



Recognition

There are many ways an organization can honor the contribution and long service of Staff. At Mercy University Hospital the presentation of a Pin for **10, 20 and 30 years** of service to Mercy is now a staple of the Mercy Week Calendar. This year more than ever, it is important to acknowledge staff so it was timely that we also launched our re-designed Pin representing the Circle of Mercy.



This year at Mercy, we had the privilege of honoring 6 members of staff who celebrated **40 years** of service, 13 members of staff who had reached **30 years** of service, 42 members of staff who reached **20 years** of service and 22 members of staff who reached **10 years** of service.

Regrettably we could not gather to celebrate in the usual way but each Department Director/Line Manager celebrated their staff who received 10 and 20 year Pins whilst a small socially distanced celebration was held for 30 year recipients.

On Mercy Day, at the close of Mercy Day Mass, Majella Cahill, Siobhán Coleman, Bernie Kelleher

O'Callaghan, Patricia O'Donoghue, Jean O'Sullivan and Martina O'Sullivan were each acknowledged for their dedicated service of 40 years to Mercy University Hospital.

There was also one final surprise for our staff. Each year at the MUH Foundation Mercy Stars event, the hard work of MUH staff, volunteers and fundraisers are recognized. Once again, the impact of Covid-19 meant we could not gather to celebrate this annual event, so in its stead, the Chairman of the MUH Foundation, Eoin Tobin presented MUH CEO Sandra Daly with a **Mercy Star** to commend every single member of staff on their outstanding work in 2020!

There is more inside ...

- *Clinical Audit & Quality Improvement Day*
- *Employee Wellbeing*
- *Mercy Moments*
- *Family Ties!*
- *Meet the Team: Speech & Language Therapy*



30 year Presentation



Antoinette O'Riordan



Colette O'Mahony



Eithne Barden



Deirdre O'Donoghue Condon



Arthur O'Farrell



Mary O'Donovan



Esther O'Riordan

40 year Presentation



Bernie Kelleher O'Callaghan



Jean O'Sullivan



Martina O'Sullivan



Patricia (Pat) O'Donoghue



Majella Cahill



Siobhán Coleman

Celebrating Excellence

The Mercy University Hospital Clinical Audit & Quality Improvement Day took place on July 7th. The success of last year's inaugural event has ensured that this Day will now be a staple in the Mercy Calendar.

Clinical Director, Dr. Kieran O'Connor, who oversees the Day, said *"We have been humbled and amazed by the number and quality of the submissions. There are 59 accepted projects for the Clinical Audit & Quality Improvement Day. This is a significant increase on the 36 projects from last year. Congratulations and well done to all involved in the projects and in preparing them for the event. The quality of the projects is outstanding overall"*.

Given the on-going restrictions related to Covid-19 the event was somewhat different to last year. Numbers were monitored in the room and Government Guidelines were strictly adhered to. All the project posters were put on a continuous presentation with recorded

audio for each project. These presentations were played in both the Drawing Room and the Ground Floor Parlour throughout the day. Staff were encouraged to come along to view the submissions/posters throughout the day. The judging panel had a very difficult job but winners were decided upon and the Presentation ceremony was broadcast via Zoom

The overall winner received the **Sr. Laurentia Excellence Award**, which has been named in honour of MUH's former (and last) Matron Sr. Laurentia. This year it was awarded to the **Microbiology Department** for their submission – **Implementation of Molecular Testing for SARS-CoV-2(Covid-19)** (pictured above).



