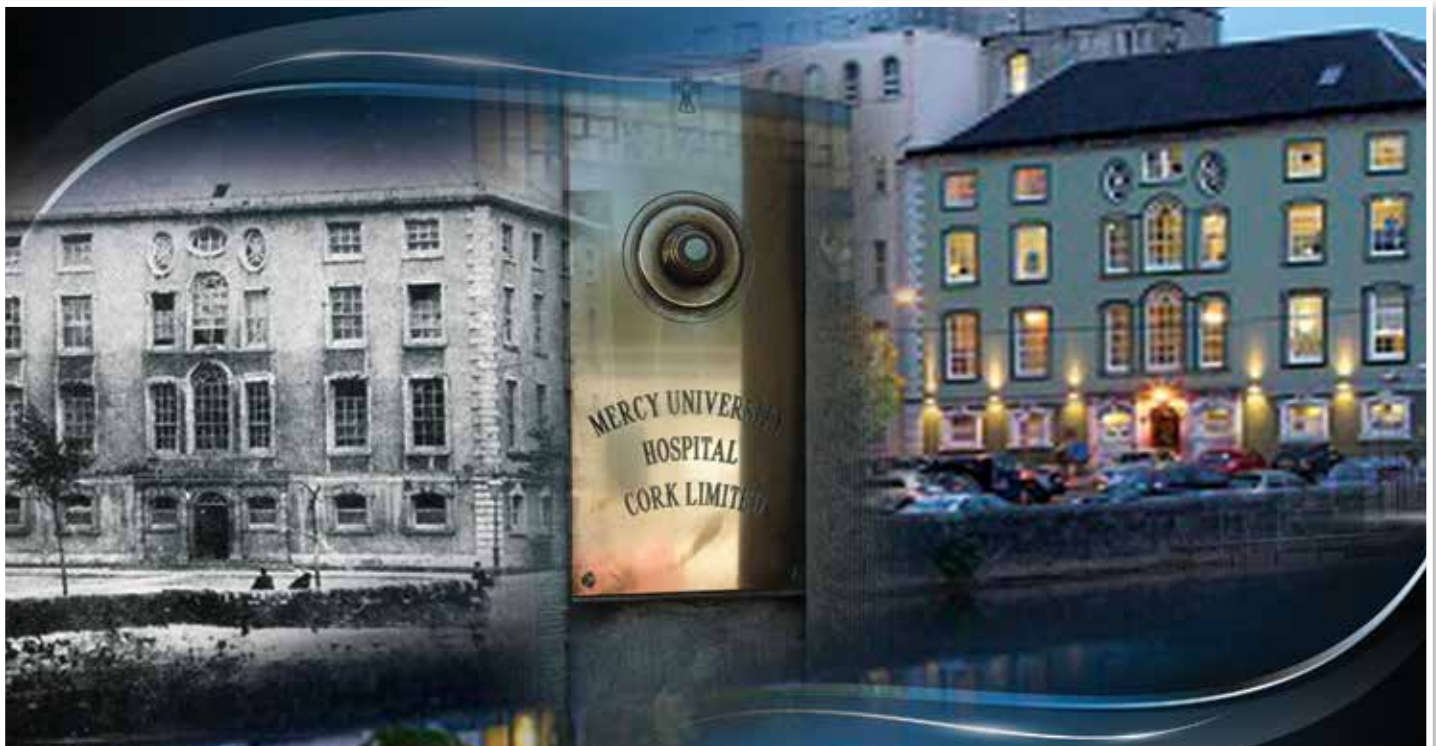




Mercy 165th Anniversary

Mercy University Hospital has lots of reasons to celebrate this year as it marks its 165th anniversary of delivering care to the people of Cork and beyond.



There is more inside...

- **Meet the Team**
– **Occupational Health**
- **New Look**
– **Mercy Injury Unit**
- **Clinical Audit & Research Day**
- **Recognition, Congratulations and Welcomes!**

On March 16th 1857 the Cork Examiner (now the Irish Examiner) announced the opening of the Mercy Hospital, the first in Ireland declaring that *“the want of such an Institution is universally acknowledged, while the benefit it is likely to be to society must be obvious to every reflecting mind”*.

The Mercy hospital opened its doors on March 17th under the stewardship of four Sisters of Mercy - Mother de Pazzi Barry, Sr de Sales Lane, Sr Rose Doherty and Sr Agnes Wall – admitting eight patients on that first day. From its humble 40 bed beginnings, this first Mercy Hospital has developed into a modern 338 bed acute hospital providing excellent care for all who seek its services. Whilst it started with four – across the years thousands of dedicated caregivers have delivered exceptional compassionate evidence-based care to the people of Cork and beyond.

Continued on page 2

This year as we continue to adapt to the ever-changing healthcare landscape, we can use this milestone anniversary to stop, reflect and recommit to the spirit, mission and values inherent to our hospital. This year through a series of key events we will use this time to honour those who have brought us to this place, continue to be inspired by the rich legacy that has been handed on to us and re-affirm what Mercy means each day through our individual and collective encounters with our patients, our community and each other.

“The Mercy” as it is so warmly referred to is part of the fabric of Cork City as it has been the hospital of choice for generations of families. Indeed, long before slogans and tag lines were popular – Mercy began their work under the simplest yet most important banner – *The Patients are always First!*

Today, all those who work in the Mercy are stewards of a rich and fascinating legacy – but not merely stewards – each day our staff live out our mission by translating the Mercy values into actions, making respect, justice, compassion, excellence and team spirit the traits for which Mercy is known. Understanding and living our Values creates an environment of cultural excellence which ultimately enhances better patient care and outcomes. More than ever, it is critical that the mission and values of Mercy University Hospital are not simply words on paper or deemed as relics of the past. Whilst they may be informed by history, they are very much alive today taking root in our being and ensuring that we “Make Mercy Real” every day. Fundamental to this is a consciousness of the importance of protecting the basic rights of all individuals. Mercy University Hospital continues the commitment it made 165 years ago in promoting equity of care and having particular concern for those in our society who are vulnerable and marginalised.

