

# Connect



Tallaght Hospital

Quarterly Newsletter for GP's

Issue 1 - Autumn 2015



## Welcome

Welcome to the first edition of Connect, a newsletter produced by Tallaght Hospital for our referring GP's and their Practice staff.

Connect will issue on a quarterly basis and is designed to keep primary care physicians up-to-date on recent developments within Tallaght Hospital.

The hospital is constantly trying to improve the services it provides, some of the initiatives are outlined in this newsletter. In addition we have this year opened an extended Emergency Department (ED), this two phase development which completed on schedule involved the refurbishment of our existing ED and the building of a 1,053 square metre new extension.

This €5M redevelopment project has enabled us to incorporate the latest best practice in

Emergency medicine into the design of the new ED and integrate the new model of care as per the National Emergency Medicine Programme.

Our ED is one of the busiest in the country, last year we treated over 80,000 patients in our Adult and Children's ED's, the recent development has vastly improved the patient and staff environment.

Early results indicate that despite an overall increase in ED attendances of 2% ED staff have managed to see patients 10% faster, reducing the average length of stay to 6.6 hours vs 7.3 hours.

### Tallaght ED – details of new build

- 5 New Adult Resuscitation Cubicles
- Increased Majors and Minors Capacity
- 2 New Psychiatry Assessment Rooms
- 2 Triage Rooms
- 3 Rapid Assessment Cubicles.
- New Paediatric Clinical Decision Unit
- New Isolation Room and Single Bedrooms

Tallaght Hospital is at the forefront of developments in the Irish hospital system, responding to people's needs on a daily basis.

We are at the core of the local community and a key member of the Dublin Midlands Hospital Group which service a population of over 1.2M people across seven counties. We look forward to bringing you regular updates on developments within the hospital and welcome your feedback on items you would like to see covered.

Best wishes

**Lucy Nugent**  
**Chief Operations Officer**

between GP's and the hospital Consultants. The first of these is electronic referral. As the pilot has now ended, we would like to see this extended to all specialties in Tallaght Hospital, as this will improve patient safety, reduce time and costs for the GP's and Tallaght Hospital and provide verification that a referral has been received. The other initiative is the recently launched secure clinical email service (Healthmail). With this, which is free for all GP's, we can safely send patient and sensitive data to @amnch.ie addresses. The recipient will of course have to agree to receive emails in this way but it is one the biggest IT developments in General Practice in recent times and is funded by the HSE.

We welcome feedback from referring GP's and are happy to raise issues you may have with Tallaght Hospital in this forum. We are hoping that this newsletter will become a regular publication and help to inform referring GP's of developments in Tallaght Hospital as well as highlighting what the GP Steering Committee is working on currently.

**Andy, Brian & Deena**

## The GP Steering Committee

**The Core members of the GP steering Committee are Ms Lucy Nugent, Chief Operations Officer (COO) and Chairperson, she works directly with the Chief Executive Officer of Tallaght Hospital, Mr David Slevin.**

Also the Lead Clinical Director, our conduit to the Medical Board. Mr Martin Feeley, Consultant Vascular Surgeon had filled this post up till this term. We thank Martin for his support and goodwill.

Also three local GP's from the Dublin Southwest ICGP Faculty:

Dr Andy Jordan: [andyjjordan@gmail.com](mailto:andyjjordan@gmail.com)  
Dr Deena Ramiah: [dramiah@yahoo.ie](mailto:dramiah@yahoo.ie)  
Dr Brian Blake: [drbrianblake@gmail.com](mailto:drbrianblake@gmail.com)

The committee including the COO, Representative from the Medical Board, three GPs and invited representatives from specialist services including consultants, nurses and corporate management meet every second Friday of each month at 8am in Tallaght Hospital.

The Terms of Reference of the Committee are: The committee promotes partnership and collaborative service planning between referring GPs and consultant led services in Tallaght Hospital. Planned developments and decisions to be made within the hospital or in primary care settings which directly impact on the Hospital / General Practice / HSE should be referred to the Committee for information and consideration via the COO.