Prize Winners:



Improving Patient Experience through Person Centred Care

'Acute Stroke Unit Booklet – Bridging the information gap between patients, relatives and providers'

Acute Stroke Service



Improving Patient Outcomes through Effective Care

'Electronic referrals to Speech & Language Therapy – Design and Implementation of an Electronic Referral System in Mercy University Hospital'

Speech & Language Therapy Department



Providing Better Health & Wellbeing to Staff or Patients

'The Implementation of a Physiotherapy Led Prehabilitation Programme for Minimally Invasive Oesophagectomy Patients within a Teaching Hospital'

Physiotherapy Department



Improving the Use of Resources in Healthcare

'Exploring the impact of over requesting of laboratory tests in Biochemistry, MUH and devising a demand management strategy to reduce costs without compromising patient care and safety'

Biochemistry Laboratory



Providing Safer Care and Support

'Interdepartmental Quality Improvement Initiative to Respond to New Requirements of Resuscitation in the Emergency Department in the Covid-19 Era'

Emergency Department

Congratulations: Dr. Adrian Brady

Mercy University Hospital is delighted to acknowledge and congratulate Consultant Radiologist, Dr. Adrian Brady on his election as Vice President of the European Society of Radiology.

Mercy Times took the opportunity to learn about the important work of the European Society of Radiology and Dr. Brady's appointment.

History

The European Society of Radiology was founded in 2005, by merging the European Congress of Radiology (ECR) and the European Association of Radiology (EAR). The Society has 121,608 members across the globe and has 48 National Member Societies within Europe, 49 Associate Institutional Member Societies outside Europe (on all continents except Antarctica). Together with the headquarters in Vienna, there are also offices in Brussels, Bratislava, Berlin, Bogota with approximately 100 back-office staff supporting the work of the Society.

The European Congress of Radiology (ECR) is held every March in Vienna. This is one of the largest medical conferences in Europe and the second-largest Radiology meeting in the world with over 30,000 participants each year.



Activities

The activities of the Society are many and varied including:

Educational

- European School of Radiology (ESOR)
 - Large number of courses, fellowships, visiting professorships, seminars, visiting scholarships etc. provided around the world annually
- European Diploma in Radiology
 - Exam taken by >800 candidates annually
 - Adopted as a standard end-of-training exam in a number of countries, most-prominently Poland
- European Training Curricula in radiology (all levels from undergraduate through subspecialisation)
- Electronic educational facilities, incl peer-reviewed training modules, teaching cases, webinars, live broadcasts
- Training programme & centre assessment

Journals

- European Radiology – 2018 Impact Factor 3.962
- Insights into Imaging
- European Radiology Experimental

Professional support

- Patient liaison

Clinical Decision support

- ESR iGuide

Legislative support

- International affairs
 - EU projects, lobbying, liaison etc.
 - Liaison & collaboration with many other radiology societies in rest of world

Research

- Society position papers
- Standards for practice etc.
- European Institute for Biomedical Imaging Research (EIBIR)
- European Imaging Biomarkers Alliance (EIBALL)

Appointment

Dr. Brady has been Chair of the ESR Quality, Safety & Standards Committee (QSSC) and a member of the Executive Council for the past 3 years. At the end of January 2020, Dr. Brady was elected as the incoming second Vice-President, to take office in March 2020 for 5 years.

This is a 5-year membership of the Board of Directors, progressing through the offices of 2nd. & 1st. Vice-President, President, Chairman of the Board and Past-President. From 2022 to 2023, Dr. Brady will be Society President, President of the Congress in March 2023 and Chairman of the Board from 2023 to 2024.

The appointment of Dr. Brady is of great significance as no Irish Radiologist has served at this level previously. Dr. Gerry Hurley served as EAR President before the merger of EAR and ECR.

#Wellbeing – The Mercy Way



MUH Employee Wellbeing Week (#Wellbeing, The Mercy Way) commenced on Monday 14th September with an array of fun and engaging events and lots of treats for staff on offer daily.

The following were some of the highlights for the week:

Music: To kick start our Employee Wellbeing Week we welcomed a Pianist from the Cork School of Music for a performance recital on Monday afternoon in the Glass Room. We ended the week on a “high note” with a session from our very own John Spillane, Singer/Songwriter.

Freddy’s Ice-cream Van: provided free 99’s, ice-cream tubs, gluten free options for staff across the entire campus and proved to be one of the highlights of the week!

