

Annual Nursing Report

2018



**Compiled by Aisling Fanning
Acting Clinical Nurse Manager 3**

Background:

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification, impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual (WHO, 2004).

Specialist Palliative Care refers to services whose core activity is limited to the provision of palliative care. These services are involved in the care of patients with complex and demanding care needs. The South Tipperary Hospice Homecare team are a specialist team providing specialist palliative care to patients in South Tipperary and West Waterford. Our Clinical Lead is Dr. Brian Creedon, Consultant in Palliative Medicine. He attends our weekly MDT meetings, sees patients in both STGH and UHW as outpatients as well as seeing inpatients in both these locations. Out of hours Consultant Specialist Palliative Medical conferral advice is available to us on a 24 hour basis.

We currently have 6.4 WTE Clinical Nurse Specialists in Palliative Care on the nursing team. South Tipperary Hospice Homecare runs a 24 hour 7 day a week service. This availability provides great reassurance to patients and families. There is a designated 0.7 WTE Occupational Therapist for palliative care for South Tipperary who works closely with us. Central to how we operate is ongoing liaison with the GP and all associated healthcare individuals involved in that patients care. All referrals to our service have to be agreed beforehand by the GP. Most referrals come via the *Specialist Palliative Care Services Referral Form* developed by the *National Clinical Care Programme for Palliative Care (NCPCC)*. We liaise closely with all hospitals and individual health professionals associated with the patient's condition/treatment in order to provide a seamless service. As we are fully integrated with all the Specialist Palliative Care services in the Southeast we communicate very closely with the hospital services as patients are admitted there, seen in OPDs or day wards and at the time of their discharge to the community.

The service is also given to patients with non-malignant conditions who are symptomatic at end of life, other than those with Motor Neurone Disease and Multiple Sclerosis, whom we always saw.

Patients are discharged from the service if they are no longer requiring specialist palliative care or do not want our ongoing involvement. In this instance, they are discharged back to their GP with a discharge letter stating same.

Further information on our service can be viewed at: www.sthm.org

Changes to Nursing Staff Compliment:

CNSp Martina O Meara joined the team in June 2018, as 1.0 WTE. At present Martina is taking her PARENTAL LEAVE entitlement and has reduced her hours 0.8 WTE in November 2018

CNSp Anne Grace has reduced her hours to 0.5 WTE.

Mary Connolly has left the service in order to undertake The INTERIM DIRECTOR of Palliative Care Nursing Services in Waterford.

Aisling Fanning is currently the Acting Clinical Nurse Manager for the service.

Registered General Nurse Geraldine Deegan, has terminated her contract with the South Tipperary Hospice in January 2019.

CNSp Cathy Murphy commenced employment with the South Tipperary Hospice Movement as 0.5 WTE, in January 2019.

The compliment of staff remains at **6.4 WTE**- and no longer availing of Geraldine Deegans Hours (ie 0.2 WTE).

Administration Staff Compliment:

Marie Harold Barry continues to work as 0.6 WTE, providing essential administration support to the nursing staff.

Occupational Therapy Service:

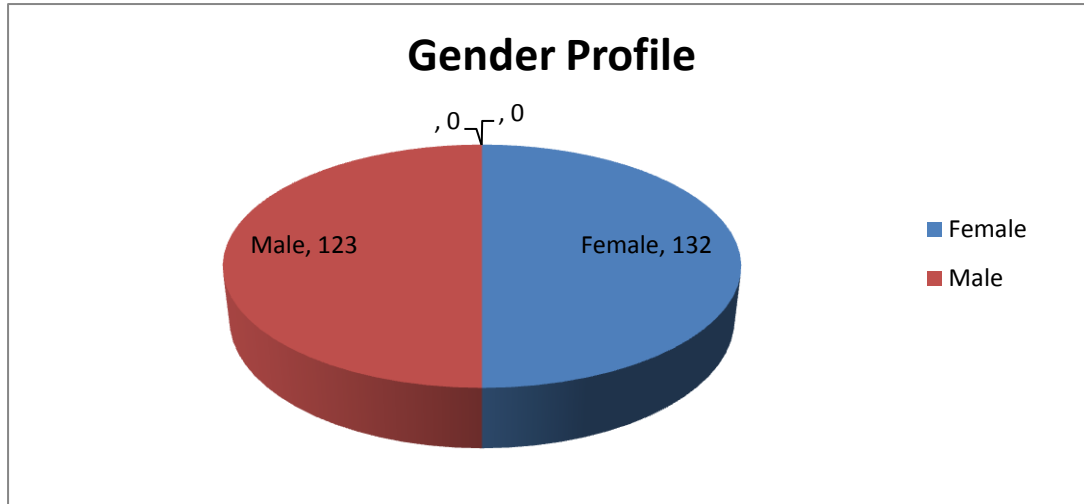
We continue to have a 0.7 WTE Occupational Therapist for the service. At present the Occupational Therapist is seeing only patients with a malignancy diagnosis.

Those patients with a non-malignant diagnosis are being managed by Primary Care Occupational Therapy.

Gender Profile of New Referrals:

Female (140 patients): 50%

Male (140 patients): 50%

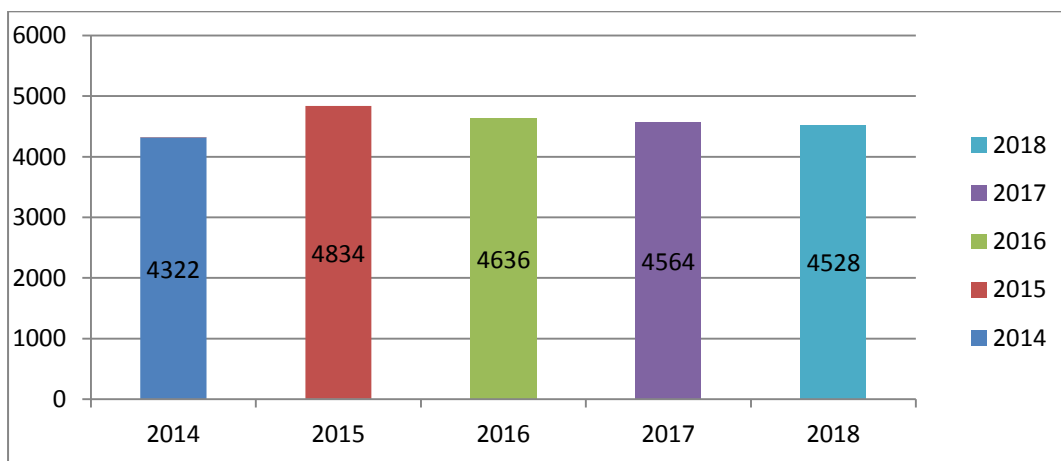


This is almost identical to 2016 figures.

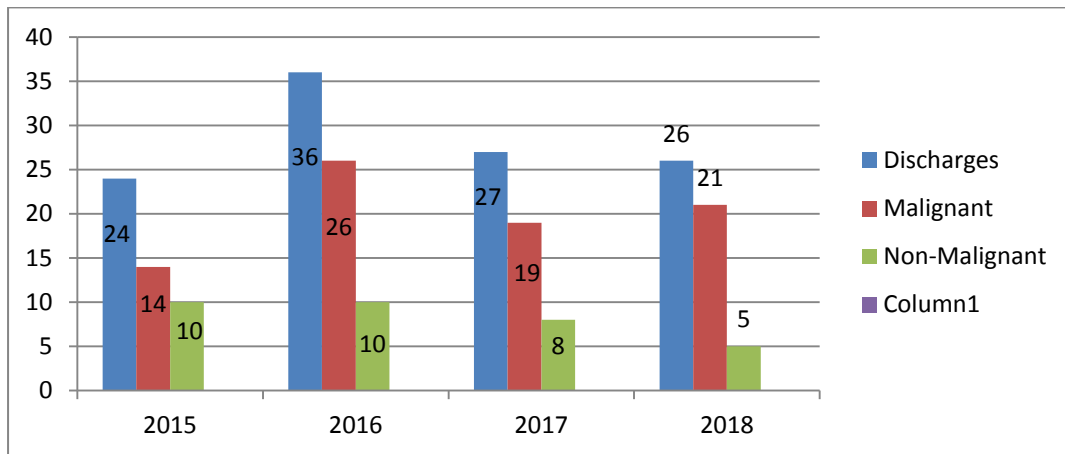
Number of Homecare Visits to patients:

4528 overall visits to patients place of residence throughout 2018

This equates to a decrease of 0.8 % since 2017.



Discharges:



Number of discharges from the service: 26

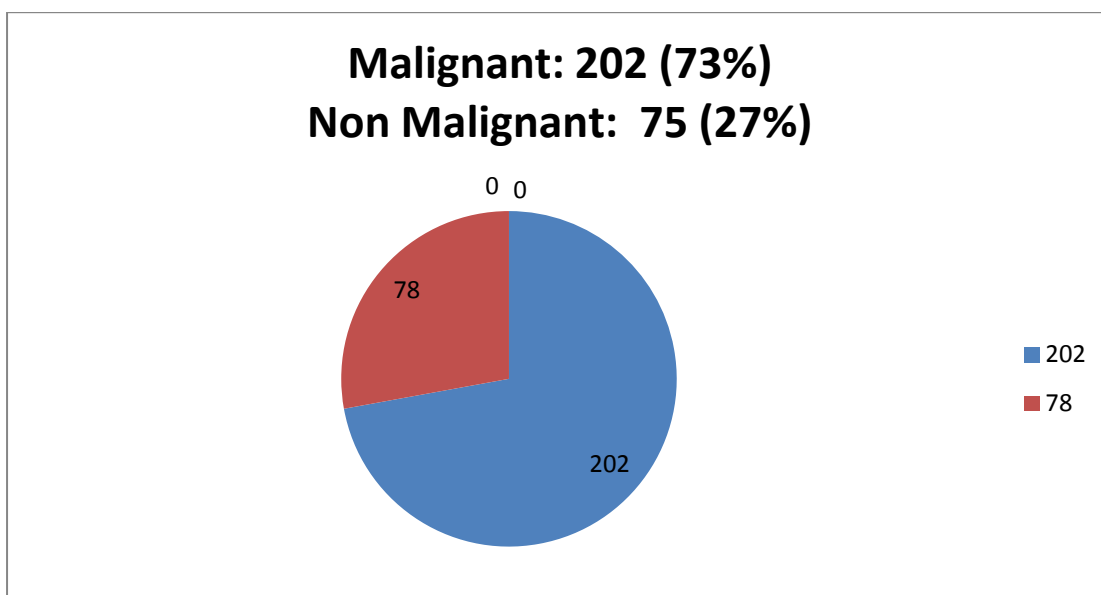
Discharges with a Malignancy: 21

Discharges with a Non Malignancy: 5

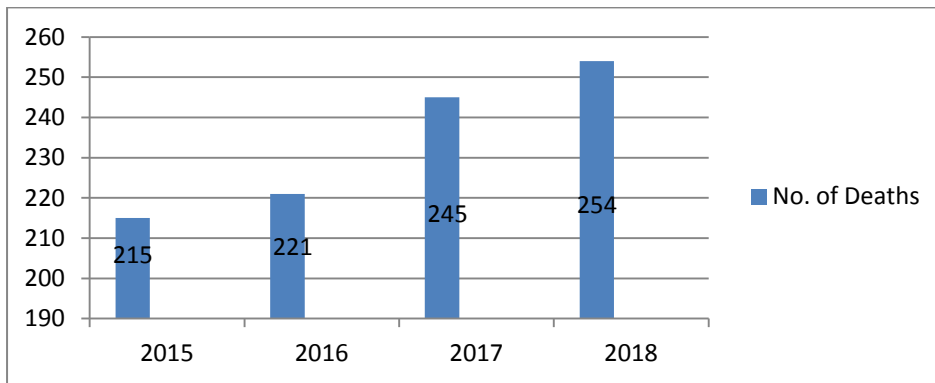
Primary Diagnosis of New Patients:

Malignant: 202 (73%)

Non malignant: 75 (27%)



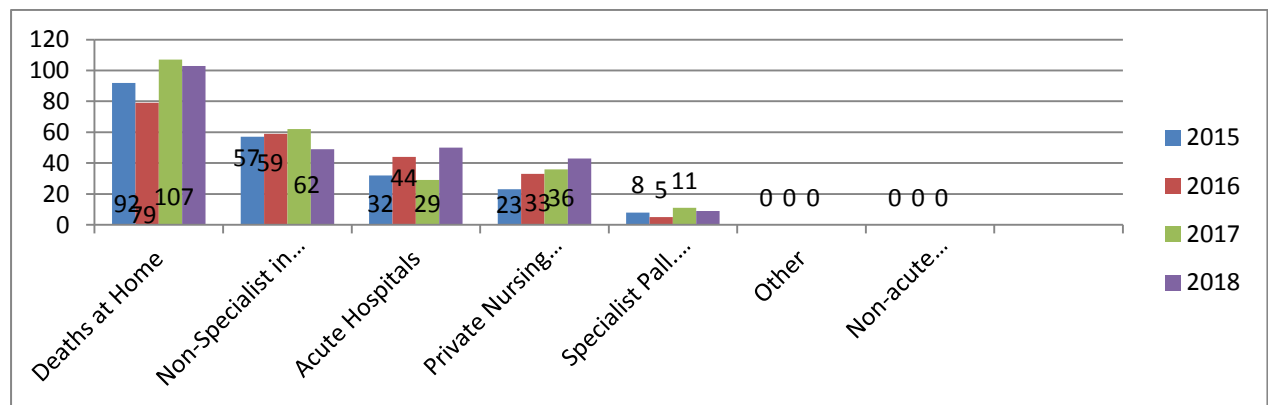
Deaths:



The total number of deaths that occurred of patients referred to our service in 2017 was 254

This equates to an increase of 3.7% from the 2017 figures.

Breakdown of Place of Death:



Number of patients who died at home: 103

Number of patients who died in a designated non specialist intermediate care bed in the community: 49

Number of patients who died in an acute hospital: 50

Number of patients who died in a private nursing home: 43

Number of patients who died in a specialist palliative care inpatient unit: 9

Number of patients who died in other: 0

Number of patients who died in a non acute hospital bed: 0

Icare Computer System

The Icare Patient Management System continues to provide advantages and challenges.

In December 2018 the STHM and HSE requisitioned, 8 new laptops, with independent screens and docking stations for the nursing office, which have proven to be very beneficial for patient care.

The new laptops have enabled some CNS's to input their data in the car, depending on connectivity.

We continue to fine tune the Icare system so that it is more user friendly and responsive to our needs.