Recommendations made by the Committee for action either the GPs or by Tallaght Hospital will be brought back to the GP forum and hospital executive management committee where appropriate.

At this moment in time, we are concerned with the lack of an appropriate GP Ultrasound Referral Service and have been encouraging the hospital to address this deficit. We have also been encouraging Tallaght Hospital to engage with two new exciting IT initiatives which will improve the referral process and foster communications and relationships

# New Children's Hospital

The planning application for the new children's hospital was submitted to An Bord Pleanála on Monday August 10th 2015. The plans submitted include those for the new children's hospital as well as for the two Paediatric OPD and Urgent Care Satellite Centres planned at our site and at Connolly Hospital.

There were over 1,000 hours of engagement and consultation with staff from the existing three children's hospitals, the Clinical Leads in Paediatric Specialities, with families, young people and children who are former or current users of the service, as well as with residents from the local Dublin 8 area. This extensive consultation process has led to the development of a world-class building which has been designed to enable staff to deliver the best possible clinical care for children and young people, while also seeking to provide a pleasant environment for staff and families.

Commenting on the process in the lead up to the planning application, David Slevin, CEO of Tallaght Hospital said: "The proposed Model of Care will greatly enhance the care provided to the paediatric community in Dublin in line with international best practice. The Paediatric team at Tallaght Hospital is providing an integral role in developing the integration process with the other two children's hospitals. We are very excited at Tallaght about the development of the Paediatric OPD and Urgent Care Satellite Centre on our campus here in Tallaght Hospital."

A decision from An Bord Pleanála is expected in 2016. Subject to planning, construction for the hospital will commence in the first half of 2016 and services will start to transition in 2019 moving toward full operations in 2020. The hospital satellites are expected to be completed in 2017.



Pictured with a model of the new hospital on the day planning permission was submitted were Minister for Health Leo Varadkar; Aoife Dillon, Temple Street Children's Hospital; Caoimhe Wade, Children's Heart Centre, Crumlin; Amanda McCormack, CNMI Beech Day Ward, National Children's Hospital Tallaght and Darragh Barry (12) National Youth Advisory Council.

## Know Your Medicines

Reducing preventable harm related to medicines through innovation and public information was the focus of our second Tallaght Hospital patient's safety initiatives under our Zero Harm banner.

Medication has been found to cause serious adverse reactions in 4% of patients and can lead to profound and devastating effects on patients and their carers, in addition to prolonged and more resource intensive hospital care. Tallaght Hospital is tackling this by focusing on a series of initiatives to help improve medication safety. Internally this has involved the launch of an app of the Tallaght Hospital Adult Medicines Guide which is being widely used in the hospital as an in-house, evidence based source of medicines information and prescribing protocols.

From a patient perspective we have introduced a 'My Medicines' leaflet in which patients / their carers can document a list of their current medicines. We are encouraging patients to bring these leaflets filled into their appointments with all medical professionals. The leaflet is available for free download from our website [www.amnch.ie/GP-Healthcare-Professionals/Know-Your-Medicines/](http://www.amnch.ie/GP-Healthcare-Professionals/Know-Your-Medicines/)



## Living Well with Chronic Conditions – A Chronic Disease Self-Management Programme Available for Patients

Chronic disease is best treated by a balance of traditional medical care and the day-to-day practise of self-management skills.

In 2006 the Chronic Disease Self-Management programme (CDSMP) was piloted in Tallaght Hospital led by Dr. Veronica O'Doherty PhD, Head of Psychology in Tallaght Hospital who trained in Stanford University. This is a joint initiative between the hospital and the local community facilitated via the Fettercairn Community Health Project.

The six week course is designed to help those living with a chronic disease, which can present extreme difficulties and affect multiple aspects of individual's life such as physical health, mental health and financial status.