Pedalcents – The ultimate pedal power challenge: VÉLOCITY is a very visual and exciting 4 bike power challenge. The bikes are colour coordinated with a matching LED light tower connected. Following a countdown, the four cyclists go head to head, pedaling as fast as they can to light up their light tower. The harder you pedal, additional rows on the light tower will illuminate until, after a set duration (usually 20 seconds) the challenge ends and the cyclist whose light tower is illuminated “taller” than the others is declared the winner. At the end of each challenge the cyclists will be able to see how much power they generated and can rate this against the power required to operate common household items.

Treats, Chair Massages and Foot Treatments were also available for staff to book daily and a special Comedy Film Reel ran during lunch time.



Happy Mercy Day 2020



L-R: CEO Sandra Daly, Bishop Fintan Gavin and Fr. Marius O'Reilly

September 24th is a very important date in the Mercy diary as it was on this date in 1827, the foundress of the Mercy Order, Catherine McAuley dedicated the first house of Mercy (on Baggot Street) thus bringing to life **The Mercy Way**. We, together with our wider Mercy family, dedicate this time to celebrating "being

Mercy" – honouring the past, present and future and affording us, as a healthcare provider, the opportunity to reflect on our Vision, Mission and Values.

This year the chosen theme was Connection and we gathered (albeit as a smaller group) to celebrate Mercy Day with

our Mass celebrated by **Bishop Fintan Gavin**.

CEO, Sandra Daly in her Mercy Day Speech acknowledged all staff:

"I am immensely proud of everyone who has worked tirelessly to ensure the health and wellbeing of our community during this time of enormous and ongoing strain. The energy, flexibility and commitment shown has been simply remarkable."

And encouraged mindfulness of each other at this time

"The Sisters taught us the importance of mutuality and the absolute interdependencies between us all, how friendships and relationships are important and to be mindful and gentle in our engagements which all have particular resonance in today's world."

Health & Safety - Meet Your Reps!

MUH Safety Representatives have established a Sub Working Group to the MUH Health and Safety Committee titled "SWG 1 SAFETY REPRESENTATIVES FORUM" in order to:

- Enable work representatives to meet regularly and work co-operatively to improve employee safety, reduce workplace risks and create better, safer working conditions in line with MUH core values (Respect, Justice, Compassion, Excellence and Team Spirit).
- Facilitate employee participation on the steps taken to safeguard their safety, health and welfare within the workplace.

Know your Health & Safety Rep

Pictured on the right are: Clodagh Harrington (ED Safety Rep), Megan O'Mahony (HR Safety Rep), Donnacha Jordan (Theatre Safety Rep), Craig Clinton (Catering Safety Rep), Cait White (HSCP Safety Rep), Gobnait Magner (NPDU Safety Rep).

Also in this picture are: Damian Harrington (Health and Safety Officer) & Margaruite O'Connor (CNS Infection Prevention Control)

Safety Rep's additional to the above are: James Deasy (HSCP Safety Rep), Sean O'Bulmain (HSCP Safety Rep).



Innovation: Combining Efforts to Achieve Success in the Mercy!



(photo taken pre-Covid19)

Interprofessional Education (IPE) occurs when two or more professions learn about, from and with each other to improve patient care. Facilitating interprofessional education sessions for students of all disciplines at undergraduate level is now viewed as a possible way to improve collaboration and patient care for future healthcare professionals.

Presently, UCC final year Medical and Pharmacy students already engage very successfully in interprofessional sessions in MUH. In order to further extend interprofessional education opportunities in the hospital an exciting initiative has been introduced between those responsible for the Physiotherapy, Nursing and Medical students on clinical placement.

Over the past 12 months, 93 students from three healthcare disciplines, Physiotherapy, Medicine and Nursing attended educational sessions facilitated by Jennifer Daly (Physiotherapy), Amy Slattery (Nursing), Nora McCarthy and Rosemary Keane (Medicine). The students worked together on relevant case studies and developed a plan of patient care. This not only gave them an opportunity to further improve

knowledge and skills in relation to patient care but also to understand the important role that each healthcare discipline plays in the holistic management of patients.

