



## Dear Colleagues



I hope you enjoyed the summer and the fine weather that it (unusually) brought. The last few weeks have been particularly busy with different events here in the Hospital and nationally. I am sure

you will have seen the recent media coverage regarding the new guidelines from the HSE for Hospitals to write to patients who shared a toilet/bathroom with somebody carrying the CPE bacteria during their stay in Hospital. Our Microbiology colleagues presented at the recent Local Integrated Care Committee on this new requirement and have provided further details in this newsletter.

Please take time to familiarise yourself with the materials as patients from TUH and other Hospitals that you treat may bring this up with you over the coming weeks.

Work on our capital developments continued over the summer with the first appointments for our Diabetes, Endocrinology and Podiatry patients scheduled to start on October 8th in the Simms building. The move affords us an exciting opportunity to bring patient care into the community and we plan to move our Neurology outpatient appointments service to the Simms building by the end of the year.

As a local employer, we were very proud to host the graduation of the first class of interns on the WALKways intern programme we launched last year. WALKways is a transition programme for adults with intellectual disabilities to gain work experience in order to access paid employment in the open labour market. The 11 graduates that started the programme graduated with seven moving onto paid employment and four onto further training. The 17 departments that provided the work experience are looking forward to the new group of 10 interns starting the second year of the programme. If you are interested in learning more about the programme there is an excellent short video [available](#).

The interest in health talks by our clinicians in the community is growing and we recently launched a comprehensive schedule for the autumn / winter period the details of which are. I hope you can help in spreading the word.

**Regards**  
**Lucy Nugent**  
**Deputy CEO Tallaght University Hospital**

## Public Health Talks Autumn / Winter Schedule

Last year, the Hospital in partnership with clinicians, nursing and social care professionals organised a series of talks in the community on a variety of health topics. We were delighted to build on the success of these talks and in recent weeks announced a comprehensive series for the next few months. Here is a [link](#) to the schedule of talks, if you would like promotional posters for any particular talk or a copy of the information leaflet outlining the schedule please contact [GPConnect@tuh.ie](mailto:GPConnect@tuh.ie) with details of what you looking for

*Catherine Heaney, Chairperson of the PCAC and Fettercairn Community Health Project Co-Ordinator and Dr. Catherine Wall, Lead Clinical Director and Consultant Nephrologist at Tallaght University Hospital at the launch of the 2018 autumn / winter series of public education talks.*



## Brain Health & Dementia

The month of September is World Alzheimer's Awareness Month, an opportunity to focus awareness and challenge the stigma that surrounds dementia. Hospital staff, volunteers and the Alzheimer's Society of Ireland did a community talk in Kilnamanagh Family Recreation Centre and participated in media activity to contribute awareness raising on this illness.

It was also an opportune time to open our 'Memory Hut', a space in the main hospital atrium that will be open every Wednesday from 2pm-4pm and staffed by trained volunteers. This is the first hospital based drop-in service to focus on brain health and dementia in Ireland. The initiative is a novel collaboration of staff from the specialist memory service, TUH volunteers and the Alzheimer's Society of Ireland creating a "drop-in or drop-by" service for people living with memory difficulties, members of the public, staff, patients and their families' right at the heart of the hospital.

Commenting on the opening of the 'Memory Hut' Professor Sean Kennelly Consultant Physician in Geriatric Medicine "This innovative collaborative initiative between the specialist memory service, our Hospital Volunteers and the Alzheimer's society of Ireland is the first of its kind in Ireland. It



creates a friendly and informal area where people living with dementia and those who support them, can come and ask questions they may often put off asking, or forget to ask, when in our clinic. It also promotes the very important message that over a third of cases of dementia are preventable - with the right lifestyle choices."

*Pictured from left to right at the launch of the Memory Hut in TUH were Teresa Quinn, TUH Volunteer; Prof Sean Kennelly, Consultant Geriatrician; Mary Kelly TUH Volunteer; Cathy McHale, Clinical Nurse Specialist in Gerontological Nursing and Aine Bennett Dementia Adviser from the Alzheimer's Society of Ireland*

# CPE Update

Carbapenemase producing *Enterobacteriales* (CPE, formerly known as CRE) was declared a public health emergency last year. The CPE National Public Health Emergency Expert Group (NPHEEG) was established to provide advice to the National Public Health Emergency Team. Recent guidance issued by the NPHEEG recommends that each hospital advises former patients of their CPE contact status following a stay in the hospital and that screening for CPE carriage should also be offered. It was already policy to advise CPE carriers of their status.

