

Connect



Quarterly Newsletter for GPs

Issue 8 - Autumn 2017

Dear Colleagues



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We launched a new campaign in partnership with the Dublin Midlands Hospital Group and the Local Integrated Care Committee represented by Dr. Catherine Wilkinson entitled 'Are You Winter Ready?' The campaign, which will run to the end of February, is a public information campaign designed to empower patients of the Hospital and the wider public to better manage their health to ensure that they stay healthy this winter. The core message of the campaign for staff, patients and public is to Protect, Prepare and Prevent against the impacts of winter illness.

The initiative launched with targeted health messaging to encourage staff, patients and wider community in Tallaght Hospital to get the flu vaccine in order to reduce the risk of contracting influenza this winter. The campaign also recognises that flu is just one of the common illnesses which can impact on public health during winter. To this end, it will also provide support and advice on avoiding contracting other conditions such as vomiting bugs or winter colds.



Pictured at Tallaght Hospital at the launch of the Are You Winter Ready Campaign are from left to right: L- R Trevor O'Callaghan, Acting CEO Dublin Midlands Hospital Group; John Kelly, Chief Operating Officer, Tallaght Hospital; Dr. Catherine Wilkinson from GPs at Tallaght Cross; Mr Martin Feeley, Clinical Director Dublin Midlands Hospital Group; Professor Stephen Lane, Respiratory Consultant at Tallaght Hospital and Lucy Nugent, Deputy CEO Tallaght Hospital

Winter is the time when many people, particularly those in at risk categories such as those over 65 or those with underlying health issues, become ill from viruses or other infections. When this happens, it's key that patients can secure the most suitable treatment in the fastest time and in the most appropriate healthcare setting.

Hospitals across the health service are already very busy places and waiting times for treatment in our Emergency Department can be long, particularly for patients with less severe symptoms.

The campaign aims to educate people on how to stay healthy and out of hospital and use alternative pathways where possible. As part of the suite of communications materials there is a poster we would invite you to display in your practices which reminds patients of your Out of Hours contact numbers so they are Prepared and Winter Ready. The poster is available on our website for [download](#) or email your postal details to GPCConnect@amnch.ie and we can email some out to your practice.

I hope you can support us in this initiative
Best Wishes

Lucy Nugent
Deputy CEO Tallaght Hospital

Paediatric Outpatients and Urgent Care Centres at Connolly and Tallaght Hospitals

As part of the new children's hospital project, planning permission was also granted for the two new paediatric outpatients and urgent care centres in Dublin at Connolly and Tallaght Hospitals. The Paediatric Outpatients & Urgent Care Centre at Connolly will open in 2019 followed with the second one at Tallaght in 2020.

Currently 85% of patients attending the Emergency Departments of the three Dublin children's hospital go home on the same day. These centres will provide urgent care paediatric services including short stay observation beds, and outpatient clinics such as general paediatrics and orthopaedics for fracture clinics – all supported by therapies, phlebotomy, general x-ray and ultrasound services – and child sex abuse counselling services. The HSE's primary care dental services will be provided at the Connolly centre only.

Typically, the centres will care for children and young people who have a common, minor illness or injury, which cannot be managed by a GP (primary care) but does not require the acute services of an Emergency Department. In advance of the centres opening, there will be a full information and awareness campaign. This is to ensure that families, the public, GPs and other stakeholders understand the services that will be available and encourage them to avail of the right care in the right place near their home.



Artists drawing of planned Paediatric Urgent Care Centre at Tallaght Hospital

Capital Projects

A number of milestones have been reached in recent weeks on various capital projects planned for the Hospital Campus. As you will read in the newsletter work has commenced on the new Children's Hospital Urgent Care Centre on Campus. The first phase will be the completion of the new decanted Crèche and Corporate Services building located between Trinity Centre and our Staff Restaurant.

All the funding is now in place for the new Renal Dialysis unit and we expect to start construction in February of next year. Our Hospital is currently the second largest provider of Dialysis services in the country and the creation of a larger and more modern unit is being welcomed by our staff and patients. The new unit will have 28 dialysis stations and six isolation rooms. The new unit will not solely focus on increased capacity but also on enhancing the model of care, with a particular emphasis on home and self-care building on our existing status as a home therapies centre.