While currently in its infancy, the initiative, with the support of staff and senior management, has gained momentum. The success of this approach was recently acknowledged nationally at the Irish Network of Healthcare Educators 2020 Conference in Trinity College Dublin where our work was presented by Jennifer Daly, Physiotherapy Practice Tutor. Future plans will involve students meeting patients as part of the interprofessional sessions, with associated research being conducted on this. In this regard we hope to mirror the success of the existing UCC IPE occurring between medical and pharmacy students at the bedside.

Introducing: MUH Lead NCHDs

We are delighted to welcome **Dr. Laura Walsh** and **Dr. Siofra Bennett** to their new roles of Lead NCHD at Mercy University Hospital for 2020/2021.



The role of Lead NCHD is an initiative taken nationally to improve communication with hospital management and the NCHD group. It is envisaged that the Lead NCHDs will represent all NCHDs and support interaction with the hospital management structure. The improvements in a hospital from having the Lead NCHD role are viewed as vital in terms of recruitment and retention of doctors in the Irish public health system. NCHDs form an essential component of Mercy University Hospital and are very much valued. Mercy University Hospital in collaboration with the Lead NCHDs in recent years have progressed a number of very important projects.

Mercy Moments!

Teen Cancer Care

During the summer, staff on St Anne's (Paediatric) Ward participated in a poster project. The aim was to provide information for teenagers undergoing chemotherapy. The colourful and engaging posters are displayed in the Haematology/Oncology Unit and it is intended to use the poster content to develop and publish a Patient Information Leaflet for Teenagers going through cancer treatment. Thanks to The Mercy Foundation who sponsored the printing of the posters.



Palliative Care Week

Palliative Care Week took place at MUH from 13th-19th September. The hope for this week was to increase awareness of the scope of palliative care services and supports available to patients, families and professionals throughout Ireland. MUH facilitated a number of events to mark the week including

- An Information Stand with some information and booklets. The Palliative Care Clinical Nurse Specialist was also available to answer any questions.
- Syringe Driver Training was facilitated.
- Access to online information/education sessions was made available and a quiz rounded off the week.

Farewell to our NCHDs (2019/2020)

It was a farewell with a difference this year for our NCHDs. Traditionally, a celebration in the Drawing Room and a photo on the Mansion House Stairwell were the norm. However, in a year that isn't quite the norm, we said farewell with a special gift bag for each NCHD and an outdoor photo that even the rain couldn't dampen!



Grab & Go

Since September 7th the MUH "Small Canteen" are offering some delicious and delectable new grab and go options, such as locally made, sandwiches, wraps and salad bowls, there is also a variety of take-away meals in convenient microwavable containers, options to include, sweet chilli noodles, spaghetti bolognaise, Penang chicken curry and rice as well as a vegan soup selection. The Catering Team have also introduced a new artisan batch roasted coffee which will only be available in the small canteen.

The small canteen also announced its new opening hours from 9.15am to 8pm Monday to Friday.

Mercy Moments!

Decommissioning of Covid Tents

The temporary tents that were set up adjacent to the Hospital's ED and Main Reception attracted a lot of media attention as the hospital and the region galvanised their response to Covid-19 in early April. These Tents were removed in early August. Thank you to the Defence Forces for decommissioning the Tents and to An Garda Síochána who co-ordinated traffic diversions on the day of removal.



#Cork Says No to Human Trafficking

On July 30th, on World Day Against Trafficking in Persons, Mercy University Hospital, stood with civic and public partners across Cork in supporting the #CorkSaysNo campaign to raise greater awareness around the reality of human slavery in 2020. This is in keeping with the spirit of Mercy and will form the basis of a series of Values Based Lunch & Learns which will launch in 2021.

The Bike Doctor

During our initial response to Covid-19 earlier this year, many local community organizations/services came on board to help our staff in any way possible. One such service was Cork Community Bikes who paid us a visit for Bike Week to run a Bike Doctor Session for our staff.



