



## Dear Colleagues

### Welcome to the Autumn Edition of Connect.

I would like to congratulate Dr. Darach Ó Ciardha on his recent appointment to the board of Tallaght University Hospital. His appointment is a further strengthening of the breadth and depth of engagement by the Hospital with our local community and healthcare colleagues.

In recent weeks the Minister for Health announced funding for 122 Sláintecare projects across the country out of the 477 submissions received. We were very pleased that four of our applications for funding were successful and whilst specialists may be needed TUH is focussed on developing services and patient pathways that cater for the aging and growing population around our hospital. To provide this care it does not always have to be provided in the Hospital.

Plans for the rollout of the projects are underway and we aim to have them up and running between now and early next year. There are differing timelines on the projects being established. For further information on Sláintecare can be found via this [link](#) and the specific projects below.

In partnership with our Patient Community Advisory Council a very full schedule of health talks in the community are planned for the autumn / winter. Full details are available on the Hospital [website](#), the events are free of charge to attend and everyone is welcome to attend. If you have any patients that you think might benefit, please pass the details on to them.

### Lucy Nugent

Chief Executive  
Tallaght University Hospital

### Advanced Nurse Practitioner for the Development of Male Lower Urinary Tract Symptoms (LUTS) & Benign Urology

With an increasing aged population urology referrals are increasing and likely to continue to increase in the future. Urology waiting lists have increased by 80% in recent years and unfortunately TUH currently has the longest urology waiting list nationally. This is likely to increase in the future due to the aging population. The development of this new integrated referral pathway for Male LUTS and develop a secondary care nurse led urology clinic for benign urological symptoms will provide an increasing volume of urological care in the primary care setting, and contribute to a reduction in Outpatient Waiting times. This project will result in the development of shared care with GP's, a reduction in the number of outpatient visits per patient. Improved access to services for non-urgent patients and greater cost efficiencies for the Hospital.

### Heart Failure Service Integrated Care Project

TUH has a large cardiology department providing inpatient and outpatient services and acts as a primary referral centre for cardiology patients from Naas General Hospital (NGH). The Heart Failure Service (HFS) in TUH was established in 2003. This physician-led, nurse-managed service has successfully reduced readmission rates, reduced length of stay and improved both the quality of life and life expectancy for patients with heart failure.

This project will establish integrated partnerships to join together the full range of heart failure services in the CHO 7 area, including GPs, community health, hospital specialists, and other multidisciplinary team members. This has the potential to make a positive contribution to the delivery of care closer to home rather than in hospital. It will be a co-operative network between existing providers to deliver high-quality services and will be clinically led. Integrated Care Programmes such as this one will prevent hospital admission by identifying patients at high risk and permitting implementation of strategies to manage their health needs without need for inpatient hospital stay.

### Integrated Community Chest Pain Clinic (ICCCP)

The TUH nurse led chest pain service started in 2012. This service is advanced nurse led and provides a consult service to the ED and Acute Medical Assessment Unit. The Registered Advanced Nurse Practitioner

has the autonomy to discharge the appropriate patient without consulting a medical practitioner. Discharged patients are referred for further evaluation in the nurse led chest pain clinic within 72 hours.

The proposed ICCPC is a natural expansion of the innovative advanced nurse led chest pain service in TUH, to the community for low risk patients. There are no similar clinics in Ireland. Approximately 1,400 patients per annum are referred to the TUH ED by their GP with chest pain. Another c. 900 self-refer from local GP practices. The vast majority are very low risk and therefore are subjected to lengthy waiting times in the ED (10-12 hours). This project will provide an alternative avenue for low risk chest pain assessment by using a nurse led chest pain clinic in the community setting, that can be accessed by all GPs in the TUH catchment, and is NOT linked to a particular GP practice. This project builds on the eight year expertise of the TUH chest pain service in assessment and diagnosis of this cohort and expands this novel service model to the community, in a truly integrated fashion.

