



Staff Information Sessions 2019

Nemo Rangers November 21st



Welcome

- Introductions
- Housekeeping













Agenda

Item	
Welcome – Chief Officer Ger Reaney	09.30 - 09.35
Context - Cork Community Healthcare in 2019	09.35 - 09.45
Context – Our Strategic Plan	09.45 - 09.50
Making Our Priorities Count – local presentations Martin Agar Men's Cooking group	09.50 - 10.05
HR updates and discussion re the staff survey	10.05 - 10.20
Making Our Priorities Count – local presentations ATC Psyched	10.20- 10.35
Questions/discussion	10.35 - 10.45
Summary and Close	10.45 - 10.50
PRIORITIES	

The aims of today's session are to:

- provide an update on developments in Cork Kerry Community Healthcare
- discuss how we are Making Our Priorities Count
- showcase the work of your colleagues
- allow opportunities for everyone to ask questions.



Welcome from Chief Officer Ger Reaney

- Service plan 2020 and budget
- Recruitment controls
- Our strategic priorities
- * Remember you can submit questions online at sli.do
 Use the code #ckch





Our Mission, Vision and Values



OUR MISSION

Providing quality services to enable everyone to optimise their health and wellbeing.



OUR VISION

A healthier Cork and Kerry with an accessible, responsive, connected, and high quality service valued by all.

0000

OUR VALUES

Integrity, Learning, Partnership and Respect.







Our Strategic Priorities

In order to realise our vision and implement the ethos and values that we want to create, we have identified six strategic priorities for the next 3-5 years.

Each priority is underpinned by specific objectives.

1. Access	To provide the best possible access to our services	
2. People	To value and respect our staff, those who use our services, and their families and carers	
3. Quality	To ensure we deliver the best possible quality, compliant services	
4. Resources	To create a culture of efficiency that makes the best use of resources in all of our services	
5. Health and Wellbeing	To improve the health of all who live in Cork and Kerry	
6. Engagement	To foster a culture of pride, confidence & trust in our services	
	confidence & trust in our services	



National Context Sinead Glennon, Head of Mental Health Services







7

National updates



CEO & HSE Board

Paul Reid, CEO appointed May 2019 The Board is the governing body of the Health Service Executive (HSE), and is accountable to the Minister for Health for the performance of its functions with the CEO accountable to the Board as set out in the Health Service Executive (Governance) Act 2019.

Mr Reid has visited services in Cork and in Kerry





CEO Paul Reid visits services in Cork city









9

We are in a state of transition

- Sláinte Care (Ten year cross party strategy)
- New CEO & Board appointed to HSE
- Regional Health Areas announced summer 2019
- Community Healthcare Networks- Learning Site
- Revised GP Contract





Sláintecare Objectives:







- Promote the health of our population to prevent illness
- Bring the majority of care into the **community**
- Create an integrated system of care, with healthcare professionals working closely together
- Create a system where care is provided on the **basis of need**, not ability to pay
- Move our system from long waiting times to a timely service
- Drive accountability and performance in the health service
 - Deliver a health service that has the **capacity and ability** to plan for, and manage, **changing needs**

Integration Fund

€20m for 122 successful projects

 Promote the engagement and empowerment of citizens in the care of their own health

• Scale and share examples of best practice and processes for chronic disease management and care of older people

• Encourage innovations in the shift of care to the community or provide hospital avoidance measures

CKCH Project - Urgent Ambulatory Care and Virtual Ward for the Older Person

A collaboration between Cork Kerry Community Healthcare, South South West Hospital Group, the Five Fundamentals of USC Programme and the Integrated Care Programme for Older People .The impact of the approach could

. The impact of the approach could release up to 30 acute beds per week in the acute system at full capacity

CKCH Project - Cork Kerry Health & Wellbeing Community Referral

A partnership between Cork Kerry Community Healthcare Health & Wellbeing and National Family Resource Centres, supported by a cross-sectoral steering group

Regional Health Areas

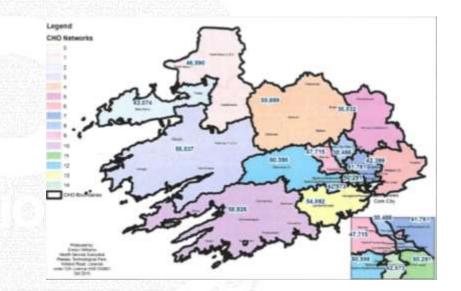


Cork and Kerry make up one entire Regional Health area, with a population of 690,000

- Six regional planning teams have been identified and wider engagement with stakeholders at a regional level is getting under way.
- Staff, patients and the general public will be centrally involved in the design of their own area.
- Regional health areas will have their own budget based on local population needs.
- While the HSE will continue to be the central executive with responsibility for planning and strategy, restructuring will mean health regions will have greater autonomy to make decisions at a local level.

Community Healthcare Networks

 We are implementing a Community Healthcare Network learning site in the Kinsale, Bandon, Carrigaline Network (14 networks in Cork and Kerry, 96 across the country









14

Cork Kerry Community Healthcare

Update on the launch of our Strategic Plan Mary Smithwick Communications Manager





15



Why do we need a CKCH strategic plan?

- It helps us to deliver the best possible services.
- Structures will change, but the principles driving the plan will still be important. Achievements and advances under the six strategic priorities transcend and can outlive structures.
- If we don't set our own agenda, then who will?
- To assist in building identity for Cork Kerry Community Healthcare.
- Provides a framework for a structured approach to service improvement and change, brings objectivity to decision making.
- Multi annual perspective rather than planning on a year to year basis through operational plans.





CKCH strategic plan

Our plan was launched on October 14th, and is available at hse.ie/corkkerrypriorities.