#Cars4Kids

MUH was delighted to be one of the recipients of a mini electric BMW car compliments of Kearys Motor Group, which will help ease the hospital journey for our youngest patients. The project was started with a Tweet and a generous response from Kearys. There was great excitement in St. Anne's Ward with the new arrival!

The Language of Illness (Prof Fergus Shanahan)

Congratulations to Prof Shanahan* on the publication of his book "The Language of Illness" which is now available from all good bookstores or online at:

<http://www.libertiespress.com/shop/the-language-of-illness>

The initial reviews of the book, speak for themselves:

"A fascinating and sensitive exploration of the difference between the 'illness language' characteristic of a patient's subjective awareness of their illness, suffering and fear, and the medical practitioner's objective consideration of their disease". Patrick Masterson, Emeritus Professor, University College Dublin

"A scholarly yet accessible dissection of the toxic influence of language on medical care, this book should be mandatory reading for all healthcare professionals, and also for all patients and future patients." —Liam Farrell, medical journalist, former GP and author of Are You the F**king Doctor?

*Prof Shanahan is a former member of the MUH Board of Directors and a current Board member of Mercy Care South



Speech & Language Therapy Department

Who are we?

Speech and Language Therapy (SLT) is one of the Health and Social Care Professions (HSCP) in the hospital. The SLT department was founded in 2003 and has grown and developed since that time. The team currently comprises five SLTs. We work under the guidelines of the Irish Association of Speech & Language Therapists and the regulatory body, CORU. Our team ethos also reflects the Mercy Values of Compassion, Excellence, Justice, Respect and Team Spirit.



SLT Team L to R: Finola Ferris Senior SLT, Aisling Bonass SLT, Maureen McNamara Senior SLT, Tara Friel SLT Manager & Sheena Galvin Senior SLT

Communication is key!

As our title suggests a big part of our role in MUH is the assessment and treatment of patients with communication difficulties and speech/language disorders. Some of the patients who need this type of intervention are patients who have had a stroke, head injury or have other neurological conditions. We carry out detailed assessments to diagnose the precise type of communication difficulty the patient is experiencing and provide rehabilitation sessions to help patients reach their potential during the acute stage of recovery. In ICU, we work with patients who have tracheostomy tubes, by introducing equipment such as speaking valves, that allow patients to communicate with staff and loved ones.

pneumonia and longer hospital stays. The early identification of patients who may have swallowing difficulties is therefore an important aspect of our role.



Videofluoroscopy Clinic

Working together works

We work closely with many members of the multidisciplinary team (MDT) including doctors, nurses, other HSCPs, and catering staff, in order to provide patient care and also to drive service quality improvements. One example that reflects this ethos of collaboration is the Mercy Hospital Videofluoroscopy clinic. Videofluoroscopy is a specialised diagnostic procedure, in which swallowing is examined under x-ray by SLTs and Radiologists. Thanks to the time, commitment and expertise of our colleagues in the Radiology department, our patients have easy access to this useful diagnostic procedure. The SLT Department also takes an active role in a number of hospital groups and committees, with a view to improving the quality and safety of services across the hospital. Tara Friel, SLT Manager, is co-chair of the hospital's HSCP group and other team members sit on committees such as the Nutrition and Hydration Care Committee and Medical Records Committee.



MDT representatives of the E-referral project team

A referral online saves time

In 2019, the SLT Department moved away from paper-based referrals to an electronic referral system, available to all NCHDs and nurses throughout the hospital. This quality improvement project was carried out with the help and expertise of our ICT Colleagues and many other team members, including NCHDs, our nursing colleagues on the wards, patient flow, ward clerks and the medical records department. E-referrals have enabled our team to respond to referrals quickly and efficiently. In response to the COVID-19 pandemic, the E-referral system has been useful as a means of efficient communication between MDT members, while reducing unnecessary footfall across hospital wards. The initiative was recently recognised in the Clinical Audit & Quality Improvement Day, where it was awarded a prize for 'Improving patient outcomes through effective care'.