A CPE contact is defined as a patient who was exposed to CPE during a hospital stay due to close contact with a CPE colonised patient. This is generally due as a result of sharing a room or toiled with a colonised patient. An estimated 5%-10% of contacts may subsequently become CPE colonised.

Until recently, there was no specified process in place to communicate to patients their designation as CPE contacts. The patient may have been informed if they were identified as being a CPE contact whilst still an in-patient. However, if they were discharged they may not have been informed unless they were readmitted to hospital at some point.

This has infection control and possible clinical implications for these contacts. The CPE contact status is generally noted by the Infection Prevention & Control Team and appropriate infection control precautions are taken whilst the patient remains in hospital or on subsequent admissions, until CPE colonisation has been ruled out. This is done by screening for CPE on four occasions, with each screening swab taken at least seven days apart.

It is estimated that up to 5,000 people nationally will be informed that they are CPE contacts. For those who are patients of TUH, a phone number for a helpline will be provided for patients who wish to further discuss what this means for them, and to arrange testing should they request it. The hospital will also be writing to GPs so you are aware that of a patient's CPE contact status, with the risk of possible colonisation.

**Further information and factsheets regarding CPE, CPE contacts and CPE contact communication are available on [www.hse.ie/hcai](http://www.hse.ie/hcai)**

## The Simms Building

**From October 8th our Endocrinology, Diabetic and Podiatry adult out-patients will attend their appointments on the 2nd Floor of the Simms Building.**

The Hospital has over 12,000 that attend these particular clinics. As the model of medical care is moving from an inpatient to outpatient setting, we need to make sure we have the room and appropriate facilities to provide this care in the community. By moving to this larger space in the Simms Building we can reduce clinics sizes, run clinics more often which will mean more efficient running of clinics.

All of the same staff will be moving to the Simms Building, we appreciate the importance of this as many of these patients are living with chronic conditions and the continuity of care for patients is important. We will continue to inform you of patients test results as we normally do. Note patients will continue to have their bloods done in the Hospital, two weeks before their clinic date as is the current practice.



## International Ataxia Awareness Day

International Ataxia Awareness Day was celebrated on September 25th, ataxias are a group of rare neurological disorders with a variety of underlying causes characterised by slowly progressive combination of gait instability, limb incoordination, slurred speech and nystagmus. Friedreich's ataxia is the most common inherited ataxia in Caucasians with an estimated prevalence in Western Europe between 1:20,000 and 1:50,000, where Ireland has been reported to have one of the highest observed Friedreich's ataxia prevalence at 1:23,000 affecting between 1:35 000 and 1:50 000.

The National Ataxia Clinic in TUH is the only designated centre of expertise in Ireland. This is a multidisciplinary clinic which over 150 patients attend annually. It is co-directed by Drs. Sinéad Murphy and Richard Walsh, Consultant Neurologists. The clinic is staffed by the two consultants, the ataxia research registrar, Dr. Petya Bogdanova-Mihaylova, and an ataxia nurse specialist, Sharon Moran. This clinic runs on the first Friday of every month and referrals are accepted from GPs or specialists within the Republic of Ireland. External referrals are also received, mainly from Northern Ireland. The vast majority of patients attending the clinic have genetically determined ataxia. Four times per year we run a Combined Ataxia Clinic with Dr. Deirdre Ward, a Cardiologist with a special interest in inherited cardiac disorders. This enables same day Neurological and Cardiac assessment for patients predominantly with Friedreich's Ataxia. Blood tests (routine and genetic), imaging, ECG and Echocardiogram are performed on the same day as clinic where possible, as clinically indicated. Patients attending the clinic have access to Allied Health Care Professionals including Physiotherapy, Occupational Therapy, Speech and Language Therapy, Neuropsychology, Dietetics and Medical Social Work. To mark the Awareness Day the Neurology team have published a [leaflet](#) on the Ataxia Clinic.