### Integrated Care for Patients Presenting with Leg Ulcers

TUH currently has over 800 new patients on the vascular outpatient waiting list, with over 400 return patients. There were almost 8k outpatient department vascular attendances in 2018. Approximately 25% of attendances are related to leg ulcers. The vascular team have estimated that by developing this integrated care initiative to better manage leg ulcer patients in the community the Hospital could reduce this OPD attendance rate by 50%. This would result in a net gain of approximately 970 OPD appointments in TUH per annum and significantly reduce wait times for remaining patients.

Moving to an integrated service whereby patients are primarily managed in the community by appropriately trained nurses (with co-ordinated access to Consultant expertise/advice as required), represents a new approach to care of leg ulcers in CHO 7. This new approach will provide trained Clinical Nurse Specialists and Public Health Nurses in the community, providing an efficient, effective, timely referral pathway, enabling GP clinics to refer patients to an appropriate referral centre within an acceptable geographic radius of the GPs clinic. This would represent a more appropriate way of delivering care for this group of patients, as currently a significant number of patients in TUH's catchment area are referred directly to the Vascular team in the Hospital for leg ulcer management.

# TUH CLINICAL AUDIT & QUALITY IMPROVEMENT SYMPOSIUM

TUH with the generous support of the Meath Foundation is hosting its annual Clinical Audit & Quality Improvement Symposium on the 27th March 2020. The Hospital is extending an invite to attend and submit abstracts to all our GP colleagues. The keynote speaker this year is Dr. David Vaughan, Director of Quality and Patient Safety at Children's Hospital Group.

The day focuses on clinical audit for improvement with a particular focus on the development of effective local clinical audit leading to audit recommendations that change practice and improve patient care and enables you to:

- ▶ Network with colleagues who are all working to improve clinical audit practice
- ▶ Learn from outstanding practice in quality improvement and change as a result of clinical audit findings

- ▶ Improvement through monitoring and inspection
- ▶ Identify key strategies for ensuring change occurs as a result of clinical audit
- ▶ Self-assess, reflect and expand your skills in clinical audit practice

If you are interested in submitting an abstract it should be no more than 300 words. It should include your title, methodology, results and recommendations. The deadline for submission is **Friday 14th February 2020**. You can choose to submit a poster or oral presentation (or both). There will be a number of oral presentations picked for the day and a prize is awarded for outstanding work. If you require any further information or support please contact Sinead Palmer, Clinical Audit Manager [Sinead.Palmer@tuh.ie](mailto:Sinead.Palmer@tuh.ie) or 01 414 2855.

Attendance at this event awards four CPD points. This is a great opportunity for shared learning between the Hospital and the community. If you would like to attend please forward your details to [Sinead Palmer](mailto:Sinead.Palmer@tuh.ie) We look forward to seeing you there on the day!

## Connolly Urgent Care Centre Now Open

The new, state of the art paediatric outpatient and urgent care facility opened in August and offers a range of services to children, young people and their families in the local area as well as those in Dublin north city and county, surrounding areas in Kildare and Meath.

The opening of CHI at Connolly in Blanchardstown is a major milestone in the new children's hospital project, the most significant investment in healthcare ever undertaken by the State. It will have an impact on children, young people, their families and staff for future generations to come. It is a key element of the national paediatric model of care. It will bring fast, convenient, quality care close to their home.

Commenting on the opening, Dr. Ciara Martin, Clinical Director and Paediatric Executive Lead, CHI stated: "We are now starting to see the investment in children's healthcare that is long overdue with the opening of this new facility which will mean more outpatients' appointments for thousands of children in the Irish health system compared to last year. How we deliver care and the surroundings within which they are delivered will also make an incredible difference to the lives of children, young people and their families. The next step in the journey will be the opening of the new paediatric facility, CHI at Tallaght, construction is well underway and the building is set to be completed towards the end of 2020."



