

UltraNews

eNewsletter of Ireland South Women & Infants Directorate



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UltraNews newsletter is intended for circulation among staff members of Ireland South Women & Infants Directorate. Extracts from UltraNews should not be published without the permission of the editor.





Welcome to the winter edition of UltraNews, the staff newsletter of Ireland South Women & Infants Directorate

Building on our success

As 2019 draws to a close and the season of Christmas, a time of happiness and reflection is upon us, it's fitting to both look ahead and appraise our successes to date.

As the first and only maternity directorate in Ireland, we are pleased to reveal our new brand identity: **Ireland South Women & Infants Directorate**. The new name and logo gives us a stronger and clearer presence as a network of four maternity units, collaborating and supporting one another, providing many opportunities to achieve real change and improve outcomes for the women and infants in the south of Ireland.

Our Annual Report 2018 was presented at the fifth Irish Congress of Obstetrics, Gynaecology and Perinatal Medicine in November 2019. In this report on maternity, neonatology and gynaecology services in the South/South West Hospital Group, service and clinical performance results are outlined, illustrating the clinical excellence that is delivered on a day-to-day basis. Sincere gratitude is extended to the staff of our four maternity units in the timely provision of detailed data for this report.

The MaternityONESouth project is driving collaboration across our four maternity units in Cork, Kerry, Waterford and Tipperary. The standardisation of policies and centralisation of training are key goals, with the aim of

better, safer maternity care in the cases of obstetric emergencies. We acknowledge the ongoing efforts of the multidisciplinary project committee, led by Katie Bourke, Assistant Director of Midwifery, CUMH.

Well done to UHK on holding their first Service of Remembrance for parents and families to gather with staff to remember the short lives of babies who have died during pregnancy or in infancy. Services like these are so important to support families and acknowledge their grief in losing a baby.

In STGH, the new mums-to-be Mellow Bumps programme is proving to be a small and successful initiative in improving emotional and mental wellbeing during pregnancy.

In UHW, we congratulate Dr Eddie O'Donnell, Consultant Obstetrician and Gynaecologist, in his new leadership role as Obstetrics and Gynaecology Senior Lecturer in Clinical Education. We look forward to his involvement in the further development of UCC's Medical Education Programmes in UHW.

As a result of the ongoing, outstanding efforts of the CUMH team, the outpatient gynaecology waiting list now stands at 1,050 in 2019, compared to a peak of 4,700 in 2017. A new gynaecology day ward in CUMH is

helping to keep these efforts sustainable. We continue to keep Cork city and county Oireachtas members informed of the need to open our second gynaecology theatre as soon as possible.

I would like to take this opportunity to sincerely thank you all for your unrelenting commitment in the delivery of maternity, gynaecology and neonatal services. It's a privilege to work alongside such dedicated people, and we in turn are all privileged to provide care to the women and infants in our region.

On behalf of Ireland South Women & Infants Directorate, I wish you and your families a very Happy Christmas and prosperous New Year. Nollaig Shona agus Athbhliain faoi Mhaise Daoibh go léir!

John R. Higgins
Clinical Director, Ireland South Women & Infants Directorate
Professor of Obstetrics and Gynaecology
South/South West Hospital Group



New brand identity: Ireland South Women & Infants Directorate

We are delighted to reveal our new logo and brand: Ireland South Women & Infants Directorate.

Executive Management Committee (EMC) and Consultant Fora. The final logo was signed off by the EMC in November 2019. We look forward to kick starting 2020 with a whole new look.

Our new brand reflects how we are a close network of four maternity hospitals and units – Cork University Maternity Hospital, University Hospital Kerry, South Tipperary General Hospital and University Hospital Waterford. The circles in the Ireland icon not only reflect the geographic location of the four units, but also how we collaborate and support one another to improve outcomes for the women and infants in our Directorate.

The formal launch of the new brand to staff will take place at the annual National Maternity Strategy review meeting scheduled for early 2020 in Marymount University Hospital & Hospice, Cork.

Speaking of the new look, Professor John R. Higgins, Clinical Director, comments:

The importance of our primary academic health partner, University College Cork, is shown by the UCC logo being an inextricable part of the new brand. Note how the UCC logo is alongside, and not separate to the Ireland South icon. This is to illustrate our commitment to the academic health centre model, with UCC providing a framework for education, training, research and innovation across our Directorate. The HSE logo remains in the footer, to reflect we are proud to be part of the totality of the Irish healthcare system.

“We have identified that now is the perfect time to modernise and refresh our identity. The Ireland South Women & Infants Directorate brand reflects how our network of four maternity units collaborate and support one another in providing excellent care to the women and infants in our region. With UCC as our academic partner, we strive towards an academic health centre model, with the pillars of education, training, research and innovation closely integrated with clinical service across our Directorate. Our ongoing commitment to the highest standards of care and equality of care for all remains as strong as it always has been.”

The brand evolved over the latter half of 2019 with various iterations presented to the



Above: Some examples of how Ireland South Women & Infants Directorate branding looks



Annual Report 2018

The Annual Report 2018 was presented at the fifth Irish Congress of Obstetrics, Gynaecology and Perinatal Medicine on 28 and 29 November 2019 in the Galway Bay Hotel. Dr Mariead O’Riordan represented Ireland South Women and Infants Directorate at this meeting and presented the service and clinical performance results, illustrating the clinical excellence that is delivered on a day-to-day basis in the four maternity sites: Cork University Maternity Hospital and the maternity units of South Tipperary General Hospital, University Hospital Kerry and University Hospital Waterford.

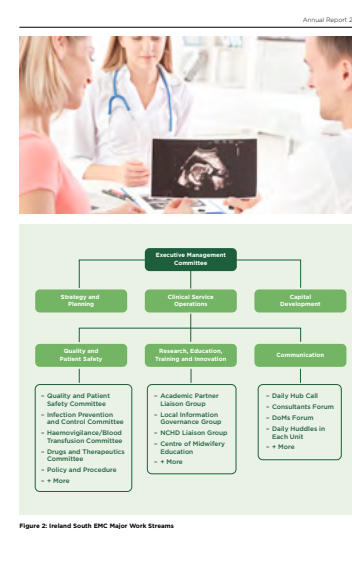
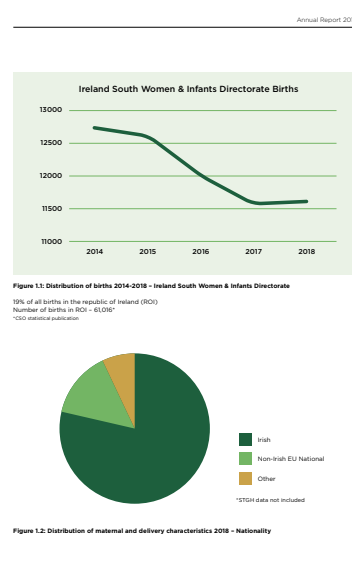
It’s very evident that Ireland South Women & Infants Directorate is leading the way in the development of a clinically-led network of maternity hospitals and units, supporting one another and providing opportunities to achieve real change and improve patient outcomes. The open door ‘no refusals’ policy is the first of its kind in Ireland and ensures the safe movement of babies and patients in need of specialist critical care, thanks to ongoing effective co-operation among all four maternity units.

The Annual Report 2018 is the first official document published that features the new brand. Copies will be available in print format in all units, as well as online in the news sections of the CUMH website and the UCC Obstetrics and Gynaecology website.

Obstetrics Report
Maternal and Delivery Characteristics

Table 1.0: Frequency (%) of maternities and births 2014-2018

	Ireland South	CUMH	STGH	UHK	UHW
Mothers delivered 2018	13,359	7,451	960	1,220	1,718
Mothers delivered 2017	13,354	7,244	979	1,349	1,802
Mothers delivered 2016	13,363	7,442	1,037	1,388	1,897
Mothers delivered 2015	13,342	7,503	1,054	1,388	1,897
Mothers delivered 2014	13,472	7,878	1,434	1,587	2,073
Babies born <100g 2018	18,801	7,377	969	1,254	1,801
Babies born <100g 2017	15,577	7,388	962	1,368	1,841
Babies born <100g 2016	15,591	7,628	1,032	1,410	1,840
Babies born <100g 2015	15,620	8,011	1,062	1,438	2,029
Babies born <100g 2014	15,746	8,071	1,454	1,522	2,159



Staff

Table 5.0: Overall Ireland South Staff Numbers

Staff	Headcount	CUMH	STGH	UHK	UHW
Consultants	31	20	3	4	4
Midwives	61.67	406.75	42.63	52	10.5
NCHCs	55	46	16	14	17
HSE/NI	20.87	192	0.97	12	1
Administration	716.8	53.53	0.7	5.6	12
Total	827.87	643.28	63.29	76.9	144.5

*Includes Dietetics (27), Occupational Therapy (25), Pharmacy (21), Physiotherapy (128), Social Work (67), Speech and Language Therapy (15)

HSE/NI	Total	CUMH	STGH	UHK	UHW
Dietetics	2.17	2	0.07	0.1	0
Occupational Therapy	0.8	0.6	0	0	0
Pharmacy	3.1	2.6	0	0.5	0
Physiotherapy	7.25	5.75	0.4	0.6	0.5
Social Work	6.75	5.75	0.5	0	0.5
Speech & Language Therapy	0.5	0.5	0	0	0
Total	20.37	19.2	0.97	1.2	1

Health and Social Care Professionals (HSCPs)

A diverse range of Health and Social Care Professionals are involved in safe, high quality maternity care. The Health and Social Care Professionals Group (HSCPG) in the Ireland South Women & Infants Directorate represents the following range of professions as related to maternity services:

- Dietetics
- Occupational Therapy
- Pharmacy
- Physiotherapy
- Social Work
- Speech and Language Therapy

The majority provide services to maternity units and in the general hospital setting.