Mercy University hospital has a rich and fascinating history, it has grown dramatically across 16 decades in its physical structure, in its services and in patient numbers. Here is a brief snapshot of some of the key dates and events marking that growth:

| | |
|-------------|--|
| 1857 | Mercy Hospital opened its doors for the sick poor of Cork City |
| 1907 | The hospital celebrates its 50th anniversary and procures properties on Thomas Street, Prospect Row and Moore Street for future development |
| 1911 | Mercy Hospital became recognised as the first Training School of Nursing |
| 1913 | Opening of Children’s Ward in response to high rates of infant mortality |
| 1920 | The War of Independence – prisoners are nursed through their hunger strikes and subsequent recovery |
| 1922 | Sr Raymond O’Hea Cussen, Matron, awarded the Royal Red Cross Medal by King George V in recognition for the services rendered to soldiers at the Mercy Hospital after the “Great War” |
| 1927 | Hospital purchased outright (on lease since 1857) |
| 1955 | The School of Nursing admits the first lay trainee nurses, paving the way for the development of Nurse education across Cork |
| 1965 | Development of Theatre Block |
| 1982 | Opening of Sheares St. Block incorporating Intensive Care Unit and Coronary Care Unit |

| | |
|-------------|--|
| 1998 | Opening of Lee View Block incorporating four general wards, an acute psychiatric unit and pathology department |
| 2003 | Mercy Hospital granted University status and changes its name to Mercy University Hospital in recognition of its long service to medical education and research. St. Laurentia retires and the first lay Matron is appointed. |
| 2007 | The hospital was honoured with a civic reception in Cork City Hall as it celebrates its 150th anniversary |
| 2008 | President Mary McAleese visited the Mercy to formally lay a new dedication stone in the Front Hall honouring the Sisters of Mercy and their lay colleagues |
| 2010 | Sr. Laurentia conferred with an honorary Masters Degree in Nursing in recognition of her commitment and devotion to a remarkable career which spanned half a century |
| 2012 | The Mercy Urgent Care Centre opens as a standalone Injury Unit under the governance of Mercy University Hospital on St. Mary's Health Campus |
| 2013 | Mercy University Hospital affirms its Core Values of Compassion, Respect, Justice, Excellence and Team Spirit |
| 2016 | Establishment of Trustee Company – Mercy Care South “Hospital without Walls” - Transitional Care Unit - St Francis, opens in St. Mary's Health Campus, Guarranabraher |
| 2017 | Mercy marks its 160th anniversary with a Mercy Ball – a joint celebration with the Mercy Hospital Foundation – attended by Minister for Health Simon Harris |
| 2021 | Awareness of the Need – Immediacy of the Response. To safeguard Oncology patients in this Covid world, Mercy University Hospital relocates St. Therese's Oncology Unit to the Lee Road |
| 2022 | Mercy expansion – opening of a new Radiology building, Theatre suite and 30 bedded Unit |

Have you seen the symbol for our 165th celebrations?



- The Four honours the four Sisters that opened the hospital in 1857
- The shape of the Four reflects the M for Mercy.
- The solid pillar in the centre marks strength and endurance
- The five intertwining circles represent the hospital's five Core Values stretching into the future
- The colouring is in keeping with traditional Mercy branding.

Thank you to Graphic Designer, Louise Brosnan

Clinical Audit Day

We had a very successful 4th *Clinical Audit & Quality Improvement Day* in the Mercy University Hospital on 23rd June. The day celebrates and recognises all the excellent work done in maintaining and improving services across the hospital. An impressive 29 projects were submitted varying from Clinical Audit, Patient Centred Care, Improvement to Services and the Use of Resources.



The event is organised annually by **Dr. Kieran O'Connor** (Clinical Director), **Maria Connolly** (Quality and Risk Manager), **Janice Cregan** (Risk Manager), **Maria O'Keeffe** (PA to Clinical Director) and **Cassie Willis** (Administrative Assistant).

We were also delighted to welcome back previous winners of our 2021 Clinical Audit Day at this event to discuss their winning projects and how they have progressed.



Stephanie Yates (Medical Scientist) Biochemistry Lab - Presenting 2021 Improved use of resources winning poster: Troponin Testing in the Emergency Department in MUH.



Hannah O'Sullivan (Clinical Nurse Manager) AMAU – Presenting 2021 Best Clinical Audit winning poster: Using the AMAU pathway as an alternative to the “admission-to-investigate” pathway.



Ciaran Halleran (Manager) Pharmacy Department – Presenting 2021 Improvement in effective care and support winning poster: Severe Asthma Clinic: Improving patient's outcomes.



This year we had the pleasure of welcoming **Siobhán Kenny**, Values & Culture Lead who presented on the history, innovation and evolution of Mercy University Hospital to mark the 165th anniversary of the hospital.



We wish to express our enormous gratitude to our judges of this year's Clinical Audit & Quality Improvement Day. We acknowledge the time and effort put in to review all 29 abstracts/posters in advance of the day and the difficult task of choosing a winner.

The prizes winner for the 2022 Annual Mercy University Hospital Clinical Audit & Quality Improvement Day were as follows:



Overall winner - Sr Laurentia Award for overall achievement of Excellence

Project 29: **Oncology/Haematology Patients use of an Acute Oncology Specialist Nursing Service to avoid Emergency Department admission**- Stephanie Creedon (Acute Oncology Service CNS), Valerie O' Mahony (CNM3 Oncology/Haematology Services)



Improved Use of resources

Project 17: **Comparison of Sodium levels between GEM 5000 Blood Gas Analysers and Abbott c8000 Architect Analyser in patients admitted to ED in MUH**. Stephanie Yates, Medical Scientist, Biochemistry, Eithne Barden, Chief Medical Scientist, Biochemistry, Dr Michael Louw, Consultant Chemical Pathologist, Angeline Lagali, Medical Scientist.