The CDSMP is a small group intervention attended by people with different chronic conditions. It consists of six weekly 2.5 hour group sessions and covers topics including: exercise; diet; fatigue; breaking the symptom cycle; relaxation; cognitive symptom management techniques; managing medications; communication with others, including health professionals; making treatment decisions and dealing with emotions. The course is based on self-efficacy theory and strategies such as weekly action planning, feedback and group problem solving form an integral part of the course. Participants identify specific goals for the coming week, assess confidence levels and develop detailed and specific action plans to achieve their goals. Progress is reviewed the following week and the group provides feedback and suggestion. This active problem solving framework serves as a means to provide participants with the ability to assess and develop confidence levels and to proactively implement and monitor self-management skills and behaviours. An emphasis is placed on skills mastery and social persuasion and trainers are thought to act as "role models". Thus group processes and 'social learning' form an important component of the CDSMP.

We have found a significant improvement in reported greater confidence (self-efficacy) in ability to exercise, to get information about the disease, to communicate with the physician, to manage the disease in general, to carry out chores, and to manage symptoms. Significant improvements in positive health behaviours were also identified with participants reporting improved ability in cognitive symptom management, communication with physician, and exercise behaviours. From the client satisfaction questionnaire results showed that 97% of participants were very or mostly satisfied with the service they received reporting that it met their needs (86%) and that it helped them deal more effectively with their problems (97%). If you have patients with chronic conditions that you feel would benefit from this programme please refer them to Veronica Lucas, Lay Coordinator: 085 704 3504 (Monday - Friday 9.30am - 5.30pm) or Catherine Heaney, local area Coordinator: 086 790 7778 (Tuesday - Thursday 9am to 5pm).

# SPOTLIGHT

## Cardiology Chest Pain Initiative

Chest Pain represents a major proportion of the workload for Tallaght Hospital's Emergency Department, and combined with the catchment population of the hospital, the number of patients presenting with chest pain is set to increase. The range of Coronary Heart Disease is broad and appropriate diagnosis and treatment can be challenging, both on time and resources that are already in demand. The goal for the health practitioner is to identify high-risk patients that require urgent treatment and address the needs of lower risk patients for whom emerging heart disease is a concern.

A nurse led chest pain service was developed in Tallaght Hospital to facilitate safe discharge from the ED and AMAU for non-Acute Coronary Syndromes chest pain patients. A Registered Advanced Nurse Practitioner (RANP) (Cardiology) and two Clinical Nurse Specialists (CNS) (Cardiology) provide the service.

The aim is to expertly assess and risk stratify patients who present with non-ACS chest pain to allow those with suspected stable coronary artery disease to be identified and treated, whilst those without, to be safely discharged. The initiative adopted has two parts 1) a cardiology nurse consultation service to the ED and AMAU 2) a cardiology nurse led chest pain clinic for further assessment and exercise stress testing. Patients are referred to the chest pain clinic by either the cardiology nurse during consult hours or out-of-hours by the ED physicians.

### The benefits

On-going audit has shown the success of the combined partnership between the ED, AMAU and cardiology. In the first two years 1,300 patients have been discharged from

ED and followed up in the chest pain clinic, this has made an incalculable difference to the patients and their families avoiding the stress and anxiety a hospital admission may cause. This initiative, the Nurse-led Chest Pain Service - Cardiology Nursing Department, was the winner of the best 'Healthcare Department Initiative - Large/Teaching Hospital' in the Irish Healthcare Awards announced in April 2015.

## Ireland's first Faecal Microbiota Transplant

Ireland's first clinical Faecal Microbiota Transplant (FMT) has been carried out successfully in Tallaght Hospital. The procedure was carried out by Prof. Deirdre McNamara, consultant gastroenterologist at Tallaght and Associate Professor of Gastroenterology at Trinity.

