

fundraising at
cahercalla
COMMUNITY HOSPITAL & HOSPICE

Cold Turkey 10k Run



On Monday December 27th 2010 at 10 am, Clare Native Alan Logue with many miles of Marathons to his credit and much funds raised for Cahercalla Hospice will lead hundreds of enthusiastic runners and walkers at the inaugural Cold Turkey 10K. Commencing at Liscannor Road Car Park in Lahinch and proceeding to the Cliffs of Moher, Runners can register at www.eventelephant.com/coldturkey10kRun or on the day at The Atlantic Hotel from 8.30am to 9.30am at a cost of €20 per person. All funds raised will be donated to Cahercalla Hospice. Alan is especially committed to hospice care because of the wonderful care his Dad Seamus received at Cahercalla and is working hard to maximise numbers participating on the day.

ENNIS TRACK FUN RUN

4 Mile and 2 Mile Fun Run, Jog or Walk for all the Family

For all those of us who may have ever so slightly over indulged on Christmas day a family friendly event has been organised for St Stephens Day Commencing at Ballyea Community Centre at 12.30 pm entry fee is €5 per person or €20 for a family. All proceeds to Cahercalla Hospice. Contact Gerry Hayes at 086 3781912.

MEMORIAL CHRISTMAS LIGHTS

Christmas magic comes to Cahercalla Community Hospital & Hospice each year at the lighting of our Memorial Christmas tree. Every Year our departed loved ones are remembered by family and friends who sponsor the memorial lights on our majestic Tree in the grounds.

When a light is sponsored all those remembered are included in a special Remembrance Mass celebrated in early January at the Oratory in the Hospital.

The Tree stays lit until the Christmas Season ends on January 6th.

Memorial Lights cost €5 each and funds raised go to providing palliative care here at our hospice facility for the people of County Clare.

We also give a special candle that people can light at home on special occasions to remember their faithful departed.

The Tree will be adorned with hundreds of lights and each one will be shining in memory of special departed loved one.

Upcoming Events

- Sale of Charity Christmas Cards at Shopping Centres in Ennis. Tesco's - Wednesday December 8th 2010 Aldi - Friday December 10th and Saturday December 11th
- **Friday December 10th 2010** at 6p.m. Bishop Kieran O'Reilly turns on the lights on the Cahercalla Memorial Christmas Tree. Carol Singing and refreshments.
- **December 13th 2010:** 45 Card Game, Memorial Card Gamble at Vaughans Pub, Kilfenora, 9pm sharp.
- **Thursday December 16th:** Revenue Commissioners Ennis Staff, Carol Singing at Tesco Ennis
- **Sunday December 26th,** at 12 Noon Turkey Trot commencing at Ballyea Community Centre
- **Monday December 27th;** at 10a.m. Cold Turkey 10k Run commencing at Lahinch and proceeding to The Cliffs of Moher.

Bed Push 2010

On September 26th 2010 The Staff and friends of Cahercalla Hospice set off once again to push a bed around the environs of Ennis and raise much needed funds for the Hospice.

Weather was beautiful and our enthusiastic volunteers were all ready and waiting at the Square in Ennis.

Mayor of Ennis Tommy Brennan gave an encouraging send off in memory of his dear Friend the late Mike Connellan who passed away in the Hospice during the year. Mike had been with us last year and assisted with putting up posters to advertise the event. The Public were very generous to the collectors en route and organisers were kept busy emptying the buckets. Mark Nestor a talented local dancer together with a group of equally talented musicians from Barefield provided entertainment with music and dance outside the Cathedral and set the tone for an up beat event.

Our sincere thanks to Gardai, our dear friend Barry Connellan, Liddys Costcutter Kildysart Road, Mangans Ennis for the refreshments and all who pushed the bed and shook buckets on the day. Over €6,000 was raised again this year.



Cahercalla staff members volunteering on the day



Wave off in O'Connell Square



Last Years Tree adorned with its lights in the Snow.