Best Clinical Audit Category

Project 28: **Current management and treatment of lateral ankle sprains in a Minor Injury Unit – Implementing Best Practice Guidelines** - William Ryan.



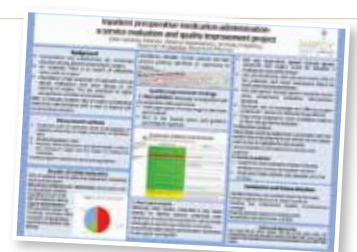
Improving Patient Experience

Project 20: **Multidisciplinary Quality Improvement Plan: Introduction of use of Passy Muir speaking valve in line with mechanical ventilation in patients with tracheostomy in ICU setting in MUH**. Finola Ferris (Senior Speech and Language Therapist), Keith O'Sullivan (Senior Physiotherapist), Dervla Murphy (Senior Physiotherapist), Teresa Marshall (Clinical Facilitator/CNM2), Dr. Michelle O'Mahony (Cons. Anaesthetist), Dr. Donall O'Croinin (Cons. Anaesthetist), Elaine Hanna (CNM2), Tara Friel (Speech and Language Therapy Manager).



Improvement in effective care & support category

Project 21: **Inpatient preoperative medication administration - a service evaluation and quality improvement project**. Dr. Clare Keaveney Jimenez (Anaesthetic SHO), Rebecca MacSweeney (Pharmacy), Dr. Michelle O'Mahony (Anaesthetic Consultant).



165 Mercy Values Award

Project 22: **S.A.F.E Huddle in the Emergency Department**. Shona Fitzgerald, (CNM2 Care of the Deteriorating patient); Barbara O' Donnell, (CNM3 Emergency Department); Anne Healy, (Clinical Facilitator); Dr. Darren McLoughlin, (Emergency Medicine Consultant)



Focus On: Facilities Management Working Group

The Facilities Management Working Group of Mercy University Hospital is a sub working group of the Hygiene Services Committee (HSC). This working group enables multidisciplinary representatives to meet regularly and work co-operatively to improve Hygiene Services with a clear focus on the HIQA Theme's and Standard's.

The HIQA *National Standards for Safer Better Healthcare* (2012) are aimed at protecting patients and radically improving services and contain 45 Standards, based on best international evidence, to ensure service providers protect patients from risk and from harm, inform patients of adverse events, acknowledge and support the key role of staff, promote good governance and make the best use of information and resources to deliver high quality and safe care within the resources available.

The specific remit of the Facilities Management Group is to facilitate compliance with these standards through refurbishment/repair works, equipment audits, medication safety, equipment storage, fire safety and ensuring ongoing audits of all of the aforementioned.

Chaired by the Operations Director, Carol Hunter, the Group comprises broad representation from the Technical Services Department, Department of Nursing, Pharmacy, Regulatory Services, Finance, Household Services and Support Services.



*Photo: Members of the Committee:
Clockwise: Maggie Walsh, Marion Coughlan, Clodagh McCarthy, Deirdre O'Connor, Rebecca O'Donovan, Carol Hunter, Cleo Davies, Tracey Dineen, Damian Harrington and Sebastian Juskowiak*

Recognition



HSCP Day 2022

On April 27th Mercy University was delighted to acknowledge our exceptional Health and Social Care Professionals (HSCP's) on HSCP Day 2022, recognising all the teams making a critical impact in the lives of our patients.



International Nurse's Day

On May 12th Mercy University Hospital celebrated our remarkable Nursing staff on International Nurses Day 2022 as they continue to deliver respectful and compassionate care whilst working together as a team for justice and excellence for all.

Congratulations!



Graduates

Congratulations to **Mary Murphy** (CCU) and **Noreen Crowley** (Safari Unit) who graduated from University College Dublin (UCD) with a Graduate Diploma in Critical Care Nursing-Cardiovascular and a Graduate Diploma in Cancer Nursing-Children, respectively.

Both Mary and Noreen were very proud to represent Mercy University Hospital on this special day and would encourage their colleagues in continuing further education programmes. There was also a big thank you from UCD to all institutions, such as MUH, that supported students during these courses and especially during the pandemic and associated restrictions.

GI Award

The GI Function Lab at Mercy University Hospital is celebrating! Congratulations **Julie O'Neill**, GI Physiologist who presented her research - "*Getting in the driving seat with HRAM*" - on behalf of collaborators, Dr Mary Nwaezeigwe, Lucy Quinlivan, Aidan Kaar, Lorraine Nolan, Dr John O'Grady and Dr Martin Buckley at the All-Ireland joint meeting of the Irish Society of Gastroenterology (ISG) and the Ulster Society of Gastroenterology (USG) in Belfast.

Their abstract won the first place prize for best research/best oral presentation at the meeting.

This research is focused on a GI lab technique, called high resolution anorectal manometry (HRAM), which measures anal and rectal muscle function and co-ordination. This test is carried out in patients with constipation and/or faecal incontinence. The test is currently performed in the left lateral position, which is not very physiological or natural. Part of the test involves asking patients to simulate defecation, which is physically and emotionally very difficult to do in the left lateral position. The research focused on carrying out testing in the seated position using a modified commode and comparing this to the traditional left lateral position. Our data show that carrying out the test in the seated position changes the way in which we characterise disorders of anorectal dysfunction, which will, in turn, impact treatment pathways. Overall, this study has important implications for international HRAM guidelines and will result in the alteration of how HRAM is performed worldwide.