Academic Departments

Department of Obstetrics and Gynaecology, UCC

The Department of Obstetrics and Gynaecology aims to lead the development of teaching and research in obstetrics and gynaecology in Ireland and to become a centre of excellence internationally. The academic agenda is fully integrated with the delivery of clinical care in the four units of the Ireland South Women & Infants Directorate, thus providing a high quality academic service across a broad range of clinical, educational, maternity and research activities.

The department is located on the fifth floor of Cork University Maternity Hospital. It provides formal undergraduate teaching to UCC medical students. The department also provides a unique postgraduate programme namely the MSc in Obstetrics and Gynaecology programme aimed at clinical trainees in the specialty.

Figure 1: Research income in the Department of Obstetrics and Gynaecology, 2007-2018

Awards

Any Research Medal, Any Research Meeting, Department of Obstetrics & Gynaecology, University College Cork, 19 June 2018
Dr Anne O'Connell, PhD student

Prize for Best Oral 5 Minute Rapid Round, Society for Social Medicine Annual Scientific Meeting September 2018
Dr Siobhán Power, PhD student

Student Achievements

Postgraduate Diploma in Obstetrics & Gynaecology, University College Cork, 28 June 2018
Dr Siobhán Power, PhD student

Completed MSc in Obstetrics and Gynaecology, University College Cork, 28 June 2018
Dr Siobhán Power, PhD student

Prize for Best Poster Presentation, University College Dublin Children's Research Network PhD Symposium September 2018
Dr Siobhán Power, PhD student

New posts approved across the Directorate

We are pleased to report that 16 new posts across Ireland South Women & Infants Directorate were signed off in October 2019, by HSE National Director Acute Operations, Liam Woods. These posts include consultants, NCHDs, midwives and health and social care professionals. A breakdown of approved staff per unit is outlined below. These posts came about as a result of funding being allocated to provide additional resources for the termination of pregnancy services. We extend our thanks to the SSWHG leadership team and NWIHP team for securing this funding for Ireland South Women & Infants Directorate.



CUMH	Consultant Obstetrician / Gynaecologist	1.00
CUMH	Consultant Obstetrician / Gynaecologist	1.00
CUMH	Specialist Registrar	1.00
CUMH	Social Worker	1.00
CUMH	Clinical Midwife Manager 2	1.00
CUMH	Health Care Assistant	1.00
CUMH	Clinical Midwife Specialist	0.60
CUMH	Staff Midwife	0.16
UHK	Clinical Midwife Manager 2	1.00
UHK	Social Worker	1.00
UHW	Consultant Obstetrician / Gynaecologist	1.00
UHW	Clinical Midwife Manager 2	1.00
UHW	Senior Pharmacist	1.00
UHW	Social Worker	1.00
STGH	Clinical Midwife Manager 2	1.00
STGH	Social Worker	1.00

Pictured left: Members of the Executive Management Committee of Ireland South Women & Infants Directorate at their meeting in UHW in July 2019

National Breastfeeding Week: 1-7 October 2019

Each year during National Breastfeeding Week, all units in Ireland South Women & Infants Directorate raise awareness of the health and wellbeing outcomes of breastfeeding and the importance of supporting mothers to breastfeed for as long as they wish.

The CUMH website featured a news story to promote National Breastfeeding Week and the supports available to breastfeeding mothers in CUMH as well as UHK, UHW and STGH.

A wide variety of activities and promotions also took place in each maternity hospital and online during this first week in October. Here is a quick overview of what went on:

University Hospital Kerry (UHK)

by Sandra O'Connor, Director of Midwifery

National Breastfeeding Week was an exciting, busy time this year in UHK. A number of activities were organised including:

- Promotion of the breastfeeding story of new mum Nicola O'Brien, with 4 day old Poppy on Twitter, to illustrate the importance of support in the very early days. Nicola, a member of staff in UHK, granted permission for her photo to be used on breastfeeding posters across Ireland South Women & Infants Directorate. Thank you Nicola!
- Creation of new posters to promote UHK breastfeeding classes and display boards outside the post-natal ward to promote the benefits of breastfeeding.
- A public display of branded balloons, stickers and posters to encourage service users to ask questions.
- A tea party with cake for staff and service users to discuss and promote breastfeeding in a relaxed setting.



Nicola O'Brien
University Hospital Kerry

Mother to 4 day old Poppy

"Poppy is my first and after she was born she spent her first night in the neonatal intensive care unit in University Hospital Kerry. As a result I had to travel up and down to the NICU to breastfeed. While latching on was tricky at first, it has got easier.

What really helped me was the prenatal breastfeeding classes in the hospital prior to giving birth. I'd seen posters up in UHK with the class dates for the year and the number to call (0876661654). I also had an open mind going into breastfeeding. While I saw it as more convenient and healthier, I wasn't going to be upset if it didn't work out. At the moment I am having some difficulty at night but I'm confident my milk supply will improve with support. While it's early days I feel being relaxed about it helps, alongside the expertise and watchful eyes of the midwives in Kerry."

#NationalBreastfeedingWeek

UCC University College Cork, Ireland
Maternity Directorate SSWHG



UHK Breastfeeding Preparation Classes

CLASSES ARE 10AM TIL 12:30
CALL 0876661654 TO PREBOOK

2020 Classes: 10 and 31 Jan, 14 Feb, 13 March, 17 April
8 and 29 May, 19 June, 10 July

For information on breastfeeding visit www.breastfeeding.ie or www.mychild.ie





Derval O'Rourke
Cork University Maternity Hospital

Mother to 5 month old Archie

"Breastfeeding my second child was a totally different experience to my first. Without the help and support of the lactation experts in Cork University Maternity Hospital, I really don't think I would still be breastfeeding Archie now.

In the early days, he didn't latch on well and wanted to be on the breast all the time; I couldn't comfort him no matter what I tried. I called the breastfeeding support number at CUMH (087 662 3874). There was no pressure, they asked me what I wanted to do and helped me get a plan in place to support my preference to continue breastfeeding. Initially, it was very challenging; I had to pump exclusively to increase my supply. However the plan worked out. As the first 6 weeks are so important to establish breastfeeding, it's really worth reaching out for expert help if you need it."

#NationalBreastfeedingWeek



Maternity Directorate SSWHG



Fiona O'Donovan
Cork University Maternity Hospital

Mother to Cathal, 7 weeks

"With the help of a supportive postnatal midwife in Cork University Maternity Hospital (CUMH), I took to breastfeeding my first son Mark without too much trouble. It was a lot more challenging with my second son Cathal. He seldom fed for much more than 5 minutes at a time, I wasn't sure what was wrong. As it was my second baby, I didn't ask for help at first.

My milk supply decreased and Cathal's weight was dropping at 2 weeks old. Something didn't feel right. I called the helpline number listed on the end of the CUMH breastfeeding support leaflet (021 492 0752). A lactation consultant took my call and helped me figure out what to do, in a non-judgemental way. Access to a breastfeeding specialist like this was invaluable for me and thanks to her, I'm still breastfeeding now."

#NationalBreastfeedingWeek



Maternity Directorate SSWHG



Pictured above: Susan O'Driscoll, Lactation Consultant, CUMH; Eimear O'Grady, 3rd year Midwifery Student; Veronica Daly, Lactation Consultant, CUMH; Breastfeeding mothers Aoife Walsh from Clonakilty and Cormari Ryan from Blackrock, Cork at the 'Preparation for breastfeeding class', during Breastfeeding Week 2019

Pictured right: Attendees at a breastfeeding update class in CUMH to 4th year UCC Midwifery students

Cork University Maternity Hospital (CUMH)

by Veronica Daly, Lactation Consultant

For National Breastfeeding Week the main focus was the promotion of the www.mychild.ie website, which is a wonderful resource that provides access to breastfeeding experts and local support groups. Activities in CUMH included:

- Displaying new posters promoting our breastfeeding support number and the mychild.ie website
- Setting up a display stand in the main reception area offering breastfeeding information and support material.
- Running a breastfeeding quiz that attracted large volumes of entrants, due to the great prizes offered by generous local businesses.
- Giving a breastfeeding update to 4th year UCC Midwifery students, who will be coming to work in CUMH soon.

CUMH organised some PR and social media activity for the first time, with the help of Donna Burtchaell, Communications Project Manager.

- Cover story in the Echo, Women on Wednesday section featuring an interview with Derval O'Rourke, a well known celebrity athlete. Derval described the different breastfeeding journeys she had with both her children, and how much she valued the help and support along the way from the staff in CUMH.
- Susan O'Driscoll and Veronica Daly, lactation consultants in CUMH, were also featured in a separate write up in the Echo discussing the supports that are on offer for breastfeeding families.
- Derval's story and that of new mum, Fiona O'Donovan, were promoted on Twitter to show how mums can struggle with breastfeeding in the early weeks and how support can make all the difference. These Twitter stories generated a lot of interest and positivity.



