advance I would like to sincerely thank our team of vaccinators and all those facilitating the roll out of the vaccine at the Mercy who are working so hard to make this possible. There is of course some way to go yet and remember our best defense remains limiting our contacts, physical distancing, hand hygiene and wearing masks so we can all play our part in keeping each other safe. There is no doubt that the weeks ahead will be extremely challenging for the hospital and we will need to continue to support each other at this critical juncture"*.



An Acknowledgement to MUH from Tabor Group

Tabor Group is a leading provider of residential addiction treatment services in Ireland. This consists of a primary (28 or 42 day) programme at Tabor Lodge and a secondary treatment (84 day) programme at our new campus at Tabor Fellowship. Following completion of a residential episode, Tabor Group offers a Continuing Care Programme to support clients in the community. An established Family Support Programme provides support for family members and loved ones of persons with addiction.



As with most services, COVID-19 has required that innovative and responsive processes are put in place to allow the service to remain operational and safe for staff and clients. Since June 2020, over 112 clients have been able to safely access our services via our isolation and testing process that was put in place with the support of the MUH team.

Having closed for the month of May, our assessment and admissions services resumed in June with a significant shift in how we manage these services. Access to testing at the microbiology laboratory at MUH, along with the professional support from the Infection Prevention and Control team has been pivotal in facilitating the safe admission of clients for residential addiction treatment.

The admission process consists of a period of self-isolation and testing on-site at Tabor Fellowship. Where the COVID-19 test result is returned as 'none-detected', clients then are transported to Tabor Lodge to proceed with the primary treatment programme. Tabor Fellowship, where the secondary treatment programme is based, was officially opened in March 2019. The facilities include 21 single en suite rooms and step-down accommodation, in the form of apartments for 11 people.

A key part of the secondary treatment programme is enhancing life skills, including securing stable housing and employment. 14 of the clients that had attended the secondary programme during the first 'lock-down' period went home for weekends and were re-tested on their return to Tabor Fellowship. This had a significant impact on the client's progress in treatment. One client, who had been in treatment since February, visited his home and young family for the first time in 6 months during the summer. He expressed a heartfelt thanks to the service for allowing him the opportunity to safely see his family and to continue his treatment. This would not have been possible without the support of Mercy University Hospital Infection Prevention and Control Department and the Microbiology Laboratory Department. This is just one of many similar stories of reconnection with family, children and loved ones and lives being rebuilt again.

Once again, we wish to sincerely thank you all, for the support and professionalism. Your cooperation truly embodies the Mercy values and has had a positive impact on many lives.

For more information about the services we provide, **log on www.taborgroup.ie or call 021 4887110**

Spencer Turvey A Tribute



It was with great sadness on November 19th that MUH staff learned of the untimely death of Spencer Turvey. Spencer was a part of the Mercy family since 2006 and remained so even after a career change to take up his role with Cork Kerry Community Healthcare (HSE). Here his colleague and friend, Anna Higgins, remembers Spencer and his legacy to MUH.

"It is now almost 4 months since Spencer's untimely passing and when we reflect back on his time here we remember his energy and enthusiasm for physiotherapy that inspired the team. Spencer arrived from Worcester as an unknown entity beginning his time in the MUH in 2006.

Spencer had great vision for the development of the Physiotherapy profession and his ultimate goal was excellence in patient care. He raised the profile of the Physiotherapy service within MUH and was pivotal in the development of the POLAR Unit. Over a period of time he introduced new systems of working including the 'weekend oncall' physiotherapy service to the hospital. He involved all of us in the process - none of us were shocked or surprised by developments in the service. Such were his negotiation skills that he sometimes convinced his staff that they had suggested a change rather than it having been his goal! His passion for service improvement was a huge motivation for the team.

Spencer was always approachable, generous with his time and both facilitated and encouraged professional development within our various roles in the department. He was always open, discussing our learning needs, he listened, and encouraged us sometimes to move outside our comfort zone, so as to effectively action our ideas.