Julie O'Neill, GI Physiologist, GI Function Lab, MUH together with Dr John O'Grady, Aspire Fellow in GI Physiology, Dept of Gastroenterology MUH receiving their Award from Mr Michael Dineen Chief Executive, Irish Society of Gastroenterology

Health Matters: Bone Health

The Mercy Injury Unit – Gurranabraher (MUI-G) – formerly Mercy Urgent Care Centre (M-UCC) - have launched a Bone Health initiative with a desire to work towards developing a dedicated Bone Health Department in Cork.

CNM2 Sharon Crowley visited the Bone Health Department in St. James's Hospital, Dublin in April and has been working with Ms Alyson Somers from Consilient Health, Tracey Dineen, MUH Patient Liaison Officer and

the Mercy Foundation to source and create information tools and packs for patients on discharge from the Unit. The posters provide a website for patients to carry out their online risk assessment for osteoporosis and to follow up with their own GP.

The visit to St. James's highlighted the need for a Fracture Liaison Service and together with Dr Emer Ahern in the CUH and other interested parties an application for funding has been made. Watch this space!



Focus On: MUH Falls Committee

Falls are a common occurrence which increase with age. One in three older people fall every year and two-thirds of older people fall again within six months. Falls can result in fractures, but also in loss of confidence, loss of mobility and fear of leaving home.

In 2021, in Mercy University Hospital (MUH), 314 incidents of patient slips, trips and falls were reported to the Quality & Risk Management Department. The highest incidence of falls occurred between 18:00 – 19:00hrs with 69% (216) of falls occurring in patients aged 65yrs and older with 32% (99) aged between 75-84yrs.



MUH Falls Committee L-R: Alison Mullins Pharmacy, Susanne Cotter Nursing, Dearbhla Burke Physio, William Ryan Physio, Mary O'Donovan Occupational therapy and Physio Student Róisín Guerin

Screen and Consider

Many falls can be prevented through small changes. At the outset:

- Screen everyone over 65 for a fall's history, fear of falls or use of a mobility aid at baseline.
- Consider does the patient have a medical condition that, in your judgement, would increase a fall risk, e.g., stroke, amputee.

CHECKLIST

Consider the following when trying to reduce falls in patients:

Medication: Note when a patient is taking a medication that is of high risk for falls e.g., anti-psychotic medications or benzodiazepines. Regularly review the reasons for prescribed medicines (new and old) and their continued use. Educate the patient/family/carer about risks associated with medicines, particularly when newly started or dose is increased.

Explain the importance of seeking medical assessment after even a minor fall to check whether any medicines they are taking contributed to the fall.

Cardiovascular: Note if a patient reports feeling dizzy/lightheaded /fainting episodes or loss of consciousness within the last year. Lying and standing blood pressure reading can indicate probable orthostatic hypotension. If concerned seek a medical review. Educate the patient to get up slowly, especially from lying, and complete simple exercises like ankle pumps or marching in sitting, before standing up.

Reinforce the importance of regular hydration for maintaining blood pressure.

Mobility: Ensure a patient's walking aid and call bell is available and accessible. Advise supportive footwear that stabilises the ankle and foot. Avoid open backed slippers. Request alternative suitable footwear from care givers. Consider a referral to Physiotherapy or Occupational Therapy. Replace damaged aids, check ferrules of walking sticks and crutches, brakes on rollators etc.

Delirium: Actively screen for delirium using the 4AT. Older adults with a delirium are 4.5 times more likely to fall. Consider if the patient requires close

supervision. Seek medical review if a new delirium is noted.

Vision and hearing: Check for up-to-date eye tests, are glasses clean. Replace batteries for hearing aids when needed.

Environment: Have clear access to toilet, ensure call bell is close and there is adequate lighting. Consider night-time toileting needs and whether a patient will need assistance.

Going home: Check the following questions

- Does the patient need community Occupational Therapy, Physio or Public Health Nurse follow up?
- Does the patient have a copy of the Falls Prevention Booklet?
- Would the patient benefit from a pendant alarm via the Senior Alert Scheme?
- Does the patient need a urinal or commode at the bedside?
- Would the patient benefit from a second handrail on the stairs, or a bed being moved downstairs? Could they link with Age Action Cork 021 2067399 for free handyman service.

How to test your balance at home!

Adults aged 60 or below should be able to stand on one leg with eyes closed for 30 seconds. Consider adding in some balance or strengthening exercises into your week if you can't achieve this.

Want to learn more?

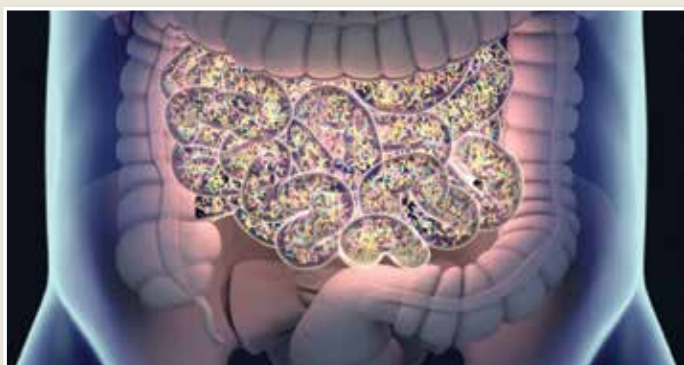
The MUH Falls Committee are currently busy preparing for the Annual Falls Education Day which will take place on **Tuesday October 4th 2022** as part of Active Ageing week (October 3rd – 9th). On that date the Committee will hold education talks and provide information leaflets.

