



Dear Colleagues

Autumn has arrived with great momentum at TUH, marked by a series of transformative milestones that reflect our shared commitment to innovation, excellence, and future-focused care.

At the heart of this season's progress is the launch of our Strategic Plan 2025–2029. This bold roadmap sets out our mission to deliver patient-centred care that anticipates and adapts to the evolving needs of our growing community. With West Dublin among the fastest-expanding regions in the country, our strategy is designed to future-proof services and ensure we remain agile, integrated, and responsive.

We also celebrated the opening of our new €8.8 million Pharmacy Aseptic Unit, a state-of-the-art facility that significantly enhances medication safety and efficiency. Built to Good Manufacturing Practice standards and four times the size of its predecessor, the unit will support the preparation of sterile, ready-to-administer treatments including cancer therapies and clinical trial medications. It is a major step forward in delivering high-quality care across inpatient and outpatient settings.

Equally inspiring is the pioneering work of our Speech & Language Therapy team, who have introduced Phagenyx - a cutting-edge treatment for severe dysphagia. TUH is proud to be the first acute hospital in Ireland to implement this technology, which uses targeted neurostimulation to restore safe swallowing function in patients who cannot engage in traditional rehabilitation. This innovation not only improves outcomes but also reduces complications and hospital stays.

Together, these developments demonstrate the extraordinary dedication of our staff and our collective ambition to lead the way in healthcare delivery. Thank you for your continued support and commitment.

Le meas

Barbara Keogh Dunne
Chief Executive, Tallaght University Hospital



Pictured from left to right at the launch of the new 2025–2029 Hospital Strategy were Professor Anne-Marie Brady, Chair of the Hospital Board; Barbara Keogh Dunne, CEO of TUH; Kate Killeen White, Regional Executive Officer, Dublin & Midlands and John Kelly, Deputy CEO of TUH



Members of the team from left to right are Yvonne Keogh, Senior Pharmaceutical Technician; Louise Byrne, Aseptic Unit Manager; Deirdre Mooney, Senior Pharmaceutical Technician-Team Leader; Iarlaith Doherty, Senior Pharmacist; Katie Brophy, Senior Pharmaceutical Technician; Aisling McGowan, Senior Pharmacist; Nicola Ward, Pharmaceutical Technician. Pharmacy Technicians absent from the image are Laura Ryan, Senior Pharmaceutical Technician; Niamh Cullen, Senior Pharmaceutical Technician and Hannah Berman, Pharmaceutical Technician

Welcome to Jerome Powell

Welcome to Jerome Powell who has joined the Hospital as Chief Operations Officer. He joins TUH with a rich background spanning clinical and operational management, Jerome is known for driving positive change, building strong teams, and finding smart solutions to tough challenges. His ability to translate data into action and bring others along with a shared vision makes him a dynamic addition to our leadership team.

From Connolly Hospital to ICU roles in St James's and TUH and international work in Australia and Saudi Arabia his experience brings valuable perspective and strength to our continued journey toward excellence.

*Jerome Powell, Chief Operations
Officer TUH*



Exploring Cancer Patient Distress: A Collaborative Study

Colleagues from TUH and St. James's recently published a joint study, which was published in the Irish Medical Journal. The study explores the complex factors influencing distress among cancer patients. The research focuses on how gender roles, family support systems, and access to psychological care shape the emotional experiences of individuals navigating cancer treatment.

While we were not the lead organisation, our involvement in this collaborative effort reflects our ongoing commitment to supporting research that improves patient outcomes and deepens understanding of the human side of healthcare. The study's findings underscore the importance of holistic, person-centred approaches, recognising that emotional wellbeing is just as critical as physical treatment. You can read the full article via this [link](#).

Neurology Update Meeting, Friday 10th October 2025

The 24th Annual Neurology Update Meeting, under the directorship of Dr. Petya Bogdanova – Mihaylova, will take place on Friday, October 10th 2025 at The O'Reilly Hall, UCD.

This is a neurology education day which will be of interest to neurologists, general physicians & general practitioners. The meeting will be highly relevant for specialists and generalists who manage neurological illness, presenting the latest developments in diagnosis and treatment in a practical "What you need to know" format with short talks with clinical insights for management of neurological patients. Further information can be found via this [link](#).

Bowel Health Diagnostics

TUH is leading a new era of innovation in bowel health diagnostics across Ireland, according to a landmark new report from Professor Deirdre McNamara, Consultant Gastroenterologist at TUH and Chairperson of the Irish Capsule Endoscopy Registry (ICaRe).

The report, launched at the RCPI in Dublin, looks at the national rollout of Capsule Endoscopy, a modern, pill-sized camera that patients swallow, enabling doctors to examine their digestive system without the need for invasive procedures. Ten centres across Ireland have introduced Colon Capsule Endoscopy (CCE), (TUH was the first) offering quicker, more comfortable testing for gastrointestinal issues.

