

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 Extracts from UltraNews should not be published without the permission of the editor.



Quad Celebrations



COVID-19



Midwifery



MN-CMS



Conference



Ideas Forum





Welcome to the Spring edition of UltraNews, the Ireland South staff newsletter

A new decade with new energy and unprecedented challenges

We hope the Spring 2020 edition of UltraNews, covering positive stories from all around the Ireland South Women & Infants Directorate, is a welcome distraction in these challenging times.

With the presence of Covid-19 in our community, we are facing an unprecedented situation. I want to express my appreciation to all staff in the Ireland South Women & Infants Directorate for your efforts and ongoing diligence as we continue to care for all our patients and protect the welfare of our people. The preparations and actions we are taking to address the challenges will serve us well.

The Summer 2020 edition of UltraNews will undoubtedly report on the pandemic within our maternity hospitals, while this edition mainly covers other news. As you may know, we revealed the new name and brand for Ireland South Women & Infants Directorate at the end of last year. I am proud to now share our new tagline which unites our purpose in the Directorate: *Together with women, babies and families, our academic healthcare network strives for clinical excellence and innovation.* Templates for documents, presentations and posters will be distributed in the weeks to come and we encourage you to use the new brand at all times. If you have any questions regarding branding, please contact donna.burtchaell@ucc.ie

We continue to transition to a clinically managed maternity, gynaecology and neonatal network in collaboration with the South / South West Hospital

Group. The Directorate's executive authority over all units will be extended once key leadership positions are in place, and this is progressing well. We welcome HIQA's recent recommendation to formally establish our managed clinical maternity network with a single governance structure, which will enhance safe and high-quality maternity services as per the NWIHP strategy.

Education, research and innovation are key pillars of the Academic Healthcare System that we are striving to build. With 2020 being the Year of the Midwife and Nurse, we have set up a bursary to support educational initiatives. In this newsletter, we highlight the outstanding research that is taking place by midwives in each of our four hospitals, leading to up-to-date, evidence based practice.

Well done to the team in UHK on their hard work in introducing the Electronic Health Record for gynaecology patients. The Maternal and Newborn Clinical Management System (MN-CMS) for Gynaecology services went live in December 2019. Ireland South is certainly leading the Irish hospital digital revolution.

In STGH, they have been reaching out to GPs in their community to promote the extensive maternity services on offer, a great idea for smaller maternity units. Site visits and informative posters have proved very effective in educating GPs on extensive services in Clonmel and their care pathways.

In UHW, facilitating a woman's choice in terms of a safe water labour and birth was addressed in a special workshop for south-east midwives in early February.

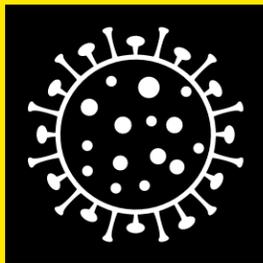
In CUMH, the Ideas Forum celebrated its 2nd birthday and the Lightbulb Club was launched to foster ongoing change and innovation to improve services to enhance the patient and staff experience.

Finally, we congratulate all graduates who took part in recent degree, diploma, master's and doctorate gradations at the start of the year. Comhghairdeas le gach duine!

Thank you all for your unrelenting commitment in the delivery of maternity, gynaecology and neonatal services in the challenging times we face. Now more than ever, it is a privilege to work alongside such skilled, purposeful and motivated people; we in turn remain privileged to provide care to the women, babies and families in Ireland South.

John R. Higgins

Clinical Director
Ireland South Women & Infants Directorate
Professor of Obstetrics and Gynaecology
South/South West Hospital Group



Coronavirus: Unprecedented and testing times

The Ireland South Women & Infants Directorate response

Things have progressed at speed since the first confirmed case of the novel coronavirus in Ireland in Dublin on 29 February 2020, when a teenager became ill after returning from Italy.

Two weeks later, the total number of infected persons in Ireland stood at 43, the Department of Health reported the first death by an elderly woman with an underlying respiratory condition and the World Health Organisation upgraded the status of Covid-19, the illness caused by the novel coronavirus, to full pandemic.

By the end of March, confirmed cases of the virus stood at 3,235 and 71 Covid-19 related deaths were reported in the country. While not as pronounced as other countries, the spread of the virus been very concerning, despite early and significant restrictions to slow it.

Visitor restrictions were put in place by all hospitals in Ireland in early March, including all maternity hospitals/units in Ireland South Women & Infants Directorate. These restrictions are crucial to protect staff, patients and newborns. At time of writing, women admitted for induction of labour or in labour can have one nominated companion. This companion can only join the patient when she is

in labour or called for caesarean section. For all other inpatients, including antenatal inpatients and postnatal inpatients, no visitors are allowed.

For patients in the Neonatal Intensive Care Unit, only the mother is allowed. For outpatients, only the women attending the appointment is allowed – no partners, children or nominated companions.

Across the Directorate, gynaecology and antenatal clinics are moving appointments to outreach centres or alternative locations and urgent elective procedures are being prioritised for theatre. Social distancing has become the new norm and waiting areas are adjusted to minimise footfall.



Co-ordinated response

In order to assist with the large scale planning and preparations to deal with Covid-19, the Executive Management Committee (EMC) of Ireland South Women & Infants Directorate holds an update teleconference call at 1pm each weekday. This includes all Directors of Midwifery, Lead Consultants from each unit and other key staff and is led by Clinical Director, Professor John R. Higgins.

Early in the crisis, a Covid-19 Advisory Committee was established in Cork University Maternity Hospital (CUMH) with multidisciplinary membership. The committee services as a platform to discuss and propose solutions and help implement the response to Covid-19 in CUMH and the wider Directorate. Education is a key focus, with all units holding Coronavirus education sessions and personal protective equipment (PPE) training and simulation drills.

Memos are sent almost daily to staff in CUMH from the Clinical Director to update and inform them of important service changes, training, protocols and other information. To keep two way lines of communication open, a Covid-19 specific email CUMH.COVIDStaffQuery@hse.ie was set up to allow staff to ask questions and suggest solutions. A summary of these is published online and regularly updated.

Providing reassurance

A very visible measure undertaken to provide reassurance in CUMH is the screening of all patients, visitors and staff for symptoms of Covid-19 before they enter CUMH, including taking temperature checks. This screening is a unique innovation in Irish maternity hospitals and takes place in marquees outside the hospital. These were kindly donated by Colm O'Halloran of the Kerry based Irishmarquees.com. This innovation has provided some reassurance, important for both staff and patients.

In early March, CUMH launched a Twitter account @CorkCUMH to keep the public informed of latest protocols and provide reassurance in a timely manner. South Tipperary Maternity Services also launched their Twitter account in March called @MaternitySTGH. Waterford and Kerry used their existing hospital accounts (@UHW_Waterford and @Hospital_Kerry) on Twitter to keep the public updated. It was heartwarming to see Twitter alive with supportive messages to healthcare staff and from the public.

On 7 March, the Irish Nurses and Midwives Organisation and the HSE reported that the recruitment freeze on nurse and midwives was being lifted by the HSE, due to the pressure being put on the health service by Covid-19. Steps are ongoing to allow these staff to return to the workforce – we look forward to welcoming some of our former colleagues back to the frontline if the situation arises.

Our academic partner, UCC, brought forward all final year medical student exams, including the obstetrics and gynaecology exam on 21 March, so that they can join the workforce sooner in these challenging times. Staff and faculty worked exceptionally hard to prepare and oversee

the exams. Well done to all the students who responded so well to this challenge.

Crisis or not, babies will continue to be born and Mother's Day on 22 March was no exception. Our high quality standards of care remains and must remain.

Speaking about efforts around the Directorate to contain the virus Professor John R. Higgins, Clinical Director said:

"I want to express my appreciation to all staff in the Ireland South Women & Infants Directorate for your efforts and continued diligence as we face our challenges and care for all our patients in the presence of Covid-19 in our community. The preparations we are taking to address the challenges will serve us well."

We continue to remain focused on the welfare of our staff and our patients. Everyone is responsible to keep up to date and refer to email, hospital signage, website and Twitter for updates. Thank you for your co-operation and suggestions both now and in the weeks to come."



New brand tagline for Ireland South Women & Infants Directorate

Ireland South Women & Infants Directorate

Stiúrthóireacht Ban agus Naíonán Dheisceart Éireann

Together with women, babies and families,
our academic healthcare network strives
for clinical excellence and innovation.

We are delighted to reveal the tagline for the new brand:
Ireland South Women & Infants Directorate.

The tagline reflects how our network of hospitals collaborate and support one another in providing excellent care with women, babies and their families at the centre. We strive towards an academic health centre model (with UCC as our academic partner), underpinned by clinical excellence, education and research & innovation.

The tagline also features Ireland South Women and Infants Directorate in Irish: Stiúrthóireacht Ban agus Naíonán Dheisceart Éireann and is printed on all compliment slips and letterheads.



Ireland South Women & Infants Directorate
Stiúrthóireacht Ban agus Naíonán Dheisceart Éireann
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for clinical excellence and innovation.