South Tipperary General Hospital (STGH)

by Carmel Byrne, Lactation Consultant

STGH has had full accreditation with the WHO/UNICEF Baby Friendly Health Initiative since 2015, the first in our Directorate to achieve this award that recognises breastfeeding best practices.

This year for National Breastfeeding Week we organised:

- Display boards near the antenatal clinic and hospital foyer to inform the public and service users of the benefits of breastfeeding and availability of local support groups.
- A breastfeeding quiz for staff and mothers during breastfeeding week with prizes.
- A small gift to every mother who delivers throughout the week regardless of the method of feeding their baby.
- Educational flashcards for mothers waiting to be seen in our antenatal clinic, containing concise and informative educational information.



University Hospital Waterford (UHW)

by Paula Curtin, Director of Midwifery

UHW has full accreditation with the WHO/UNICEF Baby Friendly Health Initiative since 2017, recognising practices that protect, promote and support breastfeeding.

For National Breastfeeding Week we organised:

- A message from Laura McHugh, National Breastfeeding Coordinator to launch the week. This was presented by Linda O'Callaghan, Lactation Consultant, alongside a breakfast sponsored by Maria Murtagh, CMM3.
- A display stand in the outpatients department allowed members of the public to talk to midwives, ask questions and find out more about the website www.mychild.ie. A quiz was also offered with hampers donated by local businesses.
- The postnatal ward organised a hamper draw donated by Grace Walsh, CMM2 for all breastfeeding mothers.
- Clare Barry, NNU/SCBU nurse, presented on the benefits of breastmilk for the premature baby to a multidisciplinary audience at the Journal Club.
- A mini newsletter was distributed to all staff outlining our activities for breastfeeding week.
- We also promoted our activities on Twitter daily through our @UHW_Waterford feed.



Getting winter ready - Flu vaccine drive



Expert bodies strongly recommend the flu vaccine each year as the best protection against flu. Healthcare workers are of particular note, as they are up to 10 times more likely to get the flu every year. A big thanks to all of our peer vaccinators in all four units of Ireland South Women & Infants Directorate for running vaccination clinics and to everyone in our maternity units for getting the vaccine and for promoting the flu vaccine.

Professor John R. Higgins, Clinical Director Ireland South Woman and Infants Directorate said: *“The flu vaccine is safe and strongly recommended for all of our staff to protect themselves, their families and the women and infants in our care. We thank the peer vaccinators across our Directorate for their time and dedication to keeping our staff and patients safe this winter.”*

Pictured top left: Bridie O’Sullivan, Chief Director of Nursing/ Midwifery SSWHG and Gerry O’Dwyer, CEO SSWHG visiting staff in UHK and getting into the spirit of the Fight Flu campaign

Pictured top right: Peer vaccinator in UHW, Janet Murphy, Advanced Midwife Practitioner

Pictured far left: CUMH peer vaccinators Áine Blake, A/ Clinical Placement Co-Ordinator and Fionnuala Hunt, A/ Allocations Liaison Officer

Pictured centre and nearest right: Siobhan Kavanagh, CMM2 and Anne Hickey Wade, Senior Staff Midwife, both retired but returned to STGH as peer vaccinators for the Fight Flu campaign



Maternity**ONE**South Update – Delivering better, safer care across the Directorate

By Katie Bourke, Assistant Director of Midwifery CUMH and project lead

By now, most of you are familiar with the name of our Directorate wide project called 'Maternity**ONE**South.' 'ONE' stands for **O**bstetric and **N**eonatal **E**mergencies, and 'South' reflects Ireland South Women & Infants Directorate.

The standardisation of policies and centralisation of training are key goals. Readiness for HIQA inspections and the motivation to improve care for mothers and babies in the cases of obstetric emergencies are key drivers. This is a long term project with a 3-4 year timeframe.

Key messages

- Ireland South Women & Infants Directorate is standardising and improving our approach to training, policies (PPPGs) and care pathways in relation to Obstetric and Neonatal Emergencies across the four maternity units in Ireland South Women & Infants Directorate, in Cork, Waterford, Kerry and Tipperary.
- The aim is to provide protected training time with backfill cover to facilitate access to the training. **It is up to staff to book this training themselves and locate policies in Q-Pulse, as well as knowing where to find raw data such as MPSS or HIE statistics.**
- This project will improve patient care in the cases of obstetric emergencies as a result of staff having the latest training/skills and simplified access to standardised policies and documents across the four units.

Multi-disciplinary project committee

Our project committee is now well established and consists of: Chair, Dr Matt Hewitt, Co-Chair, Katie Bourke, Project Manager, Dervla Hogan and Communications, Donna Burtchaell. The committee has a wide multidisciplinary representation from each site from midwifery, as well as representation from consultant obstetricians and consultant neonatologists. We also have UCC, CME, Practice Development, Quality and Patient Safety, NRP, NPEC and IT contacts onboard.

We have set up subgroups to focus on training and policies and are keen to welcome new members. Please contact me or a local representative to get involved.



Multi-site project meeting locations

Since February 2019, we have been taking the show on the road and have hosted project meetings in CUMH, UHK, STGH and UHW to date. By hosting meetings at our different sites and by theming our meetings with a specialist focus, we continue to build our relationships, our knowledge and our sense of being part of a maternity network.

Q-Pulse for Policies

As Q-Pulse exists across all of our four maternity units, we will continue to use it to host policies, and will work with their healthcare partner, HCI to make the interfaces easier to use. We have set up a Q-Pulse subgroup and are currently outlining functional and technical requirements.



Centralised training

It will be up to all clinical staff to view and book training themselves. A Q-Pulse module is also under review as the central training record system for MaternityONESouth. We aim to visit the Rotunda to see this training system in use and hear their feedback. We are especially interested in seeing how easy it is for staff to automatically login to a training course via their ID card, and how this then automatically tracks attendance and triggers automatic reminders as to when their next training session is due. A system like this benefits staff as it is easy to use, and it also ensure managers have access to dashboards to track training. Naturally, we are very keen to see this in practice in the Rotunda.

As training is so important, our aim is to protect time for training. We aim to provide backfill cover to ensure no delays in frontline service and to ensure staff wellbeing. The ability to do this will be key.

Progress to date

- **Standardisation:** We are progressing with a standardised approach to guidelines, algorithms and protocols across the group. This will avoid duplication of effort across our maternity units.
- **PPH guideline:** NPEC are on board from a national perspective to develop a robust PPH guideline across the Directorate. A NWIHP pro forma for PPH is being circulated to maternity governance meetings across all sites to approve the three-month pilot planned from early December 2019. Pilot data will be analysed by NPEC.
- **PPPG template:** A standardised and user-friendly template has been agreed for all policies.
- **Shared folder:** A shared folder (based on HSE email addresses) is being set up across the four maternity units to host policies and documentation.
- **Training strategy:** Meetings have taken place with UCC to develop an approach to training and backfill cover based on experience. A training plan proposal has been developed and the training subgroup is working through this.

We look forward to continue talking to all maternity staff about 'MaternityONESouth' in 2020 and we welcome your thoughts and feedback. This project is proving to be a great way to build our relationships, our knowledge and our sense of being part of a maternity network.

Pictured top left: Dr Matt Hewitt, Consultant Obstetrician and Gynaecologist; Noreen Ryan-Preston, Clinical Skills Facilitator STGH; Mary O'Donnell, CMM3 STGH, Dr Attia Al Fathil, Consultant Obstetrician and Gynaecologist; Breda Hayes, NRP Clinical Skills Coordinator CUMH; Deirdre Kelleher, Midwife Teacher, Centre of Midwifery Education

Pictured bottom left: Dr Vijoyashree Hiremath, Consultant Obstetrician and Gynaecologist STGH; Mary O'Donnell, CMM3 STGH; Noreen Ryan-Preston, Clinical Skills Facilitator STGH

Nutrition in Pregnancy Clinical Practice Guideline

by Louise O'Mahony, Senior Diabetes Dietitian and Ingrid Brockie, Dietitian, CUMH



Pictured above: Linda Culliney Acting Clinical Specialist Diabetes Dietitian; Ingrid Brockie, Dietitian; Louise O'Mahony, Senior Diabetes Dietitian, CUMH

The Department of Nutrition and Dietetics at CUMH are delighted to announce the release of the new guidelines for 'Nutrition in Pregnancy' in Ireland. The revised clinical practice guideline (Institute of Obstetricians and Gynaecologists and HSE) replaces the 2013 version and was launched on 4 November 2019 at a Nutrition for Preconception and Pregnancy study day in the Royal College of Physicians. This hugely successful event was organised by 'Maternity Dietitians Ireland', a group of registered dietitians working in maternity services nationally, including CUMH. Topics included obesity trends among pregnant women in Ireland, the role of nutrition in fetal programming, and practical tools for healthcare professionals working in antenatal services.

The importance of ensuring that mothers and their babies are well nourished is widely recognised. A pregnant woman's nutrition influences not only her own health but also the growth and development of her baby, and forms the foundation for a child's lifelong health. Pregnancy is the ideal opportunity to help women to achieve a balanced nutritional intake, when motivation levels are high and the consequences of dietary intake visible. Supporting our women to achieve the best nutritional intake possible before, during and after pregnancy can have lasting effects for the woman's own health and that of her whole family into the future.

Notable changes within the newly launched guidelines include a recommendation that all pregnant women should take a supplement of 10µg Vitamin D3 daily, and any female with a BMI <17 kg/m² should be referred to the dietetic services.