Another first for Tallaght Hospital in the area of Urology

In recent weeks, Tallaght Hospital became the first public hospital in Ireland to use a new, minimally-invasive technology to treat Benign Prostatic Hyperplasia (BPH), commonly known as an enlarged prostate gland. The enlarged gland causes obstruction, resulting in lower urinary tract symptoms like difficulty starting a urine stream; a weak or interrupted urine stream, frequent need to urinate (day and night), or urinary retention.

The prevalence of BPH increases as part of the normal ageing process; about one in four men over the age of 40 report lower urinary tract symptoms. For men who require surgery for relief of their symptoms, traditionally, the obstruction is relieved by cutting, heating, vapourising or removing enlarged prostate tissue.

Artists drawing of planned new renal unit at Tallaght Hospital



Expansion of our ICU capacity is vital to address current constraints that result in the most vulnerable of our patients waiting too long to access intensive care services. The dramatically ageing demographic and increasing medical acuity of patients means that the Hospital must be prepared for more acute presentations and admissions. So, it is planned that next month we will be in a position to lodge a planning application for a 12 bed ICU extension to be built adjacent to existing ICU on the second floor. If we are successful in getting the permission we will then begin the process to secure further funding for this important development for the Hospital.

The SIMMS building in Tallaght Cross West which was referenced in the last edition of Connect is on schedule. In the first quarter of next year we will commence the transition of some clinical services over there most notably Endocrinology. We are also currently clearing a series of Portacabins which housed our HR/Occupational Health Departments. Clearing this space gives the Hospital an important opportunity to explore new opportunities to develop capacity to improve access for our patients.

However, the pilot project, led by Consultant Urology Surgeon Mr. Rustom Manecksha, saw five patients undergo a new minimally invasive procedure called Prostate Urethral Lift (PUL) using the UroLift® System. The system implants retract obstructing lateral lobes of the prostate gland and expand the urethral lumen, clearing the obstruction and relieving symptoms without the need to cut, heat or remove prostate tissue. A key benefit of this approach is that the procedure can be completed under local rather than general anaesthetic, which reduces the typical length of stay required in hospital afterwards.

The key benefits of this technology are:

- ▶ **Quicker recovery times:** Time required for catheterisation is reduced or eradicated
- ▶ **Reduced risk to sexual function:** Relieves lower urinary tract symptoms without the risk to sexual function posed by other surgical options
- ▶ **Reduced Length of Stay:** The procedure can be done as a day case, under a combination of sedation and local anaesthetic
- ▶ **Futureproof:** The procedure does not interfere with future procedures for the same condition, should the need arise

We are currently drawing up plans for a new six storey building that will include 72 new single inpatients rooms, expanded Endoscopy services and an enhanced Oncology Day service combined with a new Pharmacy Aseptic Unit. Securing the funding and necessary permissions to proceed with a development such as this will put us in a better position to increase our bed capacity for patients as they present with increasingly complex healthcare needs.

All of this change is coming as we look towards celebrating our 20th year in Tallaght. Whilst we acknowledge that it will cause some disruption with building works it is a very exciting time with new investment for the campus, the improvements it will enable us to provide to patients and enhanced working environment for staff providing that care.

Tallaght Hospital is a National Centre for Urology and maintains a strong focus on improving its core clinical competencies and endeavours to provide our patients with access to the latest services and technologies. Due to the previous experience of Mr. Manecksha we had the expertise to run the pilot project which has the potential to radically improve the lives of patients affected by this very common condition.

Following completion of the pilot Mr. Manecksha said "While I was completing my Fellowship in Melbourne, I was involved in the initial trial, which was carried out at 19 sites across Australia, the US and Canada. The early indications are that this new technology will benefit both patients and hospitals so I am very proud that Tallaght Hospital is the first public facility in Ireland to pilot the procedure."

Patient feedback

Commenting two weeks after the procedure a 63 year old patient said: "After just two weeks, I feel like my condition changes for the better every day. The difference this procedure has made to my quality of life is fantastic. I know that I am very lucky to have been given the chance to have this new procedure and in a way it feels a bit like winning the lotto. It was great to get home so quickly afterward and get on with my life without too much fuss."

WALKWAYS AT TALLAGHT HOSPITAL

Tallaght Hospital has launched a work placement programme for young people with intellectual disabilities. The programme will provide work related skills and qualifications to trainees to enable their transition to paid employment. This joint initiative is as a result of a very successful collaboration with WALK, a local community group that work to provide employment, education and training to young people with intellectual disabilities. The WALKways project will be a pilot site for a National Launch in a number of Hospitals. The 11 trainees have completed a two week induction programme and have started their work placements in the following Departments: Materials Management, National Children's Hospital, Medical Records, Catering, Speech & Language Therapy, Dietetics & Nutrition, Physiotherapy, Occupational Therapy, Volunteers Café and they will work with Ward Clerks. The Interns along with the Chairmen of the Hospital and Walk planted a tree at the front of the Centre for Learning and Development to mark the launch of the new programme.