Where to find us?

Our main office is located on the public corridor, between the canteen and Polar Unit. You can find us on the wards or on extension 5643. We would love to hear from you with any queries or feedback about our service!



Bedside Clinical Assessment of swallowing

It went down the wrong way!

A large part of our role in the hospital involves the assessment of patients who have swallowing difficulties. There are many medical conditions that can cause swallowing difficulties, leaving some patients unable to eat and drink safely. Some of these conditions are Parkinson's disease, stroke and chronic obstructive pulmonary disease (COPD). Common complications of swallowing difficulties are

Lorraine Brown A Tribute

It was with great sadness on May 2nd last that staff of MUH learned that their dear colleague and friend Lorraine Brown had died, after a short illness.



Lorraine joined the Mercy Family initially on work experience and having enjoyed working here so much she took up a more permanent role six years ago. Throughout her time in Mercy Lorraine worked as a Clerical Officer in the Emergency Department, Ward Clerk on St. Catherine's Ward and finally as a Clerical Officer in Nursing Administration. As a result she became well known across the hospital to everyone and made a lasting impression wherever she went due to her warm smile and gentle demeanour, not to mention her signature hair bun.

On a personal level Lorraine's colleagues and friends recall her great love of shopping and an eye for style – clothes, shoes perfume – that was unsurpassed. She had a great sense of smell and could tell what perfume/ aftershave a person was wearing just in passing. Lorraine loved life and especially her trips to Benidorm – arriving with her shopping list at the Duty Free!

Lorraine's positivity was a source of inspiration to all who knew her. She never gave up hope and even in the throes of her illness she completed a night course in the College of Commerce.

The high esteem Lorraine was held in was evidenced by the gathering of her colleagues and friends in the Drawing Room on the day her death was announced and the many staff who wrote messages in her Remembrance Book. The reality of Covid-19 meant that we all could not join with Lorraine's beloved family in paying our respects at her funeral. Ongoing restrictions have meant the deferral of a Memorial Mass, however, at our Mercy Day Mass on September 24th, Bishop Gavin remembered Lorraine in prayer.

Grief comes from a place of love and so it can be expected to be felt as strong. Whilst we continue to grieve Lorraine her memory will be kept alive with love. May she Rest in Peace.

Thank You Tony

The Mercy Times Team wishes a fond farewell to our "man with the camera" - Tony O'Regan - as he not only retires from Mercy Times but also starts his retirement from his working life here at MUH.

Tony was much more than our "man with the camera". He was one of the founding members of Mercy Times and has remained a member of the Team and been part of a committed group of people who, have overseen Mercy Times grow from a one page newsletter to bumper 20 page editions.



In the Mercy storytelling tradition, Tony has recorded over the years so many key hospital events, personal moments, staff achievements, celebrations etc. I don't think there is anyone past or present in the hospital who has not met Tony at the other end of a camera lens. It is not an easy feat to manage and arrange everyone for a photo shoot, but Tony ensured the special occasion was never spoiled by an overzealous photographer – he put everyone at their ease very quickly and there was plenty of fun and laughter along the way.

Tony, may the best of happiness, honour and fortune keep with you as you are wished a very Happy Retirement from Mercy Times.

Family within a Family

With a heritage that spans 163 years, MUH has a strong identity within the community it serves. It is no surprise then that across 16 decades, generations of families have worked in Mercy often at the same time.

Mercy Times decided to honour this unique Mercy attribute by gathering family members who are not just our workforce but our Mercy Family.