New guidance on folic acid supplementation is also due to be released in the coming months. Changes here include a recommendation that all women who may become pregnant, whether intentionally or not, should be taking folic acid. For women planning a pregnancy supplementation should begin at least three months before conception and continue for the duration of pregnancy and breastfeeding.

All healthcare professionals involved in improving the nutritional status of women before, during and after pregnancy should be familiar with the new guidelines and have appropriate training to deliver the advice outlined. The new national guidelines can be accessed via the HSE and RCPI websites.



Pictured above: Attendees at the launch of the new guidelines for 'Nutrition in Pregnancy' in Ireland in November 2019 in the Royal College of Physicians, organised by Maternity Dietitians Ireland



Top photo: Dr Arthur Jackson (Consultant in Infectious Diseases), Denise Malone, CMM3 Outpatients Services CUMH; Sarah Fenton, Antimicrobial Pharmacist, CUMH; Catherine O'Mahony, SSWHG Sepsis ADON, and Dr Minna Geisler, Consultant Gynaecologist and Obstetrician CUMH at Grand Rounds

Above photo: Grainne Coleman, Midwife, 4 South, Niamh Spillane, CMM2 4 South; Sarah Fenton, Antimicrobial Pharmacist; Denise Malone, CMM3 Outpatients Services

Right photo: Dr Síle O'Connor, Antimicrobial Pharmacist and Dr Hannah Blackburne, Surgical Intern at the Antibiotics Awareness Day information stand in UHK

Centre right photo: Áine Cahillane, RCSI; Dr Síle O'Connor, Antimicrobial Pharmacist; Ailbhe Foley, UCC promoting the antibiotics patient information leaflet

Far right photo: Michael Fitzsimons, Deputy Maintenance Officer promoting the MicroGuide app

Antibiotics Awareness Day: 18 November 2019

Antibiotics Awareness Day was celebrated on 18 November 2019 across Ireland South Women & Infants Directorate. CUMH, UHK, UHW and STGH marked this day with a range of events to help highlight the issue of antibiotic resistance and the importance of the prudent antibiotic use. Here's a snapshot of what went on in CUMH and UHK on the day.

Cork University Maternity Hospital (CUMH)

by Sarah Fenton, Antimicrobial Pharmacist, CUMH

Antibiotics were the topic of a Grand Rounds presentation the Friday before Antibiotics Awareness Day, and broadcast to all four maternity units. The focus was a clinical guideline for the management of pyrexia (i.e. raised temperature) in labour, developed and presented by a multidisciplinary group, led by Dr Minna Geisler, involving obstetrics, infectious diseases, microbiology, midwifery and pharmacy. This guideline outlines a standardised care pathway to support antibiotic escalation and de-escalation.

We also marked Antimicrobial Awareness Day by manning a stand in the main reception area on 18 November, distributing information on antibiotics to staff and the public. A flyer with information on the recent antimicrobial point prevalence study and pyrexia in labour audit was circulated to CUMH staff to raise awareness of some of the antimicrobial stewardship activities on-going in the hospital.



University Hospital Kerry (UHK)

by Dr Síle O'Connor, Antimicrobial Pharmacist, UHK

UHK was buzzing on 18 November for Antibiotics Awareness Day. Joining forces with the flu peer vaccinators, the antimicrobial stewardship team manned eye-catching information stands in the main reception area and in the hospital restaurant. Twenty frontline staff wore trendy t-shirts on the day, carrying key stewardship messages identified from recent audit findings.

The day was also used to promote the antibiotics patient information leaflet and raise awareness of the hospital's antimicrobial guidelines on the MicroGuide app. Over 140 staff participated in the antimicrobials quiz, and five lucky winners took home food and wine hampers.

VIP visitors to the stands included Fearghal Grimes (Hospital Manager), Sandra O'Connor (Director of Midwifery), Dr Niamh Galvin (Assistant National Oral Health and Quality Lead) and Gráinne McPolin (Healthcare Assistant Tutor, ETB Kerry).



The Gynaecological Visiting Society of Great Britain and Ireland

The Gynaecological Visiting Society of Great Britain and Ireland were treated to a scientific, cultural, and historic tour of University College Cork (UCC) and Cork at the start of October. Professor John R. Higgins welcomed over thirty visiting consultant obstetricians and gynaecologists and academics to the Department of Obstetrics and Gynaecology in UCC.

The guests enjoyed scenic walking tours, a taste of Irish history, music, sport and culture alongside insightful presentations from leading figures in the Department. A tour of the ASSERT Centre and its state-of-the-art healthcare facilities, including virtual reality and simulation based training, certainly impressed... as did the food tasting, which included a visit to Farmgate restaurant in Midleton and Fishy Fishy in Kinsale. The guests left with a lasting impression of Cork, UCC and the Department of Obstetrics and Gynaecology's aim to be a centre of excellence internationally.



CUMH Gynaecology Initiative shortlisted for a National Award

by Grainne O'Connell, Project Manager, UCC Academy



The Gynaecology Initiative at CUMH was shortlisted in the Outpatient Project of the Year category at the 2019 Irish Healthcare Awards. The awards took place in Dublin on 20 November. The shortlist recognised the outstanding achievement by the team at CUMH in reducing the outpatient gynaecology waiting list from its peak of 4,700 in 2017 to 1,050 in 2019. Efforts are currently continuing to reduce the waiting list number further by the end of the year. A huge well done and congratulations to all involved!



Pictured above: Patient Brigit McCarthy from Clonakilty; Professor John R. Higgins, Clinical Director CUMH and Orfhlaith O'Sullivan, Consultant Obstetrician and Gynaecologist, CUMH

Opening of new gynaecology day ward at CUMH

by Grainne O'Connell, Project Manager, UCC Academy

The next step following the reduction of the outpatient gynaecology waiting list in CUMH, is to bring patients in for procedures. One way to tackle this growing inpatient waiting list is through the new gynaecology day ward, that opened in CUMH on Saturday, 19 October. The new day welcomed its first 10 patients who all had minor gynaecology procedures completed on the day. The new day ward is proving to be an excellent facility for the patients both pre- and post-operation. Further Saturday sessions are planned for November and December. A huge thanks to all involved in planning for and working on the extra Saturdays to make this a success.

Clinical Director CUMH, Professor John R. Higgins, said: *"The opening of the new gynaecology day ward in CUMH is a key step to ensuring our considerable success to date in reducing the outpatient waiting list is sustainable. We're more than ready to see our second gynaecology theatre opened."*

Pictured right: Theatre staff wave goodbye to the first ten patients through the new gynaecology day ward in CUMH



CUMH Gynaecology Update Briefing in Dublin, 20 November

by Grainne O’Connell, Project Manager, UCC Academy

Following on from the positive response to the briefing in CUMH last January, all Cork city and county Oireachtas members were again invited to a briefing on Wednesday, 20 November in Buswells Hotel, Dublin. Professor John R. Higgins updated the group on recent developments in Ireland South Women & Infants Directorate, progress made during 2019 on the Gynaecology Waiting List Initiative, the impact on the inpatient waiting list and the funding now required. Professor Higgins was joined for questions and answers by a panel consisting of Kilian McGrane, National Programme Director, National Women and Infants Health Programme, Bridie O’Sullivan, Chief Director of Nursing and Midwifery, South/South West Hospital Group, Miriam Lyons, CUMH Business Manager, Olive Long, Director of Midwifery CUMH and Professor Richard Greene, Consultant Obstetrician and Gynaecologist, CUMH.



Update on Outpatient Booking Pilot – 3fivetwo Healthcare

by Grainne O’Connell, Project Manager, UCC Academy

As reported in the Autumn 2019 issue of UltraNews, Cork University Maternity Hospital has been piloting an online outpatient booking system through the Health Innovation Hub Ireland. Delivered by 3fivetwo Healthcare, the system offers patients the opportunity to select their preferred time and date of appointment from a range of options online. They can opt to receive a text message reminder of their appointment and/or an email with their appointment details.

The pilot is now complete at CUMH with 500 patients given the option to use the system. Stay tuned for an update on the final results in the New Year and the impact on patient satisfaction and reducing inefficiencies.

The pilot has attracted national interest and was referred to by the CIO of the HSE in his presentation at the recent the 2019 HISI Conference in Croke Park. The National Treatment Purchase Fund (NTPF) has also requested a visit to CUMH in December to learn more about the pilot.



Tweet: “Sometimes eHealth doesn’t need to be Rocket Science.”

Mellow Bumps in STGH

by Emma Maloney, Senior Medical Social Worker, STGH

Emotional wellbeing of 'mums-to-be'

In 2018, STGH maternity services introduced a new mental health programme called 'Mums-to-Be Wellbeing,' which featured in the Autumn 2018 issue of UltraNews. On evaluation, we learned that while our mums-to-be felt it was of benefit to explore stress reduction and relapse prevention, they also wanted to "find out more about the baby", with a particular emphasis on building a relationship with their baby.

New initiative: Mellow Bumps

As a result, we spent some time exploring different programmes that would marry together the concept of self-care for mums-to-be, and attachment and bonding with the unborn infant. We subsequently discovered Mellow Bumps.