### Children's Health Ireland at Connolly in Blanchardstown Paediatric Outpatient and Urgent Care Centre at a glance...

<p><b>25,000</b> Over <b>5,000m<sup>2</sup></b> Urgent Care attendances per annum of clinical &amp; work space</p> 	<p><b>Initial Opening Hours Urgent Care Centre</b> 10am – 5pm, Monday – Friday</p>	<p><b>Opening Hours Outpatients Department</b> 8am – 6pm Monday – Friday</p>
<p><b>10</b> Urgent Care Assessment Cubicles</p>	<p><b>Examples of minor injuries &amp; minor illnesses</b></p> <ul style="list-style-type: none"> <li>✓ We treat children with           <ul style="list-style-type: none"> <li>• Sprains, strains and broken bones</li> <li>• Vomiting and diarrhoea</li> <li>• Minor burns and scalds</li> <li>• Fever in babies older than 12 weeks</li> <li>• Small cuts and injuries</li> <li>• Mild asthma</li> </ul> </li> </ul>	<p><b>Over 17,000</b> Outpatient Department attendances per annum</p> <p><b>General Paediatrics</b> Clinics including Rapid Access</p> 
<p><b>6</b> Short Stay Observation Beds</p> <p>Co-located with adult teaching hospital at <b>Connolly</b></p>	<p><b>✗ We don't treat children with</b></p> <ul style="list-style-type: none"> <li>• Serious head, back and neck injuries</li> <li>• Severe stomach or chest pain</li> <li>• Severe burns</li> <li>• Fever in babies less than 12 weeks</li> <li>• Seizures</li> <li>• Severe trouble breathing</li> <li>• Mental health concerns</li> </ul>	<p>Radiology Department providing <b>X-ray</b></p> <p><b>Trauma Orthopaedic Fracture Clinics</b></p> 



Dr. Ciara Martin, Clinical Director & Paediatric Executive Lead for CHI with Paul Harding, Paediatric Outpatient & Urgent Care Centre Manager in CHI Connolly

## Research Project for TUH

Dr. Natalia Munoz-Wolf from the School of Medicine, Clinical Medicine, Trinity Centre for Health Sciences, TUH, is one of the recipients of the Health Research Board emerging investigator awards. The awards are designed to create a pipeline of researcher leaders who will improve health, influence clinical practice and inform health policy across a range of areas. The awards are extremely popular with just 11 awards and 45 eligible applications received, four out of the 11 awards were selected from Trinity.

Her research project is entitled: Harnessing the power of the Gut-Lung Axis: How Dietary Short-Chain Fatty Acids Balance Inflammatory Outcomes in Chronic Obstructive Pulmonary Disease ('DiSBIO-COPD'). The project aims to develop new treatments for Chronic Obstructive Pulmonary Disease (COPD), a devastating lung condition that is the third cause of death worldwide and affects over half a million people in Ireland. Respiratory infections are common in COPD patients and trigger COPD flare-ups that lead to serious trouble breathing and can be difficult to treat. Excitingly, we have uncovered an intriguing new connection between the microbes in our gut: the gut microbiome, and the way our lungs fight these infections.

This project will investigate how this 'gut-lung connection' influences infections and flare-ups in COPD. Understanding how an imbalanced gut microbiome affects the lungs in COPD is important so we can develop nutritional approaches to correct this imbalance and ameliorate COPD symptoms. This project holds great potential for the rapid development of low-cost nutritional therapies for management of COPD that could benefit over 250 million people worldwide.



Dr Natalia Munoz-Wolf, School of Medicine, Clinical Medicine, Trinity Centre for Health Sciences, TUH

### Ready, Steady Go!

As part of the Multidisciplinary Safer Mobility Committee drive to promote safer mobility and reduce inpatient falls and fall-related injuries for patients of TUH a Zero Harm Safer Mobility initiative ran in September.

This aim of the campaign is to educate staff and the public on the importance of falls prevention and assessment. If you have an elderly patient or a patient that is a falls risk being admitted to Hospital please remind them or their carer to ensure they bring their mobility / assistance aides with them and emphasise the importance of keeping active.