Research Corner

Collaboration: APC Microbiome Ireland SFI and Mercy University Hospital

Mercy University Hospital Research Manager Dr Evelyn Flanagan updated Mercy Times on the exciting collaboration between Mercy University Hospital (MUH) and APC Microbiome Ireland SFI Research Centre in investigating the role of the microbiome in nutrition and health.

The microbiome comprises trillions of microorganisms living on and inside each of us. The last two decades genetic sequencing techniques have illuminated this galaxy of microorganisms enough to study in detail. As researchers unravel the complex interplay between our bodies and microbiomes, they are beginning to appreciate the full scope of the field's potential for treating disease and promoting health.



Correlation

Researchers have uncovered endless ways in which microbiota are associated with host health and behaviour. The microbiota throughout the body – gut, oral cavity, nasal cavity, skin etc – all function in a delicate balance aiding in digestion, pathogen deterrence and general host homeostasis. Microbial dysbiosis (a shift away from a balanced composition) is also implicated in a number of conditions and diseases ranging from obesity to inflammatory bowel diseases and cancer. There is constant bi directional communication between the microbiota and the host, and the microbiota both drives health complications in the host and responds to them. It has become an area of intense research activity in recent years.

AUGMENT Project

The APC Microbiome Ireland SFI Research Centre, founded as the Alimentary Pharmabiotic Centre in 2003, is the world's foremost research centre on the microbiome. The APC has created a multi-disciplinary environment with clinicians, clinician-scientists and basic scientists from diverse backgrounds working in teams, sharing ideas and resources. MUH investigators have had a long-standing successful relationship with APC which has gone from strength to strength over the years. As an example, the most recent collaboration with APC and MUH is the AUGMENT project. Prof Subrata Ghosh will lead the new AUGMENT project at UCC's APC Microbiome Ireland SFI Research Centre. MUH investigators and patients will participate in the exciting project. It is to investigate precision medicine in relation to gut inflammation and the microbiome. This will contribute to furthering research in IBD, Crohn's Disease in addition to Ulcerative Colitis.

Clinical Outcomes

Another example of the work between APC and MUH investigators is the study to characterize the microbiome of individuals with colorectal cancer and its association with clinical outcomes. Colorectal cancer pathophysiology is complex and is due to several different genetic, epigenetic, and environmental factors. Despite advances in diagnostic and therapeutic strategies, many patients present with advanced stage disease and have poor short-term and long-term clinical outcomes. A tumour-specific microbiome to colorectal cancer has been demonstrated. However, there are differences in the treatment strategies of colon and rectal cancer patients and this difference requires further investigation. The main objective of this study is to characterize the changes in gut microbiota that are associated with colon and rectal cancer.

Future

The MUH and APC Microbiome Ireland research collaboration builds on many success stories of its earlier years and looks to the future with energy, enthusiasm and confidence to many more collaborations.

Greenway57



Sustainability Months

As the human population grows, so too do the demands on our planet. Human activity and climate change are disrupting natural cycles and having negative impacts on our world.

At the start of 2022, Greenway57 invited staff to participate in dedicated Sustainability Months which focused on raising awareness around the fragility of our planet and changing practices in some small and often very simple ways at work and at home. The months have focused on various facets of Electricity, Recycling, Water conservation, natural wildlife etc. Mercy University Hospital is working closely with Aileen Fitzgerald Regional Environment & Sustainability Officer SW, HSE's Climate Action & Sustainability Office to progress hospital wide initiatives. We look forward to hosting another Sustainability Day towards the end of 2022.



Bees

To mark World Bee Day on May 20th, Mercy University Hospital (Technical Services Department and Greenway57) installed several bee lodges on the IDL site located across the river from the main hospital. The main purpose of this initiative is focused on the conservation of the native Irish Bee (the Irish Black Bee) which is found to have the purest genetics in all of Europe. There are very pure stocks of black bees which have proved to be survivors over the millennia.

Humankind have followed bees for both food and medicine, for centuries, as a feature of the forest and now its habitat in the trees has been decimated with only a small number living in the wild. MUH is delighted to live out the theme for World Bee Day which is "Bee engaged: Build Back Better for Bees"



Mercy University Hospital is one of 8 hospitals who have partnered with 2GoCup to achieve an overall greener lifestyle by replacing disposable cups with recyclable and reusable 2GoCups.

Mercy Injury Unit – The Future is Bright!

Young Cork volunteers involved in ‘The Hut’, a Youth and Community Centre in Gurranabraher, have produced an amazing display of colour evoking local Cork landmarks to brighten up the exterior of Mercy University Hospital’s northside Local Injury Unit (formerly known as Mercy Urgent Care Centre), Gurranabraher.



Idea!

It all began when Mercy University Hospital launched a specially designed Social Story Booklet – “My visit to the Mercy Local Injury Unit” to mark Autism Awareness Day, on April 2nd, 2021. The booklet was designed to assist patients (parents and guardians) attending the Mercy Local Injury Unit. Staff Nurse Gerardo Medina created this booklet in response to a need of our patients, both children and adults, who require assistance when using our services. To further complement the introduction of the booklet, CNM3, Nuala Coughlan, CNM2 Sharon Crowley and MUH Values & Culture Lead Siobhán Kenny came together to seek a way to get the local community involved in bringing some colour to the exterior of the Unit and making a visit a little more bearable.

Community Spirit

A local artist Dave Dummigan from the Men’s Shed project was contacted and together with a group of young people from ‘The Hut’ they set about their brief, producing this wonderful art installation which captures several different



concepts, Biodiversity, Cork Culture, Autism awareness and the Local Injury Unit itself i.e. it has butterflies which is the 2022 symbol for Autism, the colour blue to promote autism awareness, a hill to incorporate the “On Top Of the Hill” motif associated with the Unit and even some bees to represent our commitment to our environment. Most of all it brings a smile to people’s faces and will hopefully reduce the stress of an unexpected visit to the Unit.