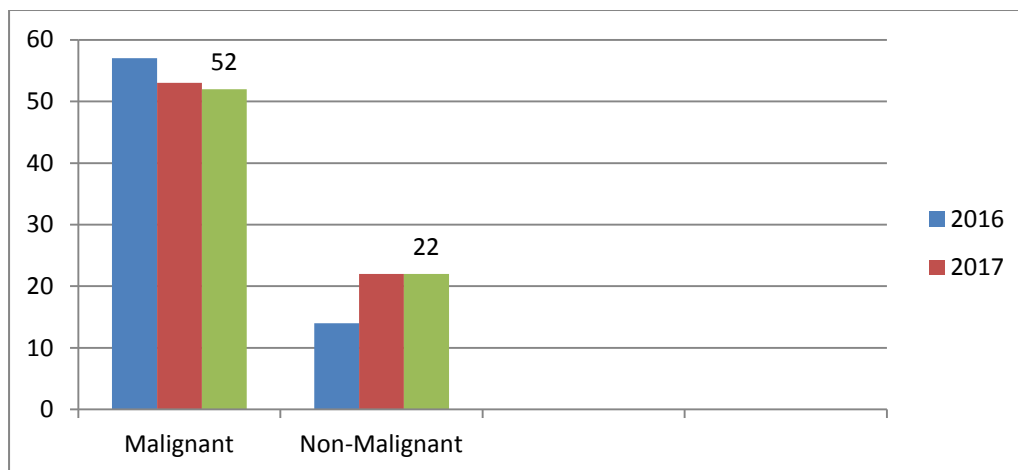
Night Nursing Service

This continues to be an integral part of the care of the dying patient at home. We continue to get great support both from the Irish Cancer Society (ICS) who fund the night nurses for those with a malignant diagnosis and the Irish Hospice Foundation (IHF) who fund those patients who require night nurses who have a non malignant diagnosis.

The Irish Motor Neurone Disease Association (IMNDA) fund nights for those with a diagnosis of MND.

The ICS manages the night nursing service irrespective of the funding.

No. of Patients who used Night Nursing:



	Malignant	Non-Malignant
Patients with night	52	22
Number of nights	232	87

The McKinley T34 Syringe Drivers

We continue to work with the McKinley T34 Syringe Drivers both as a 24° and a 48 ° device. Via the Biomedical Engineering Department in STGH we get technical support from Rochford Medical for machines that need a service as well as the yearly preventative maintenance.

Overall we are happy with these devices with regard to their accuracy and dependability.

THE EQUIPMENT HAD ITS ANNUAL SERVICE MARCH 2018.

Clinical Supervision

We continued with our 6 Clinical Supervision sessions throughout the calendar year with our facilitator, Margaret Collins Smyth.

3 of these sessions continue to be funded by the HSE with the remaining 3 funded by the Committee of South Tipperary Hospice Movement.

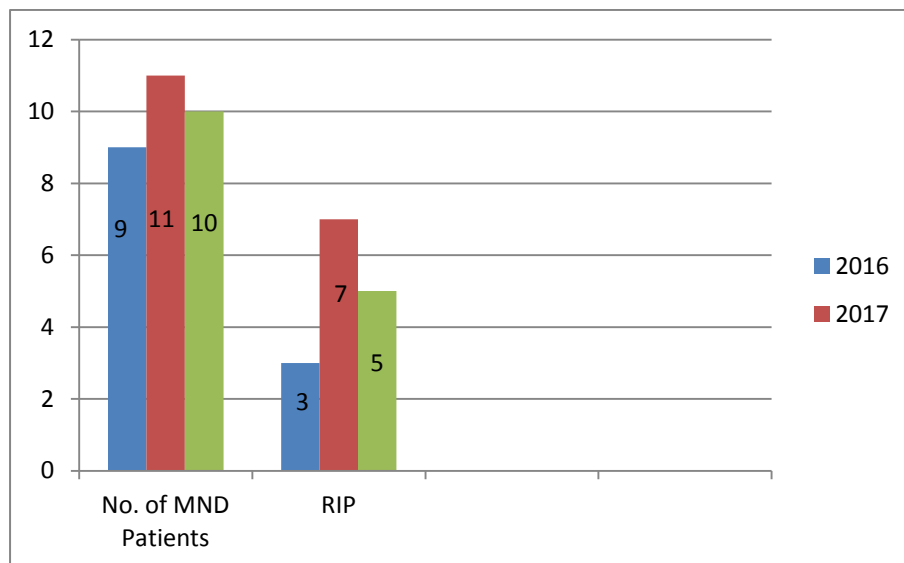
Clinical supervision remains a very valued and essential support to the nursing service who work in holistically demanding environments and need this outlet to air professional issues in a safe and therapeutic environment.

Post Grad Placements

The service continues to accommodate GP Trainees and SpR's working in Specialist Palliative Care in UHW by attending our weekly MDT meeting and going out on visits to patient's homes, nursing homes and district hospitals.

The service also provides Clinical Experience to Post Graduate RGN's in Palliative Care.

