



a message from our director of nursing

The current media focus on Health Service policy and management may cause us to lose sight of an essential and invaluable element of the modern Irish Health Service. This is the unstinting commitment of health care staff and support services to the consistent delivery of quality care, directly and indirectly to patients and their families.

The extent of this commitment was recently vividly demonstrated by the response of staff to the sad demise of a young patient who had been in long-term care in the Hospital. Their reaction highlighted the investment of self in the caring process and the subsequent sense of loss experienced by both clinical and non-clinical staff involved in care delivery to that person. This patient-centred approach of the multi-disciplinary team powerfully demonstrated and reinforced the concept of the essence of care and how Mercy University Hospital encourages and nurtures such an ethos.

If staff members are to consistently deliver this standard of quality care, individuals must be empowered to become proficient in integrating values, developing their problem-solving skills, generating new options and reframing problems. They must be encouraged to work collectively across disciplinary boundaries to identify and articulate their various professional perspectives. Such an approach allows the development of an integrated approach to care, drawing on all points of view while remaining practicable and open to new insights and clinical developments.

investing in our future

Minister Martin Announces Investment in Joint Development between Mercy University Hospital and University College Cork

Mercy University Hospital and University College Cork have announced the joint purchase of a 12.5 acre site at the North Mall, from Irish Distillers Ltd.

The purchase of this site marks a strategic move that will enable our Hospital to grow in a manner that will be complementary to other hospitals in the region. It will permit Mercy University Hospital to improve the overall delivery of service to the people of Cork by streamlining our facilities, thereby creating a user-friendly environment to cater for the ever increasing needs of the population we serve.

The Development Department is currently in discussions with University College Cork concerning the development of a Master Plan for the site. This Plan will then be rolled out on a phased basis. Obviously, there will be

tremendous benefits to our patients and staff. The Development Department is delighted to have played a prominent role in the procurement of this site, as it has been a strategic issue for the Hospital for some time.

This development is the culmination of several years' work, while at the same time it will advance the implementation of the recommendations of the Acute Hospitals' Planning Forum pertaining to this Hospital's strategic role. We look forward to the challenges that lie ahead.

David Walsh, *Director of Development*



(L-R) David Walsh - Director of Development, MUH; Professor Gerry Wrixon - President, UCC; Mary Kelleher - Finance Officer, UCC; Micheál Martin, T.D. - Minister for Health and Children; Des Murphy - Chairman, Board of Governors, MUH; John Murphy - Chief Executive Officer, MUH; Mark Poland - Director of Buildings and Estates, UCC.

As Director of Nursing and a member of the Executive Management Board, I support the development and implementation of policies that encourage consultation and discussion, resulting in the emergence of an approach to patient care based on collaborative decision-making.

Our patients have dignity and worth; and it is

our obligation to respond to them with respect. In doing so, we are also validating ourselves as caregivers. This circle of mutual respect becomes self-sustaining and self-fulfilling, contributing to the wellbeing of patient and staff alike.

Mary Dunion, *Director of Nursing*

welcome

Welcome to the fourth edition of the 'Mercy Times' - this newsletter is published on a quarterly basis.

We wish to express our thanks to everyone who submitted articles, information and / or photos for this edition. This newsletter is yours and it is important that we cover items of interest to you. We welcome your ideas and would be delighted to consider for publication any article, photograph or other item of interest that you may have. We encourage you to submit items to one of the Editorial Committee members or to the following address/e-mail:

Ms. Donna Peyton

c/o Sheares Street Office, Mercy University Hospital, Grenville Place, Cork.

Tel: (021) 4271971 Ext: 5009

Email: dpeyton@muh.ie

Please clearly label all submissions – "NEWSLETTER". The deadline for the next edition is 3rd December 2004. Unfortunately, we cannot guarantee to publish or to return submitted items, but will do our very best.