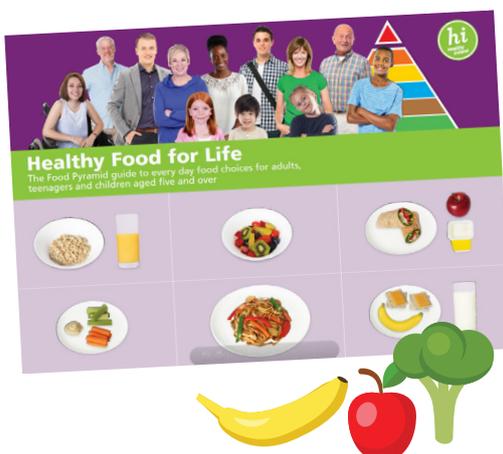


### ALMAR Centre Gets Green Light for New Advanced Lipid Management Therapy

The Advanced Lipid management & Research Centre (ALMAR) at TUH has received confirmation from the HSE Medicines Management board as approved prescribers of the latest PCSK-9 Inhibitor therapy. This specialised lipid therapy is life changing for those who have severe lipid disorders and coronary artery disease who cannot reach target lipid levels with conventional therapies. This medication is also suited to people who are completely intolerant of statin treatment, they have availed of this therapy on a named patient basis at the TUH ALMAR centre.

Commenting on the notification Professor Vincent Maher, Consultant Cardiologist said, "I have no doubt that there will be plenty of novel therapies to tackle this growing health challenge. Receiving the confirmation that we are a now approved prescriber is an important stepping stone in establishing the TUH ALMAR Centre as a national centre for patients with complex lipid disorders. We are now seeing over 1,200 patients with complex lipid disorders per year with ages ranging from 12-90. These numbers are sure to grow as people become increasingly aware of the importance of knowing their cholesterol number."

## Nutrition Tip of the Month - Healthy Packed Lunches



It is hard to concentrate on an empty stomach! A nutritious lunch will 'fuel' you for the rest of the day. Take time out to enjoy your lunch away from your desk or workstation. Preparing lunch the night or morning before work takes planning, but once you get into the habit, making your own lunch puts you in control of what you eat. It can also save you money.

#### What does a healthy packed lunch look like?

A well-balanced healthy packed lunch should contain the following:

- ▶ A piece of fruit
- ▶ A vegetable or salad portion
- ▶ A wholegrain food
- ▶ A source of calcium
- ▶ A low fat source of protein

Note it does not include foods or drinks high in fat, sugar or salt so that excludes cakes, biscuits or crisps, or drinks containing sugar.

#### Putting it all together

Check out the safefood website for practical lunch suggestions, including an online interactive tool for planning packed lunches and lots of recipe ideas. [www.safefood.eu](http://www.safefood.eu)

#### How much food should I eat at lunchtime?

The food pyramid is a useful guide to the types and approximate amounts of food we need to eat each day to stay healthy and well. Follow this link for information about the food pyramid, fact sheets on each of the food groups and sample meal plans for every age group.

# CHI Central Referrals

From June 2019, new patients will be booked by CHI Central Referrals into the next available clinically appropriate appointment for General Paediatrics, in Temple Street, Crumlin and Connolly. This may mean that patients are given an appointment at a location they/their family have not attended before. Due to the phased approach of the new electronic systems, patients directed for Tallaght will be booked into CHI at TUH.

There are approximately 6,500 patients on the General Paediatrics waiting list and there will be around 10,800 General Paediatrics outpatient appointments in the Hospitals (based on 2017 activity). Connolly will add an extra 6,600 appointments per year to this, so we would expect that between July/August 2018 and 2019, 17,400 appointments will be scheduled.

With the new central system appointments will be scheduled six weeks in advance, which is when the appointment date/location is communicated to the parent/guardian. It is important that parents/guardians are reassured by this and understand that being given the next available appointment means that their child will be seen sooner and in a more equitable manner. In addition, this may provide an opportunity to publicise the services in the Connolly Urgent Care Centre / Out Patients in July and when the new Tallaght children's service opens 2020.

GPs will be advised to send General Paediatric referrals to a central point within CHI, rather than to the individual hospitals or to a named consultant. Paper based referrals should be sent to CHI Central Referral PO Box and electronic referrals received into CHI Central Referrals via Healthlinks. The messaging around this will need to be clear in order to 1) encourage GPs to use e-referrals and 2) to explain why this is only the case for General Paediatric referrals at present.

