



MATER

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NEWS

October 2011

UPDATE FROM THE CHIEF EXECUTIVE'S OFFICE



Welcome to the October edition of MaterNews.

Since our last publication I hope you enjoyed some time off and participated in events organised to celebrate our hospital's 150th anniversary of its opening on September 24th 1861. This Sesquicentenary commemorates and recognises our hospital's ongoing impact on healthcare nationally and internationally. Our hospital has always been looked upon as a leading institution others can emulate, a responsibility we all take seriously. The dedication, innovation and tireless pursuit of scientific and medical advances that have happened over the years at our hospital have put the Mater at the forefront of medical care in Ireland. One hundred and fifty years on, the hospital remains as one of the leading public voluntary hospitals in the country. The hospital has a local, regional, national and international profile. The future of our hospital is very much assured on the Mater Campus, which in time will see the development of the National Paediatric Hospital and the relocation of the Rotunda Maternity Hospital to Eccles Street. As well as being a year of celebration it is also a time to take stock and reflect on the contributions of so many people past and present who have made this hospital such a wonderful place not only to be cared for in but also to work in. Check out Dara's article to get an update on the Mater Campus Hospital Development.

Our summer events diary has been action packed firstly with a conference titled 'Compassion in Healthcare' sponsored and organized by the Office Of Mission Effectiveness. Attendees were given an opportunity to explore afresh the unique value and practical application of compassion in all aspects of their professional and personal lives. Enjoy Nuala's article and photographs of our phenomenally successful 'Staff Family Fun Day' in June. Research, innovation and excellence in nursing care were the themes of 'Nurses Week 2011', which included conferences and workshops celebrating nursing past, present and future. Mater nurses celebrated their achievements here at the Mater and shared and exchanged ideas with colleagues from other healthcare institutions. It was wonderful to see wards and departments showcasing their work with poster presentations. Attendees at the Mater nurse's reunion deemed the event a huge success. In September highlights of 'Mission Awareness Week' included exposition of 'The Blessed Sacrament' and our inaugural icon exhibition giving staff the opportunity to deepen their knowledge and understanding of icons. Thanks to our wonderful colleague Regina Prenderville plus the hard working organising committee (Anita Brennan, Dervilla Danaher, Eithne Hallinan and Robert McCutcheon) our 'Staff Gala Ball' in the Convention Centre, on September 23rd, was a truly memorable and well choreographed staff occasion. We were delighted and honoured that Dr James Reilly Minister for Health, Frances Fitzgerald Minister For Children, Sisters Of Mercy, dignitaries, colleagues from other hospitals and retired colleagues were in attendance. The arrival of the Boys in Blue (entire Dublin team) 2011 All Ireland Champions with the Sam Maguire - made our night! The crescendo of our staff celebratory event diary was a Mass Of Thanksgiving on Saturday September 24th organised by Sister Margherita in St Mary's Pro Cathedral celebrated by the Most Reverend Diarmuid Martin. It was truly spectacular to hear the 'Mater Magnificat' composed by Professor Gerard Gillen for the 150th sung for the first time by the Palestrina choir. Not only were our spiritual needs met during our celebrations but our physical needs too as our fitness levels were tested as staff, family and friends enjoyed a number of organized walks in Wicklow, Malahide and Howth. Another highlight was an interactive practice seminar held in September showcasing 2 innovative evidence based mental health programmes - read Dr John Sharry's article to find out more. We continually facilitate our staff to improve the quality of care delivered hence I

am delighted to promote and encourage you to attend Catherine Holland's conference on quality and patient safety titled 'New Frontiers, New Challenges' taking place at the end of the month. Our anniversary celebrations close with a Foundation Day Mass in the Mater chapel.

As we approach the end of 2011 staff must be conscious of the current very difficult financial situation. The Board of Directors, Executive Management Committee and Administration Executive Committee have approved a wide ranging programme of cost containment and income generation projects all aimed at bringing the hospital to a breakeven position, which is an absolute requirement. Non-adherence to these pay and non-pay measures will have a serious impact on the hospital's financial position and our ability to pay our way not only this year but into 2012. There are no bail outs in the current economic climate. I request your full support for these measures. We must all work together proactively to reduce our cost base and continue to serve our patients effectively and efficiently. If you have any queries in relation to our cost containment programme please contact your line manager who has been comprehensively briefed on the current situation. Thank you in advance for your support and continued efforts to deliver a quality clinical service for our patients.