It is becoming increasingly common for C. difficile to become antibiotic resistant and most cases are treatable with a simple course of antibiotics, which clears the infection. Due to the resistance of antibiotics it can take multiple attempts to find the right antibiotic but in the interim you have a patient whose condition is deteriorating.

This was the case with our patient who did not respond to a number of antibiotic treatments for a C. difficile infection.

Based on relatively new data and on international evidence it was felt FMT was the only option for this patient. There was no Irish protocol governing it, so Prof. McNamara and Prof. Philip Murphy, Professor of Clinical Microbiology in Tallaght established a multidisciplinary group to see how we would develop protocols for FMT.

The theory is that those of us with a healthy gut have enough good bacteria to outnumber the bad and keep a good balance. In our patient the balance had gone out of control and there was not enough good bacterial to kill off the bad, C. difficile bacteria. Integral to the success of a transplant was identifying a suitable donor. It was important to get a donor sufficiently similar to the patient not to create problems in her gut flora but sufficiently different to have different faecal bacteria. (In the US there is a biobank and you can arrange it online!)

A family member came forward and was screened based on NICE guidelines, before the transplant took place the patient had their bowel cleansed. Then using a nasojejunal tube to administer the transplant to the patient's distal small bowel.

On the morning of the procedure following screening, filtering and preparation of the donor stool the transplant was performed. It was a simple procedure, with administration of the transplant fluid over a two hour period in the hospital and after a pause the tube was withdrawn.

### The benefit

Within 48 hours the patient's diarrhoea had stopped and appetite had returned. After a few days of eating a normal diet with no diarrhoea reoccurring the patient was discharged. Subsequent follow ups have shown that the patient no longer has C. difficile and they are back living a normal life in their community.

Following the transplant in Tallaght, a second FMT was carried out in another Trinity affiliated hospital; the idea is that the protocol we have developed will be available to all hospitals and that this will be a therapeutic option for our patients.

## New Atrial Fibrillation Clinic

**A new interdisciplinary A-FIB Clinic, the first of its kind in the country recently launched to complement the Hospital's cardiology and specialist stroke service.**

Atrial Fibrillation is the most common cardiac arrhythmia affecting up to 5% of those over 60 years and possibly up to 10% of the adult population over 80. Despite this, research at Tallaght Hospital shows that only 30% of Irish adults have heard of the condition and fewer than half of those are aware of its association with the risk of stroke.

The new interdisciplinary A-FIB Clinic in Tallaght will bring together all the key specialities required for this improved model of care.

This new clinic will run once a week initially and will be confined to new cases of A-FIB identified within the hospital and at clinics. It is envisaged that the clinic will be rolled out to GPs with an agreed protocol of referral – thereby improving access to the specialist care provided by Tallaght Hospital. If you would like further information on the Clinic please contact Dr Rónán Collins Director of Stroke services, Ext: 4724.



*The team for the A-FIB clinic comprises (from left to right) Dr. David Moore consultant cardiologist, Dr. Mark Sherlock, consultant endocrinologist, Dr. Johnny McHugh, consultant haematologist, Dr. Tara Coughlan, consultant geriatrician and stroke physician, Dr. David Mulcahy, consultant cardiologist, Dr. Rónán Collins consultant geriatrician and stroke physician and Dr. Bryan Loo, consultant cardiologist.*

# Centre for Learning and Development incorporating Robert Graves Post Graduate Centre

The evolving roles of healthcare professionals and the constant development of new techniques and technologies highlight the need for developing and updating of skills and the consequent need for formal education to ensure versatility and flexibility in the workforce.

These factors highlight the importance of synchronising education for health care on a partnership basis to ensure that education, training and research are responsive in a timely manner to the needs of patients.

The Centre for Learning & Development (CLD), Tallaght Hospital has vast experience in providing cost effective educational and clinical competency based programmes from short in-service training courses to more advanced accredited courses at level 9, in partnership with third level institutions and awarding bodies such as QQI (previously known as FETAC). Patient focused clinical care needs are reflected in the development of education models that ensure versatile "Fit for Purpose" healthcare professionals.