## SPOTLIGHT

### TUH COPD Collaborative Multidisciplinary Group

The National COPD Collaborative, a joint venture of the RCPI and National COPD Programme, was tasked with standardising the care of patients presenting with an acute exacerbation of COPD (AECOPD) to acute hospitals in Ireland. The TUH COPD Collaborative Multidisciplinary Group has implemented a number of initiatives on the back of our involvement with the Collaborative. The Group identified local deficits in our management of AECOPD and developed strategies to address these deficits. They focussed on three key areas: (1) absence of a COPD care bundle (2) zero use of DECAF score and (3) overuse of intravenous (IV) steroids and antibiotics.

The two main aims of the group were (1) to introduce a care bundle, incorporating DECAF, by mid-July 2019, (2) simultaneously launch an education campaign to promote knowledge and use of DECAF. We measured compliance with the bundle, DECAF and use of oral medication in August 2019.

DECAF is a risk stratification tool for patients presenting to hospital with AECOPD. DECAF can be used to identify low-risk patients that may

be suitable for early supported discharge. Broadly speaking, patients with a score of 0-1 can be considered for early discharge.

The final care bundle was a true multidisciplinary effort, the product of engagement with a variety of departments in TUH: nursing, medical, AHP and IT staff. The Group conducted education sessions on the bundle and DECAF in ED and AMAU.

We launched the care bundle and DECAF score in ED and AMAU in July and then gave the initiative four weeks to become embedded in these areas. An audit was then conducted over a three week period. The results were positive: compliance with the care bundle increasing from 40% in Week #1 to 70% in Week #3, with a similar increase in compliance with DECAF, 30% to 70%.

The results, although encouraging, indicate that ongoing encouragement is required to engage staff to utilise the bundle and DECAF score. Measures to achieve this have commenced. These include education session at Grand Rounds, further education and feedback sessions with ED and AMAU staff. We will also utilise feedback we receive from stakeholders to inform future iterations of the care bundle. Audit is ongoing, and ultimately, it is hoped that these initiatives will lead to a significant reduction in length-of-stay and increased admission avoidance rates for patients presenting with AECOPD.

Date	Course Details	Booking Information
16.10.19	<b>Radiation Protection Course for Non-Radiology Doctors and Health Care Professionals</b> 8am-12:45pm. Robert Graves Postgraduate Centre, the Centre for Learning & Development, TUH. Cost: €80	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
08.10.19	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> - €50 fee 10.30am – 12.30pm Two Rock Clinical Skills Lab – CLD Facilitator: Clodagh McLoughlin	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:clodagh.mcloughlin@tuh.ie">clodagh.mcloughlin@tuh.ie</a>
02.10.19 & 16.10.19	<b>Dementia Care</b> – Enhancing & Enabling Well-Being for the Person with Dementia - two day programme 8:30am-4pm Robert Graves Postgraduate Centre, The Centre for Learning & Development, TUH. HSE Employees - No Fee. All other health service providers - €200	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:Learningstation@tuh.ie">Learningstation@tuh.ie</a>
12.11.19	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> - €50 fee 10.30am – 12.30pm Two Rock Clinical Skills Lab – CLD Facilitator: Clodagh McLoughlin	<a href="http://www.hseland.ie">www.hseland.ie</a> (select TUH Catalogue to enrol on programme) or email: <a href="mailto:clodagh.mcloughlin@tuh.ie">clodagh.mcloughlin@tuh.ie</a>
Every Friday during Term Time	<b>Grand Rounds</b> 8am – 9am Trinity Lecture Theatre, CLD No booking required. Weekly speaker & subject matter updates on Twitter – @CLDTallUniHosp	Enquiries - Sandra Daly Tel: 01 414 2883 Email <a href="mailto:Sandra.Daly@tuh.ie">Sandra.Daly@tuh.ie</a>

TUH regularly post programme & event information on Twitter - @CLDTallUniHosp



If you would like any more information about any articles in the Connect or have suggestions for future editions please do get in touch

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