I would like to acknowledge our innovative and award-winning colleagues highlighted below:

- The Filipino Cultural Committee, in collaboration with An Bord Altranais, the Irish Nurses and Midwives Organisation celebrated the 10th anniversary of the arrival of Filipino nurses to Ireland. Eric Reyes, CNM2 CCU, received 2 awards; one of 10 'Achievement' awards presented on the night in addition to the overall award for 'The Most Outstanding Filipino Nurse in Ireland 2011';
- Our pharmacy department continues to set targets for others to follow both nationally and internationally. At the national hospital pharmacy conference Mater pharmacists swept the boards winning 3 categories in the poster competition (from a total of sixty-three entries) Helen Danaher (winner of research category), Jennifer Brown (winner audit category) and Jennifer Brown (winner of innovation category). At the European Association of Hospital Pharmacy for the 3rd consecutive year, Mater pharmacists had the honour of presenting at the conference (Maria Creed & Mairead Casserly) the only staff from Irish hospitals to have been invited to do so; and
- At the 17th International Meeting of the European Society of Gynaecological Oncology, our colleague Yvonne O'Meara Social Worker presented her findings from a research study titled 'Stage IV ovarian cancer - To Grieve or Not to Grieve?'

Delighted to see in this publication in addition to our regular features Una's overview of the Clinical Care Programme, Anne Horgan's Q-Pulse QMIS system update, Maria Love's insightful article about bereavement support evenings and Therese Herlihy's successful fundraising initiative. Yvonne O' Meara empowers us to access information while Sr Gerard applauds the tenacity and ability of volunteers. Do you know how to contact the emergency Stroke Team? Read Susie Doyle's article to find out more. Plus much more - enjoy all the articles, written for you by your colleagues!

Brian Conlan,
Chief Executive



MARY KENNEDY LAUNCHES MATER'S IRISH CANCER SOCIETY'S DAFFODIL CENTRE

By Aileen McHale-Iliffe, Cancer Information Service Nurse

Mary Kennedy, renowned television personality, officially launched the Irish Cancer Society's new drop-in cancer information, advice and support service in the Mater, the Daffodil Centre on July 27th.

Daffodil Centres are a realisation of the society's goal for world-class cancer services in Ireland by offering support and information to people affected by cancer at the point where they need it most.

Mairéad Lyons, Head of Services, Irish Cancer Society said, "We are pleased to bring our trusted cancer information, support and advice service to the point of diagnosis and care – the hospital. This is a service not just for the patient, it is for their families and friends and anyone else who has a concern or question about cancer."

A specialist cancer information nurse manages the centre (located in the main foyer) assisted by specially trained volunteers. Anyone affected by or concerned about cancer can receive information, advice and support tailored to their specific needs. A wide range of cancer information is stocked in the centre and guided Internet access to reliable cancer information and health promotion websites is available. Daffodil Centres are open to all no referral or appointment is necessary.

At the official launch Brian Conlan, CEO said, "We are delighted to work with the Irish Cancer Society to host a Daffodil Centre and we share their vision to transform the patient experience in relation to cancer information and support. The centre will also support Mater staff, as they can be assured they are directing their patients to an additional layer of care provided by a trusted, professional and expert source."

Finally good luck to Fionnuala Keane, Cancer Information Service Nurse who will be my replacement from November 7th.

The Daffodil Centre is open Monday to Friday from 9am to 5pm.

For further information contact Aileen McHale-Iliffe, Cancer Information Service Nurse.

Telephone: 854 5278

Email: daffodilcentremater@irishcancer.ie

PICTURED RIGHT:

Top (LtoR) Brian Conlan (CEO), Mary Kennedy & John McCormack (CEO Irish Cancer Society)

Middle (LtoR) Professor Carney (Consultant Medical Oncologist), John McCormack (CEO Irish Cancer Society), Mary Kennedy & Aileen McHale-Iliffe

Bottom, Mary Kennedy & Aileen McHale-Iliffe with volunteers



NORMALISING GRIEF WITHIN A SUPPORTIVE ENVIRONMENT

By Maria Love, Social Worker

Biannually, our Medical Social Work Department provides a 'Bereavement Support Evening', an innovative new service for families and friends of all patients who died in our hospital.

Recognising that bereavement is a difficult but normal part of the life cycle, our bereavement support evening is a mixture of psycho-education and information developed and delivered in a group forum by Mater social workers.

Within a supportive environment this service aims to normalise grief and to empower individuals to access psychological support within their own networks. The evening consists of a structured programme, after which attendees are given the opportunity to meet with individual social workers if they wish to address the need for further support, advocacy and / or referral to external agencies.

Our bereavement evening is strongly aligned to our hospital's mission statement, responds to and echoes recommendations from the Hospice-Friendly-Hospitals programme. In terms of models of bereavement support provided in an acute hospital setting, our evening represents lower to mid-tier support. We evaluate our 'Bereavement Support Evenings' to identify need, to assess content and to ascertain response to this innovative service. As the feedback has been overwhelmingly positive we continue to provide this service biannually.

