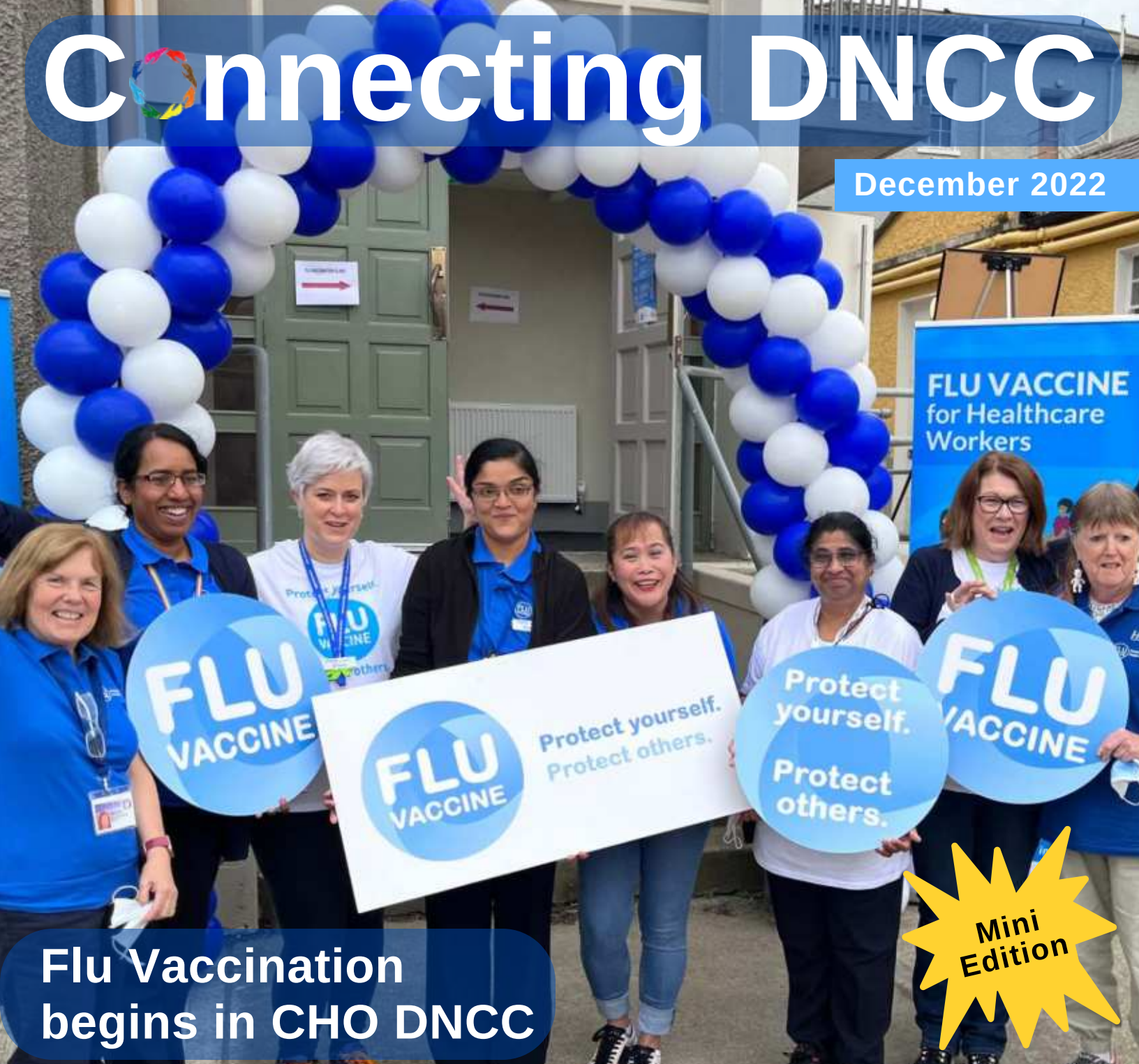


# Connecting DNCC

December 2022



## Flu Vaccination begins in CHO DNCC

Mini Edition

In this Issue



World Mental Health Day



World Physiotherapy Day 2022



Learning Event 2022



## A Message from our Chief Officer

Welcome to this 'mini-edition' of Connecting DNCC which we've created as there is so much to share with you before our Christmas edition.

