

cahercalla NEWS

COMMUNITY HOSPITAL & HOSPICE

We care about your care



Cahercalla Achieves Top Quality Award

First Nursing Home in Ireland to be awarded CHKS Accreditation

Cahercalla Community Hospital and Hospice has become the first Nursing Home in Ireland to be awarded with CHKS International Accreditation. This accreditation affirms that all departments within Cahercalla Community Hospital; Nursing Home, Hospice and Surgical Day Unit, have demonstrated the highest standards of organisational management and service delivery. Cahercalla is the first Nursing Home to achieve CHKS accreditation in Ireland.

The CHKS Accreditation Programme focuses on aspects such as resident safety, the resident's experience of care, the expertise of staff working within the organisation, resident and public involvement and effective clinical governance and leadership. The philosophy that influences our work is set out in our Mission, Vision and Value statement '*we are committed to continuous quality improvement by continually enhancing the extent, quality and range of patient care services*'.

To progress patient and public involvement, we have recently established a 'Service User Forum' and are interested in hearing from patients/residents, relatives or any users of our service, either past or present, who are interested in joining this committee. Please contact Ann Keane for further information.

Cahercalla Community Hospital continues to be regulated by HIQA, achieving accreditation with CHKS re-inforces our commitment to delivering high quality, safe patient care and the recent nomination for a Top Hospitals Award demonstrates our ability to provide first class patient care.

The Accreditation Award was officially unveiled on the 19th of March 2010 by Jon Kenny, Comedian, with a great number of residents and staff present to celebrate this outstanding achievement.

Welcome to the first edition of our newsletter which is being launched to inform the local community of the good work and range of healthcare services available at Cahercalla.

Since it became a community hospital in 1995 there have been many significant changes in the healthcare environment. The hospital has responded to these challenges through the development of better facilities and the expansion of services to ensure the evolving needs of the community are met.

In the current challenging environment patients are facing real challenges including waiting lists for long term, medical and surgical services, overcrowded A&E departments and proposed closures or downgrading of local hospitals.

Cahercalla is committed to improving this situation for the community by offering real alternatives:

- **Nursing Home Care** - Home from home care for the older person in a setting that not only meets their medical and physical needs but also nurtures their social needs, individual dignity and personal preferences.
- **Hospice Care** - Individualised patient-centred care that focuses on comfort and

quality of life to enable patients to live each day as fully as possible.

- **Day Surgical & Outpatients Care** - Full range of surgical specialities reflecting the needs of the community with minimum waiting times.

There has always been a very strong commitment to high quality patient care at Cahercalla. This was recently independently verified by CHKS when they awarded us a top quality award.

We believe that building on this major achievement and with our experience of the healthcare environment, we will be able to respond positively to the challenges the current economic climate present and will continue to provide excellent person centred care to our patients.

Fr. Harry Bohan, Chairman Board of Directors



Management team with Jon Kenny

What's inside?

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A Fair Deal - Nursing Home Support Scheme

The Nursing Homes Support Scheme came into effect on the 27th October 2009. It is a new scheme of financial support for people who need long-term nursing home care and replaces the Subvention Scheme.

A person availing of financial support under the Nursing Homes Support Scheme can choose any qualifying nursing home, public, private or voluntary, and will make a contribution towards the cost of their care based on their means as determined by a Financial Assessment. The State will pay the balance. Cahercalla Community Hospital & Hospice is a qualifying nursing home for the Nursing Home Support Scheme.

The application process contains three steps:

- Step 1** is an application for a Care Needs Assessment - identifies whether you need long-term nursing home care.
- Step 2** is an application for State Support. This will be used to complete the Financial Assessment which determines your contribution to care. **You will contribute 80% of your income and 5% of the value of any assets per annum.** The first €36,000 of your assets will not be counted in the Financial Assessment.
- Step 3** is an optional step which should be completed if you wish to apply for the Nursing Home Loan ("Ancillary State support") where the contribution based on assets such as land and property may be deferred.