With compliments



Cork University Maternity Hospital
Ospidéal Máthreachais na hOllscoile Corcaigh
Wilton Road, Cork, T12 YE02, Ireland
Tel: + 353 (0)21 492 0500

Guidelines

Simple guidelines have been produced to clarify how to use the brand. These guidelines will be distributed with key new templates and cover:

- Logo and tagline
- Preferred fonts (ie Helvetica, Calibri and Ariel)
- Letterheads and complimentary slips
- Business Cards
- PowerPoint
- Posters (Academic A1 and A4 for noticeboards)
- Email signature



Cork University Maternity Hospital
Ospidéal Máthreachais na hOllscoile Corcaigh

Wilton Road, Cork, T12 YE02, Ireland
Tel: + 353 (0)21 492 0500

PPT slides

Ireland South Women and Infants Directorate

Cork University Maternity Hospital University Hospital Waterford

South Tipperary General Hospital University Hospital Kerry

Posters

Title

Content

OPTIONAL
SECONDARY
LOGOS

Templates

Printed letterheads and templates for documents, presentations and posters are being rolled out to all hospitals in the weeks to come and we encourage you to use the new brand at all times.

Flexibility has been built-in to PowerPoint and poster templates to accommodate secondary brands. For example in the poster template (with versions for A1 and A4 sizes), the Ireland South Women and Infants Directorate logo is the primary brand at the top with space in the footer for secondary brands, such as Cork University Maternity Hospital or University Hospital Kerry or INFANT etc.

Cork Quads turn 18 and visit CUMH

The Murphy quadruplets from Riverstick, Cork came to Cork University Maternity Hospital on their 18th birthday on 22 January 2020, to meet with the doctors and midwives who delivered them.

Kellie, Katie, Shauna and Amy Murphy visited with their parents Patrick and Brenda Murphy. A number of the original team of 45 expert staff, led by Professor John R. Higgins, Consultant Obstetrician and Gynaecologist, were on hand to celebrate this milestone birthday with them. They had not met the girls since they were very small. The girls were presented with a giant birthday cake and balloons to mark the occasion.

The quadruplets were born by caesarean section, 13 weeks premature, in the Erinville Hospital on 22 January 2002. Maternity services in the Erinville transferred to Cork University Maternity Hospital, along with the St. Finbarr's Maternity Hospital and the Bon Secour Maternity Hospital in 2007. The girls are currently in their Leaving Cert year at Kinsale Community School.

Returning to meet the staff was a moving experience for parents Brenda and Patrick Murphy, who were full of praise for their expertise and support at the time.

Professor John R. Higgins, Clinical Director of Cork University Maternity Hospital and Ireland South Women & Infants Directorate commented:

"I am delighted on behalf of everyone at Cork University Maternity Hospital to welcome Kellie, Katie, Shauna and Amy Murphy on their 18th birthday. They are now happy and healthy, young adults, each with different aspirations and talents and great opportunities ahead of them. We wish them the best of luck for the future."





Pictured left: *Professor John R. Higgins, Clinical Director CUMH; Lisa Harrington, Clerical Officer; Niamh Spillane, Midwife Manager; Sophie Boyd, NCHD; Margaret Crowley, Midwife; Yvonne Freyne, Staff Officer*

CUMH Gynaecology Waiting List Initiative shortlisted for HSE Patient Experience Award!

by **Gráinne O'Connell, Project Manager, UCC Academy**

The CUMH Gynaecology Waiting List Initiative is shortlisted in the 'Improving the Patient Experience' of the Health Service Excellence Award 2020 competition. This category showcases projects which demonstrate how changes or initiatives have brought about improvements in patient experience of the health service. The shortlist recognises the outstanding achievement by the team at CUMH in reducing the outpatient gynaecology waiting list from 4,700 in 2017 to 1,000 by the end of 2019. The project was one of 610 projects received by the selection panel. All shortlisted projects are being presented to the selection panel in Dublin in March with the final event due to take place in April.

The Gynaecology Initiative was also shortlisted in the Outpatient Project of the Year category at the 2019 Irish Healthcare Awards. Efforts are ongoing in the reduction of this waiting list number. A huge well done and congratulations to all involved!



New Ward Extension in STGH by **Sinéad Heaney, Director of Midwifery, STGH**

South Tipperary General Hospital are very proud of the new ward extension completed in 2019. The state of the art 3,300 square metre, 40-bed ward is the largest modular ward extension in Ireland and consists of a two-storey accommodation block linked to the main hospital. It features 40 en-suite bedrooms, reception and lounge areas, kitchen facilities, staff changing rooms, store rooms and drug preparation facilities.

Using a precision manufacturing process, ESS Modular manufactured the new building offsite, significantly reducing the time required on site. The new hospital facility was delivered in less than 12 months.

Each floor boasts 20 new bedrooms and the ground floor has been allocated as 'Surgical 3' as it directly links to the surgical area of the main hospital. The first floor will be used as a general ward block, known as 'Medical 4'. The bedrooms vary in size to accommodate different usages including: semi ambulant; bariatric; fully ambulant; and assisted bedrooms.

Midwifery Management Day

Senior midwives in the Ireland South Women & Infants Directorate got together for a Directorate wide update at the Marymount auditorium in Cork on 7 February 2020. Presentations were given by Directors of Midwifery Paula Curtain from UHW, Sinéad Heaney from STGH, Sandra O'Connor from UHK and Acting Director of Midwifery, Katie Bourke from CUMH. It was a welcome opportunity to come together and discuss achievements in 2019 and goals for 2020 as one team.

The theme for 2020 was recruitment and retention: strategies, challenges, solutions. Following presentations, the midwives got into groups to brainstorm ideas which included a Prep for Nursing/ Midwifery Day for transition year students, similar to the Prep for Med day that currently exists for doctors. Visiting schools was another key idea to showcase the profession and answer questions. Other ideas included communicating and celebrating the diverse role of the midwife and the role of the midwife within the family unit itself. Retention ideas included free wellbeing initiatives and an Ireland South fun run on May 5, International Day of the Midwife.

1. Pictured (l-r): Sinéad Heaney, DOM STGH, Paula Curtain, DOM UHW, Acting Director of Midwifery, Katie Bourke, CUMH and Sandra O'Connor, DOM UHK

- 2. UHW Midwives**
- 3. CUMH Midwives**
- 4. UHK Midwives**



SURVEY: What to do for 2020 Year of the Midwife!

In advance of the Midwifery Management Day, senior midwives were surveyed on what Ireland South Women & Infants Directorate should do for 2020 Year of the Midwife.

Circa 40 responses were received and the activities that received the most votes were:

| What should we do to celebrate 2020 Year of the Midwife and Nurse? | Votes |
|--|-------|
| To boost ward morale, enable them to take turns to do something special each month in 2020 | 74% |
| Visit secondary schools to talk about the midwifery profession | 67% |
| Promote the midwifery profession in local and national press | 67% |
| Collaborate on an initiative across 4 sites for International Day of the Midwife in May | 59% |
| Interview different types of midwives in UltraNews, the staff newsletter | 44% |
| Hold a Midwifery Conference | 33% |



Midwives were also asked to submit their ideas for Year of the Midwife.

These included:

- “Draw to send midwives to the conference in Bali.”
- “Hold awards to recognise midwives across all four units and to create a sense of camaraderie.”
- “Showcase each area in the work that has been done. Identify the research and ongoing education that the midwives in the units have done and present this to staff. Notice board with pictures of the midwives working in the area so that women will know their midwife.”
- “All wards/department to design a poster with a picture and name of all the midwives/nurses and support staff working in the location. It could say something like “Welcome to the Birthing Suite” and our dedicated staff who will care for you. We could have a competition with prize for best design. And display all at the Midwives conference. All 4 hospitals could do the same and it would be a way of getting to know each other!”
- “Need to start to implement the Maternity Strategy to include a Midwifery Led Unit and community midwifery”
- “Stands in local shopping centres promoting the profession - ? breastfeeding specialists, OPD midwives - who will give free, accurate advice to women. Also a possible staff health initiative - e.g. walks, healthy eating advice, possible competitive edge to it, ? Supply free sessions of yoga, pilates, etc on 5th floor - 6 week sessions, e.g. lunchtime 30 min or at 7am.”
- “Celebrate the unsung heros of the individual units - lots of great work going on without recognition sometimes.”
- “Surprise one clinical area each month with Breakfast delivered to the ward.”
- “A 5km fun run/walk.”
- “Provide discount vouchers from local hairdressers and beauticians for staff to treat/pamper themselves and support local business at the same time.”

Decisions on what will be happening will be shared in the future.

UHK Go Live with MN-CMS for Gynaecology Services

by Mary Mullins, Change and Transformation Lead, Maternal & Newborn Clinical Management System Programme



In December 2019, University Hospital Kerry (UHK) was the latest site to go-live with Maternal and Newborn Clinical Management System (MN-CMS) for gynaecology services.

It is now possible to document gynaecology care within the existing MN-CMS electronic record, which has been in use in UHK since March 2017. It will extend the benefits already realised in their maternal and newborn services in terms of patient safety, care delivery and improved patient experience.

UHK is also the first 'University Affiliated Acute General Hospital' in Ireland to be using MN-CMS for maternal, newborn and gynaecology services. Clinical leadership from Dr Mary McCaffrey, Dr Niamh Feely, Mairead Griffin, Mairin McElligott and Omana Paul ensured that the local team were well prepared for the go-live and they continue to work with all users to support and optimise the use of the system.