Since our last edition, implementation of our Winter Plan has picked up pace. Having learned from the experience of winter in Australia, where flu was extremely prevalent, we have put a lot of effort into making the flu vaccine available to you where you work or close by. There was great excitement at St. Mary's in the Phoenix Park and at the National Show Centre in Swords for the launch of the vaccine, as you will see from the photos inside. We've also had lots of activity on Twitter and around the service at our many Flu Vaccine clinics. Thank you to everyone who has already availed of the vaccine, I know a large proportion of you have. If you haven't had it yet or are behind on your advised course of COVID-19 vaccination, I'd encourage you to do avail of them.

I had the privilege of attending our recent Learning Event in Portmarnock, which provided an opportunity to come together with colleagues from across the CHO to share examples of the creative and innovative ideas that have made a real difference in the way we work. We had almost 100 entries, of which 55 projects were shortlisted. Initiatives ranged from waste reduction in hospitals to improving communications with residents in residential care units, from client focused supports for people who want to stop smoking to targeted healthcare for women who are homeless, and the provision of a new approach to day respite for children and families with disabilities. Each project demonstrated positive outcomes for the people we serve. The depth of quality and passion to enhance the quality of life for those we serve was evident throughout.

I know from some speaking to others at the event that they are motivated by your projects and your ability to identify one small change that has the power to create a much larger positive impact on the lives of our patients and service users. The positive feedback from everyone at the event made me feel extremely proud of our team in CHO DNCC and the work you are doing.

As always, there is far more to mention than I can fit in this welcome message. The articles and photos that follow tell their own story. Let us know what you think of the 'mini-edition' by emailing [comms.dncc@hse.ie](mailto:comms.dncc@hse.ie)

Thank you as always to the wonderful staff across CHO DNCC, I hope that you keep safe and well this winter and look forward to our next edition, which will be published before Christmas.

**Mellany McLoone**  
Chief Officer

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# Getting Winter Ready - Flu Vaccinations Begin

**Congratulations to all staff who have received their free flu vaccine to date.** CHO DNCC has vaccinated 2,337 staff to date which is 53 percent uptake for staff in our CHO. The target is 75 percent nationally for flu vaccine uptake for Health Care workers so there is still time to get your flu jab before the winter holiday break.

There will be additional ongoing clinics in the National Show Centre in Swords, Croke Park, and at work locations up to end December 2022. In the National Show Centre and at Croke Park, you can get your flu vaccine and Covid booster on the same day. Ask your vaccinator for more information.

Staff can get their flu vaccine by walking into clinics or book an appointment at this [LINK](#)



**Current Uptake: 53%**  
**Target Uptake: 75%**



L-R: Arlene De Guzman - Healthcare Worker with Justin Cox and Marian O'Leary - Vaccinators



Healthcare workers queue for their Flu vaccine in the National Show Centre



Sister Tshuma – St. Mary's Healthcare Assistant and Lorraine Barret – Flu Admin



L-R: Ciara Farrelly, SLT and Justin Cox, Vaccinator



L-R: Martina Carroll - Vaccinator, Emmeline Landers, Chief Pharmacist & Ellen Healy, Student Pharmacist

Staff who have gotten their vaccine at their GP or Pharmacy can be added to the prize draw by emailing proof of their flu vaccine to [flu.dncc@hse.ie](mailto:flu.dncc@hse.ie)

Any other queries please contact the CHO DNCC Flu team on [flu.dncc@hse.ie](mailto:flu.dncc@hse.ie)





# Getting Winter Ready - Flu Vaccinations Begin



L-R: Aisling Ní Fhaolain, SLT 2 and Marian O'Leary, Vaccinator



L-R: Michelle Phelan, Flu Lead, H&W, Karen Kennedy DON, St. Marys, John Rougheen, Head of Service Older persons and Usha Varshese, DON, St. Mary's and Clinical lead for Flu



L-R: Michelle Phelan, CHO DNCC Flu Admin with healthcare workers Elizabeth Lynch and Arlene De Guzman



Members of the CHO DNCC Management Team pictured following their vaccinations



L-R: Conor Duignan, Physiotherapist, Tatiana McManus, Physiotherapist, Aoife Ní Rian, Occupational Therapist & Tara Mills, Physiotherapist.



