

## Dear Colleague's



I hope you are all enjoying the summer. This summer is certainly a busy one for the Hospital.

The Hospital recently published its annual report. The Hospital had an increase in emergency activity last year with attendance to the adult ED exceeding 50,000 patients for the first time since the Hospital opened. The report also shows a big increase in the number of adult inpatient emergency admissions from 15,788 in 2016 to 16,349 in 2017.

Overall, the Hospital continues to see in excess of 424,000 patients per annum, representing a combination of 271,052 outpatients, 25,281 inpatients and 45,186 day case admissions.

The Hospital also recently celebrated its 20th anniversary with the first annual Hero Awards. The employee recognition scheme was announced earlier this year to celebrate the individuals and teams who go

the extra mile and make a real difference to patients and families.

Nine awards were handed out to individuals and teams under a number of categories including Unsung Hero, Service Excellence and Teamwork Award. Individuals and teams recognised at the inaugural Tallaght University Hospital Hero Awards represented the wide variety of roles involved in the care of the patient. This included a Haematology Nurse, Porter, Consultant Surgeon, Catering Assistant and the Dialysis Team.

In the last 20 years, our staff numbers have grown from 2,000, when we first opened to 3,119 staff from 41 different countries around the world. The growth and diversity of our workforce is reflected in the community we care for and the growing number of services we provide. As the management team looks towards the next 20 years there are some exciting opportunities for the Hospital to continue to grow and integrate further into the community.

As we mark the 20th year of caring for those in our community, on behalf of the Hospital management I would like to acknowledge the incredible support we receive from the local community and the GP community, it is greatly appreciated. I hope as we move ahead with developing and improving patient care we can continue to work in partnership with you. I think it is also important on this occasion to acknowledge the incredible work of our staff, the compassion and commitment they show to patients, their families and one another. It all goes hand in hand to deliver on a day to day basis our ethos of people caring for people."

Regards

**Lucy Nugent**  
Deputy CEO  
Tallaght University Hospital

## End PJ Paralysis

**We are all aware of the increasing age demographic of the community we serve in Tallaght. Whilst local infrastructural changes will take time to progress there are changes and initiatives we can make at ward level.**

One of these initiatives is 'End PJ Paralysis', this is a movement that started in the NHS and is making its way into Irish Hospitals. Staff on our wards are encouraging patients to get up, get dressed and get moving. Moving away from the mind-set of Pyjamas or hospital gowns being the normal inpatient hospital attire. We are informing our elective patients of this initiative and would appreciate your support in emphasising the importance of maintaining activity. Bed rest as a result of an accident, illness or treatment can have an effect on the whole body. For example people over 80 years of age can have significant muscle loss after one week in bed.



*Pictured from left to right Nicola Cogan, Stroke CNS; Suzanne Greene, Stroke CNS; Audrey Cronin CNM2 Age Related Health Care; Jane Hally CNM3 Gerontology; Claire Noonan cANP Gerontology; Professor Des O'Neill Consultant Geriatrician; Christina Lydon, Nurse Practice Development Advisor*

### Tallaght University Hospital 2017 at a Glance



Tallaght  
University  
Hospital  
An Academic Partner of Trinity College Dublin

Ospidéal  
Ollscoile  
Thamhlachta

**424,691**  
Patient episodes of care

**Patient Activity**  
(Adults & Children)

**83,172**  
ED Attendances

**25,281**  
Inpatient Admissions

**271,052**  
Outpatient Attendances

**45,186**  
Day Case Admissions

**295,000**  
Medicines dispensed

**165,869**  
Diagnostic images taken

**500,000**  
Meals served in 2017

An Academic  
Teaching Partner of  
Trinity College Dublin



Number of staff  
**3,119**

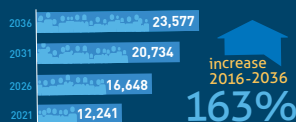
**€230m**  
Hospital Financial Outturn

Catchment population  
of approximately

**650,000**

80% of which are located  
in South Dublin and parts of  
Kildare

Population in South Dublin  
- future projection



# New Appointment and New Study

Prof Des O'Neill has been honoured by Maynooth University with an appointment as an Adjunct Professor to the Department of Psychology. The project and linkage are a manifestation of the growing body of research within Age Related Health Care in the Hospital into memory and ageing, and the development of services such as the Memory Clinic.



Prof Des O'Neill is also member of a team led by Maynooth University which has received a grant of €216,000 from the Irish Research Council for a two year research project on memory and older people. "SEAN-Key: Supported Episodic Autobiographical Noesis for healthy older and memory impaired adults". This project will look at how reminiscence techniques can reinforce and support memory in older people, including those with memory problems (abstract below).

