



## Dear Colleagues

### Welcome to the Summer Edition of Connect.

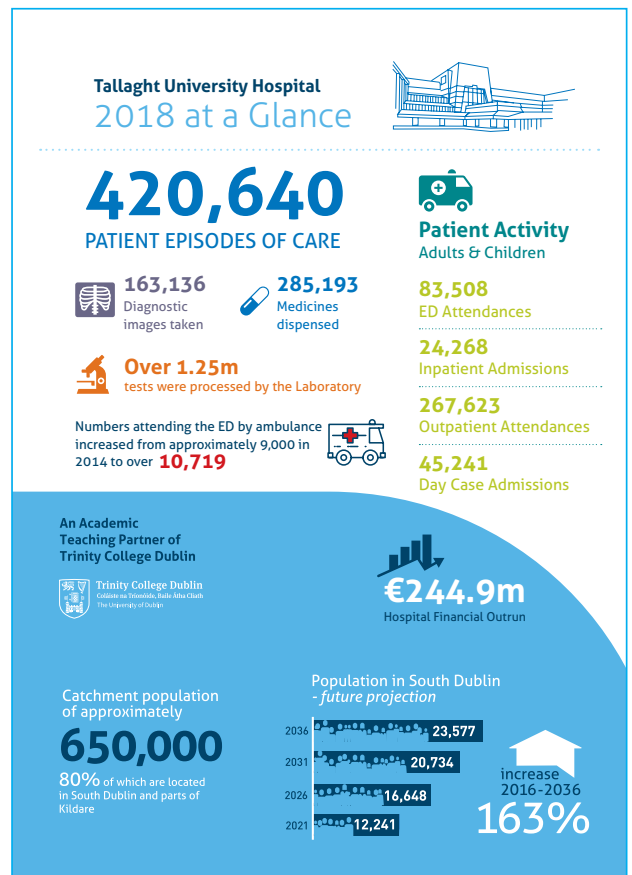
In the last few weeks we have published our 2018 Annual report which provides us with a very important opportunity to showcase the work that goes on in the Hospital. Staff are constantly innovating to improve patient care, quality and safety, introducing efficiencies to tackle waiting lists with limited resources. The 2018 report has plenty of examples of this innovation and positive outcomes for our patients and the infographic depicts how much we delivered – we've been busy!

I would also like to advise you of changes to the Executive Management Team at TUH. Dr. Peter Lavin takes up the role of Clinical Director of the Medical Directorate replacing Professor Catherine Wall. The Lead Clinical Director post, previously held by Professor Wall now switches to the Perioperative Directorate CD, Professor Paul Ridgway. At the end of July, Shane Russell will be taking up the post of Chief Operations Officer on July 29th. We are fortunate not to be losing Professor Wall's expertise on the Management Team as she is taking up the role of Director of QRSM later in the summer. Personally and on behalf of the EMT I would like to thank her again for her many dedicated years as Medical and Lead CD.

The Hospital is currently developing its Corporate Strategy and I hope to be in a position to share it with you in the autumn illustrating how we will continue to engage with the community. Enjoy the rest of your summer.

### Lucy Nugent

Chief Executive  
Tallaght University Hospital



## Research Grant Awarded

TUH and Trinity College Dublin researchers have coordinated a successful H2020 bid with a value of €4.05 million for a collaborative project involving 23 partners across Europe, linking healthcare data in autoimmune disease. Irish funder support through Enterprise Ireland, Health Research Board, the Irish Nephrology Society and Meath Foundation provided the basis for this application, which was ranked joint first of over 1,700 research applications.

**HE**alth data **L**inkage for **C**linic**AL** (**HELICAL** for short) is a MSCA innovative training network comprising 17 academic and nine non-academic/industry partners for early stage researchers in the field of Healthcare Data Linkage in the machine learning and GDPR era. HELICAL exploits recent advances in data science to link research datasets with longitudinal healthcare

records, based on the robust ethical foundation required for linkage studies using near-patient data, to address key experimental questions.

Exploitation of these opportunities is currently limited by a shortage of researchers with the required informatics skills and knowledge of requisite data protection principles. HELICAL addresses this unmet need by developing a trans-sectoral and interdisciplinary programme with training in analysis of large datasets, using autoimmune vasculitis as a paradigm.

The HELICAL training programme focuses on three complementary areas: application of informatics to large datasets to gain new biological insights; translation of biological into practical clinical outputs and identification of the novel ethical constraints imposed on such studies and development of strategies to manage them.