L-R: Flu Administrators, Michelle Phelan, Lorraine Barrett with Health Care Workers at the St. Mary's Flu Launch



L-R: Charina Hogan, CNM 2, Anne Ruane Vaccinator and Lorraine Barrett, Flu Admin



Lorraine Ryan, Speech & Language Therapist



L-R: Christy John, ADON, PPCNU, Dolores Bond, ADON, PPCNU, Biju M Job, A/C ADON St. Mary's, PPCNU and Anne Cunniffe, SSN



Health Professionals awaiting flu vaccination in St. Mary's Hospital, Phoenix Park



# World Menopause Awareness Week 2022

To celebrate the first ever Menopause Awareness Week, CHO Dublin North City and County hosted a webinar on Perimenopause and the Menopause as part of October Staff Health and Wellbeing month. The webinar was facilitated by Dr. Deirdre Lundy, a Women's Health Expert who leads the specialist complex menopause clinic in the National Maternity Hospital. Dr. Lundy gave a broad overview of perimenopause and menopause, including signs and symptoms and the role of HRT.

Over 115 staff in CHO DNCC attended this webinar which took place on 4th October. The feedback was incredibly positive: *"Dr. Lundy was so informative and knowledgeable. Such a refreshing webinar on a topic I was embarrassed to talk to other colleagues about before"*.

During the webinar, Dr. Lundy advised on the importance of eating well, exercising, along with quitting smoking, monitoring alcohol intake and looking after your mental health in order to help manage symptoms during perimenopause and menopause.

The Staff Health & Wellbeing Month webinars were delivered by Health & Wellbeing in partnership with Human Resources. Ellen O' Dea, Head of Health and Wellbeing, said "we were delighted to facilitate this webinar for staff during the first ever Menopause Awareness Week. The high level of attendance from staff across disciplines ratifies the need to reduce stigma around perimenopause and menopause. We encourage staff who may have been unable to attend the webinar to access via the link across".



You can watch the webinar back here:

<https://youtu.be/cVP6gbbfGIU>

More information on Menopause can be found on the HSE website here:

[www2.hse.ie/conditions/menopause](http://www2.hse.ie/conditions/menopause)

## World Physiotherapy Day 2022

Thursday 8th of September 2022 marked World Physiotherapy Day. This year the theme was Osteoarthritis. There were plenty of activities organised in St. Mary's Hospital, Phoenix Park to mark the day.

### Week long steps challenge

A week long steps challenge was organised among the staff of St. Mary's to encourage everyone to get more active. There were 11 teams of 4 and the friendly competition created a great atmosphere among staff.

### Outdoor exercise class

One of the physiotherapists lead an upbeat interval style workout for staff which provided great entertainment for on-lookers.



### Information Stand

There was an information stand set up for the day at the hospital reception with plenty of information and facts about osteoarthritis. Prizes were available for those who could complete a record number of Sit to Stands in 30 seconds, and there was also a raffle for those who completed a test-your-knowledge quiz on osteoarthritis.



L-R: Fiona Breen, Orla Nicholson and Conor Duignan, Staff Grade Physiotherapists, St. Mary's Hospital



# CHO DNCC staff mark World Mental Health Day 2022

World Mental Health Day took place on Monday 10th October. The 2022 theme was 'Making Mental Health & Wellbeing for All a Global Priority.' There were a number of initiatives planned at national and local level to help celebrate. At national level, one of the marquee events was the World Mental Health Day Webinar: Making the Connections. This webinar included an overview of the new HSE's Mental Health Literacy Campaign which was being launched on World Mental Health Day. The campaign helps people make the connection between common mental health difficulties like ongoing stress, sleep, anxiety or low mood that they or others in their life may be experiencing and highlights the different levels of support that can help. You can watch the webinar back by clicking [here](#). Some of the events which took place across CHO DNCC to mark the day can be seen below.