Thank you,

'Mercy Times' Editorial Committee

editorial committee

Therese Egan

Siobhán O'Mahony

Bernice Glavin

Tony O'Regan

Clare Horgan

Liz O'Sullivan

Seán O'Bulmáin

Donna Peyton (Editor)

Deirdre O'Connor

Mary Twohig

minister opens minimally invasive surgery unit

Minister for Health and Children, Micheál Martin, T.D., officially opened the state-of-the-art Minimally Invasive Surgery Unit at Mercy University Hospital. This Unit is the first of its type in Ireland and allows patients to undergo advanced laparoscopic and endovascular procedures, most of which are not available outside Dublin and many of which are not available elsewhere in Ireland.

In addition to the standard laparoscopic operations of cholecystectomy and appendicectomy, most gastrointestinal and hernia procedures, which are available by means of open surgery, are currently being performed at MUH. These include laparoscopic colonic, gastric and oesophageal resections, as well as laparoscopic inguinal and incisional hernia repair.

Endovascular stenting may avoid the need for major open surgery in selected patients with aortic aneurysms, while laparoscopic nephrectomy is expected to be available by early 2005. Thoracoscopic sympathectomy is available as

a very effective treatment of hyperhydrosis. Minimally invasive pain management, including radiofrequency sympathectomy, as well as radiofrequency nerve lesioning, allows excellent pain control whether pain is due to malignant or benign disease.

These minimally invasive procedures lead to reduced post-operative pain and complications, earlier discharge and a quicker return to normal activities.

Advanced Minimally Invasive Procedures at MUH

- Laparoscopic bowel, stomach and oesophageal resection
- Laparoscopic inguinal and incisional hernia repair
- Laparoscopic Nissen's fundoplication
- Laparoscopic splenectomy
- Endovascular surgery for abdominal aneurysms
- Thoracic sympathectomy for hyperhydrosis
- Minimally invasive pain management

Mr. Micheál O'Riordáin,

Consultant Gastrointestinal & General Surgeon

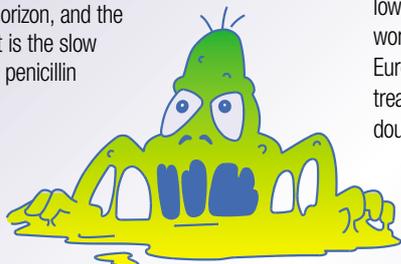


(L-R): Mary Dunnion, Cllr. Seán Martin - Lord Mayor of Cork, John Murphy, Minister Micheál Martin, T.D. and David Walsh.

bacteria & antibiotics – a complex relationship

Humans think about a lot of things, but bacteria only think about one thing – surviving. Bacteria are always one step (strep) ahead.*

You may not realise it, but the use of antibiotics in clinical medicine is only 60 years old. It is true to say that, at the moment, we never had it so good in Ireland with the array of antibiotics available to treat infectious diseases. However, there is an antithesis – there lurks a few dark clouds on the horizon, and the most significant is the slow development of penicillin resistance in streptococcal pneumonia.



This resistance gradually occurred worldwide over the past 30 years. Over the last 5 – 10 years, a significant penicillin resistance has also been detected in other streptococci – especially enterococci (the type found in the gut, and bile resistant). Looking to the future, both of these resistant problems are likely to cause significant morbidity and mortality.

At the moment in Ireland, 20% of pneumococci (the common cause of bacterial pneumonia) have low-level resistance to penicillin, while it is far worse in other parts of the world (i.e. Continental Europe). Nevertheless, it now means that proper treatment of pneumococcal pneumonia requires a double dosage of penicillin.

The penicillin resistance in enterococci is often high-level resistance. The problem is now being confounded by the fact that

these penicillin resistant strains are now becoming resistant to Vancomycin (Vancomycin Resistant Enterococci- VRE), which is one of the remaining antibiotics active against penicillin resistant enterococci.

In hospitals, like in other walks of life, one problem can lead to another. One of our big concerns at the moment in relation to the development of bacterial resistance, is that many pharmaceutical companies are merging. This action may result in a decrease in market competition and a loss in the incentive for development of new antibiotics.