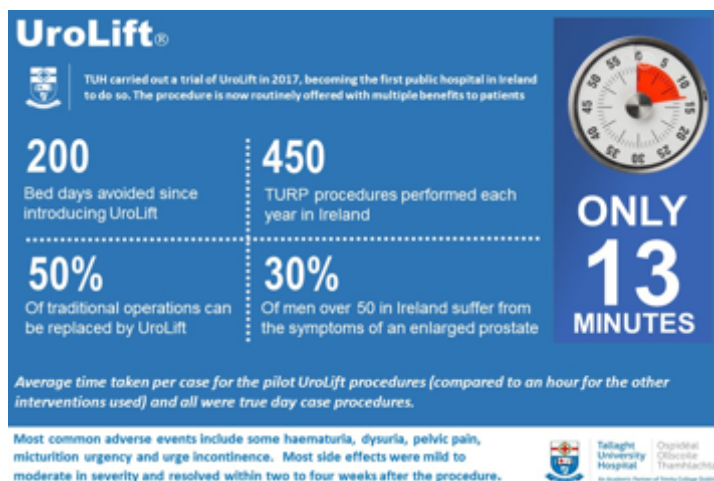
In terms of patient care, HELICAL researchers will foster a precision medicine approach in vasculitis by developing tools that can identify and predict disease flare and inform the clinician about opportunities to increase or discontinue immunosuppressive medication. The approach will also identify therapeutic strategies that target relevant components of the immune system and blood vessel wall, leaving intact the ability to fight infection and malignancy. Additionally the researchers aim to develop technology that will deliver self-management tools via the patient's smartphone.

# Successful Pilot of Minimally Invasive Treatment at TUH

A day case treatment requiring only a few hours in hospital and no cutting, heating or removal of tissue is now available at Tallaght University Hospital (TUH) following a successful pilot. The minimally invasive technology treats Benign Prostatic Hyperplasia (BPH), commonly known as an enlarged prostate gland a condition which affects one in four men over the age of 40.

The new treatment called UroLift replaces a traditional operation to remove prostate tissue by methods including cutting, heating or vapourising, which can involve an average two to three night stay in hospital. The most commonly performed traditional operation is called Transurethral Resection of the Prostate (TURP). Prior to UroLift, approximately 100 TURPs are performed each year in TUH, a National Centre for Urology. In TUH, this equated to approximately 200-300 bed-days per year.

It is estimated about 50% of patients requiring a traditional operation could be suitable for UroLift, saving a considerable number of bed-days and is less invasive for patients.



The UroLift System treats symptoms due to urinary outflow obstruction secondary to BPH in men. These symptoms include: difficulty starting a urine stream; weak or interrupted stream; a frequent need to urinate, day and night and urinary retention. It is estimated that approximately 300,000 men aged over 50 in Ireland, that is 30% of men in this age group, suffer from symptoms of an enlarged prostate.

UroLift is a minimally-invasive procedure, typically requiring 6-20 minutes (depending on the number of implants required), UroLift implants act like window curtain tie-backs to hold the lobes of an enlarged prostate open. A pilot scheme trialing the UroLift System at TUH in 2017 was deemed to be “very successful” by patients and hospital staff.

## TUH Initiates Conversation on Continence

To coincide with World Continence Week TUH staff ran a week long campaign raise awareness and educate patients, staff and the public on continence, prompt conversation on the issue and focus on improving services in this area.

The campaign ran with the theme of ‘Showing PANTS To Continence’ – be Proactive, ensure greater Awareness, there’s Nothing to be ashamed of, Talk to your doctor or nurse and together we can Solve the problem.

An audit of patients at TUH in a single day last year highlighted that almost a third (31%) have urinary incontinence, while just 1.6% had a care plan in place. There was an equal number of women and men showing incontinence. The audit also found that more than three-quarters (77%) were on medications that could exacerbate urinary incontinence.

Professor Rónán Collins, Consultant Geriatrician at TUH said: “Management of incontinence in Ireland is a poor. Continence is a

very significant health issue in our communities and hospitals – there is no other condition that occurs in over a third of hospitalised patients. Our hospitals have tolerated incontinence, caused incontinence, re-enforced the stigma of incontinence and ignored incontinence to a level verging on abusive due to an awful acceptance and lack of modest specialist resource. Every acute hospital and community health organisation should ensure patients are empowered, encouraged and reassured to speak out about incontinence, have at least one continence nurse specialist in place with the supportive multidisciplinary gerontological urological and gynaecological clinical pathway. Continence is an issue that we don’t talk about sufficiently

because it is embarrassing or the services to help people are not in place. Here at TUH, across all the disciplines involved in patient care, we are committed to get people talking about continence and start to change this narrative and defining the solutions.