Many congratulations to the team in UHK working with the MN-CMS team

and Cerner Ireland, building on the previous successful implementations in Cork University Maternity Hospital, The Rotunda and The National Maternity Hospital to provide a comprehensive Electronic Health Record to their gynaecology patients.

"As the Director of Midwifery I am very proud of the maternity services in UHK achieving the implementation of Gynaecology MN-CMS, we are the first co-located site in the country. This would not have been possible without multi professional team work, commitment and drive."

Sandra O'Connor,
Director of Midwifery UHK

"It is a great achievement for UHK to be the first gynaecology unit attached to a general hospital in Ireland to have adopted an electronic health record for our patients. We expect this to result in more effective and efficient recording of patient information and thereby facilitate the accessibility of up-to-date, accurate information at the point of care"

Dr Niamh Feely,
Consultant Anaesthetist UHK



Above: Pictured at the time of Gynaecology electronic go-live in UHK: Thomas O'Dwyer, Aoife Loughran, Fiona Lawlor, Mairin McElligott, Mairead Griffin, Dr Mary McCaffrey (Clinical Lead), Eileen Burke, Damien Duffy and Martin Sweeney



Above: Omana Paul, Fearghal Grimes, Brian O'Sullivan, Fiona Lawlor, Mairin McElligott, Mary Foley, Aileen Murphy, Eileen Burke, Rafael Oliveira and Aoife Loughran



Pictured far left top: Aoife Loughran, Cerner; Mary Mullins, Change and Transformation Lead, NPT and Eileen Burke, Senior Project Manager OoCIO

Pictured far left bottom: Dr Damien Stack, Consultant Anaesthetist; Deirdre Moriarty, Training Coordinator SSWHG; Karen McCarthy, A/ CMM2; Mary Kelly, Staff Nurse; Dr Niamh Feely, Consultant Anaesthetist



Pictured left top: Emma Flaherty, Clinical Informatics Pharmacist, UHK; Mairead Griffin, Local Back Office Manager and Thomas O'Dwyer, Cerner

Pictured left bottom: Maureen Considine, CNM2; Ann Lucitt, Admin Colposcopy; Ruth Wallace, Admin Colposcopy



National Maternity Experience Survey, UHK site visit

By Sandra O'Connor, Director of Midwifery, UHK

Key members of HIQA, Department of Health and National Women and Infants Health programme visited UHK on 18 October 2019 to discuss the National Maternity Experience Survey. This survey is due to be rolled out in March 2020 targeting eligible new mothers who have had their babies in UHK in October and November 2019. They will have the opportunity to share their experiences of our maternity services — from antenatal to postnatal care — in order to improve the safety and quality of care provided to women and their babies. We look forward to engaging with the results in due course.

Pictured above: Sandra O'Connor, Director of Midwifery, UHK; Rachel Flynn, Director of the National Care Experience Programme (HIQA); Gavin Ashe, Administrative Officer, Department of Health; Pamela Doyle, Midwife, UHK; Angela Dunne, National Lead Midwife for the National Women and Infants Health Programme; Kilian McGrane, National Programme Director for the National Women and Infants Health Programme; Fearhgal Grimes, General Manager, UHK



UHK Foundation Programme in Sexual Health Promotion (FPSHP)

By Martina O'Sullivan Darcy, CMM2, Sexual Health/STI, UHK

HSE Health Promotion and Improvement (HP&I), Health and Wellbeing Division HSE South and Cork/Kerry Community Health and University Hospital Kerry (UHK) will work together in 2020 to deliver the Foundation Programme in Sexual Health Promotion (FPSHP). Maire O'Leary from HP&I and Martina O'Sullivan Darcy from maternity/sexual health department of UHK are delighted at the prospect of supporting each other to do this work in the service of sexual health promotion work in Kerry.

The FPSHP is a 10 day capacity building training programme and takes a holistic, life-course approach to sexual health. Course details and applications for 2020 are to be announced later in 2020. This course has accredited CEU's with the Nurses and Midwives Board of Ireland, the Irish Association of Social Workers and the Irish Association for Counselling and Psychotherapy.

Pictured above: Edel O'Donnell, Health Promotion Officer, Health and Wellbeing Division, HSE South; Maire O'Leary, Health Promotion Officer, Health and Wellbeing Division, HSE South; Martina O'Sullivan Darcy, Clinical Midwife Manager (Maternity/Sexual Health/STI) UHK Kerry; Sandra O'Connor, Director of Midwifery, UHK

Mind the Gap: Improving GP knowledge of STGH Maternity Services



by **Sinéad Heaney,**
Director of Midwifery, STGH

To improve understanding of our services, we developed a poster that can be displayed in GP surgeries highlighting our new dedicated and refurbished early pregnancy assessment unit, and names and contact details of a wide range of specialists including our bereavement support midwife, perinatal mental health midwife, senior medical social worker and lactation consultant. In addition, details of our ultrasonography unit, community midwifery services and antenatal classes are clearly outlined.

In addition to sending posters, Janice O'Donoghue, Perinatal Mental Health Midwife visited a large number of GP surgeries in Tipperary to talk in detail about our services and the care pathways from STGH to CUMH as part of the Ireland South Women and Infants Directorate. This communications effort has been really useful and successful for all concerned.

It is well known that better communications between hospitals and primary care lead to better care for patients in general. As a midwifery team in South Tipperary General Hospital (STGH), we believe that good communication with the GPs who refer women to us is essential. We felt that not all GPs appreciated the wealth of services we offer maternity patients in our hospital. While we are small, we have a very diverse range of specialist midwives and services.

South Tipperary General Hospital

Maternity Services



| | |
|---|--|
| <p>Early Pregnancy Assessment Unit (New Dedicated Refurbished Unit) Open: Monday to Friday 10am – 6pm Out of Hours: All early pregnancy emergencies via Hospital Emergency Department Contact: Maria Carrigan – Midwife Phone: 052-6188252 During working hours please contact the EPAU prior to referral for guidance. If there is a previous history of miscarriage, please email epaustgh@hse.ie for earlier appointment prior to booking visit. For G.P. support dating scan appointments – contact 087-796 4378 (2 emergency slots available)</p> | <p>Ultrasonography Unit Open: Monday, Tuesday, Thursday and Friday 9AM – 6PM Contact: Susan Power – CMS Phone: 052-6177000 Ext: 7935 Booking Scan, Anomaly scan and 34-36 week gestational fetal wellbeing scan offered to all women. Scans if requested for Growth scan, Placental location, IUGR and Polyhydramnios etc. By appointment only (through referral from OPD via clinics)</p> |
| <p>Bereavement Support Midwife Contact: Edel Ryan – CMS Phone: 086-411 6956 Bereavement support for maternity inpatients with facilitation for both hospital and home visits follow ups.</p> | <p>Community midwifery Services Contact: Michele Fredericks Phone: 052-6177424 Midwifery led antenatal clinic which are flexible and tailored to meet each woman's individual needs. Early Transfer Home following delivery also available on request.</p> |
| <p>Perinatal Mental Health Midwife Contact: Janice O'Donoghue – CMM2 Phone: 087-337 2380 Perinatal Mental Health support for maternity patients, with facilitation for both hospital and home visit follow ups</p> | <p>Lactation Consultant Contact: Carmel Byrne – CMM2 Available: For inpatient consultations and follow-ups – Monday, Tuesday and Thursday from 8am to 1.30pm Preparing for Breastfeeding Sessions – Practical Skills Thursdays from 6.15pm - 8.15pm. Contact Carmel at 086-0431660 Monday, Tuesday and Thursday mornings for more information</p> |
| <p>Senior Medical Social Worker Contact: Emma Moloney (emmal.moloney@hse.ie) Available for all maternity inpatients focusing on the social and emotional aspects linked to a woman's admission to hospital and involves working with those who may experience distress, crisis, trauma or breach of safety.</p> | <p>Antenatal Classes Contact: Marie Walsh – CMM1 Available: Every Wednesday and Thursday from 6.15pm to 8.45pm These classes can be booked through the OPD administrator at time of booking visit</p> |
| <p>In emergency situations any pregnant woman 20 weeks or greater can be referred directly to the labour ward in STGH 24/7. Contact number: Labour Ward: 052-6177095/7999</p> | |



CUMH Ideas Forum: Celebrating Success and Sustaining Change

The CUMH Ideas Forum, a staff ideas initiative to effect meaningful change, recently celebrated its 2nd birthday. This forum enables staff to come together to implement their ideas to enhance the patient and staff experience.

The birthday celebration invited staff to not only celebrate the successes achieved to date, but also outlined the new Lightbulb Club that is being set up to keep change going. The evening was hosted by Úna Cahill, ADOM Night Duty and was very interactive, enabling lots of audience members to speak and share their experience of the challenges involved in bringing about meaningful change in the HSE. While the overall turnout was a light on frontline staff on the night, the positive and enthusiastic vibe of the many present was infectious and the spirit of the ideas forum will certainly continue.