Nellie Bambury and Christina O'Neill,

Infection Control Department

* excerpt from quotation by Prof. George French (renowned Microbiologist, St. Thomas Hospital, London)



Front (L-R): Michael Mulry, Vera Griffin, Ann-Marie O'Riordan, Antoinette Riordan, Mairead Keating, Joan Gannon. Back (L-R): Sandra Higgins, Sheila O'Callaghan, Catherine O'Driscoll, Sr. Laurentia Roche, Seán Mullins, Mary Harris, Mohammad Quettari.

quality hygiene mark

Mercy University Hospital's Catering Department was awarded the Hygiene Mark by EIQA (Excellence Ireland Quality Association) – an approved hygiene and food safety system and continuous improvement programme. The award was based on an audit of the Hospital's premises and food safety management system.

The Catering Department signed up to this voluntary-based National Hygiene programme two years ago; and in order to achieve this goal, all Catering staff members have engaged in a lot of hard work. Congratulations and thanks to all Catering Department staff.

Catering would like to take a moment to thank Hospital Management for their ongoing support and refurbishment of Catering areas throughout the Hospital.

Michael Mulry, Catering Manager

minor capital developments

During his recent visit to the Hospital, on July 23rd, Micheál Martin, T.D., Minister for Health and Children, also announced minor capital funding in the sum of €4.5m for Mercy University Hospital.

The construction of a new Emergency Department under the Lee View Block will proceed shortly, along with the provision of additional Theatre accommodation. A roof extension is to be provided over the existing Theatres and this will mark the first phase of the Theatre refurbishment. Planning permission for this extension is currently with the Cork City Council Planning Department.

David Walsh, Director of Development

centre of nurse education

The School of Nursing has experienced many transitions since its establishment in 1911 – and once again, it is entering a new era as a Centre of Nurse Education.

The School was sanctioned as a training school for nurses by the Senate of University College Dublin and Cork in July 1911, and received recognition from the General Nursing Council of Ireland in August 1923. Throughout the years, the Sisters of Mercy, as Tutors, have been instrumental in the advancement of nurse education and maintaining the ethos of Mercy University Hospital. Sr. M. Claver O'Neill was the first Tutor and was responsible for the School for a number of years. Other Tutors include Sr. M. Agatha, Sr. M. Ignatius, Sr. M. Kevin Ryan and Sr. Anthony Mary Kiely. Sr. M. Concepta Twomey is currently Principal Tutor.

The first nursing students (who were Mercy Sisters) commenced their training on the 23rd of January 1912. Sisters from many other Congregations have also received their nurse education in the School of Nursing, and the first lay students were accepted in 1955. Over the years, there have been many additions to the School. In 1987, when the North Charitable Infirmary Hospital closed, the remaining students in the School of Nursing together with their Principal Tutor, Mrs. Eileen O'Donnell, moved to the Mercy. In January 1989, the Schools of Nursing at the Mercy and South Infirmary-Victoria Hospital amalgamated to form the Cork Voluntary Hospitals School of Nursing. The Diploma / Registration programme commenced in 1996; and this programme of nurse education concluded when the Class of 2001 completed their education in September 2004. We wish all the graduates well in their future careers.

Student nurses will now complete a four-year Nursing Degree in University College Cork, however, clinical placements will continue at Mercy University Hospital.



Diploma / Registration Nursing Programme – Class of 2001-2004.

On 27th September 2004, the final day of the Diploma / Registration Programme, another new era began. The Centre of Nurse Education will have a role in the provision of in-service training to nurses, the professional development of nurses within the Health Service, and supporting and developing staff in clinical areas. The remit of the Centre of Nurse Education will include: Mercy University Hospital, South Infirmary-Victoria Hospital, COPE Foundation and Learning Disabilities, Community Hospitals, Welfare Homes, St. Patrick's Hospital / Marymount Hospice, Public Health Nurses and Practice Nurses. Many familiar faces will remain in the Centre of Nurse Education and we look forward to the challenges ahead.