Cahercalla Hospice Weekly Draw

Week 20, Nov 2nd
1st Prize: Tim Murphy, Newmarket on Fergus, Co. Clare
2nd Prize: Graine Harrington, Feakle, Co. Clare

Week 21, Nov 16th
1st Prize: Jane McNamara, Ennis, Co. Clare
2nd Prize: Maureen Kelly, Quin, Co. Clare

Week 22, Nov 16th
1st Prize: Patrick McNamara, Killaloe, Co. Clare
2nd Prize: Lourda Kearse, Ennis, Co. Clare

Week 23, Nov 23rd
1st Prize: Yeolanda O'Connor, Ennis, Co. Clare
2nd Prize: Dan Gaffney, Ennis, Co. Clare

Congratulations to the winners and a sincere thank you from the team at Cahercalla to all the patrons for your on-going support.

cahercalla NEWS

COMMUNITY HOSPITAL & HOSPICE

We care about your care

WELCOME TO OUR NEWLY APPOINTED ACTIVITIES CO-ORDINATOR

Christmas Message

Welcome to the 3rd edition of Cahercalla News

As we look back on 2010 it is important to recognise our successes at Cahercalla during the year.

Our year started with the achievement of CHKS International Accreditation - the first nursing home in Ireland to be awarded this accreditation.

This was closely followed by our first inspection by HIQA (Health Information and Quality Authority) where the high standards of nursing home care were again recognised.

The range of services available in our Day Surgical Unit were expanded during the year with the introduction of new consultants and new specialities including neurology, vascular surgery and plastic surgery.

Sadly the demand for hospice care continued to grow during the year. We are very grateful to those who have generously supported our fundraising events allowing us to continue to provide care which is focused on comfort and quality of life.

Our successes are largely due to our committed, hardworking staff, who are dedicated to providing all our residents and patients with the highest standard of care.

Looking ahead to 2011 we will no doubt again be challenged by the current difficult economic climate, but we will not let this distract us from our main focus which is to continue to enhance the experience for all those who come into our care.

I would like to take this opportunity to thank all the staff, volunteers and friends of Cahercalla Community Hospital & Hospice for their contribution and support during the year and to wish all a very Happy Christmas and Peaceful New Year.



Paula O'Halloran, General Manager

What's inside?

- Satisfaction Survey results
- November Memorial Mass
- Hernia - what is it?
- Oral Surgery - Wisdom Teeth
- Fundraising at Cahercalla



Joe pictured with residents during group activities

At Cahercalla Community Hospital and Hospice activities play a key role in ensuring our residents maintain a happy outlook. With this at the forefront of our minds, a decision was made to employ a dedicated Activities Co-ordinator.

Joe Considine commenced as Activities Co-ordinator at the end of November. Joe has extensive experience working in Care of the Elderly and is passionate about getting a formal recreational programme up and running at Cahercalla.

A plan of action to identify recreational needs has been initiated. The first phase of this plan is for Joe to visit each resident to discuss their individual needs. This will serve a dual purpose by familiarising the residents and staff with this new support role and will give Joe an in-depth insight into the individual needs of our residents.

A schedule of activities will then be drawn up, which will incorporate existing activities such as bingo and sing song with Maretta. Input of families, staff and volunteers is also taken into consideration with our Resident Satisfaction Survey continuously monitoring satisfaction with activities provided. The Service User Representative Forum discussed provision of activities at their July meeting and input and feedback will be on the agenda for all future meetings.

Residents will then be offered a schedule of activities which will allow them to express themselves individually and collectively, according to their preferences. A weekly schedule will be published so that residents can plan in advance what they would like to take part in.

Our Activities Co-ordinator will be responsible for co-ordinating communal activities, but will also visit residents in their room to 'just chat'. Participation in activities is purely voluntary but every effort will be made to encourage all residents to participate.

Another part of the Activities Co-ordinator duties will be to manage the role of Volunteers within the Nursing Home. Having identified the individual and communal needs of residents, Joe will incorporate Volunteers into implementing the schedule of activities.

As this is a new role, it will evolve over time and we are looking forward to working closely with Joe and improving the quality of life for all residents at Cahercalla.



Satisfaction Survey results overwhelmingly positive

Cahercalla Community Hospital & Hospice is committed to operating to the highest standards and to achieve this, feedback from both residents/patients and relatives, both positive and negative are encouraged.

We have several mechanisms for generating feedback:

- An open door management style where feedback is actively encouraged
- Comments cards and collection boxes
- Annual resident satisfaction survey
- Feedback questionnaires given to all short stay patients and to every patient of the Surgical Day Unit.
- Comments/Feedback via our website www.cahercalla.ie

We conduct an overall resident satisfaction questionnaire at a minimum annually in the Nursing home, with the most recent one occurring in June of this year.