Professor John R. Higgins opened up the evening and reminded everyone of what it's all about. *“Our staff know what needs to be done. This process has been about putting faith in people.”* He thanked and congratulated the teams for all their hard work and paid tribute to Dr Nóirín Russell who has championed the Ideas Forum from the start, and the expert guidance of Juanita Guidera, Quality Improvement Team Lead Staff Engagement.

Dr Philip Crowley, National Director, Quality Improvement travelled from Dublin to attend the event and encouraged CUMH to embrace ongoing change and make it a way of working. He had a brief tour of the hospital and also visited the beautiful new birthing suite that was transformed due to an idea born in the Ideas Forum.



| Ideas Forum: Timeline 2018 - 2020 | | | | |
|--|---|--|--|---|
| Listening | Action planning | Presentation | Implementation | Celebrating & Sustaining |
| Staff were asked: What works well? What would they improve about - Efficiency - Clinical care - Staff wellbeing | Staff were asked to come together to develop solutions to the identified challenges | Staff were asked to present their recommended solutions to the CUMH Maternity Directorate. | Staff were asked to implement next steps for their recommended solutions | Review of what the Ideas Forum has achieved and how to keep change going - ie Lightbulb Club |
| January 2018 | September 2018 | November 2018 | April 2019 | February 2020 |



Photos show participants at CUMH Ideas Forum

Expansion of CUMH Cois Tí Outreach Services

By Monica O'Regan, CMM3 Midwifery Led Services, CUMH

In November 2019, a new outreach antenatal clinic was opened in the town of Carrigwohill in County Cork. This midwife-led clinic provides antenatal care for low risk women from the East Cork area. The catchment areas for the clinic include Midleton, Cobh, Youghal, Dungarvan along with Glanmire, Little Island, Glountane and the surrounding areas. The clinic runs every Monday morning in the Primary Care Centre in Carrigwohill. Parking is free and readily available. There is capacity to see 20 women in the clinic every week.

Plans are in place to commence 'Preparation for Birth and Parenthood Classes' in this facility in 2020 in conjunction with our Public Health Nursing colleagues who are based in the centre also. This brings to six the number of Cois Tí Outreach Clinics provided by the midwifery led services in CUMH, covering North, South, East and West of Cork City and County. These outreach clinics give choice and convenience to low risk women attending for pregnancy care, in keeping with the supported care model of the National Maternity Strategy 2016.



Pictured left: Staff midwives Margaret Higgins and Lynda Moore with Monica O'Regan ACMM3, CUMH on the first day of the new Carrigwohill antenatal outreach clinic



RAMI Intern Prize awarded to Bryan Traynor, CUMH Intern

Congratulations to Bryan Traynor, intern at CUMH who received a RAMI Intern Prize for the best oral presentation for his final year project 'Non-Invasive Prenatal Testing In Pregnancy In An Irish Cohort'. Bryan's supervisor was Dr Fergus McCarthy, Consultant Obstetrician and Gynaecologist CUMH.

Bryan was presented with his prize at the Royal Academy of Medicine in Ireland (RAMI) Study Day on Saturday 1 February 2020 in the Pillar Centre for Transformative Healthcare, Mater Misericordiae University Hospital, Dublin. Interns from across all Irish Intern Training Networks participate annually in this event showcasing research undertaken during their training year.

Miscarriage matters: Website launched to support couples who suffer early miscarriages

The Pregnancy Loss Research Group and INFANT Research Centre at University College Cork launched www.corkmiscarriage.com on 2 March 2020, the first-of-its-kind website in Ireland.

One in four pregnancies end in first trimester miscarriage. For many women and their partners, miscarriage is unexpected and can be an upsetting experience. The silence and stigma associated with pregnancy loss can be compounded by the lack of reliable, accessible online information.

The new website provides medically accurate, sensitive and user-friendly information for those who experience first trimester miscarriage. It is designed to guide users through what to expect when a miscarriage happens, what to do and how to access appropriate services, while complementing the care and support women receive in maternity hospitals.

The website will also be a helpful resource for clinical staff who care for bereaved parents through the difficult journey of miscarriage.

The website has been developed by Clinical Bereavement Midwife Specialist Anna Maria Verling, Parent Advocate Rachel Rice, Public Engagement Manager Caoimhe Byrne in collaboration with MSc Student Dr Sabina Tabirca and Dr Keelin O'Donoghue, Consultant Obstetrician at Cork University Maternity Hospital and Principal Investigator at INFANT.

Clinical Bereavement Midwife Specialist Anna Maria Verling said the website is badly needed. *"We identified a particular gap in the information and support available to women and their partners who experience first trimester miscarriage. Couples need to have access to reliable, medically accurate information when healthcare professionals may not be available to answer their questions and alleviate their worries. Developing an online resource meets this need."*



Parent advocate Rachel Rice said that it wasn't until she experienced pregnancy loss that she realised how unprepared she was for the physical and emotional reality of miscarriage. *"It would have made such a difference to have had access to understandable and reliable information that I could have referred to at any time, day or night."*

Dr Keelin O'Donoghue and her team at INFANT, UCC, are leading investigators in the area of pregnancy loss and perinatal death. Keelin said:

"This website highlights the importance of the research group, bereaved parents, clinical staff and the INFANT team working collaboratively and applying expertise from different backgrounds and perspectives to create a resource to support the women, partners and families that we care for."

While the website is specific to the services operating in Cork University Maternity Hospital, the information is relevant to parents and maternity services nationally and internationally. www.corkmiscarriage.com

Fundraising lunch for CUMH Neonatal Unit



Photo by Ger McCarthy

CUH Charity is holding a special lunch in the Radisson Blu Hotel, Little Island, Cork to raise funds to provide a unique Neonatal Family Sanctum for mothers, babies and families at Cork University Maternity Hospital (CUMH). This lunch was originally planned for Mother's Day 22 March, but given recent Covid-19 restrictions, this has been postponed to September 2020.

The new Neonatal Family Sanctum will facilitate the best possible compassionate, holistic and supportive care for families and their babies during difficult times. Just under 8,000 women delivered babies in the CUMH in 2019. The hospital's Neonatal Unit (NNU) is a tertiary referral centre and is one of the busiest units in the country. Approximately 1 in 10 of all babies born in CUMH will require admission to the specialised Neonatal Unit. This can be a very distressing time for parents, for example when babies are born very early, and their needs are very complex.

This is when clinical and technical care needs to be surpassed by compassionate, holistic and supportive care. To support this end, the Neonatal Unit wishes to build a multifaceted family sanctum to care for mothers, babies and their families.

The Neonatal Family Sanctum is to comprise of two key areas; a Neonatal Sanctum and a Parent's Room located nearby.

"Being able to step outside in a quiet dignified space, away from a clinical critical environment, is so important for families."

Sharing a small glimpse of nature with an ill or dying baby and seeing the blue sky in a place of quiet solace can be a great comfort during stressful times. The Parent's Room in a separate private area nearby, will also provide a much-needed oasis of calm and support. Building these important places clearly demonstrates that care of new-borns and their families is at the very core of the service provided by Cork University Maternity Hospital. We welcome support from the people of Cork to help bring this project to fruition" said Professor John R. Higgins, Clinical Director, Ireland South Women & Infants Directorate, who will address the attendees on the day.

The fundraising lunch in September will offer a prosecco reception, 3-course lunch, and an opportunity to bid or buy tickets for amazing prizes (flights to Paris, tickets to Live at The Marquee, luxury hotel breaks and other surprises), all donated by those who appreciate the excellent work of CUH Charity and the new project; the Neonatal Family Sanctum & Parents room at CUMH.

Tickets for this event are available now on [Eventbrite.ie](https://www.eventbrite.ie) at €65 plus booking fee or through mary@hopkinscommunications.ie

In the meantime, the CUH Charity website is accepting donations for the Neonatal Family Sanctum www.cuhcharity.ie/neonatal-family-sanctum-appeal/

RESEARCH

2020 The Year of the Midwife

2020 is the WHO designated international year of the nurse and midwife. This is the year nurses and midwives globally celebrate the 200th anniversary of the birth of Florence Nightingale. Nursing and midwifery practice, policy and regulation have evolved a lot over the past 200 years and will continue to push boundaries in order to realise the full potential of nurses and midwives within our health and social care services.

Education, research and innovation are key pillars of the academic healthcare system that Ireland South Women & Infants Directorate is striving to build. With 2020 being the Year of the Midwife, we have set up a bursary to support educational initiatives for midwives. High quality research is imperative to provide our patients with up-to-date evidence-based practice. In this edition of UltraNews we shine a light on the outstanding research that is taking place by midwives in each of our four maternity units and the positive impact it is having on clinical practice.



“As a result, SSC in theatre increased from 0% in 2018 to 77% in 2019 for elective cases.”

Research to date has indicated that the benefits of skin-to-skin contact (SSC) during caesarean birth are as prevalent as those well-known to be associated with vaginal birth. Current literature suggests there are no adverse affects, while the benefits are numerous. Along with lower neonatal infection rates and neonatal intensive care unit admission rates, mothers are also reporting better birthing and breastfeeding experiences.