Professor Collins added: “If we continue to ignore or hide away from talking about continence then people will continue to have reduced quality of life, loss of self-esteem and dignity, depression and poor health outcomes. We do need to improve services in this area across our health system and it is time to develop a national charter for continence.”

## New Safer Mobility Coordinator Appointed

**Falls are the most commonly reported incident within the HSE with 28,714 falls being reported in 2016, 11,876 of those occurring in Acute care settings and can cause serious injury such as hip fracture, traumatic brain injury and death.**

Falls can also cause non-physical harm to the patient such as the fear of falling, for old patients with multiple co morbidities even a 'minor' fall can have a detrimental effect in terms of rehabilitation progress and increased length of stay in hospital.

In support of the Falls Service which has been operational in the Hospital since 2007 and the increasing frailty of our patients the Nurse Practice Development Unit secured funding to introduce a Safer Mobility Coordinator. This post was taken up by Audrey Cronin, CNM2 in Age Related Healthcare. Audrey will be working with the Falls Team working with staff to reduce organisational falls.

There are many risk factors that can be managed or eradicated completely with multidisciplinary input which will reduce falls risk for the patient. **Falls is everyone's business.** We all need to stop and think how we can prevent falls for our patients and keep in mind that every fall is another opportunity for us to potentially prevent another fall from occurring. The Falls Team will be introducing a series of new falls prevention initiatives over the coming months so watch this space...

For further information please contact Audrey Cronin, Safer Mobility Coordinator [Audrey.cronin@tuh.ie](mailto:Audrey.cronin@tuh.ie)



*Pictured from left to right Jodie Keating, CNSp in Falls, Dr. Paul McElwaine, Consultant Geriatrician and Audrey Cronin, the new Safer Mobility Coordinator*

## Aquatic Therapy at TUH

Congratulations to our Senior Aquatic Physiotherapists Yvonne Dalton and Eimear Lee-Moloney who have been instrumental in developing a new clinical interest group "Chartered Physiotherapists in Aquatic Physiotherapy (CPAT)" in Ireland. This new group is implementing national guidelines in this specialised area and providing education and training to junior physiotherapists.

The Aquatic Physiotherapy Pool in TUH has evolved in many ways since opening in 2002. This small heated pool treats on average 80 patients per week including adults and children with variable conditions such as musculoskeletal, rheumatology, orthopaedic, neurological and pain management.

The combination of exercising using the properties of water such as buoyancy, heat, turbulence and drag can be an ideal medium to help the patient achieve their rehabilitation goals. This could include strengthening, stretching, weight bearing, reducing pain and swelling, optimising function and improving cardiovascular fitness. The freedom of movement a person experiences, especially a less able bodied person, by being submerged and moving in water has positive implications on their mental and physical well-being.



*Yvonne Dalton and Eimear Lee-Moloney at the Aquatic Therapy pool in TUH*

A large part of what the Aquatic Physiotherapists do is around education and teaching patients what they can do and achieve by going to their local swimming pool to persist with self-management and ultimately improving their own general well-being. Since 2002 the local community has been fortunate with the opening of two local pools within walking distance of the Hospital. A recent survey carried out by the physiotherapy staff in the pool showed that 67% of patients that attended the Hospital pool were self-managing at their local pool six weeks post discharge.

## Nutrition Tip - Gut Health

The gut is one of the most important organs in the body. It plays a vital role in our health and well-being. The "good bacteria" that live in your gut contribute significantly to your physical and mental health. Here are eight top tips to improve gut health - crucial in both physical and mental wellness, so don't neglect it!

- 1. Have Regular Meals:** Regular pattern is important if you are experiencing gut discomfort. Include a breakfast, lunch and dinner daily.
- 2. Pace not Race:** Take your time, and chew well before swallowing. Eating too fast can cause you to gulp lots of air, leaving you bloated and uncomfortable.
- 3. Eat more fibre:** Adults needs around 30g of fibre a day. Swapping wholegrain bread for white bread can make a difference.
- 4. Eat lots of plant-based foods:** Variety is important. These include wholegrains, fruit, vegetables, pulses, nuts and seeds.
- 5. Include healthy fats:** Healthy fats can be found in oily fish such as salmon, sardines and mackerel; nuts such as walnuts and almonds; or seeds such as chia or linseeds.
- 6. Stay Hydrated:** Ensure you are hydrated by drinking plenty of fluids. This can help prevent constipation.
- 7. Get enough sleep:** A lack of sleep can impact on your bowel function, appetite and body weight. Aim for eight hours a night.
- 8. Don't exclude food groups:** Don't exclude whole food groups for example all dairy or starchy foods: there's no reason to, unless you have been medically advised to do so.