We would like to extend our gratitude to Mater staff, the senior management team and particularly the CEO's office for their support to date. Thanks to sponsorship from Café Sol we are able to provide light refreshments to participants.



Back Row (LtoR): Yvonne O'Meara and Elizabeth Mullally
Front Row (LtoR): Liz Barragry, Gillian Casey, Marzena Filaszekiewicz, Julie Wynne and Maria Love



REDUCING THE BURDEN OF POLICIES AND AUDITS

By Anne Horgan, Project Manager

Policies, procedures and audit are not words that conjure up excitement with healthcare professionals! Rather they are associated with paperwork and taking time away from patients. It is often not clear how policies should be created, who should be involved and how are they approved?

Similar questions apply to audits – what should we be auditing to give us the best results and what should we be doing with results that audits provide?

The Q-Pulse QMIS system aims to address these issues by creating:

- A communication hub, where all information about policies and procedures, audits and quality improvement plans is stored; and
- A standardised process.

This month the Q-Pulse QMIS system went LIVE and controls all our policies and procedures electronically.

Please be assured that our Q-Pulse Project team are available to answer your questions. We will keep you regularly informed and updated.

I would like to extend my thanks to staff for their support, attendance at our training days and adhering to the GO LIVE date and to my colleague Colette Denham PA to the CEO for her assistance to date.

For further information contact
Anne Horgan,
Project Manager, QMIS Q-Pulse.
Telephone: 803 4114
Email: ahorgan@mater.ie



WHEN STROKE STRIKES ACT F.A.S.T.

By Susie Doyle, Emergency Stroke Nurse

**Do YOU know the signs of an acute stroke?
Do YOU know how to contact our
Emergency Stroke Team?**

If not read on...

In 2009, I took up the post of Emergency Stroke Nurse (CMN2) in the Mater working alongside the Stroke Team lead by Professor Sean Murphy. We work in close collaboration with our medical and emergency department colleagues on the hospital's 24/7 thrombolysis stroke services.

The 2 major advances in acute stroke care in recent years are:

1. Recognition that treatment of an acute stroke patient in a dedicated stroke unit reduces the risk of both death and severe disability by about 25%; and
2. Use of the "clot-bust" therapy or thrombolytic therapy, which attempts to open the thrombolysed blood vessel in the brain.

The role of emergency stroke nurse specialist includes but is not limited to:

- Supporting the provision of the thrombolytic drug;
- Reviewing patients in the hyper-acute and acute phase of their hospital stay from the emergency department through to the wards;
- Providing educating and training in emergency stroke care; and
- Conducting audits and research.

'Time is Brain': Approximately 2million brain cells die for every minute delay to definitive stroke treatment. Critical factors in acute stroke care are the speed of patient transport to the emergency department, pre notification of emergency department personnel, immediate CT brain scanning and medical decision making.

Internationally in the best stroke centres, approximately 25% of all acute ischaemic stroke patients are treated with thrombolytic therapy and as a result have a 30% greater chance of a good functional recovery post stroke.

In the last year (2010 to 2011) the thrombolysis treatment rate at the Mater is around 20% (fourfold increase from 2009). The Irish Heart Foundation's Act FAST public awareness campaign, together with the Mater's Stroke Service, has contributed to this very significant increase. This year, we in the Mater treated our 100th stroke patient with thrombolysis.

The Mater Stroke Service continues to improve with the active and enthusiastic support of staff in both the community and hospital, such as ambulance crews, the emergency department, radiology, general medicine and the specialist units. Thank you.

SIGNS OF AN ACUTE STROKE...

F.A.S.T. Test

- FACE** Can the patient smile? Is there any NEW ACUTE facial asymmetry?
- ARM** Can the patient raise both arms and keep them there?
Is there NEW ACUTE weakness with arm drift/obvious weakness?
- SPEECH** Has there been NEW ACUTE speech change? Slurred speech, difficulty making words/sentences or sudden confusion which has come on suddenly over seconds/minutes.
- TIME** Did the symptoms begin within the past 4.5 hours? If so the patient may be suitable to receive intravenous thrombolytic ("clot-busting") therapy.

Also consider stroke in patients with other symptoms of sudden onset e.g. visual problems, unsteadiness while walking, ataxia, vertigo etc.

How Do You Contact The Emergency Stroke Team Within The Mater Hospital?

Monday to Friday 8am to 5pm

Dial 2222 to refer patients to the Emergency Stroke Team. This is a 24hr / 7day service. This call activates the thrombolysis protocol.