He was always happy to get involved in the social side of things- forming part of a Physio department running team, playing cricket with the MUH cricket team, and passing his wives baking off as his own when we held a department bake off. In the early days, Spencer was known to produce a pair of 'rabbit ears' for an old television in the department during the Olympics or Ireland World Cup rugby games – this fostered great camaraderie in the department. Spencer got to know all the staff who worked in the department, however brief their time was working in MUH. By getting to know staff on a personal level he was always able to chat to people about their hobbies/interests outside of work making everyone feel welcome.

He has many legacies within MUH but for us we will always remember him as a champion for patient care, a great mentor, a great friend and one of life's good people.

Thank You Edel



The Mercy Times Team would like to extend sincerest gratitude to Edel Coakley who is stepping down from the Editorial Team after a remarkable 13 years.

Edel has been part of a committed group of people who, during her tenure, have overseen Mercy Times flourish from a one page newsletter to bumper editions. Each Team member brings something unique to Mercy Times and Edel's dedication, efficiency and organisational skills are gratefully acknowledged. We wish Edel all the very best in her role as Healthcare Records Manager.

Changing of the Guard!



The Mercy Times Editorial Team has undergone a number of changes over the last few years with retirements of long standing members. In accordance with its Terms of Reference, Mercy Times is delighted to announce two new additions to the Team.

Welcome on board – **Heidi Lane**, who will represent HR and **Sinead Goggin** who will represent the Department of Nursing.



Mercy Times has a wide audience that is continuing to grow across the health, corporate and political sectors.

“Make Mercy Real” – MUH Employee Choice Values Award

Employee recognition is defined as the acknowledgment of a company’s staff for exemplary performance. The goal of employee recognition in MUH is to reinforce particular behaviours, practices, or activities that result in better performance and positive outcomes for our patients and for each other as a team.



In 2020, MUH introduced a brand new Award Scheme which is an employee owned recognition programme that will offer all MUH staff a way to acknowledge and express appreciation for a colleague who makes a difference in their everyday work life and bring the Mercy Mission and Values to life by demonstrating true service to the hospital.

This award will move beyond just rewarding top talent, recognising presence or acknowledging group success and will instead be an inclusive whole-organisation cultural commitment to encourage everyone’s development. The specific focus of this Award is on the MUH Core Values of Respect, Compassion, Excellence, Justice and Team Spirit and the criterion has 3 elements:

• Categories which capture the variety of ways of which individuals can be recognized:

- Good Citizenship – Promoting positive morale through actions of good spirit (Respect)
- Collaboration/Helping/Mentoring – Leading others through partnerships (Team Spirit)
- Bright Idea/Creativity – Honoring the creative problem solver (Justice)
- Above and Beyond – Modeling superior service (Excellence/Team Spirit)
- Make it Happen – Relentlessly resourceful and productive (Excellence)
- Unsung Hero – Working behind the scenes (Compassion)
- Going Green – Providing outstanding contributions towards hospital sustainability (Justice)
- Clear exhibition of a Value lived and Mercy Made Real as outlined in the MUH Values Booklet (Our Heritage, & Ethos)

• Fulfilling The Mercy Way

- Bias for Action – awareness of the need, immediacy of the response
- Pioneering – transforming systems
- Hospitality – creating an environment where everyone feels welcome
- Right Relationships – conducting ourselves with honesty and integrity
- Fullness for Life – Bringing a sense of joy to others

There were 14 nominations in total and 13 commendations were also awarded.

The first winner of the Employee Choice Award was announced just before Christmas and was awarded to Derek Gabriel of the Catering Department. Derek was nominated by one of his colleagues under the Value of Respect for an exceptional act of kindness that brought tremendous joy to one of our patients. Derek, who was born and raised in St. Lucia, is a part of the Mercy family for the last four years. Derek’s joie de vivre brings great delight to patients and staff alike across the hospital. As per Covid19 Guidelines, a small ceremony was held to make the presentation to Derek who very promptly and in true Derek fashion dedicated his award to his colleagues and in particular the team he works with.