Mellow Bumps (MB) was developed by Mellow Parenting, Scotland (www.mellowparenting.org). This six-session programme aims to reduce maternal stress/anxiety, increase knowledge of child development and promote the bonding process between mother and unborn baby. Each two-hour session incorporates one topic related to maternal wellbeing and one topic related to the infant. There is a guided relaxation at the end each session, along with homework set for the week.

STGH maternity services

The first MB programme was facilitated by Medical Social Work and Community Mental Health, Primary Care in May 2019. We received 15 referrals from a range of sources, including GPs, an antenatal clinic, a lactation consultant and self-referrals through poster advertisements. The timing of the group (within working hours) meant a number of women could not attend, resulting in six participants in total (optimum participants 6-8).

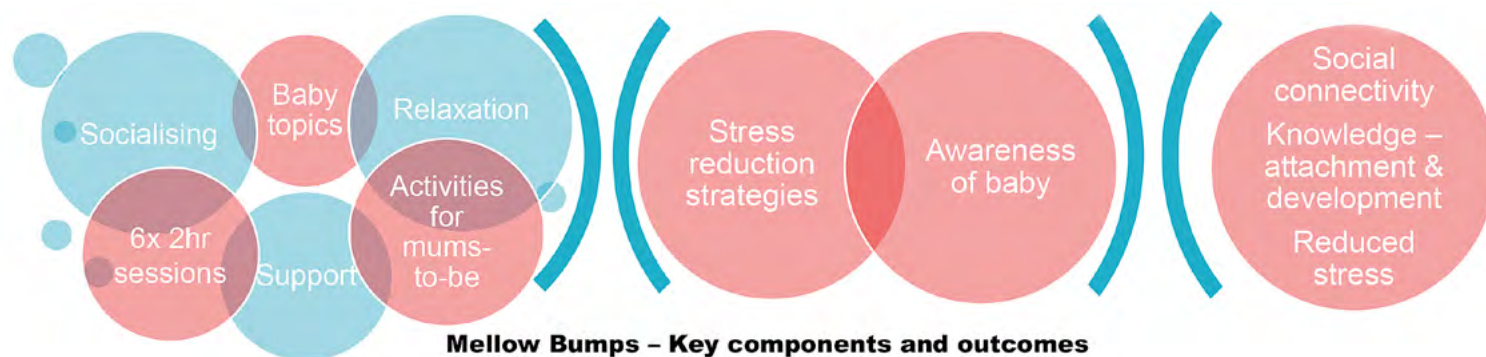
All six mums-to-be fully completed the programme and feedback was positive. As recommended by Mellow Parenting Scotland, the Adult Wellbeing Scale (AWS) was used as part of our evaluation with five mums-to-be taking part. Four out of five mums-to-be reported improved scores for overall wellbeing with one reporting no change. Some participants were referred for further support in terms of their emotional wellbeing, as required.

The future

Both facilitators were accredited by Mellow Bumps Scotland and we now aim to offer the MB programme biannually. This was a most enjoyable piece of work and I welcome contact from anyone interested in hearing more about it (Emmal.moloney@hse.ie). Finally, a feedback note from one of our satisfied mums-to-be:

"I have loved taking part in the group! I was not in a good place for a long time of my pregnancy and I wish I had had a chance to join this group earlier. Especially the films and tips on how to connect with the bump and how to interact with the baby in the early stages after birth have been helpful for me. I am really looking forward to meeting my baby now. Thanks!"

Mellow Bumps Participant, May 2019



UHK's first Service of Remembrance

By Carrie Dillon, CMS Bereavement, UHK

UHK's first Service of Remembrance took place on Thursday, 17 October 2019. This service was a very special occasion for all parents and families who have lost babies and gave them the opportunity to share their experience with others who have also suffered the loss of a baby through miscarriage, ectopic pregnancy, fetal anomaly, stillbirth or neonatal death.

Our service was led by members of staff from our maternity unit, pastoral care and hospital management. It was an open invitation and encouraged all parents to attend, whether recently bereaved or in the past, to help them with their journey towards healing and renewed hope.

One of our bereaved parents spoke so honestly about her experience and reiterated the concept of hope. This was of huge support to the parents attending.

The service was time for reflection and a public acknowledgement of their babies who had died before, during or after birth. The gentle ceremony of music, readings, prayer, parents' blessing, lighting of a candle and inscribing a message on the memory tree, all contributed to a service that was touching, poignant and exceptional.

The attendance was overwhelming, which again reiterates the need for parents to grieve the loss of their baby. Losing a baby at any stage is traumatic and as a maternity unit caring for the needs of mothers and families, we need to continue to support them by providing opportunities such as a remembrance service to acknowledge their grief.



Pictured above: The UHK bereavement team for maternity services



Soul Spa Day for bereavement clinical midwife specialists

By Carrie Dillon, CMS Bereavement, UHK

A variety of clinical midwife specialists in bereavement and loss, from the 19 maternity units around the country, met up on Friday, 27 September for a day of heart healing and self-care. It was an incredible day for us all as a group and one we will cherish for a long time to come. We also had the most amazing visit to Glenstal Abbey, which was truly special. The support of our peers in the work that we do is invaluable. We returned to work replenished and revived and with open hearts to help more families in the weeks and months to come.

We would highly recommend Anna Gibson Steel at the Holistic Centre of Excellence, Murroe, Co. Limerick. Definitely something that should be repeated annually to help sustain us in our roles caring for bereaved families!

CUMH Annual Service of Remembrance 2019

Cork University Maternity Hospital (CUMH) held its annual Service of Remembrance on Friday 11 October 2019 at 7.30pm in the Sacred Heart Church, Western Road, Cork.

This year marked the tenth anniversary of what is now an important event each year for parents, siblings and family members to gather with CUMH staff colleagues to remember the short lives of babies who have died during pregnancy or in infancy.

Through music, reflection, prayer, reading and the opportunity to light a candle and inscribe a remembrance leaf, this multi-denominational service provides a dedicated time to acknowledge the importance of this grief and to find support with fellow bereaved parents, families, staff and the multidisciplinary bereavement care team.



Paul Reid, CEO HSE, visits UHK

by Sandra O'Connor, Directory of Midwifery, UHK

Paul Reid, HSE CEO, visited University Hospital Kerry (UHK) on 15 October 2019, where he met several members of the Executive Management Board. The visit included a walkabout to view the services and meet the staff in the hospital. We were delighted to welcome him to the maternity services where he met several teams in antenatal, delivery suite, postnatal, neonatal and gynaecology. Paul Reid spent time with the exemplary multiprofessional maternity diabetes mellitus team. All staff welcomed the visit.

Pictured above: Sandra O'Connor, Directory of Midwifery; Emma Flaherty, Senior Clinical Informatics Pharmacist; Saeed Abdelkarim, Registrar, Obstetrics and Gynaecology; Deirdre Colgan, Staff Nurse; Dr Magid Abubakar, Locum Consultant Obstetrician and Gynaecologist; Paul Reid, CEO HSE; Dr Tom Higgins, Consultant Physician; Marie Nolan, Diabetes Nurse Specialist; Deirdre Moss, CNM2



CUMH Ideas Forum: Giving birth to change

Great ideas sourced through the CUMH Ideas Forum in January 2018 are coming to life in 2019. Denise Malone, A/CMM3 and Louise Riordan, Administrative Coordinator from CUMH talk us through two inspiring ideas for change.



Above: Olga O'Brien, Midwife; Michelle Gillick, Midwife; Martina Dillon, Clinical Midwife Manager 2; Michelle Hennessy (seated), Midwife; Siobhan Kennedy; Healthcare Assistant; Denise Malone, Clinical Midwife Manager 3

Transforming the Birthing Suite Rooms in CUMH by Denise Malone, A/CMM3 Day Services

Transforming the Birthing Suite Rooms is one of the key ideas from the CUMH Ideas Forum. The aim is to transform the birthing rooms into less clinical and more flexible, positive spaces and improve the patients' experience by helping them feel more secure and relaxed during labour and childbirth.

Our 'Birthing Suite Working Group' is a multidisciplinary group chaired by myself, Denise Malone, working with Emma Cummins (CMM2, Labour Ward), Martina Dillon (CMM2, Midwife-Led Care), Dr Keelin O'Donoghue (Obstetrician) and a number of midwives who work on the birthing suite including Mags Higgins, Olga O'Brien, Ger O'Mahony, and Orla Baldwin. The project was rubber stamped by the CUMH Executive Management Committee in April 2019.

We used an evidence-based tool to examine the birth environment to assess key characteristics including those that affect the fear cascade, the facility characteristics, the aesthetic aspects of the unit and the essential support elements for women and families. We have piloted one birthing room initially, with the aim of transforming all rooms in due course. This is a 'soft focus' room with a dual purpose of facilitating birth for low risk pregnancies as well as being the room suitable for pregnancy loss. In addition, we are revamping the corridor leading to the birthing suite itself.