Outlined below is a brief summary of the findings which show a very high level of satisfaction with the services provided.

Annual Resident Satisfaction Questionnaire Results – June 2010 56 questionnaires returned					
	Excellent	Good	Fair	Poor	Did not say
Quality of Service	75%	24%			1%
Standard of Nursing Care	77%	20%	2%		1%
Standard of cleanliness	63%	25%	1%		11%
Food quality	61%	34%	3%		2%
Resident Activities	43%	38%	5%	3%	11%
Response to concerns	73%	25%	2%		

Satisfaction levels with resident activities re-iterated to us that this was an area which needed to be addressed; an Activities Co-ordinator was employed at the end of November.

NOVEMBER Memorial Mass

Every November Fr Harry Bohan celebrates Mass in memory of all patients and friends of Cahercalla Community Hospital & Hospice who have died during the previous year. The Mass this year took place in the Oratory at Cahercalla on November 12th. Relatives and friends of our deceased patients were all personally invited to the ceremony and many took part in the Readings, Prayers of the Faithful and Offertory Procession. An Individual Candle was lit during the Mass and the family was given this candle to take home and to light again to remember their loved ones at special occasions.



Memorial Candles being arranged before November Memorial Mass.

My Work Experience in Cahercalla Hospital



My name is Claire McDonnell. I am from Dysart. I am a transition year student in Rice College, Ennis. I had two weeks work experience in Cahercalla Hospital in October. The first morning I went into the Hospital I was very nervous and Rose (the Matron) took me to the 1st floor of the Garden Wing. Everyone was very busy with the patients helping them up from bed and bringing them to mass. The girls on the ward were very welcoming and friendly.

After a few days I knew I really loved working there, the staff and patients were so nice. It made me realise helping people is an honour. I learned many new skills during my work experience; to keep a patient comfortable and helping people when taking a shower or a bath and helping with the meals. I took my guitar in most days and sang a few songs for the patients. They loved this and joined in the songs they knew. When I look back on Cahercalla I know now I want to be a Nurse. I want to thank my Auntie Caroline for asking Rose for the opportunity. And finally I want to thank Rose, Niamh and the girls on the Garden Wing and the patients too. I hope they are all well. I will come in over Christmas and sing a few songs.



Claire pictured during her work experience at Cahercalla

I wish ye all a very Merry Christmas and a happy new year.
Lots of Love from Claire. XXX

Miriam's Kitchen Korner

Our confectionary at Cahercalla is very popular with residents and visitors alike. Here is one of our favourites with a Christmas Twist.

Method:

- Pre-heat oven to 180 c – 350 f – Gas mark 4
- Cream sugar and margarine
- Add rest of ingredients
- Beat for 3 mins till creamy in colour
- Put a dessertspoon full into each bun case in tin
- Bake for approx 15 mins
- Cool on a wire rack
- Decorate: Royal Icing or Icing Sugar

You can make Christmas decorations i.e. snowmen, candles, trees etc with roll out icing and food colouring. Alternatively, buy some ready made decorations or just put a jelly sweet on top. Children love these. Enjoy!

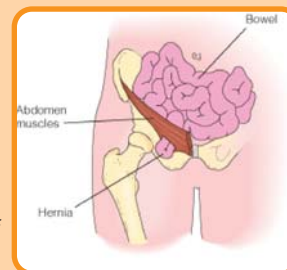
CHRISTMAS FAIRY CAKES

Ingredients

- 8oz Sugar
- 8 oz Margarine
- 4 Eggs
- 12 oz flour (sieved)
- 2 teaspoons baking powder (sieved)
- ¼ cup of milk
- Paper bun cases and bun tins



Hernia what is it?



A hernia is a weakness of the body wall, which presents itself as a bulge or swelling, usually in the groin, but it can also occur around the navel. The swelling may cause pain, especially after physical work or exercise, and it usually disappears when the person lies down.

An untreated hernia will usually enlarge and become more painful and if the swelling becomes fixed or irreducible it requires immediate surgery. It is therefore better to have it treated before this happens, that is electively.