Further Information

An Information Booklet explaining the scheme is available at www.hse.ie or you can contact the HSE's National Information Line on 1850 24 1850 from 8am-8pm Monday-Saturday. Application forms for the scheme are available at our accounts office, from your local Nursing Home Support Office, or from the HSE website.

Existing nursing home residents

A commitment has been made that anyone who is in a nursing home before the Nursing Homes Support Scheme starts cannot be made worse off by the scheme. You can choose to transfer to the Nursing Homes Support Scheme or you can retain your current subvention arrangements.

You do not need to apply for a Care Needs Assessment. You can commence the process by applying for the Financial Assessment

Example:

Mr. Kelly, Single, Only Income is Old Age Pension €220 per week. Cost of Nursing Home €800 per week.

He will pay €176 weekly towards his care (80% of €220) and the state will pay the balance of €624.

If Mr. Kelly also had a House worth €200,000 he would pay €333.70 (€200,000 less €36,000 x 5% ÷ 52 weeks = €157.70 + 80% of €220 = €176). The state would pay €466.30.

If Mr. Kelly applied for the Nursing Home Loan ("Ancillary State support") the €157.70 could be deferred for a maximum of three years and would be payable from his estate after his death.

Physiotherapy



It is well known that physiotherapy plays a very important role in promoting health and well being.

At Cahercalla **Kirsten Loeker**, a chartered physiotherapist, provides physiotherapy services 2 days a week, which is open to all Residents and Patients, and to Non-Residents by appointment.

For long term residents, their quality of life is greatly improved through an ongoing care plan which includes therapies to maintain mobility and independence.

For those receiving post operative care or recovering after an illness physiotherapy can help to speed up recovery time by restoring movement and function when these have been affected by injury, illness or by disability and helping to regain mobility and strength after joint replacements, accidents or fractures.

Physiotherapy is partly covered by Ireland's health insurers; VHI, Quinn and Hibernian Aviva. The level of coverage depends on the patients' specific package. It is important to check this information carefully and pay special attention to any excess limits which may be present on your policy.

Kirsten also provides an exercise programme at Cahercalla twice a week for long term residents. The programme is a 30 minute group session where every-one is encouraged to do gentle exercises for all joints and major muscle groups as well as balancing and breathing exercises. Many of our residents have experienced excellent improvements in their pain levels and mobility following these sessions.

Kirsten is a member of the ISCP, and has a MSc in sports medicine from Trinity college Dublin. She is also a fully qualified acupuncturist with practical experience in Nanjing, China.

For an appointment please ring (065) 9052370.

Mmm - smells like home!



The smell of **freshly baked bread** in the morning is the first welcome you receive when you walk through the front door at Cahercalla. Our Catering Manager Kevin and his dedicated team are busy from daybreak, using the finest, **local ingredients** to provide first class, homemade, tasty, nutritional meals.

The menu caters for all tastes and requirements with special emphasis on getting to know the nutritional needs of each individual patient and ensuring mouths are watering in anticipation of the next culinary delight!

We monitor patient satisfaction on a continual basis and time and time again, the quality and variety of the food at Cahercalla is rated as being excellent.

Although some of the recipes are 'sacred' and will never be divulged, Miriam Gibbons, who is gifted when it comes to confectionary, has agreed to share some of her recipes in upcoming newsletters, so if there's a particular recipe you'd like published, please let us know.

We are continually striving to enhance and improve our catering service and the first phase of the Capital Development Plan will see the Main Kitchen and Café area undergo complete refurbishment, paving the way for even more tasty additions to our menu!

Kitchen Korner

Welcome to Kitchen Korner. Here at Cahercalla, we pride ourselves in Home Cooking. All our foods are prepared right here on the premises and cooked on the day. Only the best of local produce is used. We also bake all our own breads and scones and make all our desserts on site.

In this section we will share some of our recipes with you. We are going to start with **Mothers Oatmeal Biscuits**. You can make these very easily at home by following our menu. They are healthy and fun and children love making them!!