*The staff from the National Ataxia Clinic at TUH are from left to right Dr. Deirdre Ward, Consultant Cardiologist, Sharon Moran Neurology Nurse Specialist, Dr. Sinead Murphy, Consultant Neurologist, Dr. Petya Bogdanova-Mihaylova and Dr. Richard Walsh, Consultant Neurologist*



## Stroke Research update

The Lancet recently published on a potential new treatment for stroke due to intracerebral bleeding using tranexamic acid. The international, randomised placebo controlled TICH-2 trial involved 124 hospital sites in 12 countries. Tallaght University Hospital was the co-ordinating centre for Ireland. Lancet is one of the top international journals in medicine (impact factor 47) you can read a full copy of the paper through this [link](#).

Commenting on the study TUH's Prof. Rónán Collins said –

*“While the overall result was neutral for death and independence at day 90, tranexamic acid significantly reduced early mortality and the subgroup of patients given the drug early with tighter blood pressure control were more likely to be independent and this is a very encouraging finding.”*

TUH was also represented on the recent European Heart Rhythm Association practical guide on Anticoagulation use in Atrial Fibrillation. Published in the European Heart Journal (impact factor 23.4), Prof. Collins became the first geriatrician invited onto the writing group.

Commenting on the guide he stated

*“the 2018 guidelines are a comprehensive and practical set of guidelines which are very useful in day to day practice and also highlight the gaps in our knowledge where more data and research is needed. These class of drugs are a vital part in the battle to prevent strokes and an easy to use app will be launched by the European society of cardiology later this month.”*

The Guidelines can be downloaded through this [link](#).

## Cholesterol Happens

Last year our colleague Prof Maher got up on his bike (literally) and cycled the length and breadth of Ireland to raise awareness about Cholesterol and the importance of everyone knowing what their Cholesterol number is. In the last few weeks the Hospital has run a Cholesterol Awareness campaign in the Hospital and local community. As part of that initiative Prof Maher published results of a cholesterol study undertaken during his nationwide tour, called ‘A snapshot of lipid levels in Ireland in 2017’ it revealed that 60% of those tested had some form of lipid abnormality. You can access the release through this [link](#).

### SPOTLIGHT

## Skin Cancer

**This year's O'Moráin Research Medal winner was Dr. Caitriona Gallagher for her research on 'Skin Cancer prevention in an at risk Irish Inflammatory Bowel Disease Cohort'. Below is a summary of the research she undertook in Tallaght University Hospital (TUH).**



*A still from the informational video that was created as part of the research project*

The Incidence of skin cancer is increasing. Cases of melanoma and non-melanoma skin cancer (NMSC) in Ireland reached over 10,000 for the first time in 2011. This has become a major public health problem and costs approximately €17M annually. Patients receiving immunosuppression including IBD and dermatology patients are at high risk of developing skin cancer. Other data suggests IBD itself may also be a risk factor for skin cancer.

The aim of Dr. Gallagher's study was to determine the number of skin cancer cases in the TUH IBD population and to assess patient and doctors' awareness of the risk and improve patient education and awareness of the benefit of sun protection.

Dr. Gallagher calculated the number of skin cancer cases in IBD patients attending TUH study from 2012-2017. Surprisingly, there was a high rate of nonmelanoma skin cancer in IBD patients who were 1.7 times at increased risk compared to those without IBD. As expected, Dr. Gallagher's research confirmed a link between immunosuppression medication and the risk of skin cancer in our IBD patients.

Dr. Gallagher then went on to assess using a simple self-assessment questionnaire; what doctors and patients knew about the risk of skin cancer in IBD and what they could do to prevent it. Disappointingly, the questionnaire highlighted a real lack of awareness among doctors, nurses and patients. To improve this situation, Dr. Gallagher, working with colleagues based at Trinity's TAGG Research Centre, developed a novel education tool, normally leaflets are handed out to patients but have very little impact and she felt that a video that could be downloaded from the Hospital website or the TAGG Research website or YouTube, that they could watch at their convenience would be a better way of educating patients. She developed this and trialled it with colleagues at the TAGG Research Centre and then ran the video on some IBD clinics and not at others to see if that actually improved patient awareness on the value of sun protection to prevent skin cancer in IBD.