The modern treatment of hernia is surgical. It involves an operation in which a synthetic mesh is applied to reinforce the body wall where the weakness/bulge is and removal of the hernial sac. The surgery can be carried out as a day procedure or with an overnight stay in hospital. A general anaesthetic is usually used but the operation can be done under local anaesthetic.

The results of hernia surgery are excellent with a rapid return to normal activity and a low risk of recurrence. I would advise anyone who feels they may have a hernia to consult their GP and have it dealt with promptly to avoid the serious complications that may occur from delay in treatment.

Denis O Ceallaigh – Consultant General Surgeon

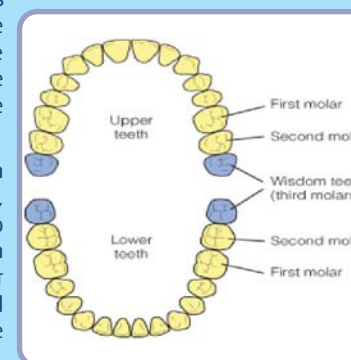
WISDOM TEETH REMOVAL

The removal of third molars, also known as wisdom teeth, is one of the most common procedures performed by oral surgeon Mr. Ikeagwuani at the Day Surgical Unit at Cahercalla. They are the reason most people first visit an oral surgeon.

Wisdom teeth or third molars are usually blocked from entering the mouth because of lack of space. This is referred to as impacted and can cause multiple problems if not removed. There are varying degrees of impaction in which teeth are completely or partially covered by bone and gums. Greater than 90% of the population will have at least one impacted tooth

Problems arising from impacted teeth include pain, infection, crowding of teeth, loss of bone and gums, damage to adjacent teeth or other structures, and can contribute to health problems. Cyst or tumors may arise from a developing third molar requiring larger, more extensive surgery.

Third molar teeth do not need to be impacted to create problems. There is usually little or no function to wisdom teeth and due to their position in the mouth, can be difficult to keep clean. Without complete eruption of wisdom teeth and healthy gums surrounding them, pockets collecting debris and bacteria increase the chances of infection. Pain is a common complaint during eruption and can be severe. Complications are difficult to predict; the longer the wisdom teeth remain the more likely they are to cause problems.



CONSULTANTS WHO PRACTICE AT CAHERCALLA

SPECIALITY	CONSULTANT
Dermatology	Dr Mary Garvey
Dietetics	Ms Elaine McGowan
Ear, Nose & Throat	Professor John Fenton
Gastroenterology	Dr Heather Holloway Dr Jane English
General Surgery	Mr Gerard Byrnes Mr Denis O'Ceallaigh Mr Tahir Saleem
Gynaecology	Dr Mark Skehan
Neurology	Dr Andreas Jahnke
Oral Surgery	Dr Deirdre Tobin Dr Okechukwu Ikeagwuani Mr. Michael Brosnan
Paediatrics	Dr Tom Stack
Plastic Surgery	Mr Jack Kelly Mr Thamir Ismael
Rheumatology	Dr Ahmed El Rafie
Urologist	Mr John Drumm
Vascular Surgery	Mr Paul Burke
OTHER SERVICES	
Anaesthetics	Dr Gwen Murray Dr William O'Brien
Ultrasound Scanning	Dr Alex Stafford

Tel: 065 6822322 to make an appointment with any of the above consultants

Oral Surgery at Cahercalla

Mr. Ikeagwuani is a fully accredited specialist oral surgeon, registered with the Irish Dental Council and a full member of the Irish Dental Association.

Along with attending at Cahercalla, he also works in the Shandon Street Hospital in Cork.

He finished his training in oral surgery and has received his FFD (oral surgery and oral medicine) and FFD (oral surgery) from the Royal College of Surgeons in Ireland and is on the Specialist Register of the Irish Dental Council on the Oral Surgery section. Following his research on Bisphosphonate Related Osteonecrosis of The Jaw, he received a Doctorate (Clin Dent) in oral surgery from the University College Cork.

Mr. Ikeagwuani trained in Cork and Limerick, and has experience in oral surgery especially in areas of Dento-alveolar surgery (wisdom teeth, apicectomy, Dental/oral pathology, Oro-facial pain).

He is dedicated to providing a high level of oral surgery care promptly to reduce patient waiting times.

For appointment contact 065 6822322;

Website: www.oral-surgery.ie