Reminiscence therapy (RT) for older adults has been shown to provide significant psychological and cognitive benefits for those who participate, but typically the content of these reminiscences is not recorded and therefore lost. For this project, semi-structured reminiscence interviews will directly probe memories from early life, childhood and adolescence

in a group already engaged in RT, with these interviews recorded, archived and made publicly available. Key objects, tools, photographs, food and music from the era will be used as memory aids, and participants will be encouraged, via access to the archive, to listen back to their own and related recordings in the period between reminiscence sessions to promote plasticity in the neural underpinnings of autobiographical memory.

A battery of cognitive (memory, attention, executive function), psychological (mood, quality of life, social engagement) will be administered before and after the six-week intervention period. Pre- and post-intervention functional and structural brain imaging will reveal neural structures engaged and modified during memory as a result of plastic changes associated with the reminiscence programme. The

content of archived reminiscences will be analysed by our interdisciplinary team of neuroscientists, historians, geographers, ethnographers and memory studies experts in order to explore the nature and construction of "cultural memory", and to trace the transition from autobiographical to semantic memory. Following an initial experiment with a sample of healthy older community dwelling participants, a modified version of the programme will be piloted with a group of people with dementia/Mild Cognitive Impairment, again tracking the cognitive, psychological and neuroanatomical changes associated with this programme of structured, supported reminiscence therapy. In parallel with this, we will explore the development of a mobile application to allow for more widespread recording of reminiscences from home, carried out by older participants personally or by relatives, again feeding into a digital archive.

## New Equipment for Oncology Day Unit

**Hair loss during cancer treatment can be traumatic for patients as it is such a visible sign of the illness they are dealing with. Thanks to the generosity of the Adelaide Health Foundation the unit have been able to purchase a new machine which arrived late last year and is giving some control back to cancer patients. Maintaining their privacy and encouraging a positive attitude towards their treatment.**

The Oncology Day Unit have been in the fortunate position to offer patients this service since 2008 but with increasing demand there was a challenge in providing the service. The Paxman scalp cooler is a refrigeration system used to prevent hair loss caused by certain chemotherapy drugs. They system works by reducing the amount



Staff Nurse Ruth Dennison with a patient undergoing treatment wearing the new cold cap

of chemotherapy drugs reaching hair follicles. The patient wears a soft silicone cap before, during and after chemotherapy on our day unit. It is a proven and effective way of combatting chemotherapy-induced hair loss. For many of our patients this means they can keep most or all of their hair during treatment.

## Microbiology Laboratory Wins two National Awards



Members of the Microbiology Laboratory Team with the Awards recently collected at the Irish Laboratory Awards

**The Microbiology Laboratory recently won two awards at the Irish Laboratory Awards held in Dublin recently. The Microbiology team led by Chief Medical Scientist Donal Smith were shortlisted in four categories, winning two awards. The awards, Medical Laboratory of the Year and Laboratory Team of the year.**

The Microbiology Laboratory placed a key role in the management of the outbreak of CPE delivering large scale same day results. High throughput rapid turnaround CPE screening was essential to controlling the outbreak. It has placed the Laboratory at the forefront of CPE screening in Ireland and as a model for other laboratories to follow.