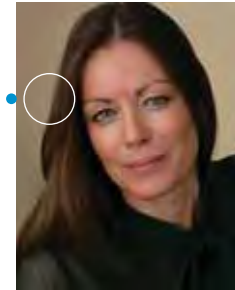
Out-Of-Hours

Dial 2222 or switchboard to contact the Medical Registrar on call to review the patient immediately.

Note: If the patient is deemed suitable, the Medical Registrar on call or Stroke Thrombolysis Team will initiate the intravenous thrombolysis treatment, on any ward or department, with a view to urgent transfer to our Special Care Unit, High Dependency Unit or Intensive Therapy Unit for monitoring post drug administration, as per the thrombolysis protocol.

**For further information or to arrange a teaching session contact Susie Doyle, Emergency Stroke Nurse.
Telephone: 854 5260
Email: susiedoyle@mater.ie
Bleep: 3428**

EMPOWERING YOU TO ACCESS INFORMATION



By Yvonne O' Meara, Senior Medical Social Work Practitioner



Recently the Medical Social Work Department launched and circulated an information leaflet titled 'Medical Social Work Department' highlighting our role. This leaflet can be used as a resource for certain enquiries, as it provides practical advice for patients, families and professionals. **Have you read it?**

Did you know?

The Mater has offered a social work service for over 50 years. There is a team of professionally qualified medical social workers in the hospital. Medical social workers work as part of the medical and surgical teams.

- Isolation and loneliness
- Child safety and welfare
- Financial worries
- Crisis pregnancy
- Domestic violence
- Stress, anger and depression
- Issues related to caring for a dependent relative
- Issues, concerns and feelings about an illness (i.e. cancer, HIV & heart disease)

Social work is a profession devoted to helping people function the best they can in their environment. Social workers help clients deal not only with how they feel about a situation but also what they can do about it. This can mean providing support directly or through other services. It can also mean working for change to improve social conditions.

A very useful tool for patients and professionals is our department's comprehensive section both on MaterNet <http://maternet/PatientServices/ClinicalServices/MedicalSocialWork> and our public website www.mater.ie Specifically created to aid staff, patients and the general public access forms, leaflets or information on a variety of services offered by our department. The Medical Social Work Department endeavours to prioritise those who most need our service. Our hope is that our leaflet and web page will assist this process. Professionals are encouraged to direct patients and families towards these resources. Many thanks for your support with this.

What difficulties can social workers help with?

Medical Social workers commonly help with the following difficulties:

- Homelessness
- Addiction
- Self harm
- Issues related to sexual assault
- Loss and bereavement
- Issues related to living with an illness

MATER HOSPITAL SHOP By Sister Gerard

In 1994 our Mater Hospital Shop officially opened and over the years funds raised in our shop (in excess of €2m) have supported many departments with various initiatives. Without the commitment and enthusiasm of all our volunteers, none of this would have been possible. At present we have over forty such wonderful people who give their generous support to the shop.

One such volunteer is Mr Gallagher (volunteers four days a week). 'Mr G' to his friends and colleagues is blessed with a calm and patient manner. Regardless of the workload he undertakes any task with enthusiasm including repairs! His wonderful sense of humour brightens our day indeed it would be difficult to imagine the shop without 'Mr G'. He deservedly won 'Volunteer of the Year' in 2007. If that was not enough in 2011 he also made a very generous personal donation.

I would like to extend my gratitude to the Mater Foundation, our volunteers, staff and all our 'Friends of the Mater' for their support. For their tenacity and ability in organising successful fundraising art exhibitions a special note of thanks to Maeve Taylor and Carmen Neary, assisted by our wonderful portering and maintenance staff.

'Never doubt that a small group of thoughtful committee citizens can change the world indeed it's the only thing that ever does.'
- Margaret Mead



From Left to Right: Breege Prendergast, Sister Gerard, 'Mr G' & Cepta English

FAMILY FUN DAY - WE DID IT!

By Nuala King, Patient Services Manager

A highlight of our 150th events calendar was our **Family Fun Fay on Saturday June 11th**. Open to Mater staff, family members, Mater Private hospital staff and invited guests it was day that will be remembered for a long time to come!

Gates opened at 12.45pm to a live musical extravaganza from the Army No 1 Band followed by the Irish Prison Service Pipe Band, Triple Drop, The Myth, Padraic MacMathuna and friends and Sean Boland. This event had it all - not only did Adele King (entertainer better know as Twink) join our festivities but the Garda mounted unit was on hand too. Entertainment for the children included a Bosco show, face painting and there were magicians, clowns, balloon artists, stilt walkers enthralling them at every turn. A supply of piñatas, an electric happy train, face boards of the Simpsons, Peppa Pig and Bob The Builder plus an inflatable figure of 8 fun run, climbing wall and a giant 22ft slide ensured nobody was left out. Not to mention the 40-ton army tank and the fire engine that the staff - I mean kids viewed and checked out!