With more than 25,000 people waiting for traditional colonoscopies, this technology has helped ease pressure on overwhelmed services. The newly launched ICaRe Report for 2024 has gathered valuable data from thousands of cases to assess the success of these capsule procedures. "This report marks an important milestone for bowel diagnostics in Ireland. Capsule endoscopy is no longer just a promising idea, it is a working reality with measurable benefits," said Professor McNamara.

Why it Matters

- ▶ Capsule endoscopy is less invasive and more convenient for patients
- ▶ Technologies like CCE and FIT (Faecal Immunological Testing) enable doctors to identify high-priority cases faster
- ▶ Patients now have more choices in how they receive care, helping reduce waiting times and improve outcomes

To learn more about the report and how capsule technology is transforming gastrointestinal diagnostics, click on this [link](#).



Professor Deirdre McNamara with members of the TUH team at the launch of the report in the RCPI

Unique Global Study

The Institute of Memory & Cognition at TUH was announced as the Irish site for an international collaboration to improve care and outcomes for people with Down syndrome worldwide and is funded by the US National Institutes of Health, and sponsored by the Alzheimer's Therapeutic Research Institute at the University of Southern California.

The Trial Ready Cohort for Down syndrome (TRC-DS) study will be based at the National Intellectual Disability Memory Service. The service will be inviting adults with Down syndrome who want to help researchers learn more about memory and thinking problems, such as Alzheimer's disease.

Participation in the study in Ireland will be led by Professor Seán Kennelly, and his colleagues in the National Intellectual Disability Memory Service. It will follow participants aged 25 to 55 for almost three years (which will involve seven visits to the National ID Memory Clinic), including regular check-ups such as memory tests, blood tests, and brain scans (MRI). The goal is to understand how and why changes happen in the brain so that new treatments or ways to prevent dementia in people with Down syndrome can be developed.

Another important aim of the study is to establish a trial-ready cohort for rapid enrolment in future Alzheimer's clinical trials, ensuring that adults with Down syndrome have the opportunity to participate in these important studies. There are 17 sites participating in the study with just four in Europe including the University of Cambridge, UK; Sant Pau Medical Research Institute in Spain; Institut Jérôme Lejeune, Paris and the Institute of Memory & Cognition in TUH.



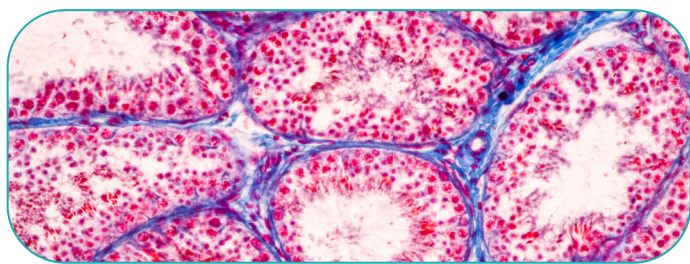
Pictured from left to right members of the study team at the Institute of Memory & Cognition Dr Naomi Davey, Memory Service SpR; Evelyn Reilly, ID Memory Service ANP; Ruth Ennis, Research Manager; Professor Seán Kennelly, Study Principle investigator & Clinical Director of National Intellectual Disability Memory Service; Garret McDermott, Memory Service Neuropsychologist; Jasmine Joseph, Research Nurse and Martina Leigh, ID Memory Service ANP

Prostate Cancer Update

Our colleague, Lynn Casey, an Advanced Nurse Practitioner in Urology, has just contributed a very interesting article to the *Clinical Journal for Healthcare Specialists*. The new paper “An update on active surveillance in prostate cancer” can be read in full [here](#).

Lynn concluded that choosing Active Surveillance as a management approach may be best suited for men who have confirmed low or favourable intermediate-risk prostate cancer via biopsy and MRI and wish to preserve quality of life and avoid treatment side effects. Patients must commit to regular follow-up appointments, including PSA, MRI, and biopsies, and understand and accept the small risk of progression and possible anxiety involved.

She also reports that diagnosis must include a high-quality baseline assessment (MRI, Gleason score), and patients should receive a clear follow-up plan. The new paper says that it is essential that there is easy access to support services, including a clinical nurse specialist or advanced nurse practitioner. Finally, patients must be confident that if progression occurs, curative treatment options remain viable and accessible.



Diet & Brain Health

New research carried out here at TUH has revealed that a significant proportion of patients with *Mild Cognitive Impairment (MCI)* attending our Brain Health Clinic are either overweight or living with obesity, while also reporting low levels of physical activity.