# Update on Back Pain Clinic Tallaght University Hospital

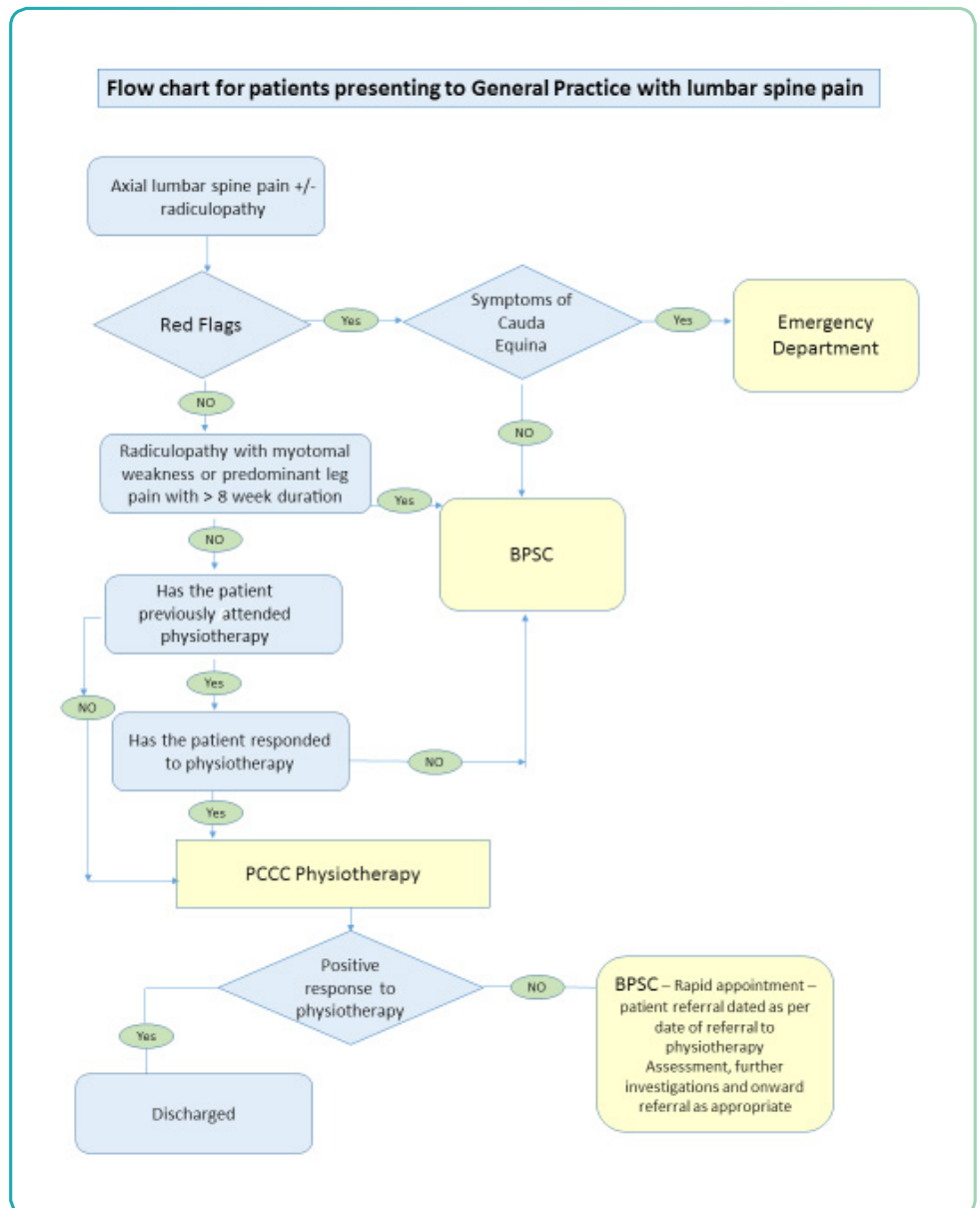
The Back Pain Screening Clinic (BPSC) is a spinal clinic using physiotherapists to triage referrals to the spinal Orthopaedic surgeons. An improved, streamlined care pathway for patients presenting to primary care (PCCC) with lumbar spine pain has been running successfully within the Department of Orthopaedics and PCCC Physiotherapy Dublin South West since 2016.

We are working with other PCCC Physiotherapy Services within CH07 to expand this. This pathway was set up by the BPSC with the following aims:

- ▶ To streamline the care pathway for the patient between primary care and the acute services.
- ▶ To improve access for patients who require further investigations or a specialist opinion.
- ▶ To provide timely access to physiotherapy intervention for patients as appropriate

The Back Pain Screening Clinic (BPSC) clinic is now under the governance of Mr. Joe Butler, Spinal Orthopaedic Consultant and Mr. Martin Murphy, Consultant Spinal Neurosurgeon. The Spinal Registrar working in the BPSC currently is Dr. Prasanna Venkatesh. The Clinical Specialist Physiotherapists are Antoinette Curley, June Lanigan and Clíodhna Kelleher.

Patients presenting to their General Practitioner with mechanical back pain or radiculopathy should be referred to physiotherapy in Primary Care prior to referral to BPSC. Patients who respond to physiotherapy are discharged to their respective GP. Following Primary Care physiotherapy, patients who have not responded to rehabilitation are then referred to BPSC and will be placed on the waiting list as per their original date of referral to physiotherapy.



Any patients presenting to general practice with lower limb neurological impairment or predominant leg pain of greater than eight weeks duration should be referred directly to BPSC.

The pathway has been trialled within Primary Care Dublin South West. This pathway is working well and we will continue to collaborate with our Primary Care Physiotherapy colleagues. The High Risk Back Exercise Class, a class based on the Keele STart Back research, is now an additional service that we offer in Tallaght University Hospital.