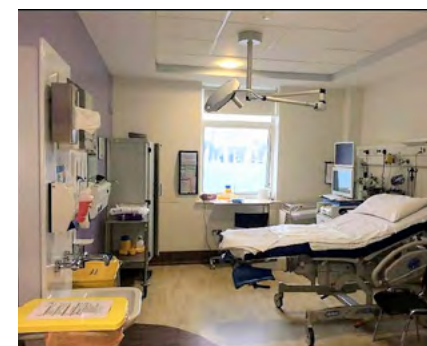
Actions achieved to date:

- Structural changes including removal of bidet in bathroom to enhance space and relocation of medical gases to a side wall.
- Choosing a green and purple design theme.
- Moving of signage containing medicalised language from the mother's eyeline.
- Addition of frosted glass to the door for privacy.
- Addition of a large mural to the room featuring a woodland theme. This mural was selected by birthing suite staff based on a shortlist of 3 photos.
- Installation of coloured and dimmable mood lighting.
- Purchase of a new birth mat and bean bag for adoption of different positions in labour.
- Installation of a blackout blind to create a darker environment to promote oxytocin release.
- Soft bedding bedspread for comfort.
- Provision of a recliner chair for birth partners to sleep in the event of a long labour.
- Provision of an ergonomic stool for staff to sit on to improve posture and comfort.
- Installation of a ball ring to hold a birth ball.
- Insertion of a soft close system on the door to reduce door banging.
- Addition of disposable curtains to the room.

Outstanding Actions:

- Installation of an acrylic sign to display patient information on the wall.
- The sourcing of a cosy cabin recuscitaire to fold away out of sight.
- Installation of shelving near the window to hold sonicaid, and a bluetooth speaker.
- Installation of a labour hopscotch poster, a visual birthing tool designed to aid an active birth.

This project has had a 12 month time span from formation as an action group in September 2018, to project delivery over summer 2019. This process has required regular liaising with midwifery management and input from local hospital management. It remains an ongoing project and we have gained and lost some members along the way - there has even been a baby born within the time span of our group! The process of change has proved enlightening and challenging but we remain committed to keeping the central focus on the mothers and babies that use our birthing suites.



BEFORE



AFTER



Pictured above: Claire Everard, Evidence Based Clinical Care Coordinator; Louise Riordan, Administrative Coordinator; Dr Jennifer Enright, NCHD and Daniel Nuzum, CUH/CUMH Chaplain. Not pictured but part of team are Cathy O'Sullivan, Interim Director, Centre of Midwifery Education and Dr Ruth Roseingrave, NCHD



Pictured above: Launch celebration at Le Chéile Friday 15 November 2019

Promoting staff wellbeing: Le Chéile

by Louise Riordan, Administrative Coordinator, Maternity Directorate

As part of the Ideas Forum initiative in CUMH, a multidisciplinary group focusing on staff wellbeing identified the need for a comfortable, relaxing, serviced space that would allow all members of staff to take a break and come together during their working hours. The team included representation from NCHDs, midwifery, administration, and chaplaincy. The team presented their idea to staff and management of CUMH in April and the green light was granted to refurbish and redesign the staff lounge on the 4th floor of CUMH. During the summer of 2019 the team met with designers, suppliers and management to ensure the design and functionality was in keeping with their staff wellbeing aim.

Warm colours, comfortable furniture and a functional kitchen space were key objectives. Staff highlighted the importance of having a serviced room that is well supplied so that when staff arrive on their break, they have easy access to coffee/tea/milk etc. and maximise their rest time. New coffee machines were installed and daily deliveries of milk and newspapers are now a feature for all staff to enjoy.

The staff lounge was formally launched on Friday, 15 November with a fun breakfast celebration, and its new name was revealed: Le Chéile, the Irish for together. A mural with translations of Le Chéile in languages spoken by staff in the hospital is to be added, to represent the many different nationalities working together in CUMH.

We encourage staff members from different areas, wards, outpatients, neonatal unit, physiotherapy, delivery suite, ultrasound, admin, research etc. to meet and socialise in this relaxed comfortable space.

Future projects and expansion of promoting staff wellbeing:

- Ensure all CUMH staff have guaranteed daily time out from the clinical/work environment.
- Build on this initiative – use this time and space to offer other staff wellbeing promotions for example tai-chi class, yoga, flu jabs, head massage, or mindfulness to allow staff to alleviate stress and ensure wellbeing.



BEFORE



AFTER

Vicki Cleary, Gynaecology Oncology Liaison Nurse, CUMH



Pictured above: Vicki Cleary, Gynae-Oncology Clinical Nurse Specialist

Pictured far right: Dr Nabeeha Eltag, Consultant Medical Oncologist; Dr Aileen Flavin, Consultant Radiation Oncologist; Dr Bolanle Ofi, Consultant Radiation Oncologist; Pamela Leavey, MDT Co-ordinator; Professor Seamus O'Reilly, Consultant Medical Oncologist; Dr Niamh Conlon, Consultant Histopathologist; Professor Max Ryan, Consultant Radiologist; Dr John Coulter, Consultant Obstetrician and Gynae-Oncologist; Eileen Kennedy, Gynae-Oncology Clinical Nurse Specialist; Dr Matt Hewitt, Consultant Obstetrician and Gynae-oncologist; Vicki Cleary, Gynae-Oncology Clinical Nurse Specialist; Edelle Harris, Medical Secretary

Tell us a bit about your role as a gynaecology oncology liaison nurse?

I work alongside Eileen Kennedy, Gynae-Oncology Clinical Nurse Specialist (South Infirmery, Victoria University Hospital, Cork). We screen all the gynaecology cancer patient referrals that come through for gynaecology oncologists and ensure all urgent cases are booked into the nearest possible slot. As a rule of thumb, we aim for an urgent patient to be seen within two weeks and operated on within four weeks. We also organise appointments and follow ups. The role then transfers across to those services and we meet patients in medical oncology or chemotherapy clinics.

We also organise the scans and biopsies that come through the clinics. This is an essential role working with a multidisciplinary team including consultants, radiographers, pathologists, ward staff, bed management, labs and more.

How does the multidisciplinary aspect of the role work?

A key part of the role is the weekly multidisciplinary meeting in CUMH. In this meeting, 12-15 different specialists sit around a table to discuss the care plan for each patient with potential diagnosis. We look at the biopsies and collaboratively decide on the treatment. On average 20 patients are discussed each week at this meeting.

How do you find the patient aspect?

Being there for the patient is a very important and rewarding part of the role. I always carry a mobile so patients know they can contact me during the working week.

I answer all manner of queries that vary from patients looking for test results, queries related to outpatient and scan appointments, or concerned family members and GPs.

I am always with the consultant when women are given their diagnosis. I am there as a source of support for women and their families and I provide the necessary information on the type of treatment they will be having (either surgery, chemotherapy, radiotherapy or a combination of treatment types).

Why did you choose to work in a role like this?

I always wanted to work in women's health and specialise in gynaecology oncology. I branched into research and did a Masters and PHD focusing on oncology treatment effects on women's sexuality. I then returned to the clinical side and worked in fertility nursing for a while. There was no gynaecology oncology liaison nurse until 2013, when the money for a post was granted by the Emer Casey Foundation (a charity set up by the Casey family in memory of 28-year-old Emer who died of ovarian cancer). The HSE has since made the post permanent.

Can it be stressful, given the nature of the job?

Like any role, there are mixed elements. The role itself is not stressful and I'm glad to say we feel well supported. There is great team support and help available. Eileen and I are part of a wider group of clinical nurse specialists including lung cancer nurse specialists and oncology nurses. We meet once a month to discuss any issues we are having. It's a great professional and personal support network.

There are both very sad and very positive aspects to the role. We develop great relationships with patients and families as their illness can last many years.



Results: Directorate-wide Safety Attitudes Questionnaire

by Dr Nóirín Russell, Consultant Obstetrician and Gynaecologist and Laura Gleeson, Research Pharmacist, School of Pharmacy, UCC



Pictured above: Laura Gleeson, Research Pharmacist, School of Pharmacy, UCC; Dr Nóirín Russell, Consultant Obstetrician and Gynaecologist and Joan Ryan, Chief Pharmacist, CUMH

In June 2018 the National Perinatal Epidemiology Centre, in collaboration with the School of Pharmacy, UCC, and the CUMH Medication Safety Committee used the Safety Attitudes Questionnaire to assess staff opinions on patient safety culture and staff wellbeing. A selection of staff across the four maternity units in Ireland South Women & Infants Directorate were surveyed. Staff were asked about their attitudes towards teamwork, patient safety, management, working conditions, stress recognition and job satisfaction. There was an excellent response rate, with 397 surveys completed. Staff reported positive attitudes towards teamwork, patient safety and job satisfaction in each of the four units.

Staff also had positive attitudes towards stress recognition, indicating that staff are capable of recognising and adapting to stressful situations. ‘Perceptions of management’ and ‘working conditions’ were identified as areas for improvement, both in the survey responses and in the comments section of the survey. Staff were also found to have positive perceptions of their communication and collaboration with other staff members, and to have positive resilience, which can be defined as the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma.

Staff were asked for their recommendations for improving patient safety in their clinical area. The most common recommendations included maintaining appropriate staffing levels and skills mix, improving support for frontline staff, providing more educational opportunities, and promoting a culture of no-blame regarding medication incident reporting.

As a follow-on from the Safety Attitudes Questionnaire, a group-wide study day on ‘Medication Safety in the SSWHG Maternity

Services’ will be held in CUMH in early 2020. This interactive forum will provide staff with an opportunity to find out more about medication safety as well as how and why medication incident reporting helps to improve patient care. A survey on medication incident reporting is also planned for 2020.