Derek Gabriel receiving his award from Oonagh van Laren, HR Director with Carol Hunter, Operations Director



Congratulations

WINNER

Derek Gabriel (Catering)

COMMENDATIONS

Craig Clinton (Catering)

Joanne Crowley & Margaruite O'Connor
(Nursing - Infection Control)

Catherine Doherty (Catering)

Vincent Fahy (Procurement)

Kathleen Heelan (Nursing)

Anna Higgins (Physiotherapy)

Hilda Keating (Household Services)

Arthur O'Farrell (Finance)

Liz O'Gorman (Administration)

Valerie O'Mahony & Marie O'Connor (Nursing)

Cassie Willis (Risk Management)

Welcome to "The Mercy": Mr. Carthage Moran



Mercy Times had the chance to welcome Mr Carthage Moran who recently joined the Gastroenterology Team at Mercy University Hospital. Carthage told us a little about himself:

"I graduated from University College Cork in 2009 and underwent postgraduate medical training in Ireland, receiving Membership of the Royal Physicians of Ireland (MRCPI) in 2011 and CSCST in 2018 which is awarded on completion of higher skills training demonstrating advanced skills and knowledge which include leading a clinical team and managing the everyday challenges of the health service. I did the Tour de Ireland in my training; working in Cork for many years with stops in Limerick, Dublin and Kilkenny. Then I undertook two interventional Endoscopy fellowships - a year was spent in Beaumont followed by a COVID19 curtailed year in Vancouver, Canada.

On a personal note, my family and I are looking forward to life returning to normal in Cork post COVID19 and I am delighted to be back home. The initial few months working in the Mercy have been enjoyable, even in these challenging times".

Fire Safety Learning at your Finger Tips!

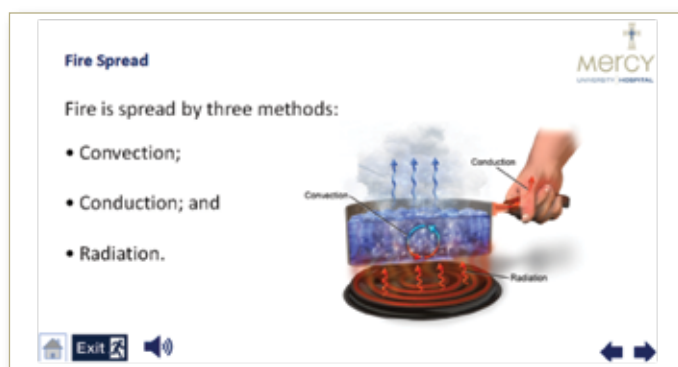
Welcome to Mercy University Hospital Karl Harris, who, as our new Fire Officer, will provide regular updates to Mercy Times on Fire Safety initiatives, training etc. For this edition he shares with us details of his brand new and bespoke interactive E-Learning module on Fire Safety which is currently in the beta testing period for the Hospital.

"The module is currently going through testing by our Fire Safety Committee. This new module will enable all members of staff to complete fire safety training virtually from the H: Drive. It has been broken down into four different modules for completion at your own pace.

Upon successful completion of each section, you will be invited to take a multiple choice question assessment which has been built into this module, where successful completion will award you a certificate of completion for you to download and send to your line manager or the Fire Officer.

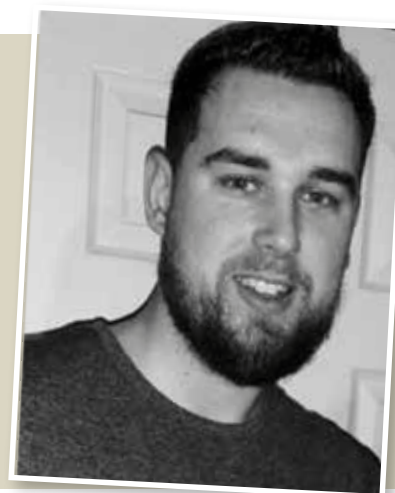
Not only a legal requirement, it's imperative that we constantly stay refreshed in best fire safety practices and emergency procedures to ensure we afford maximum safety against fire always.