To her delight, the video had a really good impact on patient knowledge and also the feedback in general was that it was a fabulous and easier way for patients to get information. The video has been made available on the TUH YouTube channel for you and your patients to [view](#).

# Annual GP Study Day



On Saturday, October 20th our Centre for Learning & Development are hosting the annual GP Study Day, a great day for GPs to network with fellow GPs and Hospital Consultants.

The schedule is outlined below. Registration opens at 8am or alternatively you can pre-register by contacting [Sandra Daly](#)

Workshop topics will include the following topics: Headache/ Management of Migraine; Driving Licence Issues; Management of abnormal LFTs; Allergies in Children/Management of Hay Fever; CKD Management of various stages. Interpreting ACR – refer, Cryotherapy; Punch Biopsy.

Gynae workshop to cover “Investigation of Pelvic pain/Endometriosis Management”; Laboratory workshop covering Immunology Testing for GPs; ENT workshop to cover such problems as “Common Foreign Bodies; Ear Canal Problems – what needs ENT intervention?

An application will be made for CPDs for this Study Day.

We look forward to meeting you on the 20th October 2018.

Should you have any queries at all in relation to this Study Day

please contact Ms. Sandra Daly. 01 414 2883 or [Sandra.Daly@tuh.ie](mailto:Sandra.Daly@tuh.ie)

- ▶ **8:30am-9am** Plenary Session #1 –Orthopaedics
- ▶ **9am-10am** Four workshops running with time to attend two
- ▶ **10am-11am** Four workshops with time to attend two
- ▶ **11am-11.30am** Coffee Break
- ▶ **11:30am-12:30pm** Four workshops with time to attend two
- ▶ **12:30pm-1pm** Plenary session Laboratory and discussion on Social Prescribing
- ▶ **1pm** lunch

## FREE PARKING

(If unfamiliar with parking arrangements contact the organiser)



Date	Course Details	Booking Information
26.09.2018	<b>Dementia Care in Primary Care</b> <b>Target Audience:</b> All healthcare professionals working in primary care. <b>Time:</b> 8.30am – 12.30pm <b>Venue:</b> The Centre for Learning & Development, Tallaght University Hospital <b>Cost:</b> N/A	Maria Carr 01 414 2852 <a href="mailto:Maria.carr@tuh.ie">Maria.carr@tuh.ie</a>
10.10.2018	<b>The Fundamentals of Wound Management</b> <b>Target Audience:</b> All healthcare professionals working in primary care. <b>Time:</b> 2pm-4pm <b>Venue:</b> The Centre for Learning & Development, Tallaght University Hospital <b>Cost:</b> N/A	Clodagh McLoughlin 01 414 2851 <a href="mailto:info.cld@tuh.ie">info.cld@tuh.ie</a>
10.10.2018 15.10.2018 06.11.2018 04.12.2018	<b>Venepuncture &amp; Peripheral Venous Access Device (PVAD) Insertion</b> <b>Time:</b> 10:30am-12:30pm <b>Venue:</b> Two Rock Clinical Skills Lab - CLD <b>Cost:</b> €50 fee (HSE LanD eLearning programme to be completed prior to attending)	Clodagh McLoughlin 01 414 2851 <a href="mailto:clodagh.mcloughlin@tuh.ie">clodagh.mcloughlin@tuh.ie</a>
Every Friday during Term Time	<b>Grand Rounds</b> <b>Time:</b> 8am – 9am <b>Venue:</b> Trinity Lecture Theatre, CLD Walk in – no booking required <i>Weekly speaker &amp; subject matter updates on Twitter – @CLDTallUniHosp</i>	Sandra Daly Tel: 01 414 2883 <a href="mailto:Sandra.daly@tuh.ie">Sandra.daly@tuh.ie</a>

## Email Reminder

Following on from the rebranding of the Hospital to Tallaght University Hospital earlier this year our email is now changing. If you are in contact with any Department or staff member by email you need to edit the email address. A department or persons name remains unchanged it is the text after @ that needs to change. Please edit your addresses to end with @tuh.ie instead of @amch.ie



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

Email: [GPConnect@tuh.ie](mailto:GPConnect@tuh.ie)