Sisters: Angela Quinn (Catering), Yvonne Quinn (Procurement) and Mary Quinn (Household Services)



Sisters: Grainne O'Connor and Maeve O'Connor (Radiology)



Sisters: Edel Coakley (Healthcare Records Manager) and Nuala Coakley (Clerical)



Sisters and Cousin: Joanne Sheehan and Tracey O'Donnell (Patient Accounts) and Maria O'Keeffe (PA)



Sisters-in-law: Nisha Mathew and Athira Thankacan (Nursing)



Cousins: Louise Buckley (CNS) and Carmel Walsh (Bed Manager)



Brothers: Dave Kelly (Porter) and Paul Kelly (Stores)



Cousins: Megan O'Halloran (Clerical) and Geraldine O'Leary (Finance)

Nine Generations Later!

One of the more unique family connections we found when we began to explore this feature was the Father and Son combination of Hugo and Niall Drew who are both Carpenters in MUH. An even more interesting fact is that Niall is the ninth generation of Carpenter in the Drew Family.

Much of Hugo's craftsmanship is evident throughout the hospital. All of the items pictured on the right have been crafted from old hospital mahogany and teak stored in the maintenance workshop.

More recently Niall's skills were brought to bear in the Children's Leukaemia Unit, Dining Area.



Father and Son: Hugo and Niall Drew (Carpenters)

Together with their colleague Martin Columb, the Carpentry team at MUH provides a valuable service to the day to day running of the hospital. There is no such thing as an average day as part of the Carpentry team with requests ranging from securing a window to rescuing staff locked in a bathroom!

Welcome on Board



Mercy University Hospital is pleased to announce the appointment of a new member to its Board of Directors.

Professor Stephen Cusack

Prof Stephen Cusack graduated from University College Dublin, in 1982, was awarded FRCSI in 1987 and trained in Emergency Medicine in Scotland at Edinburgh and Glasgow Royal Infirmarys between 1987 and 1993. He is a founding Fellow of the RCEM (Royal College of Emergency Medicine).

He was appointed the first consultant in Emergency Medicine in Cork to Cork University, Mercy University and South Infirmary Victoria University Hospitals in 1993. He was the sole consultant for almost 7 years. Prof Cusack was appointed as Ireland's first (and to date only) academic Professor of Emergency Medicine in 2010 at University College Cork. He served as secretary of the IAEM (Irish Association for Emergency Medicine) for 5 years, on a European Commission DGV committee on Maritime Medical Care, as a consultant representative on the first Executive Board of CUH, and was recently Dean of UCC Medical School. He retired from the HSE and UCC in March 2019.

Foundation Features

The Cotter Family says 'Thank You' to the Mercy Hospital

Whether personally or through a loved one, most people have been affected by cancer at some point in their lives. Patrick Cotter's family lost their late father, Paddy Cotter, one of Cork's best known and much-loved comedians ("Josie Mac" in the "Swans") back in 1989 through cancer. The family recently experienced the difficult reality of receiving a cancer diagnosis again, when both Patrick's twin brother, Finbarr, and their sister, Mary, were diagnosed at the Mercy - within just weeks of one another.

Inspired by what they described as "outstanding, world-class care from staff at the Mercy University Hospital", the Cotter family decided to turn this difficult time into an opportunity to raise funds for the Mercy Cancer Appeal.

On behalf of the whole family, Patrick and Finbarr took on a head shave, hoping to raise €2,000. Two months and two haircuts later, they presented a cheque for an incredible €30,014 to the Mercy University Hospital Foundation. Since the official cheque presentation, they have continued to receive more donations and their total raised now stands at **€30,579**.



"We are delighted to express our appreciation to the Mercy Hospital in a tangible way", said Patrick. "As a family, we have a great deal to be thankful for. None of this would have been possible without the wonderful solidarity, goodwill and generosity of so many kind friends, neighbors, colleagues and wider family members. We are deeply indebted to them and to all the outstanding professionals and support staff at the Mercy who have looked after Fin and Mary like one of their own. As my Dad was fond of saying, when celebrating any achievement on the part of our family; 'Up our crowd!'"

Foundation Features

Thank you to Brookfield Renewables!

We would like to say a massive 'Thank You' to everyone in Brookfield Renewable Ireland for an amazing donation of **€20,000** towards our Covid-19 Appeal.