Further to the installation, Mercy was delighted to host a celebration of the the artists, joined by MUH Operations Director Carol Hunter and Assistant Director of Nursing Martina Hughes.

Meet the Team - Occupational Health Department

The Occupational Health Department is an independent and confidential service available to all MUH staff members. It offers advisory service to managers and staff in relation to workplace health issues but does not have a disciplinary role and does not provide a GP service.



Eileen Sykes, Karen O'Keeffe, Catherine Casey and Máire Ahern



Clodagh O'Leary and Claire Cotter

Introducing

The department has come through two very challenging years in assisting staff and management in dealing with the Covid 19 pandemic. 2021 saw the retirement of manager Ann Doocey after 24 years of service to the department. Ann had set up the department from scratch in 1997 and had managed and developed the department over the intervening years. The service is nurse led, and the team is now managed by Eileen Sykes with one full time Occupational Health Nurse, Máire Ahern and the other full-time nurse position shared by Claire Cotter and Catherine Casey. Clerical support is provided by Karen O'Keeffe and Clodagh O'Leary both of whom work on a part time basis. Prof John Gallagher attends the department on a sessional basis for two hours on a Wednesday morning.

National Guidance

The department follows guidance from the HSE Workplace Health & Wellbeing Unit (WHWU) and aims to achieve the standards set by this unit which were published in 2017. The HSE Safer Better Care Standards for Occupational Health Services have been recently updated to bring them back in to line the eight themes of the HIQA standards. The WHWU also published a Strategy for Occupational Health Nursing 2020-2024 which aims to develop Occupational Health Nursing (OHN) in Ireland, and this is helping guide the direction of our department. In line with core strategies

of the OHN strategy and the Healthy Ireland Framework, we are in the process of recruiting a further OHN to develop the health promotion & staff wellbeing function of the department. The workplace is well recognised as an important place for health promotion.

Some services currently offered by the department include

- Pre employment Health Assessments
- Assessment of fitness to work in cases of injury or illness
- Management of Blood and Body fluid exposure
- Advice regarding work related skin conditions
- Support for staff suffering work related stress
- Health Surveillance including Night worker screening and screening for TB
- Vaccinations for hospital staff, as well as student nurses and Noonan's staff
- Clearance for those performing Exposure Prone Procedures

Referral Process

Staff can be referred to Occupational Health by managers, supervisors & HR through the Management Referral Form available on the hospital Intranet. Referrals are usually made if there is a pattern of short-term absence to rule out underlying medical condition, for long term absence of over 4 weeks, following an accident at work or if there are any work-related health issues including musculoskeletal issues, work related stress, skin issues with hands,

etc. Staff can also self-refer for work related health issues although we do encourage staff to be referred through their manager for any musculoskeletal issues. It is important that a manager contact the staff member prior to the referral to ensure that the referral is appropriate and to inform the staff member of the reason for the referral. Advice is available for managers if they are unsure if a referral is appropriate.

Staff can be also referred for Physiotherapy for work related musculoskeletal issues following assessment by the Occupational Health Consultant/Physician. We plan to collaborate with Staff Physiotherapist John Healy in the implementation of a rehabilitation policy for staff later this year.

IT System

The department is delighted to have recently secured agreement for provision of an Occupational Health IT system OPAS-G2 which will allow for the more efficient running of the service and move the department away from a largely paper based records system. This system will link with Mega HR to automatically update the list of staff as well as starters and leavers. The system will also help in auditing the service and will allow us to easier demonstrate how we are meeting the OH standards. This system maintains confidentiality and is only accessible to Occupational Health staff in the Mercy on an individual log in basis.

Foundation Features

Here are just some of the items we have funded recently for the Mercy University Hospital:

Cough Assist Machine

Thanks to Boehringer Ingelheim and their Community Fund, we secured funding of 5,300 to purchase a vital cough assist machine for use in the physiotherapy department.

We were delighted to recently learn from Acting Physiotherapy and Polar Unit Manager, Rob O'Farrell, that *"the machine has proved very beneficial for patients and will be useful for a long time to come with a range of patients – not just those being treated for Covid-19"*.



Tracheostomy Manikin

The Mercy Foundation recently funded the purchase of a tracheostomy manikin for the Nurse Training Centre.

The manikin will be used to give nursing students a more realistic experience of performing a tracheostomy while they are training, allowing them to practice the procedure before treating patients.



Radiothon 2022

Thank you to all those who so generously supported the 2022 96FM Giving for Living Radiothon. We are delighted to announce that an incredible 383,973 was raised over the three days.

From coffee mornings to jersey days, people from all over Cork came together to support cancer services around the county.

All funds raised will be shared among the Mercy Hospital Foundation, Breakthrough Cancer Research, Marymount Hospital, ARC House and CUH Charity.



Fort2Fort Cycle is back!

One of our most popular events is back for 2022! The Fort2Fort Charity Cycle from Camden Fort Meagher, around Cork harbour and back, will return on 29th October 2022 – the Saturday of the October Bank Holiday Weekend. One of the last and most popular cycles of the Cork cycling calendar, this year's event is not to be missed! The cycle is perfect for all abilities and cycling levels – ideal to take on by yourself, with friends or even with you Mercy colleagues to raise funds for the Mercy Cancer Appeal.

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.

The Employee Choice Values Award is an employee-owned recognition programme that offers 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.

There were **16** staff members across all disciplines, nominated by their peers for exemplifying the Mercy Values and Making Mercy Real.

The winner of the Employee Choice Values Award for the second quarter of 2022 is **Noreen Crowley** who was nominated by her colleagues under the Value of Excellence and Team Spirit for providing mentorship and guidance to new staff, empowering existing staff and compassionately delivering exceptional quality care to patients and their families. Noreen received her award from Interim HR Director Michael Hanrahan and Assistant Director of Nursing Margaret Lynch.