Doreen Lynch - Director, Centre of Nurse Education

occupational therapy

Everyone knows that a hospital is a necessity, but one that most people hope never to need. Given that this is the case, most of us end up in one sooner or later. Coming into hospital takes you out of your usual environment - but after the investigations, operations, treatment and care are finished, it is time to go home. Sounds good, but the transition can pose many problems and be a source of tremendous anxiety.

As Occupational Therapists (OT's), we help with this transition. All of our input is geared towards the anticipation of practical difficulties encountered when managing normal activities. Some illnesses are well defined with straightforward treatment and recovery; however, more conditions come and do not go away - suddenly life seems much more difficult and horizons narrow.

Our training includes the study of psychology / psychiatry in equal measure to physical medicine. This training facilitates our awareness

of the connection between mind and body. In order to help patients regain skills or learn alternative coping strategies, understanding and motivation are key. We understand that we are not just carrying out a procedure on a body - we are working with an individual (who could be you or me tomorrow) to determine the best way of managing normal activities for that particular person.

By using assessment methods, we get a clearer picture of how this person is currently doing things. Even basic activities such as dressing,

human resources department news

welcome new appointments

We wish to welcome the following staff, who recently joined Mercy University Hospital.

May / June	
Shona Byrne	Staff Nurse
Siobhan Crowley	Occupational Health Assistant
Aisling Donnelly	Pulmonary Technician
Linda Horgan	Ward Attendant
Siobhan O'Brien	Staff Nurse
Elaina O'Regan	Catering Assistant

July / August	
Shirley Aherne	Ward Attendant
Aine Buckley	Ward Attendant
Marie Buckley	Social Worker
Rachel Cahill	Ward Attendant
Linda Carmody	Ward Attendant
Jane Casserley	Staff Nurse
Janette Christie	Staff Nurse
Deidre Fitzgerald	Staff Nurse
Marion Hayes	Ward Attendant
David Hegarty	Medical Laboratory Assistant
Alan Hunter	Ward Attendant
Jennifer Lynch	Pharmaceutical Technician
Jennifer Matthews Lynch	Clerical Officer
Marie Meade	Clerical Officer
David Moloney	Porter
Edmund Nolan	Staff Nurse
Colette Nyhan	Staff Nurse
Helana O'Brien	Ward Attendant
Imelda Philpott	Ward Attendant
Amie Price	Ward Attendant
Pamela Walsh	Clerical Officer
Emma Wynne	Medical Scientist

September	
Norma Casey	Ward Attendant
Mary Cox	Clerical Officer
Valerie Cronin	Radiographer
Adefolake Dairo-Singerr	Clerical Officer
Carol Daly	Clerical Officer
Colette Finnegan	Pharmacist

September - continued	
Sarah Guthrie	Clerical Officer
Jennifer Haugh	Pharmacist
Anne Marie Higgins	Physiotherapist
Peter Jordan	Engineering Officer
Sr. Miriam Kerrisk	Chaplain
Denis Magee	Clerical Officer
Catherine McNamara	Clerical Officer
Audrey Motherway	Medical Scientist
Jenny Murphy	Clerical Officer
Shivanie Naidoo	Radiographer
Ann Marie Nevin	Clerical Officer
Seamus Sheehan	Systems Administrator
Samantha Stanton	Clerical Officer

consultant appointment

Welcome to Dr. Carl Vaughan, Consultant Cardiologist, who recently joined Mercy University Hospital.

retirements

Mercy University Hospital would like to thank the following employees for their service over the years and wish them a long and happy retirement.

Sr. Maura Nagle	Chaplain
Eileen O'Donnell	Nurse Tutor
Anne O'Reilly	Staff Nurse

service recognition

Mercy University Hospital would like to take this opportunity to pay tribute to the following individuals who have moved on from the Mercy, having given more than 10 years of service. We thank them for their dedication and wish them all the best in the future.

Marie Dilworth	Clerical Officer
Fr. John McCarthy	Chaplain

washing and feeding provide a base line. Mobility is an integral part of activity, so if someone has great difficulty with functional mobility, we may assess them for a suitable wheelchair in order to facilitate and promote independence. The layout of the person's house and furnishings will either make activity easier or more awkward. Therefore, we carry out a home assessment and refer on to Community OT's, if necessary.