#### Current BPSC Waiting Times June 2018:

Acute referrals: Three months  
Routine referrals: Five months

#### Referral to the BPSC:

Referral to the BPSC can be via e-referral or postal letter/ referral form. It is essential that the following detail is included as it will affect how the patient is triaged and their placing on the BPSC waiting list. Please include:

- ▶ Patient symptoms/ duration of symptoms e.g. leg pain >8 weeks
- ▶ Previous conservative and surgical treatment
- ▶ Past Medical History
- ▶ Investigation details and copies of investigations to date

We would greatly appreciate your collaboration with this pathway to help us ensure we can deliver the most appropriate care to your patient in a timely manner and in the appropriate location.

Contact telephone for questions/feedback: 01 414 5958



## MedEx Update

Since its launch on May 1st, MedEx Tallaght are delighted to have experienced great success. In just two months over 180 referrals have been received from various clinics within the Hospital and the local GP community. The number of participants attending and adhering are continuing to grow each week and thus we are hoping to expand from two to four classes per week before September.

Inductions for new participants occur biweekly in order to baseline assess each participant's fitness, quality of life as well as give them a comprehensive introduction to the programme.

We hope to continue to expand our ability to transform the lives of people with chronic illness through physical activity based rehabilitation by maintaining a strong relationship with each referring clinician as well as all of the MedEx participants. You can refer to [Issue #10](#) of Connect for full details on how to refer patients to the medically supervised exercise classes and educational workshops.



## Diary Date

Saturday, October 20th is the date set for the next **Tallaght University Hospital GP Study Day** starting at 7:30am and finishing at 2:30pm. Further details to follow.

## Little Things Can Go a Long Way

Management of diet and adherence to medications are two of the biggest challenges our renal team face in treating renal patients. Many patients have a heavy pill burden having to take a large number of tablets regularly over the day. One of the challenges they face is remembering to bring their medication as they are out and about trying to live a normal life despite the burden of chronic kidney disease.

There is one medication in particular called a 'phosphate binder' which plays an essential role in the management of a person's chronic kidney disease, to maximise the effectiveness of this medication it is essential the tablets be taken with each meal.

In an effort to make it easier for patients to adhere to their medication regime the renal team have a practical aid – it comes in the form of a keyring pill box. This would ensure that patients always have their binders with them – after all who leaves the house without their keys to get back in?

Through the support of the Adelaide Health Foundation the team are now able to provide their patients with a keyring pill box. This means they can ensure they have the necessary medications with them when they are out and about or on dialysis. In addition to the roll out of the pill box to renal patients the Renal Dietitian's in the Dept of Nutrition & Dietetics have revamped the menu in the renal unit and offer more suitable sandwiches during dialysis treatment. This is a direct result of research saying that eating a protein rich meal during the dialysis treatment can be beneficial in keeping the body strong.



*Pictured with the new key ring pill boxes are from left to right Oonagh Smith, Renal Dietitian; Dr. Catherine Wall, Clinical Director & Consultant Nephrologist; Niamh Gavin, Foundation Manager, Adelaide Health Foundation and Jen Young, CNMII on the Renal team*

## REMINDER RE USE OF FAX MACHINES



The Out Patients Department would like to remind all GPs that it is no longer accepting faxes into the Central Referrals Office. The Fax number is no longer in use, this decision was made following consultation with the GP Liaison Committee and is in keeping with ensuring the system is streamlined and no referrals are missed.

The options for sending in referrals to the Hospital for public consultant appointments are by post, by hand and most preferably by Healthlink the electronic eReferral system. This change applied to both Adult and Children's public appointments.

## UPCOMING EVENTS

Date	Detail	Booking Contact
26.09.2018	<b>Dementia Care in Primary Care</b> Target Audience: All healthcare professionals working in primary care. Time: 8.30am – 12.30pm Venue: The Centre for Learning & Development, Tallaght Hospital Cost: N/A	Maria Carr Tel: 01 414 2852 <a href="mailto:Maria.Carr@amnch.ie">Maria.Carr@amnch.ie</a>
17.07.2018 11.09.2018 15.10.2018 06.11.2018 04.12.2018	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> - €50 fee. Note (HSE LanD eLearning programme to be completed prior to attending) 10.30am – 12.30pm Two Rock Clinical Skills Lab – CLD	Clodagh McLoughlin Tel: 01 414 2851 <a href="mailto:Clodagh.McLoughlin@amnch.ie">Clodagh.McLoughlin@amnch.ie</a>
Every Friday during Term Time	<b>Grand Rounds</b> 8am – 9am Trinity Lecture Theatre, CLD Weekly speaker & subject matter updates on Twitter – @CLDTallaghtHosp	Sandra Daly Tel: 01 414 2883 <a href="mailto:Sandra.Daly@amnch.ie">Sandra.Daly@amnch.ie</a>



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