



## MedEx Comes to Tallaght

Last week saw the launch of an innovative health initiative to South Dublin. Tallaght University Hospital, South Dublin County Council and DCU have come together to bring medically supervised exercise classes and educational workshops to south Dublin for the first time.

MedEx has been operating in DCU for the past 10 years and during that time it has grown to become one of the largest centres of its kind in Europe, hosting over 700 participants every week. MedEx Tallaght has started in the Tallaght Leisure Centre. The community based chronic illness rehabilitation programme will offer structured and supervised exercise classes to enable people with a diverse range of illnesses to exercise in a safe environment in order to maintain or gain fitness during or after treatment. Patients with serious and chronic diseases such as heart disease, lung disease, diabetes, cancer, peripheral vascular disease and neurodegenerative conditions can avail of the programme and new programmes will commence this year for those with chronic pain, heart failure, pulmonary hypertension, cystic fibrosis and for renal failure patients on dialysis.

There will be a specific focus on creating programmes for patients with mental illness and memory complaints in Tallaght as a recently completed three year HSE funded evaluation of MedEx demonstrated the positive effects exercise had on patients' psychological wellness and cognition. The evaluation also highlighted the positive impact the programme has on strength, aerobic capacity, body composition, inflammatory markers, fasting glucose, physical activity levels, blood pressure and falls risks.

"MedEx represents a form of social prescribing, where GP's, consultants nurses and other primary care professionals can refer people to local, non-clinical services that will contribute to their overall happiness and recovery. Structured and supervised exercise classes have been proven to promote psychological wellness and improve cognition. The MedEx programme will be a really positive service for the entire south Dublin community and we are looking forward to working with patients who are suffering from chronic and serious illnesses such as memory complaints and mental illness who will particularly benefit" commented Professor Sean Kennelly, Consultant Physician in Geriatric and Stroke Medicine in TUH at the launch.



Pictured at the launch of MedEx in Tallaght Leisure Centre were from left to right Local GP Dr. Emmet Byrne, Patrick Ennis from Whitebrook, Professor Sean Kennelly Consultant Professor Consultant physician in Geriatric and Stroke Medicine in Tallaght University Hospital and Michael Mullins from Clondalkin. Patrick and Michael were some of the first patients to be inducted into the new community based medically supervised exercise classes.

### How to Refer to MedEx in Tallaght Leisure Centre

Please send a brief referral letter addressed to Dr Noel McCaffrey, MedEx, Tallaght Leisure Centre, Fortunestown Way, Whitestown, Dublin 24.

The referral letter must contain the following information:

- ▶ Patient name, address, DOB
- ▶ Patient contact details including phone number
- ▶ Primary diagnosis
- ▶ Comorbidities
- ▶ Medications
- ▶ Any specific comments, concerns or suggestions you wish to add about

### What will happen after referral?

The patient will be contacted directly by Tallaght Leisure Centre to offer an appointment at the next induction session. As the referring GP you will receive a letter following the induction to confirm that the patient has commenced in MedEx or to let you know that the patient has not commenced.

You will receive update reports twice yearly containing details of adherence and of outcome test results. The standard outcomes captured at baseline and twice yearly will be

- ▶ BMI
- ▶ waist-hip ratio
- ▶ handgrip strength
- ▶ sit to stand score (lower body strength)
- ▶ Six minute time trial distance (aerobic capacity)
- ▶ Quality of Life score (EQ 5D)

Note that MedEx is a not for profit project aimed at being self-sustaining based on modest payments per visit. The cost per visit will be €5.

## Summer 99 is here again!



Now in its fourth year, the Summer 99 charity cycle has raised €65,000 for the Intensive Care Unit, Stroke and Renal Services. Taking place on June 23rd the End of Life Nursing Service was announced as the recipient of the funds at the cycle launch.

Monies raised this year will go towards the refurbishment of two family rooms in the Hospital. The rooms will be designed to provide families with a quiet and peaceful environment to meet members of the team caring for their relative, receive bad news in private and also enable family members to stay overnight on the ward if their loved one is seriously ill or dying. The rooms are located on the Maguire and Crampton Wards and are currently used for storage.

The charity cycle has grown hugely in popularity with over 300 cyclists taking part since the cycle started. Registration is €50 and closes on June 15th or when the 200th cyclist registers. The entry fee includes refreshments which will be provided throughout the day, as well as a cycling jersey. Cyclists have a choice between a 50km route and a 99km route. The routes starts and finishes at the Hospital and takes in scenic areas of the Wicklow mountains including Brittas Bay and Blessington Lakes. If you are interested in getting up on your bike you can register for the cycle through this [link](#).

# First National Research Study on Vasculitis

Tallaght University Hospital announced recently that it would take the lead alongside Trinity College Dublin on the first national research study for patients with anti-neutrophil cytoplasm (ANCA) vasculitis.