A commendation, in the form of a specially designed Certificate is awarded to the remaining nominees to acknowledge their nomination. This commendation states who they were nominated by and why they were nominated.

CONGRATULATIONS

Winner

Noreen Crowley (CNM1 – Safari Unit/St. Anne's Ward)

Commendations

| | |
|--------------------|--|
| Caoimhe Coleman | (Administration –Bed Management) |
| Diana Cowhig | (Department of Nursing – St. Francis Unit) |
| Gene Cremin | (Technical Services Department) |
| JJ Cronin | (Support Services - Porter) |
| Anne-Marie Crowley | (Administration – POLAR Unit) |
| Rose Crowley | (Administration – Medical Secretary) |
| Stephen Daly | (Support Services - Porter) |
| Catherine Doherty | (Catering Department) |
| Michelle Hodnett | (Clinical Nutrition and Dietetics) |
| Teresa Hynes | (Department of Nursing – CCU) |
| Carol Kenny | (Department of Nursing – HCA ED) |
| Colin McKeon | (ICT Department) |
| Sheila O'Donovan | (Catering Department) |
| Eilish O'Sullivan | (Department of Nursing – St. Patrick's Ward) |
| Lisa Tuohy | (Department of Nursing – St. Joseph's Ward) |



Carol Kenny, ED HCA, receiving her Commendation from CNM3 Barbara O'Donnell



L-R Celia Lane, Majella Cahill, Margaret Lynch, Noreen Crowley, Michael Hanrahan, Martina Hughes and Rebecca O'Donovan

Farewell and Thank You!

Mercy University Hospital, similar to all other hospitals, has that bitter sweet moment in June/July of each year as the hospital celebrates and bids farewell to one group of NCHDs as they journey onwards, whilst welcoming the newest cohort of Interns and NCHDs for the year ahead. This year MUH returned to its traditional afternoon of celebration to mark the departure of this cohort of NCHDs and to thank them for their work and contribution to Mercy over the past year. Clinical Director, Dr Kieran O'Connor noted, *"We are privileged to work with such kind, compassionate and excellent people"*. Congratulations to all the prize winners and best of luck to everyone as they journey onwards.



Teacher of the year Gold Award – Dr Shona Meagher receiving her Award from Dr Kieran O'Connor



Radiology SpR of the Year – Dr Marc O'Reilly receiving his Award from Dr Peter MacEneaney



Welcome to the Mercy!

Ministerial Visit

The hospital was delighted to welcome the Minister for Health, Stephen Donnelly on May 26th. Further to a comprehensive meeting with the Chair of the Board of Directors, Mr Neil O'Carroll and the Executive Management Board, the Minister undertook a tour of the hospital, including the Emergency Department, meeting with staff and viewing the new Radiology Building and combined 30 bed/Theatre development. The Minister asked that his gratitude be extended to the staff of the hospital for their exceptional response particularly during Covid-19.

Along the way, the Minister added his own message to the Positivity Board on the Link Bridge, for Wellbeing Week, again offering his own thanks to all healthcare workers.



Surgical Discussion Group

On May 28th, Mercy University Hospital welcomed the National Surgical Discussion Group to Mercy University Hospital. Mr. Criostoir O'Suilleabhain, Consultant Upper GI & Hepatobiliary Pancreatic Surgeon, hosted the event and welcomed 40 Surgeons from across Ireland. MUH was ideally placed to host such an event as a recognised national surgical Centre of Excellence for Hepatobiliary surgery, Oesophageal Gastric surgery, Colorectal surgery, Urology surgery, Vascular surgery, and complex general surgery, in addition to a range of specialist complementary medical and diagnostic services.

Speakers included Mr. Peadar Waters, Consultant Colorectal and General Surgeon, CUH, Professor Paul Burke, Consultant Vascular and General Surgeon, UHL and Professor Fergus Shanahan, Emeritus Professor of Medicine. Mercy University Hospital was represented by Mr. Gerald McGreal, Consultant Vascular and General Surgeon and Dr Carthage Moran, Consultant Gastroenterologist. The programme included a series of academic and clinical talks and incorporated case studies.



Safe and Sound

Sergeant Brian McSweeney shared information with Mercy Times on the new Safe Pharmacy initiative which will offer support to victims of domestic abuse.

Since July 8th all across the country, pharmacies displaying a purple “Safe Pharmacy” sign in their window are providing a safe and secure location for victims of domestic violence to seek support.

The new Safe Pharmacy initiative to prevent those experiencing domestic abuse from suffering in silence is being led by the Irish Pharmacy Union (IPU) in partnership with Safe Ireland, An Garda Síochána and the HSE.

Often, people experiencing domestic abuse/coercive control find it difficult to make contact safely with the help they need while they are at home, particularly if their access to a phone is monitored and limited. Participating pharmacies will provide access to a phone in a private consultation room, as well as contact details for local support services.

In the pharmacy, victims should ask to speak to the pharmacist in the consultation room, which is a normal daily occurrence in pharmacies. Then privately they can inform the pharmacist that they require the Safe Pharmacy support so they can safely call a family member, local specialist domestic violence service or An Garda Síochána.



Ita Murphy – A Tribute



On November 12th, 2021, the Department of Nursing, Intensive Care Unit, suffered the sudden and tragic loss of their dear friend and colleague, Murphy (Organ Donor). Ita trained at King's College in the UK and came to the Mercy University Hospital in 1998, spending 23 years of dedicated service in the Intensive Care Unit, caring for patients with critical illness.