The committed teaching team at the centre has maintained a climate of caring excellence and quality and has fostered a culture of lifelong learning among staff working within the hospital. A highly committed and educated team assist the Education Co-ordinator of the CLD, in planning and implementing continuing professional development programmes that reflect the philosophy, vision, mission and ethos unique to each of the associated health care agencies. These programmes are designed to be comprehensive, relevant and flexible, to respond to research and the most recent changes in national and international health care policy and legislation. Our annual Continuing Professional Development Prospectus for external staff is available at: [www.amnch.ie/Departments-Clinics/Departments-A-Z/Centre-for-Learning-and-Development/](http://www.amnch.ie/Departments-Clinics/Departments-A-Z/Centre-for-Learning-and-Development/)

## Upcoming education events available for GP's and Practice Nurses

Title	Date / Time	Contact / Bookings	Cost	Location	Programmes also available.
Venepuncture & Intravenous Cannulation	28/08/2015 25/09/2015	<a href="mailto:Sinead.fagan@amnch.ie">Sinead.fagan@amnch.ie</a>	€50	Two Rock Clinical Skills, CLD	<ul style="list-style-type: none"><li>➤ Anaphylaxis in Primary Care</li><li>➤ Final Journeys – End of Life Care</li><li>➤ Falls Education Programme</li><li>➤ Preceptorship &amp; Competency Education Programme</li><li>➤ Radiation Protection</li><li>➤ Cancer Care Education Programme</li><li>➤ An Introduction to Wound Care Management</li></ul>
Grand Rounds – two presentations every Friday with a blend of case discussion, workshops and didactic content	Next date: 04/09/2015 – Every Friday during term 8-9 am	<a href="mailto:Sandra.daly@amnch.ie">Sandra.daly@amnch.ie</a>	N/A	Trinity Lecture Theatre, Tallaght Hospital	
Nursing Conference	29/09/2015	<a href="mailto:THNursingconference@amnch.ie">THNursingconference@amnch.ie</a>	N/A	Trinity Lecture Theatre, Tallaght Hospital	

## Consultant update

### STARTERS

**Dr. Lucy Ann Behan**  
Endocrinology  
**Dr. Mark Campbell**  
Anaesthesia Surgery  
**Ms. Emma Cashman**  
Ear Nose & Throat  
**Ms. Amy Gillis**  
General Surgery

**Dr. John Doherty**  
Geriatrics  
**Dr. Susie Frost**  
Microbiology  
**Dr. Allan McCarthy**  
Neurology  
**Mr. Martin Timothy Murphy**  
Spinal Surgery  
**Dr. Nader Al-Mane**  
Anaesthesia  
**Dr. Montasser Gadelsayed**  
Paediatric Medicine (covering Dr. Basil Elnazir – sabbatical)

**Dr. Andreas Kyriakou**  
Paediatric Endocrinology (covering Prof. Edna Roche – sabbatical)  
**Dr. Deirdre Brady**  
Microbiology (covering Dr. Jerome Fennell – career break)  
**LEAVERS**  
**Dr. Gillian Murphy**  
Radiology  
**Dr. Eric Colhoun**  
Consultant Radiologist

## Date to Remember

The Tallaght Hospital annual GP Study Day is scheduled for Saturday, November 14th 2015. Hosted in our Centre for Learning Development, the day provides us with an opportunity to introduce new colleagues and provide an education forum and showcase new developments in our services. Further details on the popular event will be posted on our Facebook and website in coming weeks. If you want to be added to the mailing list for an event program to be sent directly please contact Sandra Daly ([Sandra.Daly@amnch.ie](mailto:Sandra.Daly@amnch.ie)) Tel: 01 414 2883



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@amnch.ie](mailto:GPConnect@amnch.ie)

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