METHOD

- First, wash your hands well. Gather all the ingredients together and measure out the amounts needed. Preheat your oven to 350° F 180° C Gas Mark 4. Grease and flour a baking sheet, and set aside for later.
- Mix all the ingredients together to make a sticky dough. Break off small amounts and shape them into balls slightly smaller than a golf ball. Place the balls onto the baking sheet and press lightly. (Tip: you can also add sultanas, chopped chocolate for variety.)
- Bake in the preheated oven for approx 15 minutes or until golden brown (remember to adjust the temp if you have a fan over) Eat and enjoy!

MOTHERS OATMEAL BISCUITS

- 8 oz Cream Flour
- 8 oz Margarine (room temperature)
- 6 oz Castor Sugar
- 1 1/2 mugs Flakemeal (porridge)
- 6 teaspoons boiling water
- 2 teaspoons honey
- 1/2 teaspoon sieved bread soda

New consultants join the Surgical Day Unit team at Cahercalla



We are proud to announce that the following consultants have recently joined the Surgical Unit team at Cahercalla Community Hospital:

Mr. Paul Burke - Consultant in Vascular & General Surgery

Dr. Jane English - Consultant Gastroenterologist

Dr. Tahir Saleem - Consultant in General and Colorectal Surgery

Dr. Okechukwu Ikeagwuani - Consultant in Oral Surgery

Dr. Andreas Jahnke - Consultant Neurologist

Dr. Jack Kelly - Consultant in Plastic Surgery

Mr. Thamir Ismael - Consultant in Plastic Surgery

These consultants join a team of highly qualified consultants and nurses who provide day case procedure and out-patient consultations in a wide range of specialities.

The unit, which caters for up to 2,500 surgical admissions and 5,000 consultations each year, contributes to reducing waiting times for patients and minimises the need for the local community to travel long distances to have their healthcare needs catered for.

In future issues each of our consultants will introduce a health related topic.

If you have a specific topic that you would like covered please contact us and we will do our best to feature it in an upcoming edition.

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
Paediatrics	Dr Tom Stack
Plastic Surgery	Dr 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



Clare has received a major boost with the introduction of neurological services at Cahercalla.

Dan Danaher recently spoke with Dr. Andreas Jahnke, German Neurologist who has set up his private practice at Cahercalla.



In the past patients suffering from neurological conditions were forced to travel to Limerick or Galway for the diagnosis of neurological disorders and faced waiting times of up to two years to see a public neurologist due to the chronic lack of these consultants in the Mid-West and throughout the country.

Dr. Andreas Jahnke, who was born near Stuttgart in Germany and holds Irish Citizenship, decided to move to Ireland and work as a neurologist following conversations with leading neurologists in Ireland about 5 years ago. He was told that Ireland still lacked the requisite number of neurologists for the country, which prompted Mr Jahnke to consider fulfilling his

lifelong dream to practice in the West of Ireland.

There are only 19 public neurologists in Ireland to treat people with neurological conditions, which is the lowest number in Europe. A Comhair le na nOspidéal Report commissioned by the Government in 2003 recommended that 42 neurologists, or one per 100,000 were need to serve the Irish population. Seven later years later, no progress has been made to address the huge lack of neurologists.

Now living on the outskirts of Galway City, the 42 year-old father-of-three looked at a lot of different hospitals before he decided to choose Cahercalla Hospital as one of the locations for his practice.

"I have found Cahercalla Hospital is a very pleasant place to work. There is a very relaxed atmosphere and this is evident from the work of staff and the experience of patients," he said.

Dr. Jahnke's mother, Elizabeth nee Cummins was born in Dublin 1945 and when Mr Jahnke was a child, the family often holidayed in Clare visiting all the main

tourist attractions such as the Cliffs of Moher, the Burren, Doolin, Bunratty, Ennis and Sixmilebridge.

Having lived in a number of countries including Germany, Switzerland and Hungary, he always held a desire to live and work in Ireland. "It is a dream come true to be able to work in the West of Ireland" he said.

Mr Jahnke receives referrals from General Practitioners for adults and children from later school age suffering from any kind of neurological disorders including headaches, strokes, posttraumatic brain damage, people with disabilities, people with Autism who have neurological and neuropsychiatric disorders and epileptic seizures, and people with peripheral nerve damages.