I look forward to hearing the feedback across the hospital and helping educate everyone about fire safety. Stay tuned for more information and in the meantime, take a look at some sneak peek snapshots"



Welcome Karl...

Karl Harris joined Mercy University Hospital in August of 2020 as the Fire Safety Officer. Karl had recently returned home to Cork from London where he was consulting in a specialised Fire Engineering Practice. Karl obtained a BEng and BSc (Hons) from Cork Institute of Technology and furthered his studies in Trinity College Dublin where he obtained his Postgraduate in Fire Safety Practice. Should you have any queries, never hesitate to reach out to Karl, who will only be too glad to help you.



Foundation Features

Foundation Team Update

After an incredible 13 years, Mícheál Sheridan stepped down from his role as CEO of The Mercy Hospital Foundation in December for pastures new. His hard work and dedication to The Foundation has been second to none. We wish him the very best of luck in his new role.

Any Foundation enquiries can be directed to Interim CEO of The Mercy Hospital Foundation, **Julie Harris at julie@mercyfundraising.ie**.



300,000 Steps in February Challenge



Hundreds of people all across Cork and Ireland are currently taking on the challenge of walking 300,000 steps in February to raise funds for the Mercy Cancer Appeal. While many are taking part to simply support cancer services at The Mercy, others are doing the challenge in memory of loved ones who received treatment at the hospital.

One of those taking part is Rosa Falvin, whose dad, Mick, is receiving treatment for oesophageal cancer under Mr Tom Murphy and his team. Here is why Rosa is taking on the challenge; *"The level of care and compassion given to my father during this time has been exceptional. We never think it will be anyone from our own families but when it is, having the support given by a hospital such as the Mercy makes the journey so much easier."*

Messages of Support

Messages of support for staff have been flowing in from the public through The Foundation's website and social media pages. Among those who have sent in messages are 10-year-old James and 7-year-old Matthew Egan who wanted to thank all hospital staff for their work throughout the pandemic, especially their Auntie Eibhlín and her colleagues in the Lab.



The Danny Crowley Christmas Swim



The annual Danny Crowley Christmas Swim looked a little different than usual for Christmas 2020.

With over 500 people taking part, this year's swim took place over a week, allowing participants to take a dip in the water at a time and place that suited them. An amazing €31,000 was raised through this year's swim for The Mercy Kids & Teens Appeal. This brings the total raised through the Danny Crowley Christmas Swim over the years to a phenomenal €124,000.

January 17th, 2021 would have been Danny's 21st birthday, it means so much to his family and friends that his memory continues through the swim every year.

Tuscan Creamy Salmon

Lukasz Dabrowski
Head Chef



INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 4 (6-oz) salmon fillets, patted dry with paper towels, salt and freshly ground black pepper
- 3 tbsp. butter
- 3 cloves garlic -minced
- 1 punnet of halved cherry tomatoes
- 2 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- 1/4 c. chopped herbs (such as basil and parsley)

METHOD

STEP 1

In a large frying pan over medium to high heat, heat oil. Season salmon all over with salt and pepper. When oil is simmering but not smoking, add salmon skin side up and cook until deeply golden, about 6 minutes. Flip over and cook 2 minutes more. Transfer to a plate.

STEP 2

Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach. Cook until spinach is beginning to wilt.

STEP 3

Stir in heavy cream, Parmesan, and herbs and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.

STEP 4

Return salmon back to skillet and spoon over sauce. Simmer until salmon is cooked through, about 3 minutes more.

STEP 5

Garnish with more herbs and squeeze lemon on top before serving.

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