A special word of thanks to all the members of the organising committee and the staff volunteers from across all disciplines who made this event so memorable. Special acknowledgement also to the musicians, the Defense Forces, An Garda Síochána, Gaelic Athletic Association, Irish Prison Services (Mountjoy) whose participation played a pivotal role in the overall success of the day.



STEPS TO SUCCESSFUL LITERATURE SEARCHING

By Angela Rice, Head of Library and Information Services



Before starting any search you will need to do some preparation. You will need to think in some detail about what you are actually searching for and identify which database(s) are best to use.

available to you:
<http://maternet.mmuh.ie/Administration/LibraryInformationService/Databases/>

While the database interface and search software you will encounter vary from database to database, the skills needed to retrieve information is common to all.

Perform the Search

- Search for each term you identified at the planning stage.
- Combine results using and / or.
- Review results. If you retrieve too many or too few results you may need to change the search terms used.

Plan the Search First

- Define the question – break the search down into its key concepts or PICO:
Patient / Problem / Population
Intervention
Comparison
Outcome
- Decide on search terms to use in your search. If the database has a list of subject headings or a thesaurus, use that. Look for synonyms, subject words for your search topic.
- Decide on the type of material you want to find, for example, review articles, research articles, case-studies and so on. Do you want only material in English? What years do you want to search?
- Decide on the database(s) to search: Check the databases page on MaterNet for a list of the databases

Find Journal Articles

- Check the Journals A – Z link on the library web page to find the journal articles you are looking for.

Remember there are help sheets for all our databases on the library web-page:

<http://maternet.mmuh.ie/Administration/LibraryInformationService/Help/Helpsheets/>

or make an appointment for one of our search classes.

For further information contact Angela Rice, Head of Library and Information Service.

Telephone: 803 2241
Email: arice@mater.ie



MATER CAMPUS HOSPITAL DEVELOPMENT

By Dara Carroll, Arts and Environment Manager

Progress is continuing on the construction of the new adult hospital development. Structural work, including building cladding and glazing for levels –2 to 8 is complete, as is the Phase 1A Level 8 building. Block work, erection of partitions and mechanical and electrical works are ongoing, as is flooring at all levels. The North Circular Road entrance lobby is currently being built. The contractor, John Sisk and Son are maintaining their programme for handover of the building to the hospital in Spring 2012.

- Wards;
- Ambulatory Care;
- Campus Wide; and
- Cross Departmental

MCHD continues to hold regular meetings on quality control and submittal reviews with the JSS team and MMUH User groups. A process of planning for the smooth transfer of personnel and assets to the new hospital has commenced. This planning brings together hospital policy decisions, business planning, equipping requirements and communications.

MCHD is also liaising with the Children’s Hospital of Ireland design team and the Railway Procurement Agency on their respective programmes. Following the granting of the Railway Order for Metro North last year, the RPA tendered for enabling works at the Mater site in February 2011. Works are expected to commence later this year.

As part of this process, a Lean Healthcare training programme for Mater staff has commenced. This is focused on the following work areas:

- Patient Flow;
- Theatres;
- Clinical and Non-Clinical Support Services;





CLINICAL CARE PROGRAMMES AT THE MATER

Una Cunningham, Local Programme Manager

The National Clinical Care Programme working groups designed models of care for a number of key health areas thus providing the framework for improved patient care initiatives for the whole health system.

In May, I took up the role of Local Programme Manager in the Mater, which was very timely given the fact that the national programme moved from the 'design' to 'implementation' phase.

The Mater has committed to implementing 18 of the national clinical care programmes.

What are they?

- Acute Coronary Syndrome
- Critical Care
- Acute Medicine
- Dermatology
- Asthma Education
- Neurology
- Diabetes Foot Care
- Outpatients Parenteral Anti Microbial Therapy Regional Centre
- Emergency Management
- Radiology
- Epilepsy- Satellite Service
- Renal
- Heart Failure
- Stroke
- Physiotherapy Clinic Musculo Skeletal
- Surgery (3 strands)

Programme implementation teams include a consultant, nurse and clinical service lead working in close collaboration with other colleagues, community, general practice services, as appropriate. Once up and running patients will also be invited to participate.

The programmes have reviewed existing best practice and gained agreement for national models of care. They offer us the opportunity to work with our local community and other health services in a unified manner achieving long lasting measurable improvements in patient care and in resource allocation.