Services available at Cahercalla Hospital include out-patient and in-patient consultations, nerve conduction studies, Electromyography (EMG) and nerve conduction velocities (NCV). For an appointment please contact (065) 6822322.

fundraising at

cahercalla

COMMUNITY HOSPITAL & HOSPICE



Hospice care is available free of charge at Cahercalla for patients with active and progressive diseases which cannot be cured. Patient focused care is provided by a team of trained and committed professionals who endeavour to provide the patient and their family with the highest standard of care.

In March 2008 the hospice services at Cahercalla were enhanced with the addition of a new state of the art Hospice Unit.

Each bed in the Unit costs in excess of

€70,000 per annum and even allowing for the H.S.E. funding a substantial shortfall arises each year.

It is a difficult and challenging task to come up with **new** and **innovative** ways to meet our target. As our country struggles through recession, it becomes even more incumbent on us to ensure that those who need free hospice care can be assured of receiving it here at The Clare Hospice at Cahercalla.

We have a large group of volunteers who generously give us their time during our most active fundraising events such as **Sunflower Day** and **National Coffee morning**.

Because of the substantial funds required we need to fundraise on an ongoing basis and for this we need continuous support.

This is where the public can help, and we welcome all offers graciously.

There are several ways you can help

- ✓ Join our weekly hospice draw
- ✓ Become a draw promoter
- ✓ Organise your own event
- ✓ Participate in one of our events.

See www.cahercalla.ie for fundraising ideas

Upcoming Events 2010

- June:** 7th - Women's Mini Marathon
10th & 11th - Sunflower Days
26th - Clare 10K
- July:** 5th & 6th - JP McManus Pro Am, Adare
25th - Justin Gleeson Ennis participating in Ironman in Zurich Switzerland
- Sept:** 16th - Annual Coffee Morning for Hospice
26th - Annual Bed Push by Cahercalla Hospital Staff

Weekly Draw



Our weekly draw is one of our main fundraisers. Each week, some lucky winner takes home the top prize of €635. The funds raised by this draw go directly towards delivering free hospice care.

For only €1.27 per week you could be included in the draw which takes place each Tuesday at noon. Results are published in the Clare Champion and your parish newsletter.

It could be you ~ if you join us!

It's easy to join, just call 065-682-1966 and we will post you out a brochure with all the details, or you can log on to www.cahercalla.ie and download a draw brochure, fill in the details and return it to us.

You can pay monthly, half yearly or yearly, the choice is yours.

We will be delighted to welcome you to join our group of loyal supporters.

To become a supporter of the Clare Hospice at Cahercalla, and for any of the above details, please call Mary on 065-682-1966 or email: marymaloney@cahercalla.ie

Lotto results:

4th May, 2010

1st Prize - €635
Thecla Harmann,
Limerick

2nd Prize - €127
Martin O' Neill,
Ennis

11th May, 2010

1st Prize - €635
Bernadette Nelson,
Tubber

2nd Prize - €127
Blaise Phelan,
Shannon

18th May, 2010

1st Prize - €635
John Sheehan,
Ennis

2nd Prize - €127
Christy Horan,
Clarecastle

25th May, 2010

1st Prize - €635
Finola MacNamara,
Corofin

2nd Prize - €127
Anne Marlborough,
Quin

Sunflower Day



The Sunflower is the official emblem of Hospice. The Sun gives life and at Hospice we treasure life.

National Sunflower Day takes place every year in June over a two day period. This year it will take place on **10th and 11th June** throughout the county.

This is a major event as all funds raised on Sunflower Days go directly to support our *local Hospice*.

We sell Silk Flowers, Sunflower Pins, Sunflower Seeds and much other merchandise to raise funds for our cause.

We are always in need of Volunteers to assist us on these days and look forward to hearing from anyone who can spare a couple of hours to help the Hospice on these very important days.

Why not contact us if you can spare a couple of hours to collect ~ we will be *delighted* to hear from you, For further information please contact us at;
Tel: 065 6821966, E mail: marymaloney@cahercalla.ie