Likewise, the people at home have an impact; and educating family members is very important. Perceptual and communication problems are often misunderstood and their impact on performance is great. Someone whose comprehension is intact but who is unable to speak, is at risk of failing to reach his/her full potential if family members do not understand this. It is essential for the family to allow the person to do things in their own way and at their own speed. Although this is often hard for both parties, it will encourage independence and make an enormous difference to that elusive butterfly we all look for called 'quality of life.'

This is just a taste of what we see as our role at Mercy University Hospital - one piece of the bigger picture, but one that we believe is vital.

Anne Quirke,
Occupational Therapy Department Manager



(L-R): John Murphy , Sr. Maura Nagle, Mary Dunnington.

retirement celebrations

Congratulations to Sr. Maura Nagle who celebrated her retirement on 6th August 2004.

Sr. Maura worked in the Mercy for many years and also spent a number of years working closely with the Missions in places such as Peru. Many staff members joined her at the celebration where a presentation was made on behalf of Mercy University Hospital.

We would also like to extend our best wishes to Fr. John Mc Carthy, who has taken up residence in a new ministry in Ballyphehane.



Best Wishes to Eileen O'Donnell, Nurse Tutor, on her Retirement – Eileen worked for the North Charitable Infirmary up until the time it was closed, when she transferred to the Mercy in 1987. She worked with the School of Nursing since that time. We wish her every happiness in the years to come.

healthy eating month

Recently, the Department of Health and Children's Health Promotion Unit launched a public awareness campaign entitled "Every Step Counts... Small Changes Make the Difference." The Healthy Eating Committee at Mercy University Hospital fully endorses this initiative and September was organised as Healthy Eating Month.

Marie Kelleher, Occupational Health Department
Susan Kelly, Dietetics Department

appropriate computer use

One look at the heading and you might be tempted to switch off – thinking, oh no! another lecture. Well it is and it isn't.

Most likely by now, we have all heard about incidents of computer fraud, piracy, corruption, malicious damage, viruses, pornography, etc. We might be enticed into listening to our internal mechanism of denial, to a voice that says: "it will never happen to me." But I am afraid that some of the people who have been accused and later convicted of such crimes listened to this voice.

The risks are greater than ever before, with increased access to external network services (for example, browsing/news groups/user groups/ e-mail) and information in a variety of formats (text/pictures/audio/video). Thus, the volume and diversity of people using and contributing has increased exponentially. In fact, you can gain access to anything you want if you look hard enough and in certain cases if you are prepared to pay (mind you the price you pay might not be realised until you have somebody knocking on your door). In the same way, you may be sent 'stuff' via e-mail or through your Internet link – 'stuff' that is not what you expected.

At home, you should ensure that you have anti-virus software installed on your computer and more importantly – that it is up-to-date. Firewall software and SPAM blocking software is recommended, but it may be a bit tricky setting it up. More importantly, you need to be careful when giving out your personal details, especially when you are subscribing to commercial websites. Once they have your name, your details can be forwarded to others and you could start getting inundated with e-mails you know nothing about. As a result, your e-mail account gets clogged up and your Internet access gradually becomes

slower as it is trying to deal with e-mail overload.

At work, you need to apply caution and common sense in the same manner. Remember, there are policies in place that have set the boundaries of use on your work computer. Misuse is defined as "the unauthorised use of, or access to, a computer for the purposes contrary to the wishes of the owner of the computer or the data held thereon." Sometimes the question of what is appropriate and inappropriate is raised. The advice is simple – "if perhaps the act, the image or the message upsets just one individual, it may be deemed inappropriate."

So, to avoid any risks associated with misuse, keep your computer usage at work – for work. Remind friends of this when they wish to send pictures, jokes or content that is not work related. If and when you do receive "stuff" – it is important to deal with it properly. To begin with, do not copy or send to anyone, as it is deemed reproduction if you do. Keep a record that you received the "stuff" and notify your ICT Department. If you know the sender, tell them not to send you any more non-work related material. They might be your friend now, but are you willing to sacrifice your career because of something they did? You only need to listen to the media to see that tolerance for inappropriate computer use is diminishing.