In implementation phase, we aim to see:

- 1. An improvement in the quality of service;**
- 2. An improvement in patient access; and**
- 3. A reduction in costs.**

Six programme implementation teams are already up and running i.e. acute medicine, stroke, diabetes footcare, rheumatology, heart failure and acute coronary syndrome. Over time as training is rolled out on a national level and models of care are finalised more will become established.

Each team will produce a Mater implementation plan outlining a structured approach to performance improvement. This plan will be signed off by the Mater's Clinical Care Programme steering group committee and subsequently by the Regional Director's Office.

As we know, international research is consistent in what patients want from our health service that is someone who knows what is wrong and explains, someone who knows what to do and makes it happen, someone who respects their autonomy and is easy to get along with and finally care for them in a clean and dignified environment.

The ultimate goal of implementing the clinical care programmes here at the Mater is to improve our patients' experience by providing better access to better quality services. With this end in mind I would like to extend my thanks to my colleagues for their support to date.

**For further information please contact
Una Cunningham, Local Programme Manager.
Telephone: 803 5291 Email: ucunningham@mater.ie**

GOOD END-OF-LIFE PRACTICES... THRIVE IN THE MATER

By Diarmuid Ó Coimín,
End-Of-Life Care Coordinator

Every member of staff has a role in providing good End-Of-Life (EOL) care and our staff continue to meet the daily challenges they face in engaging with patients and families during this difficult and vulnerable time.

Our latest EOL care progress report highlights initiatives that show the continued importance the Mater places on EOL care.

Did you know?

- Single rooms are consistently associated with better care outcomes for persons receiving EOL care in the assessments of nurses, doctors and relatives. The National Audit in End of Life Care (2010) found that whilst 12% of our beds were in single occupancy rooms, 45% of our deaths occurred in these single rooms. Results from this audit also provide solid statistical evidence that substantial improvements in care outcomes could be achieved by simply increasing the number of deaths that take place in a single room. On this basis we in the Mater set a target key performance indicator of 50% of all deaths occurring in single rooms in 2011. We have achieved this target to date thanks to the hard work and dedication of all staff.
- Planning permission has been submitted for the renovation and refurbishment of the mortuary with funding for this project coming directly from the HSE. It is hoped that works will commence in late November 2011.

- Renovation and refurbishment of a family room on St Brigid's ward will take place having secured funding (€40,000) from the Hospice Friendly Hospitals, HSE and the Design & Dignity Grant Scheme (National Lottery Funds).
- To date this year over 119 staff members attended training titled 'Final Journeys' aimed at enhancing the quality of the interactions between patients at EOL, their families and hospital staff. Check Maternet for more information or telephone **803 2697**.
- From December 2010 to September 2011 in excess of 900 staff have participated in various levels of education, training or awareness raising related to improving EOL care. Thank you!
- The End-Of-Life Resource Folder was distributed to all ward and units. It contains practical information to support your work in EOL care.

Have your say!

Your feedback and engagement is very important in the ongoing improvement and implementation of good End-Of-Life care practices.

If you have any comments, ideas, questions or issues in relation to EOL care please contact Diarmuid Ó Coimín, End-Of-Life Care Coordinator.

**Telephone: 803 2117
Email: dcoimin@mater.ie**

'REDUCING BEHAVIOURAL PROBLEMS IN CHILDREN AND TEENAGERS'

Dr John Sharry, Principal Social Worker

In September, over 650 mental health and family professionals attended a interactive practice seminar in Croke Park showcasing two innovative evidence based mental health programmes. Parents Plus developed both programmes in Ireland in collaboration with the Mater's Department of Child and Adolescent Mental Health.

The Parents Plus Adolescents Programme is an evidence based Irish parenting course, collaboratively developed with Irish families, that is designed to empower parents to manage emotional and behavioural teenage problems.

The second programme, titled 'Working Things Out', is targeted directly at adolescents and is a positive mental health programme that supports adolescents dealing with problems such as bullying, school pressures as well as mental health issues e.g. anxiety, depression, ADHD, OCD, self-harm and suicidal behaviour. This programme was developed with support and funding from HSE Health Promotion, the Health Research Board (HRB) and Electric Aid (ESB).

At the seminar Professor Alan Carr School of Psychology UCD, presented a meta-study reviewing in excess of ten studies completed on the Parents Plus Programmes in various settings in Ireland. Of particular interest is the fact that each study showed that the Parents Plus Programmes were effective in reducing behavioural problems in children and teenagers and most significantly that these gains were maintained at follow up

and in some cases improved. Professor Carr pointed out how the effectiveness of the Parents Plus Programmes were on average more effective than other international parenting programmes.