Pictured at the launch of the WALKways Programme were back row: John Bourke, Chairman of WALK; Daragh Flanagan; Sarah McNulty; Mark McQuillan; Clare Nolan; Patrick Brennan; Joe Mason, CEO WALK; David Slevin CEO Tallaght Hospital, Catherine Kelly Director of Services, WALK. Front Row: Liam Dowdall, Chairman Tallaght Hospital; Kathryn Griffin; Laura Irving, Julieanne Cummins; Kristina Tully; ChiHung Wan; David Flanagan and Sharon Larkin, Interim HR Director Tallaght Hospital

Dermatology Service Supported by Registered Advance Nurse Practitioner

Carmel Blake has become the latest Registered Advanced Nurse Practitioner (Dermatology) at Tallaght Hospital. Carmel will manage a caseload of patients as part of the multidisciplinary team in the Dermatology Department. Carmel's role will contribute to improving the health care experience and outcomes for all patients in her caseload.

This will occur through collaboration with dermatology medical staff, protocols and pathways development, implementation of best practice guidelines and continuous audit and evaluation.

Carmel will educate the patient and their family to promote patient self-care and management of their condition. The Registered Advanced Nurse Practitioner (Dermatology) role will expedite access to diagnostic tests required for prompt diagnosis such as minor skin surgery procedures for suspected skin cancers and inflammatory skin conditions. Carmel's role will streamline and co-ordinate the care of dermatology patients with chronic skin conditions (psoriasis, eczema, acne, hidradenitis suppurativa), and will enhance the quality and safety of patient care in the dermatology service in Tallaght Hospital.



New Research Study @ Tallaght Hospital

An exciting new research collaboration with Tallaght Hospital and St. Vincent's University Hospital led by Irish life sciences company, [Genomics Medicine Ireland](#) was announced recently. This is the first comprehensive genomic study of Inflammatory Bowel Disease (IBD) to be undertaken in Ireland, it aims to identify genetic markers that can help diagnose, predict disease severity and identify personalised treatments for people with IBD.

Around 20,000 people in Ireland are diagnosed with IBD, chronic inflammatory gastrointestinal disorders primarily affecting adults in the prime of their life. There are two major forms of IBD, Crohn's disease (CD) and Ulcerative colitis (UC) which are life-long conditions for which there is currently no known cause or cure. Onset is typically in childhood or in young adults so IBD has potential to impact educational performance and work productivity, as well as quality of life. Crohn's Disease is associated with increased mortality in the Irish population and there is an increased risk of colon cancer to people with either CD or UC.

The role of genetics in IBD has been widely accepted since the identification of a linkage region containing the NOD2 gene in Crohn's disease patients. Previous international studies have identified large stretches of DNA that are associated with IBD, and some genes have been strongly linked to the development of IBD. However, the risk genes that have been identified only explain a small proportion of IBD disease risk, meaning that there are many genetic and environmental risk factors yet to be identified.

Commenting on the launch of the study Prof. Deirdre McNamara, Consultant Gastroenterologist, Tallaght Hospital said; "This study will enable us to gain a comprehensive understanding of the interactions between genes, environment, biology and the disease. IBD has evolved into a global disease - over 2.5M in Europe and 1M residents in the USA are estimated to have IBD, while its prevalence is also on the rise in newly industrialised continents. Irish IBD patients have an opportunity to contribute to potentially life-changing research that will benefit not just our patients here in Ireland but potentially people with IBD throughout the world." People with IBD attending Gastroenterology Clinics will be invited to participate in the study, for further information please speak to a member of the Gastroenterology Team.



Picture Caption with Story: Pictured at the launch of Ireland's first population-wide genomic study into IBD were Prof. Deirdre McNamara, Consultant Gastroenterologist; Dr. Anthony O'Connor, Consultant Gastroenterologist; Dr. Maurice Treacy PhD, Co-Founder & Strategic Relationships, Genomics Medicine Ireland; Yvonne Bailey, IBD Nurse Specialist and Dr. Barbara Ryan, Consultant Gastroenterologist

“Think Sepsis, Act Fast, Save Lives”

Did you know that more people die of sepsis than lung cancer, breast cancer and HIV combined? Sepsis is the most common cause of death following an infection and it can be avoided.