Mental Health Staff in Balbriggan Primary Care Centre held a Coffee Morning to mark World Mental Health Day 2022



## Swords Staff hold Jersey Day in aid of GOAL

"I hold our annual Jersey Day in October, encouraging staff to go casual and sport their favourite teams colours for one day for the charity GOAL. I contact local businesses we frequent for small prizes for the little raffle I hold on the day – everyone loves a giveaway. This year, I held a small get together in the kitchen for staff to grab a coffee, catch up and of course buy tickets and donate. This year we raised €250 for GOAL and had some happy raffle winners picking up goodies and vouchers from our local retailers."

**- Aisling O'Connor - Digital Health Team & Goal Jersey Day Organiser**



L-R: Gwenneth Byrne, Michelle Waters and Antoinette Attwell, Office of the Chief Officer and Ursula Mannix, Communications & Parliamentary Affairs



Back Row L-R: Aisling O'Connor, Digital Health Team, Liam McHale, Communications, Darragh Gallagher, Communications. Middle Row L-R: Antoinette Attwell, Office of the Chief Officer, Michelle Waters, Office of the Chief Officer, Jolanta Christensen, Office of the Chief Officer, Stephen McCabe, Older Persons, David Preston, Older Person, John Lavelle, Digital Health Team. Front Row L-R: Gwenneth Byrne, Office of the Chief Officer, Ursula Mannix, Communications, Geraldine Murtagh, Older Persons, Sarah Karbowski, Finance, Tara Coleman, Older Persons



L-R: Geraldine Murtagh, Tara Coleman and David Preston from the Older Persons Team



Staff receiving their prizes





Aoife Lenihan, Head of QSSI opening the Learning Event

## CHO DNCC Learning Event

*“Tell me and I forget, teach me and I may remember, involve me and I learn.”*  
Benjamin Franklin

On Friday 11th November staff from across CHO DNCC gathered together to showcase our innovation and creativity at our most recent Learning Event.

It had been three years since we had last been in a position to hold this in person and there was an air of excitement in the room from early morning. Before the key note address, delegates reflected and discussed the posters which outlined details of the 55 excellent project entries shortlisted from across all services. Poster format worked well with each entry clearly outlining actions that individuals and teams had taken to improve the experience of service users and staff as well as the outcomes and learning in this iterative process.

As Health Professionals and support staff sat down to listen to the keynote speakers, conversations flowed at tables, with people asking questions and learning about the great initiatives that are happening every day in CHO DNCC. It was an interactive event with many questions and discussions as well as laughter and reflection as people watched videos of friends Quitting smoking together. During a presentation on day respite care for children with disabilities, we heard the positive impact of Sonas on the lives of children, parents and the health professionals who work to support these families.

It's important to recognise that close to 100 submissions were made to the Learning Event, which shows the level of person focussed innovation underway across our services.

As people left the morning session, they complimented the staff who attended on the day to accompany their projects who represented themselves, their colleagues and their service with great professionalism. If you'd like to find out more about these initiatives, posters are available online [here](#) or by using this QR code:

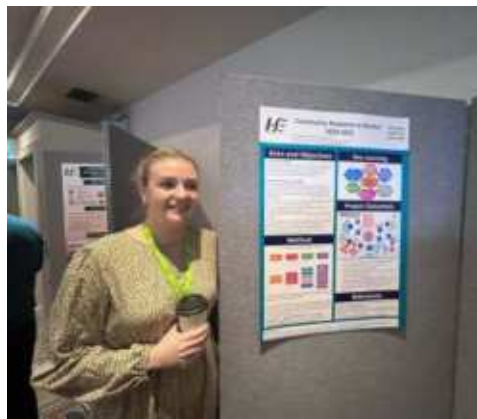


A video of the morning is also available at: <https://youtu.be/32y-nfHBx8Y>

Events such as this demonstrate all that is great about the work being done in CHO DNCC. We are all very much looking forward to next year's Learning Event.