Facilitating SSC in theatre became a regular occurrence for me in the four years I spent working in New Zealand – I could see how easy it was to do and how happy the mothers were to keep

Establishing Skin-to-skin Contact as Routine Care during Caesarean Birth

MSc Research by Alex Campbell,
A/Evidence Based Clinical Care Co-ordinator, CUMH

their babies close. I decided to base my MSc in Midwifery on establishing SSC as routine care during caesarean birth, and to explore staff and maternal perceptions to the practice using Participatory Action Research.

As a result, SSC in theatre increased from 0% in 2018 to 77% in 2019 for elective cases. Overall rates in the first hour of life rose from 28.9% to 87.5% for all caesarean births. This exceeded our target of 80%, set by the WHO (2018). Staff are motivated to overcome barriers such as equipment restrictions, busy theatre lists, and cultural norms when exposed to education, hospital support, and positive feedback from parents.

Mothers have better birth experiences when facilitated to have SSC and want minimal separation from their babies to be standard practice during caesarean birth. Some women even reported feeling “healed” from previous traumatic births.

While changing practice can be challenging, this study demonstrated that it is safe and feasible with more women-centred care leading to happier births and greater job satisfaction for healthcare staff.

For more information, contact alex.campbell@hse.ie



RESEARCH



“This research helps to inform service providers of the care women are experiencing in the postnatal ward and where improvements can be made.”

First-Time Mothers' Experiences of Postnatal Care in Hospital

MSc Research by Lisa Collins, Midwife, CUMH

Ireland has one of the lowest maternal and perinatal mortality rates in the world (UNICEF 2008) and is considered to be one of the safest countries to give birth (Larkin *et al.* 2012). However, postnatal care is often referred to as the *Cinderella* of the maternity services (Schmied and Bick 2014) and the rising birth rate, along with significant resource constraints are affecting the provision of postnatal care in hospital (Bhavnani and Newburn 2010). The quality of postnatal care provided to mothers and their families in the days following birth can have a significant impact on their experience (Bick *et al.* 2002). There is a paucity of research on this concept within the Irish context and as a midwife working on a postnatal ward in CUMH, I wanted to find out if first-time mothers in particular were satisfied with the care we were providing. This led me to conduct research on this area as part of my MSc Midwifery.

A quantitative approach using a descriptive design was utilised. First-time mothers who were experiencing rooming-in with their babies and receiving postnatal care in hospital, were invited to complete a self-administered questionnaire prior to discharge. Completed questionnaires were obtained from 116 women.

Overall, the respondents were generally positive about the postnatal care they received in hospital. The majority of respondents (84.5%) felt that the amount of time they spent in hospital after their baby was born was ‘about right’. However, the respondents who had a caesarean birth were less satisfied with some aspects of their postnatal care, compared to those who had a vaginal or assisted birth. These included; the temperature of the room, the need for pain relief and the emotional support received from midwives in the postnatal ward.

These findings provide a valuable insight into how first-time mothers reviewed the postnatal care they received in hospital and illuminated the challenges and affirmations they encountered. This research helps to inform service providers of the care women are experiencing in the postnatal ward and where improvements can be made (Khan and McIntyre 2016).

Access to the full research paper is available by contacting me directly at lisa.collins1@hse.ie

RESEARCH



“My research showed that investment in education in the form of clinical leadership programmes has a positive impact on influencing nurse leaders, as well as their teams, their healthcare organisations and patient care.”

Leadership Matters

MSc Research by Sandra O'Connor, DOM UHK

I've always been interested in leadership and its ability to inspire people with a clear vision and its motivational impact on teams. Due to the high expectation on nurses and midwives to deliver high quality and safe patient care, I was curious whether leadership training could positively impact on healthcare organisations, and patient care and on teamwork in general.

The opportunity to explore this topic in depth came when I did my Master's of Science in Midwifery in the University of Limerick in 2019. I decided to research the existing key clinical leadership programmes available to determine their efficacy for nurses and midwives and the high expectations placed upon them. These were RCN – Royal College of Nursing, LEO – Leading an Empowered Organisation and NLI – Nursing Leadership Institute.

The aim of my research was to examine in detail the literature and data that existed on these three clinical leadership programmes from a nurse leader's perspective.

In all I reviewed 13 studies that included both qualitative and quantitative approaches. The main themes were nurse leader development, improved team effectiveness, significant organisational change and enhanced patient care. I was pleased to find that nurse leaders evaluated clinical leadership programmes such as the RCN, LEO

and NLI positively. What I found most interesting was the impact on nurse leader development including their self-development, the impact on improved communication, and how they felt empowered as a leader leading to a positive change in their leadership style.

In addition, the impact on team effectiveness was clear. Networking within the team was identified as beneficial, communication within the team improved, staff support and development was identified as valuable and a staff empowerment behaviour developed as a result of the CLP. In addition, the findings on the positive impact on patient care were encouraging. Following training such as CLP there was a clear improvement in patient focused care and patient care had become more organised following the intervention.

My research showed that investment in education in the form of clinical leadership programmes has a positive impact on influencing nurse leaders. A clinical leadership programme should be warranted as standard practice to all grades of clinical leaders, due to its positive impact on nurse leaders as well as their teams, their healthcare organisations and patient care.

For more information, contact sandra.oconnor@hse.ie

RESEARCH



“My research concluded that improving midwives’ bereavement support knowledge and skills is essential for promoting their confidence.”

Pictured above: Mary O'Connor, Specialist Co-ordinator for Midwifery, UHK with Carrie Dillon, Bereavement Support Midwife, UHK

Exploring the Bereavement Educational Needs of Midwives and Nurses When Caring for Women Experiencing Pregnancy Loss

MSc Research by Carrie Dillon, Bereavement Support Midwife, UHK

In recent years, a number of reports have highlighted the need for development and improvement in our maternity services (HSE 2016). One of the improvements necessary is bereavement care following pregnancy loss. One of the four national standards for bereavement care following pregnancy loss and perinatal death (HSE 2016) recommends that all hospital staff have access to education and training opportunities in the delivery of compassionate bereavement and end of life care in accordance with their roles and responsibilities.

Currently in Irish healthcare, there is no mandatory bereavement education available to midwives and nurses caring for women and their families experiencing pregnancy loss and perinatal death. So, as I was working as a bereavement support midwife and observing the day-to-day struggles of some frontline staff, this motivated me to conduct this research as an insider action researcher. I involved a purposeful sample of 27 midwives and nurses working on a maternity unit in the Irish healthcare system. An action research cycle was commenced by constructing and planning an action of a change project, to provide a bereavement education training day for midwives and nurses. I gathered qualitative and quantitative data by mixed method questionnaire and this data was analysed thematically and by Microsoft Excel.

The findings confirmed the lack of bereavement education for midwives and nurses and showed an overwhelming need and self-awareness of the midwives and nurses for this education. They recognised they lacked confidence in delivering compassionate bereavement care but were very aware of the importance of bereavement education and were willing to undertake this training to improve their confidence and skills.

My research concluded that improving midwives’ bereavement support knowledge and skills is essential for promoting their confidence. Midwives also need adequate emotional and practical support from their organisations. By improving bereavement care skills and knowledge, the confidence of midwives and nurses working in this area is increased, which can help assist them in providing consistent, high quality care. As the HSE National Standards for Bereavement Care state the need for a dedicated clinical midwife specialist in bereavement care for each maternity unit and the importance of access to local bereavement education, I believe that bereavement education should and needs to become mandatory.

For more information contact carrie.dillon@hse.ie

RESEARCH



“Metrics can act as a catalyst to encourage staff engagement by facilitating discussions about quality at all levels.”

Pictured above: Breda Crotty, ADONM, UHW with Paula Griffith, Midwife UHW

Midwives Measuring Up. Quality Care Metrics in University Hospital Waterford

By Breda Crotty, ADONM, UHW



There’s nothing like having real time data available to review and improve clinical practice. I am a staunch advocate for Quality Care-Metrics (QCM) since maternity services in University Hospital Waterford got involved in 2014. I can demonstrate how care is evaluated and impacted by metrics and the subsequent action plans.

Quality Care-Metrics (QCM) are effective as they provide nurses and midwives with a framework and a measurement tool to engage in quality improvement at the point of care delivery. This can positively influence the care experience for women and their families. Care by nurses and midwives is based on scientific evidence and /or by professional consensus.

In brief ...

- **M**easure the data monthly.
- **E**vidence of the care we deliver is reviewed and scored in the data collecting process.
- **T**ract and trends are noted monthly.
- **R**ecording takes place on the Test your care online system.
- **I**mprovement plans are generated on foot of data collected.
- **C**ontinuous review of improvements are recorded reviewed and closed out in a given time frame.

In UHW we have a number of data collectors across the service and they time their data collections within a given month. The data is entered on the Test Your Care system as it is collected. After the data is collected, the report generated as a result gives scores using a traffic light system and as a result, areas for improvement are identified. For example, areas requiring immediate attention and action plans are shown using red lights.

Action plans need to clearly define what the team has to do. The plan must be realistic and have an identified target date, it must be communicated to frontline staff at handover and if possible, shared and displayed visually at ward level.

In 2017 UHW was involved in a national review of the Test Your Care Metrics and the revised suite of metrics with nationwide consensus was launched in 2018, I was delighted to present our experience of metrics in UHW at the launch in Cork in June 2019.