Employers are not accepting vicarious liability for the actions of an employee and it is the employee that will be liable.

Peter O'Callaghan, ICT Manager

safety matters

The new Safety, Health and Welfare at Work Bill 2004 has headline grabbing provisions like drug testing, a maximum €3 million fine for serious offences, possible jail terms and on-the-spot fines. Of even greater significance are the new duties on employees and employers, and the definitions of terms such as competent, reasonably practicable and employer.

This Bill will repeal the Safety, Health and Welfare at Work Act 1989. It re-enacts the provisions of the 1989 Act while incorporating many subtle changes and deals with safety in the context of the 21st Century Irish workplace.

The Bill includes general duties of employers, employees and others, such as designers. Employers continue to be under a duty to ensure, in so far as is reasonably practicable, the safety, health and welfare at work of their employees. This requirement extends to cover premises, equipment, systems of work, the design, provision and maintenance of machinery and equipment, and

means of access and egress. It extends to the provision of training and information, and plans for emergencies. Should you wish to obtain a copy of the complete Bill, you may access it at www.entemp.ie/employment/osh/.

The Bill is seen by the Department of Enterprise, Trade and Employment as providing a modern legal framework to guarantee best international practice in regard to workplace health and safety, and is expected to become law by Christmas 2004 (subject to the unpredictable changes in the parliamentary timetable).

Trudy Gaffrey, Health and Safety Officer



Congratulations and very best wishes to the following staff members:

engagements

Bridget Burke – Pharmacy

Jodie Coles – Catering

Carol Daly – Labs

Lorraine Hurley – St. Anthony's Ward

Colette Walsh – ICU

weddings

Geraldine Barry – Finance

Richard Browne – Catering

Lorraine Corcoran – Admissions

Ann Doocey – Occupational Health

Mary Healy – St. Catherine's Ward

Ann-Marie Henry – Children's Leukaemia Assoc.

Olwen McCully – St. Catherine's Ward

Colin McKeon – ICT

Mary O'Brien – St. Catherine's Ward

Dominica Owens – St. Therese's Ward

Denise Russell – X-Ray

Linda Tobin – ICU

Anne White – St. Oliver's Ward

it's a girl

Dr. Martin Buckley - Consultant Physician/
Gastroenterologist

Trish Kirrane – St. Anthony's Ward

it's a boy

Fiona Mischke – St. Anthony's Ward

In each issue of the Mercy Times, we would like to include the names of staff members who recently: became engaged, got married, or welcomed a new addition to their family. If you or one of your colleagues has staff news to share, would you please contact the Editor or any Editorial Committee member.

Despite our best efforts, there may be some omissions due to our inability to obtain timely approval.

nurse research appreciation group



Pictured: participants in the Research Awareness Course at Mercy University Hospital on 10th, 17th & 24th August. The course focused on developing abilities in research appraisal. This is in line with MUH's commitment to Evidence Based practice, in terms of both delivery of nursing care and staff development. Back Row L-R: Doreen Lynch, Carmel Walsh, Karen Fitzgerald, Carol Hunter, Caroline Daly, Mary Dunnion. Front Row L-R: Martina Hughes, Catherine O' Sullivan, Olwen Mc Cully, Carmel Cashman, Mary Hayes.



Winning team members: (L-R) Brian O'Riordan, Stobhán O'Brien and Michael Collins.

golf news

Summer Golf Outing 2004

Once again, a very successful Golf Outing was held in Harbour Point Golf Course on Saturday 21st August. A total of 10 teams took part (31 players in all).

We would like to congratulate the winning team and all of the other players for their contribution to what was a very enjoyable day out. We also extend a big thank you to all our kind sponsors.

The Golf Outings are a great opportunity for staff to get to know each other. So, if you would like to participate in the next one, please contact one of the organisers (J. J. Cronin or Dave Walsh), as preparations are already underway for the next outing.