Vasculitis is an autoimmune kidney disease that causes destruction of small blood vessels, resulting in reduced blood flow, with consequent organ and tissue damage. It is estimated that there are 1,000 people in Ireland with ANCA vasculitis. Vasculitis patients across the island of Ireland are being encouraged to download the free personalised app, developed by patientMpower, which will help patients stay well, manage their medication and interact with clinical teams. The app will collate data for the research study, such as patients' daily activity, location and blood results, to help identify and validate the environmental and clinical reasons for vasculitis flare.

The study, which is being led by Professor of Nephrology Mark Little at the Hospital will seek to develop artificial intelligence techniques that will assist physicians in predicting the risk of flare, thereby helping to get the dose of immune-suppressing drugs correct. As the second largest provider of dialysis in the country, Tallaght University Hospital has the opportunity to use the outcome of this research to improve patient pathways for rare immune disorders like vasculitis.

The work is being performed in conjunction with the Vasculitis Ireland Network, which also comprises vasculitis clinicians in St. Vincent's University hospital, Cork University Hospital, University Hospital Galway and Daisy Hill Hospital in Northern Ireland, alongside the national patient organisation, "Vasculitis Ireland Awareness". Vasculitis patients can download the personalised app for free which works on both apple (iOS) and Google android devices. The app can be downloaded here: [onelink.to/p6pyja](http://onelink.to/p6pyja)



Pictured at the launch of the study were from left to right Declan O'Sullivan, Director of ADAPT, Professor Mark Little Consultant Nephrologist at Tallaght University Hospital, Jason Wyse Assistant Professor of Statistics and Professor Lucy Hederman School of Computer Science & Statistics Trinity College Dublin

## Introducing Tallaght University Hospital Foundation



The establishment of the recently announced Tallaght University Hospital Foundation is an important milestone in the development of the Hospital. Under the leadership of its Chief Executive Ronan Foley, the Foundation will work to support, promote and enhance the services provided by the Hospital.

"This is an exciting development for the Hospital, its staff and wider community. The driving force of the Foundation will be to help people to live longer, healthier, happier lives and to engage more people in their health and well-being. Our funding will be directed towards projects and innovative solutions that support this purpose", said Ronan Foley, Chief Executive of the Foundation.

Ronan has an extensive track record of successfully transforming and growing financial services businesses. His most recent corporate position was as CEO and Executive Director of IPB Mutual Insurance Co Ltd. He is currently Chairman of The Ireland Funds in Ireland, a global philanthropic organisation operating in 12 countries that has raised over \$600 million for 3,000 outstanding charities and organisations.

Commenting on his appointment David Slevin CEO of Tallaght University Hospital said "the establishment of this Foundation could not have come at a better time following the recent publication of Project Ireland 2040 plan and the publication of the Hospital's Clinical Services Strategy. There is now a clear roadmap for the future of the Hospital and its future development is now forward to working with all of our Foundations in developing Tallaght University Hospital to the benefit of our patients, community and staff."

Date	Detail	Booking Contact
29.05.2018 Repeated on 26.09.2018	<b>Dementia Care in Primary Care</b> <b>Target Audience:</b> All healthcare professionals working in primary care. <b>Time:</b> 8.30am – 12.30pm <b>Venue:</b> The Centre for Learning & Development, Tallaght Hospital <b>Cost:</b> N/A	Maria Carr 01 414 2852 <a href="mailto:Maria.carr@amnch.ie">Maria.carr@amnch.ie</a>
15.05.2018 12.06.2018 17.07.2018	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> - €50 fee (HSELanD eLearning programme to be completed prior to attending) <b>Time:</b> 10.30am-12.30pm <b>Venue:</b> Two Rock Clinical Skills Lab – CLD	Clodagh McLoughlin 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 <b>Venue:</b> Trinity Lecture Theatre, CLD Speaker updates on Twitter – @CLDTallaghtHosp	Sandra Daly 01 414 2883 <a href="mailto:Sandra.Daly@amnch.ie">Sandra.Daly@amnch.ie</a>

## Bloods at Tallaght University Hospital

The Phlebotomy Service have asked us to remind all GPs that both the Adult and Paediatrics phlebotomy services are by **appointment only**. There is no 'walk in' service available.

Please advise your patients and their parents to that they must make an appointment. They can book online via the SwiftQueue system which is available on the [www.TUH.ie](http://www.TUH.ie) choosing a time and date that suits them best. All patients need to bring the relevant forms with them as without them bloods can be taken.

Many thanks for your assistance with this and ensuring that patients receive the best care possible.



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: [GConnect@amnch.ie](mailto:GConnect@amnch.ie)

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