Metrics have improved medication management practices in our service. Other quality initiatives that have been completed as a result of Metrics include Irish Maternity Early Warning System (IMEWS) documentation and escalation, Venous thromboembolism (VTE) risk assessment practices and discharge planning to mention a few. Metrics play an important role in assuring sustaining and improving the safety and quality of care delivered to our mothers/babies / and families. They can also act as a catalyst to encourage staff engagement by facilitating discussions about quality at all levels.

Ref: Midwifery Services 2018 National Guideline For Midwifery Care Metrics



RESEARCH



“Midwives are in a unique position to identify clinical deterioration and to escalate critical care if transfer to another unit is required.”

Midwives’ Experiences of Providing Critical Care on a Labour Suite in a Small Maternity Unit

Proposed MSc Research by Roberta Spillane, Acting CMM2

Changing demographics including increasing maternal age, rising obesity levels and pre-existing co-morbidities have significantly contributed to increased maternal morbidity and mortality over the past number of years. In Ireland, location of maternal critical care is hospital dependent as not all maternity units have designated critical care beds. This poses significant challenges for smaller units. If a level of care cannot be provided to critically ill women on delivery suite, safe transfer should take place to a unit that can facilitate her needs. This may require transfer to ICU or to a larger or tertiary unit. Midwives must have the knowledge and skills to facilitate the holistic needs of this cohort of women. Midwives are in a unique position to identify clinical deterioration and to escalate critical care if transfer to another unit is required.

I am a current Msc in Midwifery student with University College Cork. My special interest lies within the field of maternal critical care. I currently work in South

Tipperary General Hospital as an acting CMM2 on the maternity unit. Working in a smaller maternity unit can be challenging as there is no dedicated obstetric critical care bed. As a result of this situation, it became imperative to carry out this study.

The aim of my study is to explore midwives’ experiences of providing critical care on a labour suite in a small maternity unit. Participants will be asked about their experience providing critical care within the unit, their experience of escalating care and their educational needs. It is also hoped that the results may help midwives to identify any areas of their professional practice that may need further development which will also enhance women’s care. The proposed study is currently awaiting ethical approval from CREC.

For more information, contact roberta.spillane@hse.ie

RESEARCH



“University Hospital Waterford Maternity, Gynaecology and Neonatal Services have a strong focus on clinical audit as a means of safeguarding and improving the care we provide for our patients.”

Clinical Audit at University Hospital Waterford Maternity Gynaecology and Neonatal Services

By Janet Murphy, Advanced Midwife Practitioner, UHW

University Hospital Waterford (UHW) Maternity, Gynaecology and Neonatal Services have a strong focus on clinical audit as a means of safeguarding and improving the care we provide for our patients. Put simply, clinical audit is a way of finding out if we are doing what we should be doing and making improvements where necessary (HSE 2019).

The HSE recognises clinical audit as a reliable method of:

- Proactively measuring the effectiveness and performance of healthcare against agreed standards for high quality.
- Improving the quality of care provided to service users by identifying action to bring practice in line with these standards.
- Providing the assurance of quality to service users, practitioners and to the health system as a whole.

Since 2008, the Clinical Governance Forum ensured that clinical audit was placed high on the agenda for the services:

- All disciplines are encouraged to take part in clinical audit and the findings and recommended changes are presented at regular staff meetings.
- All clinical audits comply with the Data Protection Act 2018 (and previous legislation).
- Links with the Quality, Safety and Risk Committee and UHW have been streamlined.

- We plan an annual clinical audit programme that involves all of the disciplines and clinical areas. We include audits that:
 - Measure how well we protect our patients from infection e.g. hand hygiene, decontamination of medical equipment etc.
 - Ensure we are following local, national and international guidelines e.g. NCEC, RCOG.
 - Compare the standard of care we provide against the national figures through Irish Maternity Indicator System (IMIS) and Monthly Patient Safety Statement (MPSS).
 - Examine areas where we have received complaints or staff have clinical concerns.
 - Measure our standards of record keeping and medication safety.

The following essential information is compiled by DOM/ADONM/AMP:

- ROBSONS data base.
- IMIS/MPSS (with support from CMM2 delivery suite).
- Medical termination of pregnancy (benchmarked against the model of care).
- IMEWS-national audit tool.
- Midwifery Metrics-national audit tool.
- SEPSIS against national standards.

Topics for clinical audit are generated through various forums, for example:

- Your Service Your Say.

- Clinical risk forms.
- Journal clubs.
- Women giving feedback through a debriefing process with AMP.
- NCHDs rotating every July bring new ideas to the unit that often leads to a topic for clinical audit and a change in practice.

Once a subject is determined it is presented to and approved by Clinical Governance Forum and the Local Information Governance Group.

In 2019 third stage management of labour was changed through clinical audit and presented at the NPEC conference in January 2019 at the AVIVA. This change is currently being re-audited.

In addition, current topics being reviewed are:

- VTE-compliance to national standards and MMBRACE report
- Adherence to Diabetic Guideline (UHW, 2019)
- We await national Medical Termination of Pregnancy Audit tool.

Clinical audit is the systematic review and evaluation of current practice against research based standards with a view to improving clinical care for service users and this is every staff member's responsibility. We actively encourage staff to participate and bring forward ideas for discussion.

NPEC 2020 Study Day: 'Investigations into Perinatal Mortality: Considerations and Lessons Learned'

by the National Perinatal Epidemiology Centre (NPEC) Team

The National Perinatal Epidemiology Centre (NPEC) recently hosted its annual Study Day in The Kingsley Hotel, Cork on 17 January 2020. The 2020 theme was "Investigations into Perinatal Mortality: Considerations and Lessons Learned".

The event was well attended by delegates travelling from various parts of the country. The programme offered a diverse range of perspectives on the topic of Perinatal Mortality. This included talks from doctors and midwives, as well as a focus on the patient's, parents', hospital staff's and coroner's experience of Perinatal Mortality in Ireland. A panel discussion followed: questions from the delegates were put to the speakers and a number of pertinent issues were raised. The day included a poster display, highlighting recent research conducted by the NPEC.

The NPEC was also delighted to be able to showcase "Photovoice" research. The Photovoice Exhibition displayed photos taken by women experiencing complicated pregnancies. The project, developed by the National Perinatal Epidemiology Centre (Dr Sarah Meaney, Dr Sara Leitao and Dr Ria O'Sullivan, UCC), offers an insight into the world of pregnancies with a diagnosis of intrauterine growth restriction.

Feedback for the Study Day was entirely positive. Delegates commented that the day was "very well planned and informative" and offered "plenty of food for thought".

The NPEC would like to thank the speakers for their thought-provoking sessions and the delegates for joining us and engaging with the sessions. Furthermore, we would like to thank individual-unit audit co-ordinators for their contributions to annual audits.

Save the date: NPEC Study Day 2021 (21 January 2021).

Please check the NPEC website (www.ucc.ie/en/npec/) for updates, or follow us on Twitter @NPEC_UCC. If you would to join the NPEC mailing list, please send an email to npec@ucc.ie



1. Speakers from the day: Paul Corcoran, PhD; Dr Keelin O'Donoghue; Dr Aenne Helps; Dr Karen McNamara; Ann Rath and Prof. Richard Greene. **2.** Speakers from the day: Dr Eoghan Mooney; Rita O'Brien; Prof. Richard Greene; Philip Comyn; Sarah Meaney and Siobhan Whelan. **3.** Gráinne Milne, Maureen Reviles and Paula Curtin. **4.** Dr Peter McKenna and Dr Nóirín Russell. **5.** Dr John Murphy, Julie McGinley and Kilian McGrane. **6.** Angela Dunne and Cliona Murphy. **7.** Dr Deirdre Hayes-Ryan, Dr Manal Younis and Dr Rebecca Cole.

25 years of Nursing and Midwifery UCC: 1994–2019

by Dr Rhona O’Connell lecturer in the School of Nursing and Midwifery

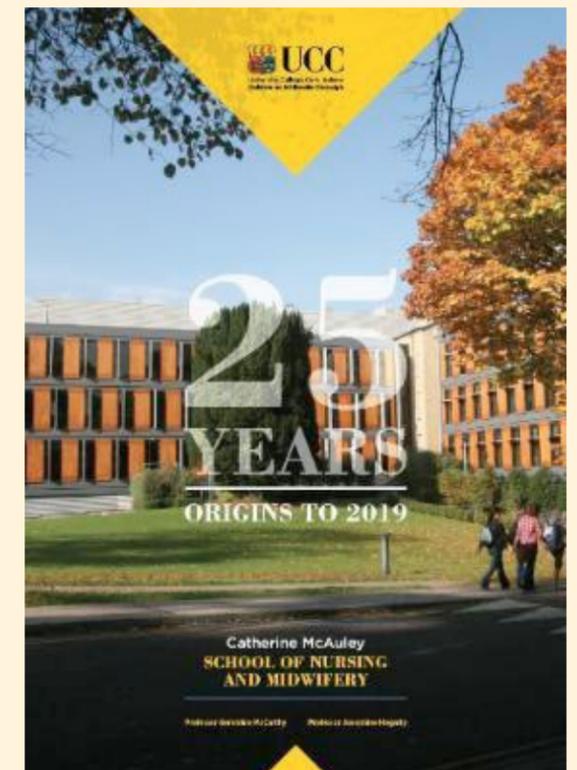


The 25 year anniversary was also celebrated with an exhibition in January 2020 in the Jennings Gallery showcasing images and artefacts from the School’s past. The exhibition opening night also served as a launch event for the above book 25 Years: Origins to 2019. Emeritus Professor Geraldine McCarthy, Founder and first professor of nursing in UCC, gave a speech on the night which brought attendees on a whistlestop tour of 25 years of nursing and midwifery in UCC.