The occurrence of Sepsis is on the rise as people live longer, use more antibiotics and more people live with weakened immune systems. Sepsis happens when an infection spreads throughout the body, it can cause serious illness, shock and even death. Anybody can develop Sepsis following an infection but some people have increased risk e.g. babies, frail older people, patients after surgery, patients who have wounds, drips or catheters and patients with a weakened immune system for example those on chemotherapy or steroids. The early signs of Sepsis are a high temperature, shivering or chills, a fast heart rate, a fast breathing rate, confusion, weakness and poor feeding in babies and young children. If Sepsis is recognised and treated within one hour, the “Golden Hour” patients are more likely to recover.



Sepsis = Infection + SIRS

- S** Sturred speech, confusion, weakness
- I** Increased heartbeat, fast breathing, insufficient urine
Heartbeat is more than 90 beats a minute.
Breathing is more than 20 breaths a minute (These rates apply to adults only). Passing very little urine, or passing urine that is dark and smells bad.
- R** Rigors, chills
Severe shivering and/or high temperature
- S** Skin colour changes
Skin is cold, pale, mottled or warm and flushed

If you have infection and feel very unwell -
Suspect sepsis.
Seek urgent medical advice.



Lunchtime Review

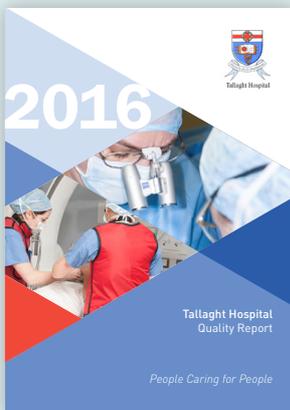
On Monday 25th of September Dr. Anthony O'Connor, consultant gastroenterologist did a combined lunchtime chart review clinic with his primary care colleagues Professor Tom O'Dowd, Dr. Darach O'Ciardha and Dr. Meabh Ni Bhroin. Working together, they reviewed a number of cases with a view to streamlining investigation and management for patients with GI complaints.

Dr. O'Connor said "It's an excellent opportunity for us to forge links with our primary care colleagues. The process will result in improved access to timely and appropriate care for patients and has certainly been very educational for me and hopefully for them too. I'm really grateful to Professor O'Dowd and his colleagues for inviting me to see the state-of-the-art premises at the Russell Centre and it was out of that informal visit that this initiative was born and we are hoping to do this a few times a year." If any other practices would be interested in doing something like this, please contact Dr. O'Connor at Anthony.oconnor@amnch.ie

Tallaght Hospital Publishes 2016 Quality Report

The 2nd Quality Report was published last week, acknowledging both the Hospital's 'People Caring For People' ethos and its 'Zero Harm' programme, the report also reflects Tallaght's core values: respect for patient autonomy; respect for each other; partnership and teamwork; fairness and equality; caring and openness.

Many quality improvement successes are described throughout the report from all parts of the Hospital whilst recognising that even more was achieved. A full copy of the report can be accessed through this [link](#)



IBD DIARY DATE

In partnership with the Adelaide Health Foundation Dr. Anthony O'Connor is running an IBD School in the community on **November 25th** for a half day of patient information and education sessions on Diet, the IBD Patient Journey, Medications and Psychological aspects of living with IBD. Feel free to inform your patients of the event – all are welcome.

TIME	10am-1pm
LOCATION	The Trinity College Dublin Institute of Population Health, Russell Centre @ Tallaght Cross

Upcoming education events available for GPs and Practice Nurses

Time	Course Details	Booking Information
Every Friday Term Time	Grand Rounds 8am-9am, Trinity Lecture Theatre Speaker updates on Twitter – @CLDTallaghtHosp Free of Charge	Sandra Daly 01 414 2883 Sandra.Daly@amnch.ie
21.11.2017 05.12.2017	Venepuncture & Peripheral Venous Access Device 10.30am – 12.30pm, Two Rock Clinical Skills Lab – CLD (PVAD) Insertion – €50 fee	Clodagh McLoughlin 01 414 2851 Clodagh.McLoughlin@amnch.ie

Consultant Appointments

- Mr Brendan Fennessy**
– Consultant Otolaryngologist
- Mr. Joe Butler**
– Consultant Orthopaedic Surgeon



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: GPCConnect@amnch.ie