The findings, published in the *Professional Nutrition and Dietetic Review*—a leading journal in the field—underscore the critical role that diet and lifestyle play in supporting good brain health.



The study, conducted by Eimear Mullen, Senior Dietitian at TUH's Institute for Memory and Cognition, studied anonymised data from 101 individuals diagnosed with a MCI and attending the Brain Health Clinic. Of these patients, 39% were male and 61% female, with the majority aged between 70 and 79 years. The analysis found that 74% of participants were in the overweight or obese BMI categories, and most reported low levels of physical activity.

GPs at Tallaght Cross

We are delighted to have developed a new community placement for student nurses of the Hospital at GPs at Tallaght Cross located in the Russell Centre and Mary Mercer Primary Healthcare Centre in Jobstown in collaboration with Trinity College Dublin.

This learning environment will provide an opportunity for student nurses to expand their placement experience beyond the hospital into the community setting alongside our GP and practice nurse colleagues. Clare Conlon, a past student and staff member of TUH is now a candidate Advanced Nurse Practitioner in the GP Practice and is excited to welcome this new placement initiative.

GPs at Tallaght Cross is a busy and established teaching practice. It is located on the 3rd floor of the Russell Centre and also incorporates a second site at the Mary Mercer Primary Healthcare Centre in Jobstown. During their two week placement, students will have the opportunity to gain an understanding of the chronic disease model of care and Sláintecare Health reform policy. The practice offers expertise in areas such as chronic disease management, wound care, women's health screening, minor surgery clinics and case management.



Pictured from left to right in Tallaght Cross Maria Biju, General Nursing Student; Clare Conlon, candidate Advanced Nurse Practitioner; Siobhan Cahill, Practice Nurse and Libby Brady, Clinical Placement Coordinator

Are Sunbeds Addictive?

Our Head of Dermatology at TUH, Consultant Dermatologist Professor Anne Marie Tobin, recently published new research that has prompted doctors to question whether sunbed use should be considered an addictive behaviour.

The paper has prompted experts to speculate that using sunbeds may be like other compulsive behaviours, as even knowing the adverse health risks does not stop Irish people from using tanning salons. Ireland has one of the highest rates of skin cancer in the world.

An anonymous study of 104 patients carried out here at the TUH found that even after patients were referred to our Skin Cancer Clinic for investigation they continued to use sunbeds. In this research it was found that, two-thirds were under the age of 22, most were women, and a quarter were under the legal age of 18.

The earliest reported age of first use was 13, which Professor Tobin says is completely against the law. 31% of users reported not using protected goggles, which could cause them to develop cataracts in later life.

The results showed that patient demographics were consistent with previous studies on sunbeds use, namely younger female patients living in urban areas. Many sunbed premises did not comply with safety regulations; over half lacked protective goggles, and nearly half received no health risk information. Furthermore, there was a concerning lack of compliance with regulations in tanning salons, highlighting a public health issue.

The reasons for sunbed use included improving appearance and confidence. This study suggests that patients may benefit from psychological and behavioural interventions such as cognitive behavioural therapy to address their compulsive behaviour.

Research & Innovation

TUH Leads the Way with Ground-breaking Dysphagia Treatment

The Hospital has become the first acute hospital in Ireland to implement Phagenyx, a cutting-edge treatment for severe dysphagia in acute stroke and critical care patients. This milestone reflects TUH's strategic commitment to innovation, excellence in patient care, and future-focused service delivery.

Dysphagia, a serious condition affecting swallowing, can lead to pneumonia, malnutrition, and extended hospital stays, placing pressure on bed availability and recovery pathways. By introducing Phagenyx, TUH is tackling these challenges head-on. The system uses targeted electrical stimulation to promote neuroplastic recovery in the brain, restoring safe swallowing function even in patients unable to participate in traditional rehabilitation.

Led by the Speech & Language Therapy Department, the initiative was supported through TUHF's "Ignite for Impact" programme, which funds transformative healthcare projects. The treatment, delivered via a dual-function catheter, allows for early intervention in intensive care settings where timing is critical.

Results from the pilot were striking: aspiration rates dropped from 89% to 33%, and 77% of patients returned to full oral intake by discharge.

These outcomes not only improve patient quality of life but also support TUH's strategic goals of enhancing recovery, reducing length of stay, and optimising bed capacity.

The project was showcased at the European Society for Swallowing Disorders (ESSD) conference, positioning TUH as a leader in clinical innovation. A research study is now underway to evaluate long-term outcomes and financial impact. TUH continues to shape the future of Irish healthcare, driven by strategy, innovation, and impact.



Pictured from left to right Julie Keane and Sarah Rowland Clinical Specialist Speech & Language Therapists who led out on the development of this new initiative



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@tuh.ie