On 27 November, the School of Nursing and Midwifery celebrated 25 years and launched a book to commemorate the occasion: ‘Catherine McAuley School of Nursing and Midwifery, University College Cork: 25 years - Origins to 2019’. Written by Professor Geraldine McCarthy and Professor Josephine Hegarty, with the help of staff of the School of Nursing and Midwifery UCC, the book shows how healthcare and nurse and midwifery education evolved in an Irish context with a particular focus on the developments in the Cork region and the formation of a Department of Nursing in 1994.

Just under 5,000 nurses and midwives have qualified from the School of Nursing and Midwifery over its 25 years history and over two thousand nurses and midwives have developed advanced knowledge and skills. Over the last quarter century, the School has attained over 6.5 million euro in research funding; helped generate new knowledge which has been disseminated in over 1,500 research publications; graduated more than 50 doctoral students; and impacted national health and social care policy.





Higher Diploma in Midwifery

By Marie Healy, Clinical Placement Co-Ordinator - Midwifery, CUMH

Hearty congratulations to our newest midwives, who successfully completed the Higher Diploma in Midwifery and had their parchment conferring on Thursday 23rd of January in UCC. We wish them all the best in their career and CUMH are delighted to have them as part of the team.

Pictured above: *Students include Laura Beecher, Eileen Burke, Helen Cullinane, Aine Griffin, Kathryn Griffin, Laura Haughey, Niamh Howard-Jones, Lisa Kelleher, Eileen Leahy, Natasha Lee, Maeve Lehane, Kadie Linehan, Maria Lozano Tornay, Rebecca Lynch, Aoife McGrath, Kate Murphy, Kate O'Brien, Clodagh O'Callaghan, Catherine O'Connor, Helen Ryan, Marlene Sanchez, Isobel Scally, Orlaith St John*

DNPHD and MSc Midwifery Graduations

by Dr Rhona O'Connell lecturer in the School of Nursing and Midwifery

Hats off to the four midwives who graduated with their MSc Midwifery on 21 February 2020: Alex Cambell, Aisling Murphy, Lisa Collins and Clare Ryan.

On the same day Dr Mahlitha Monis graduated with a Doctorate in Nursing (DN) and Dr Maeve O'Connell graduated with a PhD. Maeve was featured in in the Summer 2019 issue of UltraNews, along with her doctoral thesis: an international exploration of fear of childbirth and Tocophobia with an application in an Irish maternity setting.

Congratulations to all on your well-deserved success!



Undergraduate Quercus College Scholarships 2018

by Dr Rhona O’Connell, School of Nursing & Midwifery, UCC

The annual Quercus College Scholarship ceremony, held in Brookfield Health Sciences Complex, College of Medicine and Health, University College Cork took place on 4 December 2019.

The Scholarships were awarded to students with the highest aggregate score (an overall grade of First Class Honours) in each degree programme within the College of Medicine and Health.

Congratulations to the three high achieving BSc Midwifery students who received these Quercus Awards:

- BScM2 Giulia Marinelli BSc (Midwifery) 1
- BScM3 Sarah O’Connor BSc (Midwifery) 2
- BScM4 Annaleigh Walsh BSc (Midwifery) 3

In addition, on 26 November 2019, Joy Beardsworth received a second prize in the NUI Dr HH Stewart Medical Scholarship and Prizes in Midwifery 2019. Joy graduated with a BSc (Hons) Midwifery last October.



Pictured above: Agnes Phelan, Lecturer School of Nursing and Midwifery, Giulia Marinelli BSc Midwifery Year 1; Prof Josephine Hegarty, Head of School of Nursing and Midwifery; Sarah O’Connor BSc Midwifery Year 2; Prof John O’Halloran; Deputy President and Registrar, UCC; Annaleigh Walsh BSc Midwifery Year 3



Water Birth Seminar in Waterford

by Paula Curtin, Director of Midwifery, UHW

The Regional Centre for Nursing and Midwifery Education, HSE South East, hosted Dianne Garland, International Midwifery Expert to facilitate a Water Labour & Water Birth Seminar to south-east midwives on 6 February in University Hospital Waterford. The event provided midwives with the opportunity to revisit basic midwifery skills. Dianne highlighted the importance of the multidisciplinary team, reflecting and learning from practice and each other, together with the need to encourage women to question their care to bring about choice within maternity services.



TEARDROP WORKSHOP

by **Rióna Cotter**, Programme Manager for Implementation of National Standards for Bereavement Care Following Pregnancy Loss and Perinatal Death

TEARDROP stands for **T**eaching, **E**xcellent, **p**Arent, **pe**Rinatal, **D**eaths-related, **inte**Ractions, **tO**, **P**rofessionals. The TEARDROP workshop was 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. It is open to all members of the multi-disciplinary team who provide care to bereaved parents.

The first workshop was run in CUMH in August 2019 and was attended by 42 members of staff with representation from midwifery, obstetrics, neonatology, social work, administration, laboratory, healthcare assistants, chaplaincy, midwifery practice development, midwifery education and fetal assessment.

Attendees and facilitators alike were asked for feedback, which was taken into account and modifications to the programme were made accordingly.

The second workshop was run in CUMH in January 2020. It was attended by 53 members of staff, from the 4 hospitals of Ireland South Women & Infants Directorate in the SSWHG, with similar wide representation as the initial workshop.

The workstations, facilitated by a faculty of 16 who are members of the PLRG include: Communication, Management, Pregnancy After Loss, Risk Factors & Reporting, Pathology and Termination Of Pregnancy for Fatal Fetal Anomaly & Perinatal Palliative Care.

The workshop was positively evaluated by those who attended. Comments from participants include:

“An excellent afternoon, learned a huge amount in relation to pregnancy loss, answered many questions, extremely relevant to my place of work, very comprehensive workshop.”

“Excellent day, very well ran and delivered. Huge area of discussion and so much excellent work done in this area that I was unaware of.”

It is planned to run it again later in the year.





Pictured above top: Mary O'Sullivan, Therapist, Sexual Violence Centre; Olive Long, Director of Midwifery, CUMH; Mary Crilly, Sexual Violence Centre; Maria Cummins, TY student on work experience in sexual violence centre; Ann-Marie McCarthy, Social Work Team Leader and Chair Domestic Violence Committee, CUMH; Fiona Kirby, Postgraduate Clinical Coordinator and Secretary Domestic Violence Committee, CUMH; Aine Cahill, Clinical Social Work Team Leader, CUMH; Fidelma Harrington, CMM 3, FAU CUMH

Pictured above: Valerie Dennehy, CMM 2, Outpatients Department; Deborah and Angela, One Stop Shop, Cork and Joanne Ryan, Social Worker, CUMH

16 Days of Action Against Gender-based Violence 2019

By Ann-Marie McCarthy and Fiona Kirby, CUMH Domestic Violence Committee

The 16 Days of Action campaign is an annual global campaign dedicated to raising awareness of domestic violence and abuse. It is supported each year by the CUMH Domestic Violence Committee and runs from 25 November to 10 December.

Research indicates that women are more at risk of domestic violence in pregnancy. A study conducted by the Rotunda Maternity Hospital found that in a sample of 400 pregnant women, 12.5% (1 in 8) had experienced abuse while they were pregnant. According to Safe Ireland, **30% of women who experience domestic violence are physically assaulted for the first time in pregnancy.**

CUMH continues to respond to this by routine screening, regular training and the recent re-launch of our Domestic Violence Committee. In 2019, 95% for all women attending CUMH were screened for domestic violence. The committee aims to increase this moving forward.

In 2018, in Ireland:

- 19,089 contacts were made with Women's Aid during which:
- 16,994 disclosures of domestic violence against women were made and
- 3,728 disclosures of child abuse were made (Femicide Report, 2019).

On 3 December 2019, members of the CUMH Domestic Violence Committee set up an awareness stand for patients, staff and visitors in collaboration with local domestic violence service providers. The involvement of staff from One Stop Shop (OSS), Sexual Violence Centre and Mná Feasa was greatly appreciated on the day and marks the importance of inter-agency collaboration. White ribbons were distributed as a mark of solidarity to victims of domestic violence. The social work team also offered awareness briefings about how to respond to concerns in relation to domestic violence to staff in CUMH.

If you need any support in relation to this matter, please contact the social work office or CUMH on 021 4920500 or the Women's Aid national free phone helpline: 1800 341 900.