## Minister for Health Visits CRY

Minister for Health Simon Harris visited the new CRY Centre which is located across the road from the Hospital's main entrance. The Minister had the opportunity to see the refurbishment project first hand and launch the important fundraising campaign - €888,000 is needed to complete the centre.



*Pictured from left to right in the new CRY Centre were Tommy Fegan, Chairman of CRY Ireland, Lucy Nugent, Chief Executive of TUH; Minister for Health Simon Harris TD and Lucia Ebbs, Chief Executive Office of CRY Ireland*

The new, purpose-built, state-of-the-art centre will provide free evaluation and treatment for at-risk individuals and families. This partnership development with the Hospital and the HSE will cost a total of €1.2 million of which CRY has committed to raising €880,000 from public donations. Tommy Fegan, Chairman of CRY (Ireland) welcomed the Minister's visit to the CRY Centre "I would like to thank Minister Harris for coming out today to mark the progress of the new facility and to launch the fundraising campaign. We are delighted by the Government's engagement in our plans to expand our services at TUH. CRY has committed to raising €880,000 as its contribution to the project. I am delighted to say we have raised just over €350,000 to date including generous contributions from families who have been supported by CRY. We are also very thankful to all the individuals and companies who support us, and call on anyone interested to please get involved in our fundraising events and initiatives across Ireland".

CRY Ireland is encouraging families and friends to support this fundraising campaign by participating in some of their planned fundraising events, such as the Camino for CRY. To find out more about CRY and Sudden Cardiac Death please visit [www.cry.ie](http://www.cry.ie)

## Honorary Fellowship Awarded



Congratulations to Professor of Surgery at Tallaght University Hospital, Professor Kevin Conlon on his election as Honorary Fellow of the American Surgical Association. This is the highest recognition that the American Surgical Association can bestow upon a surgical colleague from a different

country. At present, there are 95 Honorary Fellows from throughout the world.

Professor Conlon is Professor of Surgery at Trinity College Dublin based in TUH. He is a surgical oncologist with an interest in upper gastrointestinal cancer, particularly gastric and pancreatic malignancies. He is internationally recognised and widely published in the field of surgical oncology and is a member of many cooperative groups.

The American Surgical Association was founded in 1880 and is the country's oldest and most prestigious surgical organisation.

As a premier academic surgical society, its mission is to strive for excellence and leadership in science, education, and patient care while promoting diversity, integrity, and innovation.

Prior to joining Trinity and TUH, Professor Conlon was Associate Chairman of the Department of Surgery and Director of the Minimally Invasive Therapeutics Programme at Memorial Sloan-Kettering Cancer Center, New York. At Memorial Hospital, he was part of the executive team responsible for the development of their cancer disease management system and the initiation of a multidisciplinary regional care model for the patient with cancer. Quicker access to appropriate care for our patients and enabling service development and growth for our Cardiology Service.

Date	Course Details	Booking Information
16.07.19	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> – 10:30am – 12:30pm Two Rock Clinical Skills Lab Centre for Learning & Development at TUH. Please note the HSEland eLearning programme must be completed prior to the course €50 fee	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
22.08.19	<b>Respiratory Masterclass 10:30am</b> – Two Rock Clinical Skills Lab Centre for Learning & Development at TUH. Cost €50	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
24.09.19	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> – 10:30am – 12:30pm Two Rock Clinical Skills Lab Centre for Learning & Development at TUH. Please note the HSEland eLearning programme must be completed prior to the course €50 fee	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
02.10.19	<b>Dementia Care</b> – Enhancing & Enabling Well-Being for the Person with Dementia - two Day Programme 8.30am-4pm. Robert Graves PostGraduate Centre, The Centre for Learning & Development, TUH Cost €200	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
22.10.19	<b>Respiratory Masterclass 10:30am</b> – Two Rock Clinical Skills Lab Centre for Learning & Development at TUH. Cost €50	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>

TUH regularly post programme & event information on Twitter - @CLDTallUniHosp



If you would like any more information about any articles in the Connect or have suggestions for future editions please do get in touch

Email: [GPConnect@tuh.ie](mailto:GPConnect@tuh.ie)

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