Ita was a seasoned Critical Care nursing expert, who was conscientious and diligent and worked tirelessly to achieve positive outcomes for her patients. Anyone who knew Ita will tell you she was great fun to work with with an innate ability to draw you into her positive mood. She would especially cajole anyone who was having an off day, even in the most serious situations. She thrived in the “hard work” environment, and once her own tasks were complete was quick to lend a hand to fellow nurses, to problem solve, to advise and to encourage.

Ita liked to mark special occasions and developed and nurtured lifelong friendships among those she worked with over the years.

May she Rest in Peace.

Dear Ita,

Have you gone “out the gap”
you Divil
With our hearts in your pocket

Your name in the off-duty
Your initials in the chart
And what about our post-Covid night out?
Do you think we are going without you?

Ah Ita
Always in a hurry
Buzzing around the beds
A million lips you moistened
Now your lips
A million eyes you closed
Now your eyes
So many sleeping souls
Now you sleep

Forever ever in our hearts,
Thank you for the cherished memories,
Forever part of our MUH ICU family



Poem by Teresa Marshall

Wellbeing Week

The Mercy Way



The MUH Employee Wellbeing Week - #The Mercy Way was held from May 23rd to May 30th. The Treats and Information Stand was on the link bridge all week for staff to avail of the many lovely snacks and produce provided by our Catering Department. Information stands included representation from the Marie Keating Foundation and VHI EAP programme who were on hand with vital information.

We were especially delighted to welcome back Therapy Dogs, Hugo and Fleur, who popped in with their human Kate Durrant. Hugo and Fleur were regular visitors to MUH prior to the onset of Covid19 so we were thrilled to have our canine colleagues back on site. Petting a therapy dog can increase levels of the stress-reducing hormone oxytocin and decrease the production of the stress hormone cortisol. Studies have shown that stress reduces productivity. Studies have also shown that a therapy dog's loving boost can help increase productivity as the stress diminishes.

The MUH Wellbeing Step Challenge returned and there was an

amazing response to the challenge with participants from all disciplines within the Hospital. Together, participants successfully managed over 3 million steps within the week!

Congratulations to the winners:

- **1st** Tracey O' Regan Catering Assistant
- **2nd** Cliona Twohig Dietitian
- **3rd** Jo Leahy Diabetes CNS

A special word of congratulations to the **X-Ray Department and Medical Secretaries** who took on the challenge as a Team with both Teams reaching over 500,000 steps in the week!

A new addition to our Wellbeing Week was the introduction of a Positivity Board where staff could leave messages of gratitude. The Board caught the eye of Minister Donnelly during his visit and he was delighted to add his message to the Board extending gratitude to all healthcare workers.

Health Promotion

- Smoking Cessation Quiz

To mark the first year of the launch of Mercy University Hospital as a Tobacco Free Campus, Mercy Times, together with the MUH Smoking Cessation Working Group held a competition (quiz) to test the knowledge and awareness of the dangers of smoking and the associated health benefits of quitting.

The competition was made possible with the Tobacco Free Campus Bursary for 2020/2021 which was received by MUH from the HSE Tobacco Free Ireland Programme. This Bursary supports the continued implementation of the MUH Tobacco Free Campus Policy.

There was a phenomenal response to the quiz and the Draw was conducted on Thursday, June 2nd, "independently observed" by

Damian Harrington, Interim, Head of Regulatory Services, Ciaran Halleran, Pharmacy, Jonathan Hannafin, Smoking Cessation Officer and Cleo Davies, Mercy Times Committee.

The winners were:

- **Maggie Walsh, Assistant Director of Nursing**
- **Diana Jean Cowhig, St. Francis Unit**
- **Conor Rooney, Microbiology Lab**
- **Jennifer McKiernan, COPD Outreach**
- **Catherine Casey, Occupational Health**



Prawn & Quinoa Salad

Lukasz Dabrowski

Catering Officer



INGREDIENTS

For the salad

- 60g quinoa
- 150g cooked prawns
- 1 small avocado sliced
- ¼ cucumber sliced
- 100g nice and red cherry tomatoes, halved

For the dressing

- Zest and juice from one lime
- 1 red chilli, no seeds, finely chopped
- 2 spring onions, trimmed and finely chopped
- Handful coriander, chopped
- 1 tsp rapeseed oil
- Half tsp maple syrup

METHOD

STEP 1

Boil the quinoa in a small pan for 15 mins until the grains are tender and look like they have burst. Drain well and tip into a bowl. Meanwhile, make the dressing: mix the lime zest and juice and the chilli in a bowl.

STEP 2

Stir half the dressing into the quinoa with the spring onions, and half the coriander. Stir in all the salad vegetables, then spoon onto two serving plates.

STEP 3

Stir the oil and maple syrup into the remaining dressing and toss in the prawns. Spoon onto the quinoa salad and scatter over the coriander to serve.

Editorial Team

Mercy Times has a wide audience that is continuing to grow across the health, corporate and political sectors and it is a wonderful opportunity to showcase all that is good and positive about MUH.

Join the Team ... if you have an article, photo, snippet, event ... let us know We are here for you!

Meet your Mercy Times Editorial Team for this Edition



Cleo Davies:

Cleo is the Personal Assistant to the Operations Director – ext 5671



Sinead Goggin:

Sinead is the Personal Assistant to the Director of Nursing – ext 5344



Siobhán Kenny (Editor):

Siobhán is the Values & Culture Lead for MUH – ext 5653



Colin McKeon

Colin is an ICT Technician – ext 5628

Our contributors for this edition: Thank you!

Dearbhla Burke, Emily Burns (MUH Foundation), Noreen Crowley, Sharon Crowley, Lukasz Dabrowski, Evelyn Flanagan, Damian Harrington, Anne Healy, Brian Loughheed, Teresa Marshall, Sergeant Brian McSweeney (An Garda Síochána), Maria O'Keeffe, Lucy Quinlivan, Eileen Sykes and Cassie Willis.