Domestic Violence and Pregnancy: CUMH conference with national and international experts



Pictured above: Sarah Benson, CEO of Women's Aid; Ann-Marie McCarthy, Chair Domestic Violence Committee CUMH; Fiona Kirby, Secretary Domestic Violence Committee, CUMH; Olive Long, former DOM CUMH; Maria Leahy, Manager Social Work; Margo Noonan, Advanced Nurse Practitioner attached to the Sexual Assault Treatment Unit (SATU); Professor Jane O'Callaghan, Director of Child Wellbeing and Protection, University of Sterling, Scotland

The Cork University Maternity Hospital (CUMH) Domestic Violence Biennial Conference took place in the main auditorium of Cork University Hospital (CUH) on 27 February 2020. The conference featured national and international experts in the field of domestic violence, with a particular focus on domestic abuse during pregnancy.

The objective of the conference, organised by the CUMH Domestic Violence Committee, is to heighten awareness of domestic violence amongst staff such as public health nurses, social workers, voluntary organisations working in the sector, medical, nursing and health and social care professionals based in CUH and CUMH.

The conference acknowledged one of the most dangerous times for women in abusive or controlling relationships is when they are pregnant, due to the fear from the partner of losing control as a woman's priorities and thoughts shift focus during this period.

Guest speakers include Sarah Benson, CEO, Women's Aid, Margo Noonan, Advanced Nurse Practitioner attached to the Sexual Assault Treatment Unit (SATU) at the South Infirmary Victoria University Hospital and Professor Jane O'Callaghan, Director of Child Wellbeing and Protection, University of Sterling, Scotland.

Professor Jane O'Callaghan outlined her UK research covering 87 women who had experienced abuse during pregnancy or early parenting in last 5 years.

- 10% of pregnant women report incidents of physical violence
- 36% of women experience verbal abuse during pregnancy
- 14% report very severe or life threatening violence

Her research underlined the importance of helping support workers understand how domestic abuse affects women,

how the trauma affects them as it can be a direct attack on mother-child relationship and on mothering and the importance of nurturing bonding with the baby, supporting the mother emotionally and keeping the perpetrator in mind. It can be easy to forget that when issues arise, it is related to the abuse, not the parenting.

Sarah Benson, CEO of Women's Aid highlighted the need for a collaborative effort to combat domestic violence and abuse. She spoke to the Women's Aid Femicide Watch Report that provides data available on female homicide in Ireland and the 231 women killed since 1996. Findings include how 61% are killed in their own home and of the 180 resolved cases, 87% died at the hands of a man they knew.

Sarah noted: *"Recognition of coercive control as a crime in legislation since 2019 (Section 39 of Domestic Violence Act) is an extremely important development and should have a positive impact on victim survival and safety. The law is only as good as its implementation and only as good as the belief of survivors in the criminal justice system. The system needs an overhaul and move on from being an incident based, criminal justice system which currently fails women experiencing domestic violence. We're not looking at a single incident or criminal act but a pattern of multiple abusive incidents where some on their own are not criminal acts but collectively, over a period of time, they are."*

The conference is one example of the importance CUMH place on staff training and awareness in the area of domestic violence. CUMH also undertakes key departmental and staff briefings such as those which tie in the national campaign, 16 Days of Action in December each year. A key part of the training staff receive is in asking the right questions to give women the necessary support to disclose. If they do disclose domestic violence, the training further enables staff to support them and link them in with support services in the community.



Women's Health Initiative: new clinics to support women with devastating cancer treatment side effects

Women's Health Initiative is a ground-breaking new initiative by the Irish Cancer Society to support women who are struggling with the life-changing side effects of cancer treatment. This new initiative will see clinics established in Dublin and Cork aimed at improving the health and wellbeing of female cancer survivors.

These clinics have been created in close consultation with patients who are often suffering devastating side effects from cancer treatment such as sexual dysfunction, fatigue and psychological issues.

One such woman is Anne Nally-Keenan, who was 29-years-old and 29 weeks pregnant when she was diagnosed with cervical cancer in 2012. After delivering her first child, Anne went through intensive treatment for her cancer.

Eight years and over a dozen surgeries later, Anne still lives with the after effects of her diagnosis.

"I've come through the fight of my life with cancer, but every day I still have to live with incredibly challenging symptoms from my treatment. Issues like early menopause and infertility are not things a woman in her 30s should have to go through, but this programme will be really useful to women in a similar position to myself," Anne said.

Building on the best existing international expertise, the specialist nurse-led clinics will offer a range of supports, from referrals to specialist services and tailored treatment plans to under-appreciated aspects of survivorship including physical activity and diet.

Commenting on the Women's Health Initiative, Irish Cancer Society Chief Executive Averil Power said: *"Through this initiative we now have an opportunity to really help these women manage their side effects and live better lives."*

The clinics, led at Cork University Hospital by Medical Oncologist Professor Roisin Connolly of UCC and by UCD Professor of Gynae-Oncology Donal Brennan across sites at the Mater and St Vincent's hospitals in Dublin, supported by the National Maternity Hospital, will run on a pilot basis for two years commencing in 2020.

Recruitment of patients for the clinics will take place over the coming months, and it is hoped that the pilot scheme will eventually lead to the roll-out of a national programme for cancer survivors.



CUMH Christmas Party 2019

The annual tradition of inviting children to celebrate Christmas at Cork University Maternity Hospital once again took place on 13 December. Staff were invited to bring their children, nieces, nephews etc. to experience a taste of Christmas on the 5th floor in the early evening.

Building on the success of 2018, staff were polled in advance on the best time for the party and the activities they would most like to see. This feedback was then incorporated into party planning and as a result the party was scheduled earlier, a larger room was chosen for Lego, Santa had his own grotto, more rooms were opened including a baby changing room, and more people were on hand to offer facepainting – the most popular activity in the poll.

This year, staff were also encouraged to give back and bring along something small for Cork Penny Dinners, one of Cork's oldest caring charities. There was a great response to this with the gifts filling a large van, as well as donations of vouchers for activities such as the cinema or McDonalds.

Everyone was hugely appreciative of the effort put in and enjoyed the opportunity to socialise with staff and their families. A massive thanks to the volunteers who helped make the party a success.

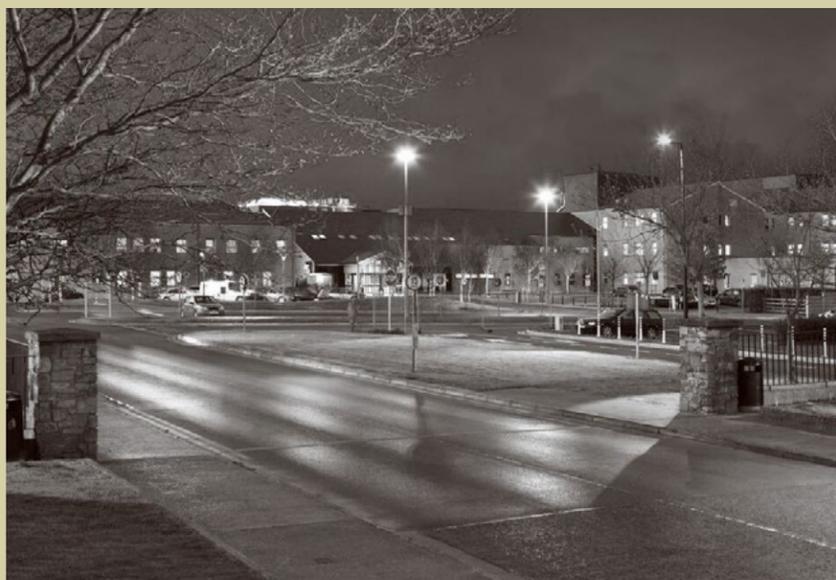




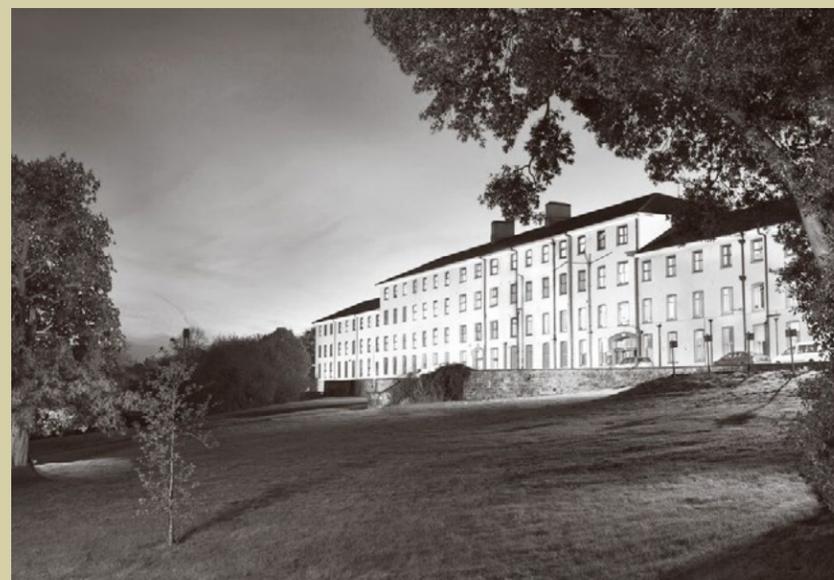
Cork University Maternity Hospital



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 May 2020**