Dr Nóirín Russell, Consultant Obstetrician and Gynaecologist said: *“Healthcare workers want to work in a system which provides good quality, safe patient care. The Safety Attitudes Questionnaire provides valuable insights into staff suggestions to improve patient safety in the SSWHG maternity services. The theme of the 2020 Medication Safety Forum is ‘Make it easy to do it right.’”*

If you would like to suggest a particular topic related to patient safety for inclusion in the forum, please contact noirin.russell@hse.ie



CUMH physiotherapy research on the world stage

We wrote about the world-class research undertaken by Shalini Wiseman, Senior Physiotherapist in Women's Health, CUMH, in the Autumn 2019 issue of UltraNews. This research evaluated transperineal trigger point dry needling, a specialised physiotherapy technique to treat chronic pelvic pain. Shalini has gone on to present at the 49th International Continence Society (ICS) Annual Meeting in Gothenburg, Sweden in September 2019 and her research has been very well received.

The ICS meeting is the biggest and most important international meeting in this field, and brings together the most renowned international experts in the research and the treatment of incontinence and pelvic floor disorders. We congratulate Shalini on her ground-breaking work.



Pictured above: Shalini Wiseman, Senior Physiotherapist in Women's Health, CUMH presents her world-class research at ICS 2019 in Gothenburg

Research grant success

Development of a risk stratification tool for assessment of maternal and neonatal morbidity and mortality

It is the aim of Ireland South Women & Infants Directorate to highlight and celebrate research success and, in particular, obtaining research grants which are so important and challenging to secure. We wish to congratulate Dr Fergus McCarthy and colleagues in their recent success in the Health Research Board, Secondary Data Analysis Projects (SDAP) grant 2019 with their submission: *'Development and validation of a risk stratification tool for assessment of maternal and neonatal morbidity and mortality using data from the National Maternal and Newborn Clinical Management System'*. This grant is worth €303k and will run over three years. This is a collaboration with Professor Richard Greene, Dr Paul Corcoran, Joye McKernan, Claire O'Halloran and Dr Ali Khashan along with other colleagues from NPEC and UCC.

The SDAP award supports research projects in clinical research or health services research where the findings from the research will have direct relevance to policy and/or practice in the Irish health and social care system.

The main aim of the grant is to validate the national electronic health record data and create performance indices using real-time

data which may be used by units nationally and internationally to accurately compare performance, improve outcomes and identify units with poorer outcomes. This will allow targeting of resources to improve care and reduce morbidity and mortality for mothers and babies.



Pictured above: Professor Richard Greene, Director NPEC; Joye McKernan, Research Officer NPEC and Dr Fergus McCarthy, Consultant Obstetrician and Gynaecologist/ Maternal and Fetal Medicine Subspecialist CUMH/UCC



Pictured at a CUMH Medical Safety Committee meeting: Katie Bourke, ADOM; Claire Everard, Evidence Based Clinical Care Coordinator; Dr Nóirín Russell, Consultant Obstetrician & Gynaecologist; Raymy O'Flynn, Intern Pharmacist; Sarah Fenton, Antimicrobial Pharmacist; Dr Liam O'Connell, Consultant Neonatologist; Dr Dan Mullane, Consultant Anaesthetist; and Joan Ryan, Chief Pharmacist, CUMH

CiSA grant awarded to improve patient safety

We wish to congratulate Dr Nóirín Russell and colleagues in their success in applying for a CiSA (College of Medicine and Health interdisciplinary Seed Awards) grant for the CUMH Medication Safety Committee and the School of Pharmacy. A €9,000 grant has been awarded for their project which aims to improve awareness and knowledge of medication safety issues and to improve the reporting of medication incidents within SSWHG Maternity Services.

The grant will assist with the following:

- Organisation of an interactive forum on medication safety for SSWHG maternity staff in early 2020 – with a focus on safe prescribing, medication administration errors and medication incident reporting.
- Survey of SSWHG staff to identify the barriers and facilitators for medication incident reporting in the SSWHG Maternity Services.

This is a multidisciplinary project involving the Obstetric, Neonatal, Anaesthetic and Pharmacy teams at CUMH and the UCC School of Pharmacy.

Ray D'Arcy Show promotes My Pregnancy and My Child books

Cathy O'Sullivan, Interim Director, Centre of Midwifery Education took to the airwaves to promote the wonderful online resource for parents containing advice on pregnancy and the first five years of a child's life - *mychild.ie*. Cathy spoke on the Ray D'Arcy on RTÉ Radio 1 alongside Dr Fiona McGuire, HSE Senior Medical Officer and GP, and Mabel Murtagh, Public Health Nurse.

Designed to counteract the dizzying array of misleading or conflicting information facing parents these days, the website contains a wealth of accurate and trusted advice from health professionals across Ireland into one website and three books that accompany it. www.mychild.ie/books

These mychild.ie resources have since become shortlisted for an Irish Healthcare Award in the Child Health category.





NPEC launches exhibition ‘Developing a Picture of Us’

By Sara Leitao, Sarah Meany and Ria O’Sullivan-Lago, Researchers at NPEC

‘Developing A Picture of Us’ is an exhibition at Cork City Library, based on research that took place at Cork University Maternity Hospital with mothers experiencing complicated pregnancies. This project, developed by Dr Sarah Meaney, Dr Sara Leitao, Dr Ria O’Sullivan and Professor Richard Greene in the National Perinatal Epidemiology Centre, offers an insight into the world of pregnancies with a diagnosis of intrauterine growth restriction.

The journey of bringing a baby into this world is an extremely personal one, a life changing moment. At times, however, the path is a complicated, and mothers and babies can experience ill-health that can extend well beyond childbirth. We have seen from research that complications in

pregnancy and childbirth are common in Ireland, yet these struggles and suffering are often silent.

Very little research has focused on how mothers feel about these complications, so for our research, we invited mothers-to-be who were experiencing a complication in their pregnancy, and their partners, to take photographs over a two week period. These photographs, along with the parents’ explanations, gave us an unprecedented insight into what it is like to have complications in pregnancy.

We are proud to present these photographs, words, and hospital artefacts to give the community an insight into these experiences so they are no longer silent and unspoken. We hope this

exhibition will provide a space to bring these words and experiences centre stage and open conversations between patients, healthcare providers, and the community. We hope they will be empowered to make changes, and let other families experiencing complications know they are not alone.

We would like to thank all the midwifery staff in 2 South and the Fetal Assessment Unit in CUMH who supported this research project. Special thanks to Dr Hannah Glynn and Dr Aoife Morris for their assistance, and thank you to Teresa Rohan and Dr Brendan Murphy for gathering the hospital artefacts for our display.



A collage of the tiny preemie clothing especially made by families. One mum says as part of the project: "...I just started knitting baby clothes, really tiny baby clothes because I didn't know when baby would be born. I was able to concentrate on something, I had kind of purpose, like it gave me something to do and not just sit there doing nothing and waiting... it was just me, my head and the thoughts going around in my head and so the knitting gave me something to do to not feel completely useless."



Baby Amelia, out of the incubator and into a little bed: a huge development milestone towards getting home. Mum said: "One of the NICU nurses is amazing at doing beds. The first bed she did for Amelia, she was just so cute, so snuggled and all cosy. And she just looks like a normal baby snuggling up to sleep, and you look in and you think, 'my baby looks happy!'"



Some babies are too small and sick to feed through their mouths, and one mum captured a photo of the baby's first oral feed: a milestone for her development. She had one syringe (3-5mls) of milk.



A photo of a micro nappy. These nappies must also be specially bought, and they are three sizes smaller than regular newborn nappies. One mum said: "I thought: oh my God they are so TINY. How are these going to on somebody?"



Dr Eddie O'Donnell becomes Senior Lecturer in Clinical Education in UHW

We are delighted to announce Dr Eddie O'Donnell, Consultant Obstetrician and Gynaecologist, was successful in securing the Obstetrics and Gynaecology Senior Lecturer in Clinical Education post.

The purpose of this post is to take a leadership role in the further development of UCC's Medical Education Programmes in UHW. Dr O'Donnell's experience and contribution to teaching, assessment, mentoring, research and scholarship, research supervision, integration of research with teaching and his

leadership were key factors in his appointment. This post equates to one consultant session per week for a term of three years at which point re-appointment may be possible. We wish him the very best in his new role.