Motor Neurone Disease Patients



Motor Neurone Disease (MND) patients make approximately 10% of our patient cohort in 2017.

Throughout the course of the year we had 10 patients and 5 of those died in 2018.

Management of MND continues to be through a Multidisciplinary approach. We liaise very closely with the GP, PHN, Physio, SLT, Dietician, MNDA Nurses, Equipment Reps and Neurology teams to provide appropriate care to this cohort of patients. Much forward planning is indicated for this cohort of patients and often necessitates in joint professional visits.

The Paging Service

The paging remains an integral part of our service.

There were 1534 calls made to the Paging Service in 2018

Bereavement Service

Mary Grant continues in her role as bereavement counsellor for the service. She had bereavement contacts throughout 2018.

Complimentary Therapies

No patients availed of this service as paid for by the STHM.

The CARE Support Group

Patients and families are routinely referred to the Cancer Aftercare Relaxation Education (CARE) support centre in Clonmel with which we have a very good ongoing relationship with.

Severe Weather Warning Event

There were several weather alerts in 2018, including “Storm Emma” and “The Beast from the East” which proved to be a challenge for the service.

The office was closed for several days including RED alert days, and only priority patient were seen. All other work where possible was carried out over the phone.

With the assistance of the HSE Transport & local Civil Defence services, the nurses were able to get to the houses of patients who absolutely needed their expertise.

Following from those events, the CNM3 now has a “WINTER READY” Folder, which holds

- Staff details and contact numbers
- Hospital Numbers
- Nursing Home Contact numbers
- Emergency Contact Numbers

Education and Training

Mandatory HSELAND training for all nursing staff was ongoing throughout 2018.

The HSE *Childrens First* talks were attended by all staff.

Advanced Care Directives: RCSI UHW for all staff

Oncology Study Day, 06/02/18, attended by Margaret Fitzgerald.

Moving Points 28/3/18, Harolds Cross, attended by Mary Mac Namara, and Mary Connolly

Conference , 27/4/18, attended by Trish Phelan, Margaret Fitzgerald, Susanne Collins, Limerick

Irish Cancer Society Annual Conference 02/05/18, attended by Mary Mac Namara, Dublin

Kaleidoscope Annual Conference, 30/5/18, attended by Susanne Collins. Dublin Castle

Clinical Audit Course-2 day, Milford Education Centre, Susanne Collins, Margaret Fitzgerald, Nora Lyne, Martina O Meara

Safe Talk, all staff attended, 11/10/18, UHWDublin Castle.

Clinical Audit Course attended by Susanne Collins, Nora Lyne, Margaret Fitzgerald, Anne Grace and Martina O Meara, Milford Care Centre, Limerick in February and March 2018.

Meetings held in 2018

DON's and ADON's from the Community Based Hospitals 28/11/18

Nurse Team Meetings held in March, May, September, November 2018

Clinical Nurse Manager 3 Regional meetings held in UHW 6-8 times per year

Changes to the Service in 2017

GDPR has brought about many changes in work practices.

All HSE contracted CNS's now have smart phones and access to HSE email.

Dr E Walls has taken semi-retirement .

Dr Brian Creedon/Dr Denise Hayes are providing clinical support presently.

Achievements during the Year

Plans for 2019

- We are awaiting the HSE to launch a recruitment campaign in order to fill the vacant HSE post left by Aisling Fanning. The post is to advertised as a 1.0 WTE for a period of 40 weeks
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- We have set up a regional Documentation in the Community Subgroup Chaired by Mary Connolly. Its membership includes a CNSp from each of the 4 HCT's in South East Community Healthcare. The idea is to standardise the paperwork that each team uses in the home. The document is now in its final stages. It is envisaged that in South Tipperary, the document will be a printed document, in a A4 booklet format.
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- Plans are in place to introduce the use of an INTRODUCTORY PACK to patients and their families, this will include information leaflets.
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- Given the isolation of staff in their working day , and to ensure safety of the team, it is hoped that the ALERTLINE will be introduced, giving the team added security.