For further information on Parents Plus and both programmes check out www.parentsplus.ie

For further information contact Dr John Sharry, Principal Social Worker Mater Child and Adolescent Mental Health and Director Parents Plus. Email: jsharry@mater.ie



MATER AID - ULTRASOUND FOR UGANDA

By Therese Herlihy, Senior Radiographer

Last year our radiology department donated 2 ultrasound machines to clinics in Uganda in eastern Africa. Thanks to our initial successful radiology fundraising lunch, the generosity of Irish Shipping And Transport Limited and Air Sea Forwarding Limited the machines arrived safely in Uganda.

The Ugandan Cancer Institute, one of the largest oncology centres in Sub-Saharan Africa received one machine. The centre previously had no imaging equipment and the machine allows onsite diagnosis and biopsies, thus allowing easier patient access, reducing patient discomfort and decreasing infection risk.

The second machine went to the 7Hills medical centre, which specializes in performing elective C-sections on HIV positive mothers. In January 2011, the machine was used to monitor the latter stages of 6 pregnancies. Thankfully all six infants were delivered successfully plus none them had contracted the virus.

A big thanks to all who made this wonderful project possible!



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Stepping Out in Style... at the



Mater Misericordiae University Hospital
150th Anniversary Gala Ball



In September, Dr Cathy Kelly Consultant Medical Oncologist, Dr Dermot Power Medicine for the Elderly Consultant, Dr Brian Creedon Consultant in Palliative Care Medicine and Regina Prenderville Academic Programme Manager organised a symposium titled 'Why Healthcare Professionals Can And Should Influence Health Policy'. Representatives from the HSE, Department of Health and The Health Information and Quality Authority were among the 168 delegates in attendance.

Ombudsman and Information Commissioner Emily O' Reilly gave the opening address while Dr Susan O' Reilly, Director of the National Cancer Control Programme, Professor Brendan Drumm Professor of Paediatrics and Professor John Crown Senator and Consultant Medical Oncologist captivated the audience's attention with their insightful addresses. Internationally acclaimed speakers in attendance included Mr T.R. Reid correspondent for the Washington Post and author of 'The Healing of America: A global quest for better, cheaper and fairer healthcare', Professor Robert Ratner Senior Scientist Medstar Institute, Professor Guy Clifton Professor of Neurosurgery University of Texas Medical School and Professor Leonard Zwelling Professor of Medicine and Pharmacology University of Texas.

Professor Padraic Mac Mathuna Consultant Gastroenterologist, Dr Barry White National Director of Clinical Strategy and Programmes, Professor Garry Courtney Consultant Gastroenterologist St Lukes in Kilkenny and Professor Patricia Casey Consultant Psychiatrist chaired the 4 interactive sessions.

Principal sponsors of this meeting were Merck Sharp & Dohme, Mater Foundation and the Mater Private Hospital.



Above (LtoR): Dr Dermot Power, Dr Miriam O Connor Consultant Medical Oncologist Waterford Regional Hospital, Dr Cathy Kelly & Prof Brendan Drumm

Below (LtoR): Dr Cathy Kelly, Prof Robert Ratner, Mr T.R. Reid & Prof Leonard Zwelling



From Left to Right: Dr Cathy Eng, Dr Zsafia Stadler, Prof Des Carney, Dr Susan O'Reilly, Prof John McCaffrey, Dr Diane Reidy & Dr David Gallagher

On Friday 16th September Professor John McCaffrey Consultant Medical Oncologist and one of Ireland's leading medics in the fight against cancer held a very successful conference titled 'Multimodality Management Of Colorectal Liver Metastases: Collaborating Towards Cure'.

Delegates in the Catherine McCauley Centre were kept enthralled with innovative addresses from leading international cancer specialists including Prof Majella Doyle Hepatobiliary Surgeon Washington University in St Louis, Dr Cathy Eng Medical Oncologist University of Texas, Dr Antonio Martinez Interventional Radiologist University of Navarra Pamplona, Dr Diane Reidy Medical Oncologist and Dr Zsafia Stadler both from Memorial Sloan Kettering Cancer Centre New York.

Both conferences were organised through the Department of Postgraduate Medical Education.

END-OF-LIFE CARE... CREATING PERSON CENTRED CULTURE

Diarmuid Ó Coimín, End-Of-Life Care Coordinator & Liz Whelan, Divisional Nurse Manager

Who are we?

Staff members from St Annes ward, St Brigids ward and the oncology day ward are involved in a national practice development programme in collaboration with colleagues from Beneavin and Churchview private nursing homes. The Mater is one of 8 academic hospitals involved in the National Practice Development programme, which was developed by the HSE in partnership with the Hospice Friendly Hospitals programme.

What is this programme about?