Speaking of his new post, Dr Eddie O'Donnell, Consultant Obstetrician and Gynaecologist said: *"I'm delighted to take a more formal, active role in education of undergraduate and postgraduate students and further my involvement in research and innovation at UHW in partnership with the School of Medicine, UCC."*



Welcoming Midwifery Students

By Rhona O'Connell

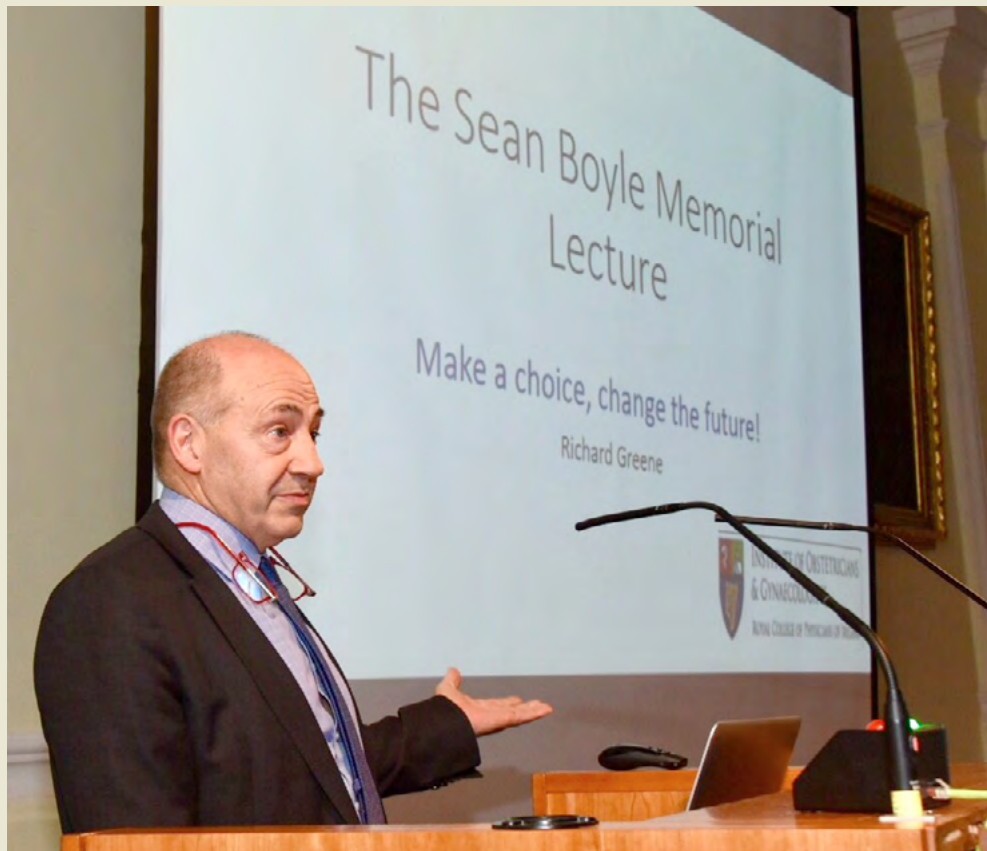
New midwifery students were given a warm welcome in the School of Nursing and Midwifery on Monday, 9 September. Existing 3rd and 4th year students, who were starting back after their summer break, came together to welcome the new September intake. This included 25 Higher Diploma in Midwifery students, due to commence in CUMH on 20 October as well as 23 new BSc Midwifery year 1 students, due to begin their first practice placement in November. We wish them every success in their future studies.



Congratulations BSc Midwifery Students

By Rhona O'Connell

Congratulations to all BSc (Hons) Midwifery students who graduated on 24 October 2019: Louise Barry, Joy Beardsworth, Aoife Buckley, Claire Cahalane, Cliodhna Dermody, Eloise Douglas, Samantha Galvin, Katherine Keane, Rachel Keane, Nikola Kiezic, Caroline Lynch, Shauna McNamara, Rebecca Nolan, Lisa O'Brien, Orla O'Connor, Courtney O'Donoghue, Alannah Prendergast and Joanne Wigginton.



Professor Richard Greene delivers the prestigious Sean Boyle Memorial Lecture

Congratulations to Professor Richard A. Greene, who delivered the prestigious Sean Boyle Memorial Lecture at the Institute of Obstetricians and Gynaecologists Annual Study Day in Dublin on Friday, 27 September 2019. Professor Greene is Director of the National Perinatal Epidemiology Centre (NPEC) and Professor of Clinical Obstetrics, UCC. Being invited to deliver a lecture of this calibre is a great honour and very much deserved.

TEARDROP WORKSHOP

Teaching, **E**xcellent, p**A**rent, pe**R**inatal, **D**eaths-related, inte**R**actions, t**O**, p**RO**fessionals



Cork University Maternity Hospital, 5th Floor
Friday 10 January 2020, 1pm - 6pm

About the Workshop

The TEARDROP workshop has been designed to address the educational needs of ALL health professionals involved in maternity and newborn care in managing perinatal death and pregnancy loss and is based on the National Standards for Bereavement Care Following Pregnancy Loss and Perinatal Death. The workshop functions as small groups of learners rotating around six interactive learning stations that are facilitated by experienced educators and clinicians. If you are an obstetrician, midwife, neonatal nurse, neonatologist, social worker or are interested from a policy or public health perspective we would love to see you!

Priority will be given to clinicians working in maternity and newborn care.

The learning stations:

1. Communication
2. Investigation and Management
3. Perinatal Pathology
4. Fatal Fetal Anomalies: Termination of Pregnancy and Perinatal Palliative Care
5. Pregnancy After Loss
6. Risk Factors, Audit and Reporting

COST: Free of charge

RSVP: Places are limited.

To register please contact:

Riána Cotter (Programme Manager for National Bereavement Standards)

E-mail: riona.cotter@hse.ie

Phone: 021-4920671

RCPI: External Category, 3 CPD points approved; NMBI CEUs: approval pending



Health Innovation Hub Ireland launches at NUI Galway



Pictured left: Professor John R. Higgins, HIHI Principal Investigator and Clinical Director Ireland South Women & Infants Directorate; Jim Daly, Minister of State for Mental Health and Older People; and Pat Breen, Minister of State for Trade, Employment, Business, EU Digital Single Market and Data Protection

The third national Health Innovation Hub Ireland (HIHI) was opened in September 2019 by Minister of Trade, Employment, Business, EU Digital Single Market and Data Protection, Pat Breen TD and Minister of State with special responsibility for Mental Health and Older People, Jim Daly TD.

First launched by Minister for Health Simon Harris TD at its headquarters at University College Cork in 2016, HIHI is assisting in the establishment of Ireland as a leading location for start-ups and expanding healthcare companies. HIHI allows easy interaction with hospitals and primary care centres. Collaboration between the health service and enterprise is leading to the development of new Irish healthcare technologies, products, and services.

The continued growth of the Health Innovation Hub Ireland and expansion into the west, marks

a continued pattern of growth for the HIHI nationally. This expansion follows the October 2018 launch of the second office based at Trinity College Dublin on the St James's Hospital Campus.

Speaking about the growth of the Health Innovation Hub Ireland: HIHI Principal Investigator, Professor John R. Higgins, said: *"The opening of the Health Innovation Hub in Galway is another key step in making HIHI a truly national organisation following the extension from Cork to Dublin and now Galway. It is a prelude to the HIHI extending to the rest of Ireland. Throughout the healthcare system, if you have an idea or burning desire to bring about change, a solution or a wish to bring innovation in, the HIHI opens that door. The national presence of the HIHI is a testimony to industry and healthcare working together."*



Midwives reaching great heights

A group of midwives from the birthing suite at Cork University Maternity Hospital got together to climb to the summit of Ireland's highest mountain Carrauntoohil, standing at 1039 meters or 3408 feet. The midwives had an amazing day climbing this peak in the MacGillycuddy Reeks, ably guided by Eimear Quaid, CMM2.

Thanking Maternity Directorate retirees in 2019

We would like to pay a brief tribute to the multidisciplinary staff who retired since we last reported in Summer 2019 issue of UltraNews. We extend our sincere gratitude and appreciation for their service in the delivery of maternity services for women, infants and their families in our region. Go n-éirí an bóthar libh!

Cork University Maternity Hospital

Carmel Lehane: CMM2, Theatre

Irene Troy: Staff Midwife, Emergency Room

Mary Morrison: Undergraduate Administrator, Department of Obstetrics and Gynaecology, UCC

Pat Marshall: CUMH Reception (night staff)

Pauline Kennedy: CMM3, Gynae Services

Regina Quirke: Staff Midwife, 4 South

South Tipperary General Hospital

Anne Hickey Wade: Senior Staff Midwife

Mary Slater: Staff Midwife, Special Care Baby Unit

University Hospital Kerry

Carmel O'Sullivan: Staff Midwife, Gallarus Ward

Marie O'Brien: Staff Midwife, Special Care Baby Unit, Emly Ward

Mairéad Sheehan: Staff Midwife, Special Care Baby Unit, Emly Ward



Above: Carmel O'Sullivan (centre) worked for last 7 years in UHK before her retirement on 29 September 2019. Originally from Kerry, Carmel spent most of her life in Dublin and is returning to settle there in her retirement. Carmel was a dedicated, hardworking, truly professional midwife and a pleasant colleague to all in UHK maternity department.



Above: Mary Morrison (pictured second right) retired on 31 August 2019 after 41 years' service with UCC. She was a dedicated, hardworking Senior Executive Assistant in the Department of Obstetrics and Gynaecology for over 17 years. Mary was Undergraduate Teaching Programme administrator with responsibility for the overall administration of the fourth and final medical teaching programmes. She also provided administrative support for the Department. We wish her many years of happiness and good health in her retirement.



Left: Congratulations to Marie O'Brien (pictured left) and Mairéad Sheehan (pictured right) recently retired from Emly Ward in UHK. Marie and Mairéad each had more than 30 years of skilled neonatal experience. Throughout their years of dedicated service, they made very positive contributions to neonatal care in Kerry. Their expertise, knowledge and enthusiasm will be greatly missed by all their friends and colleagues in UHK and Emly. We wish Marie and Mairéad a long, happy and healthy retirement.



Cork University Maternity Hospital



University Hospital Kerry



University Hospital Waterford



South Tipperary General Hospital

Have you got a story?

If you have a story for a future issue of **UltraNews** we would love to hear from you!

Please contact **Donna Burtchaell**,
Communications Project Manager on mobile
087 0962567 or email donna.burtchaell@ucc.ie

Articles for inclusion in the next newsletter must
be submitted no later than **15 February 2020**