Inter-Department of Health, International Golf Tournament

The 2004 Five Nations Championship was held in the Vale of Glamorgan, Wales on the 5th & 6th of August.

Ireland, England, Wales, Scotland & Northern Ireland were represented by a team consisting of 12 players, each selected by their respective captains following National trials.

The Irish team won the competition for the first time and were presented with a Gold Medal. Mercy University Hospital was represented on the Irish team by Dave Walsh, Director of Development.

noddy hour

There will be a noddy hour (*rest period for one hour*) – on St. Anne's Ward, between 1-2 pm. We would appreciate the support of everyone. Thank you.

The Staff of St. Anne's Ward

china challenge

Liz Barron (Pharmacy) and Mary Hanafin (ICU) will be undertaking a walk in October on the Great Wall of China in aid of Concern. Concern was founded in 1968 and works in 27 countries worldwide. It is a non-denominational organisation working for a world where nobody lives in poverty, fear or oppression.

The expedition will consist of groups of 15-25 people with each group being allocated a local guide and another person who will be responsible for first aid kits and safety equipment. The walk will involve six days trekking on the foothills surrounding the Great Wall of China.



Liz and Mary would welcome any sponsorship to benefit Concern, so please do not hesitate to contact either of them (Liz at ext. 5632 and Mary at ext. 5262).

We wish them both the best of luck and a safe and successful journey.

atlantic challenge

Marion O'Mahoney, St. Patrick's Ward, was part of the Irish crew that won the overall competition this year in Maine, USA and personally finished in a 3rd overall position.

The Atlantic Challenge is an international seafaring competition held in a different location every two years. Crews compete from many corners of the globe – Belgium, Canada, Indonesia, Ireland, France, Russia, UK and USA, to name a few.

The intensive competition takes place over six days and the country with the highest number of points wins. This competition involves ten different categories, which must be completed with excision and expertise. Some of the individual competitions include: rowing a 7 nautical mile race, navigation, sailing race, man overboard, knots and splices, and a combined rowing and sailing race. Our congratulations go out to the entire Irish crew.

Bernice Glavin - CNM1, ICU

theatre nurse on the run

Karen Nitzsche, a Staff Nurse who has been working in Theatre for the last three years, will be running in the Toronto Marathon on 17th October 2004.

Karen will fund her own travel expenses to Canada and is collecting sponsorships in order to make a donation to the Cork Cancer Research Centre, which is based at Mercy University Hospital and University College Cork.

If you would like to donate to this cause, Karen would be delighted to accept any sponsorship or donations – no matter how big or small. You may contact her in Theatre.

We wish Karen every success and hope that she achieves her goal of a Marathon time of 3 hours and 45 minutes. She certainly deserves to do so, as her recent social life has consisted of admiring the Irish countryside while running along dodging the 'occasional' Irish showers.

trivia quiz

Correctly answer these ten Hospital-related questions by submitting your numbered answers on a separate sheet of paper together with your name, department and extension or contact number and you could be the lucky winner of a 'Lunch for 2' (kindly donated by Jacobs on the Mall, Cork) and a €50 shopping voucher. Please place entries in the labelled box on the wall in the Post Room by 5 p.m. on Friday, 17th December 2004.

1. In what year was the Mercy Hospital officially opened?
2. Name 2 Manchester United players who visited the Hospital in 2003/4.
3. What was the original function of the Hospital building?
4. How many graduated from the School of Nursing in 2004?
5. How many steps are on the grand staircase at the Main Hall?
6. What is the Dyer's House now known as?
7. What religious establishment was located in a building where our Emergency Department now stands?
8. How many Hospital Blocks are there?
9. What are Upright Astragal Glazed Ovals?
10. What lies under the carpet at Reception? (no peeking!)

On Monday, 20th December 2004, one winner will be drawn from all correct entries and answers will be posted in the Post Room. Judge's decision is final.

Best of luck and have some fun with it!!

Mercy Times Editorial Committee