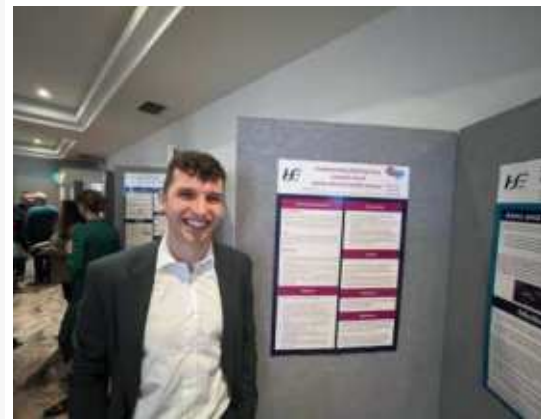




Vicky Doyle, Senior Health Promotion Officer



L-R: Aideen Lawlor SLT Manager, Ailish Ward, Catering Manager, & Teresa Stenson, Dietetics Manager - all from St. Mary's Hospital.



Seamus Hogan, Senior Health Promotion Officer



L-R: Mellany McLoone, Chief Officer, CHO DNCC, Ann Curley, Head of HR, Stephen Mulvaney, Interim CEO and Aoife Lenihan, Head of QSSI



L-R: Gemma Brennan, Specialist Hub Manager and Rachel Fitzpatrick, General Manager, Mental Health



L-R: Shauna Cooney, and Maeve Keohane, Dublin North West SLT Department



Yvonne O'Neill, National Director, HSE Community Operations





# Children's Disability Network Teams One Year Anniversary

Our Children's Disability Network Teams (CDNTs) recently came together to celebrate the one year anniversary of their establishment in CHO Dublin North City and County. Colleagues gathered to mark the occasion and acknowledge all the hard work and effort by everyone who has helped roll-out the new CDNTs across our area.



*CDNT Staff gather to celebrate One Year Anniversary*



*L-R: Elaine Fallon - CDM, Liz Reynolds SMH CEO, Olive Hanley, Head of Disabilities, CHO DNCC & Mellany McLoone, Chief Officer, CHO DNCC*



*CDNT and Disabilities Staff*



*L-R: Vivienne Finn cuts the cake on behalf of colleagues to celebrate one year of CDNTs*

## Behavioural Family Therapy Training

North Dublin Adult Mental Health Services and Dublin North City held training in Behavioural Family Therapy (BFT) from the 5th – 9th September 2022. This was a fantastic training opportunity for clinicians to be trained in BFT.

There were ten clinicians from North Dublin and ten from North City representing a number of disciplines who participated in this programme. BFT is offered to families who are experiencing first Episode Psychosis. BFT is part of the National Clinical Programme for early Intervention in Psychosis, Standard Operation Procedure 2021.

The NICE (National Institute for Clinical Guidelines) recommends that family intervention should be offered to all families who experience first episode psychosis. Research has shown that BFT can reduce stress for family members and service users, reduce relapse rates, reduce hospitalisation and promotes recovery.

BFT is a practical skills based intervention that usually takes 10/14 sessions to deliver. The family complete work on early signs of relapse and develop a clear relapse plan. Information and signposting on medication, treatment and role of the multidisciplinary team is discussed. BFT promotes positive communication, problem solving and stress management within the family context. The needs of all family members are addressed with a focus also on self-care for each family member.

BFT has been offered to families in Dublin North Adult Mental Health Service for a number of years and with positive feedback from families. Derek Keeling (Community Mental Health Nurse) and Niamh Clerkin (Senior Social Worker/BFT Lead) recently completed the Train the Trainer Course with Meriden Family Programme. Derek and Niamh have worked as BFT workers for a number of years and now are monthly Supervisors and Trainers for this fantastic resource and support to families.



# Your Comms Team



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## Share Your Stories

If you have a story or an article that you would like to share, or example of excellence and innovation that demonstrate our values of compassion, kindness, trust, care, learning and leadership, please let us know at:



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