Mercy Hospital Foundation Board Member, Will Roche, was delighted to accept a cheque from Kieran White CEO and Declan McCarthy CFO of Brookfield Renewable Ireland.

We are so grateful to the many Cork businesses and companies who have supported our Covid-19 Appeal over the last few months.



Cork's Youngest Heroes Launch the 2020 'Mercy Heroes' Campaign!

Some of Cork's bravest heroes have come together to launch this year's 'Mercy Heroes' campaign. Barra, Kumi, Lizzie, Callum, Alex, Conor, Oisín and Olan are all patients at The Mercy University Hospital, and they have joined forces to ask for support.



In a recent video, made to help launch this year's campaign, these young patients thanked the staff at the Mercy Hospital who have helped care for each of them. They are now calling on the people of Cork to get involved in the 2020 'Mercy Heroes' campaign which is raising funds to support vital cancer services for children in Cork.

These children have already been through so much in their young lives and now, like all of us, are living through the Covid-19 pandemic. While we have all been impacted by Covid-19, they are particularly vulnerable. Now, more than ever, these patients and their families need support. Funds raised will especially support our unique POONS service.

POONS stands for Paediatric Oncology Outreach Nursing Service and allows children with cancer to receive treatment from the comfort of their own home. The only service of its kind in Ireland, it

has provided immeasurable support for Cork's youngest patients and their families over the last number of years. Covid-19 has now made this home-based service even more vital.

Due to the ongoing pandemic, this year's 'Mercy Heroes' campaign has gone virtual. We are encouraging people to make a difference by making a donation throughout the month of October online at www.mercyfundraising.ie or by creating their own fundraising page and asking friends and family to get involved. Schools around Cork are also being encouraged to join in the fun by holding a Dress Up/Dress Down Day to support these young heroes.

If you would like to get involved or know someone who would like to become a Mercy Hero, visit; www.mercyfundraising.ie. This year's 'Mercy Heroes' video can also be found on our website.

Recipe: Butternut Squash & Sage Risotto

**Allen Moore,
Catering Officer**



INGREDIENTS

- 1kg butternut squash, peeled and cut into bite-size chunks
- 3 tbsp olive oil
- bunch of sage, leaves picked, half roughly chopped, half left whole
- 1½l vegetable stock
- 50g butter
- 1 onion, finely chopped
- 300g risotto rice (we used arborio)
- 1 small glass white wine
- 50g parmesan or vegetarian alternative, finely grated

METHOD

STEP 1

Heat the oven to 220C/200C fan/gas 7. Toss the squash in 1 tbsp oil together with the chopped sage. Scatter into a shallow roasting tin and roast for 30 mins until brown and soft.

STEP 2

While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. In a separate pan, melt half the butter over a medium heat. Stir in the onions and cook gently for 8-10 mins until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice is shiny and the edges of the grain start to look transparent.

STEP 3

Pour in the wine and simmer until completely evaporated. Add the stock, a ladleful at a time, and stirring the rice over a low heat for 25-30 mins, until the rice is cooked al dente (with a slightly firm, starchy bite in the middle). The risotto should be creamy and slightly soupy.

STEP 4

At the same time, gently fry the whole sage leaves in a little olive oil until crisp, then set aside on kitchen paper. When the squash is cooked, mash half of it to a rough purée and leave half whole. When the risotto is just done, stir through the purée, then add the cheese and remaining butter and leave to rest for a few minutes. Serve the risotto scattered with the whole chunks of squash and the crisp sage leaves.

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



Edel Coakley:

Edel is the Healthcare Records Manager
– ext 5349



Cleo Davies:

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



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!

Emily Burns (MUH Foundation), Noreen Crowley, Jennifer Daly, Sheena Galvin, Lorraine Gamble, Sinead Goggin, Damian Harrington, HR Department, Allen Moore, Kieran O'Connor, Majella O'Connor and Cathal O'Regan.