This programme supports the ongoing development of best practices in person centred End-Of-Life (EOL) care and aims to improve care delivery as experienced by patients and their families. The group members described this project as "working together to bring about change in our culture, environment and in the attitudes that are present in our workplaces while we provide EOL care. As programme attendees we are expected to go back to our place of work and facilitate a change of practice to a more patient focused approach to EOL care."

How are we doing this?

"We have been challenged to look at the environment and culture that we work in and provide care in and to try to be more reflective about how and why we do things in certain ways and whether we could change for the better. There has been a strong focus on facilitating reflection on patient centred respectful language and we are finding that some habits are difficult to break. We can't change culture overnight but need to keep trying to improve. We have developed an EOL vision Statement

with our colleagues and residents for each of our different care settings and these are helpful in keeping us focused and clear as we strive to provide quality end of life care of hospice standard in our hospital and nursing homes. We hope to make a very positive change in all our work places for the benefit of those we meet and care for as they travel through EOL care with us."

We would like to extend our gratitude to our now retired colleague Catherine Guihen Nursing Practice Development Coordinator, for her initial co-facilitation of this programme and innovative approach to kick starting this initiative.



Front (LtoR): Catherine Guihen, Diarmuid Ó Coimín & Maureen Ward
Back (LtoR): Lynn Fox, Mary Duffy, Paula Bilbow, Barbara Barry, Patricia Mthombeni, Alice Thomas, Blessy Varghesse, Finola Bell & Maria Sofia Clavecillas

(12)



DESPITE CHALLENGES GENEROSITY PREVAILS

Mary Moorhead, Chief Executive The Mater Foundation

We are nearly at the end of another year. 2011 so far has been a challenging one for fundraising, however as always our supporters gave so generously and helped to enhance patient care within the Mater.

It is focused on raising awareness of men's health and encouraging men to take better care of themselves with a view to reducing major health risks such as cancer. Visit www.blueseptember.ie to view images of our famous ambassadors.

Outlined below are some of our many highlights:

Blue September

The Mater Foundation was delighted to be one of four charities in September who launched a new men's campaign called Blue September Ireland.

Mater Foundation Revised Grants Policy

In line with the Mater Foundation grants policy a call for applicants was circulated to hospital staff in the summer 2011. There was a huge response with over 35 worthwhile applications. These will be reviewed in October 2011. Please keep an eye on our website and MaterNet for the next round of grant opportunities.

We are proud to be partnering with the Marie Keating Foundation, the Mercy University Hospital Foundation and Cancer Care West on this extremely worthwhile campaign!

New Presence in Hospital Foyer

The Mater Foundation now has a presence in the hospital foyer. If you would like any information on the work of the Mater Foundation or if you would like to get involved in any fundraising activities please visit Joan Howlin, our Community Fundraising Assistant.



Follow our daily blogs via www.materfoundation.ie or follow us on twitter at www.twitter.com/TheMaterFoundat or 'Like' our Facebook page www.facebook.com/materfoundation.

For more information contact the Mater Foundation. Telephone: 830 3482 Website: www.materfoundation.ie

Top left: Well Done To Our Mini Marathon Fundraisers!
Top Right (LtoR): Micheal Sheridan (CEO The Mercy Foundation), Mary Moorhead, Enda Kenny Taoiseach, Lillian McGovern (CEO The Marie Keating Foundation) & Richard Flaherty (CEO Cancer Care West)
Left: Joan Howlin Community Fundraising Assistant in Mater foyer

A FOND FAREWELL

On behalf of the Board, Executive and staff, I would like to acknowledge and extend our good wishes to the following staff on their retirements. Thank you for your outstanding contributions to this hospital over the years. We wish you health and happiness in your retirement. **Brian Conlan, Chief Executive**

Professor Carol Fitzpatrick	Consultant Child Psychiatrist
Anne Cantwell	Medical Scientist
Margaret Tallon	Medical Social Worker
Sandra Farrell	Radiographer
Paul Martin	Financial Accountant
Bernie Delaney	CNM2
Rosaleen Hayden	CNM2
Elizabeth Gayer	CNM1
Eithne Burke	Staff nurse
Angela Murphy	Staff Nurse
Sr Mary Hanley	Medical Lab Technician
Michael Finnegan	Chef
Breda Nugent	Health Care Assistant
Marie Furlong	Health Care Assistant
Ann Gisbey	Health Care Assistant
Doreen Flanagan	Administration
Mary Shinnors	Administration



YOUR VOICE

If you have a question, suggestion or issue that you would like to put to Brian Conlan CEO please email yourvoice@mater.ie
 When was the last time you checked MaterNet 'Latest News' and 'Events Calendar' sections <http://maternet/?>
 Thank you to everyone who contributed and the Photography Department.