Priorities for Cork Kerry Community Healthcare

Cork Kerry Community Healthcare's strategic plan for 2019 to 2023 is available: CKCH StrategicPlanFinal

The plan helps our 8,000 staff to see their role in delivering our mission, vision, values and strategic priorities.

Working together, we can all Make Our Priorities Count.

The plan lists actions needed in the short, medium and long term to deliver on objectives related to our six Strategic Priorities.

Those six priorities are Access, People, <u>Resources</u>, Quality, Health and Wellbeing and Engagement.

As well as the actions listed in the plan, staff in all parts of Cork Kerry Community Healthcare are taking on their own projects and initiatives.

Documents for local meetings:

We are asking staff to hold meetings to discuss how they are Making Our Priorities Count. A workbook is available: <u>Workbook for Progressing Strategic Priorities at Local Level</u> and slides for those meetings are available here: <u>Slide deck for staff meetings in CKCH</u> This poster contains the Mission, Vision and Values of Cork Kerry Community Healthcare: <u>CKCH Mission, Vision and Values</u> And this poster outlines the six strategic priorities: <u>CKCH Priorities Poster</u> These leaflets have more details of the Mission, Vision, Values and Priorities: <u>CKCH leaflet 1</u>, <u>CKCH leaflet 2</u>

Share Your Stories of How you're making Our Priorities Count:

We want staff to share their stories of how they are Making Our Priorities Count.



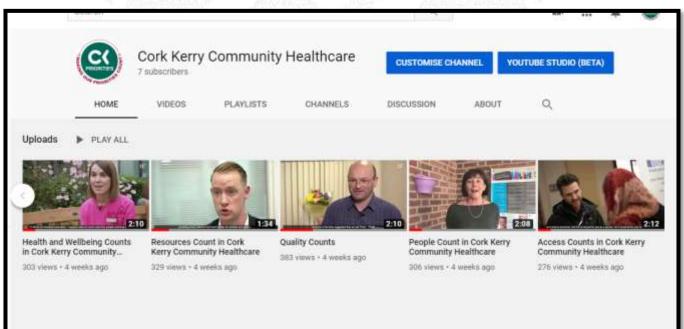




Æ

CKCH strategic plan

 To coincide with the launch, we shared six days of video content.
 Go to YouTube and search for "Cork Kerry Community Healthcare"









CKCH strategic plan

- We want to show everyone their role in making strategy a reality; allow for two-way feedback; and allow opportunities for staff to tell their own stories
- Our theme/strap-line is Making Our Priorities Count



- See hse.ie/corkkerrypriorities and the intranet for guidelines on how to use this logo, including templates for letters and email signatures. *This logo does not replace the CKCH or HSE logo*
- Contact us on corkkerry.priorities@hse.ie







Launch of our Strategic Plan

- Staff newsletter to launch shortly.
- Follow us on Twitter, @CorkKerryCH
- Facebook account to follow.



- You can see stories of staff Making Our Priorities Count on YouTube.
- We want to show everyone their role in making strategy a reality; allow for two-way feedback; and allow opportunities for staff to tell their own stories

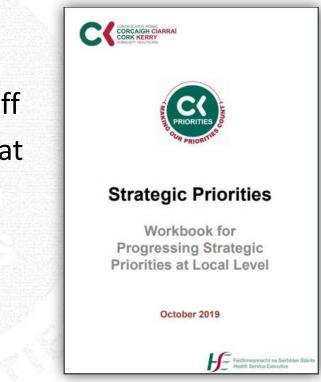






The ask for all staff

- Visit hse.ie/corkkerrypriorities.
- Discus the plan and your role at staff meetings (support documentation at hse.ie/corkkerrypriorities).
- Share your stories.



• Each unit/department to introduce a Quality initiative.







Making Quality Count

Strengthening the Pathway of Care for People with Mild Cognitive Impairment/ Early Dementia. Martina Agar







The need for a clear, accessible, pathway of



care:

(In line with post-diagnostic support for people with dementia and their carers – National Dementia Office)

- GP
- Consultant assessments/ medical tests/ timely diagnosis
- Referral to MISC
- Individual assessment with team/ advice reassurance / information with written handouts /strategies
- Access to the Memory gym
- 4 monthly review
- Central point of contact (Community Dementia Coordinator)





The memory gym

- What it is ?
- What is the criteria for referral?
- 6 week programme five group sessions and one individual session
- The programme focuses on making best use of memory and thinking processes
- <u>Content includes:</u>
- information on memory and how it works
- memory strategies
- -goal setting
- problem solving
- stress management
- -general wellbeing
- increasing confidence and self management
- -peer and professional support
- -community links
- •What it is not !!!!!





Acesss and Quality - changes made

Better triaging at point of referral/ Continuity of Care:

Ensuring that the most appropriate staff are involved in client care.

 Quicker access to group programme and cognitive stimulation: The Memory Gym programme now takes place five times per year

 Individual planning and ensuring that client's ongoing pathway of care is clear: Individual session with O.T. / Community Dementia Coordinator at end of memory gym programme.

Single point of contact in the event of issues arising prior to next appointment:

Contact details for the Community Dementia Coordinator provided.

Adjustment of the care pathway when individual needs change:

Access to the full Memory Intervention and Support team in the event of the condition progressing.







The outcome:

A pathway of care that allows people with cognitive issues and their families to access to quality customised services in a clear, timely and organised manner.









Engagement Counts

Video How a CKCH-led men's cooking group has helped improve physical and mental wellbeing







Movement break Teresa Twohig

(because Health and Wellbeing Counts)







29



HR updates







30



National Pay Agreements

• 1 September 2019 annualised salaries increase by

1.75%,

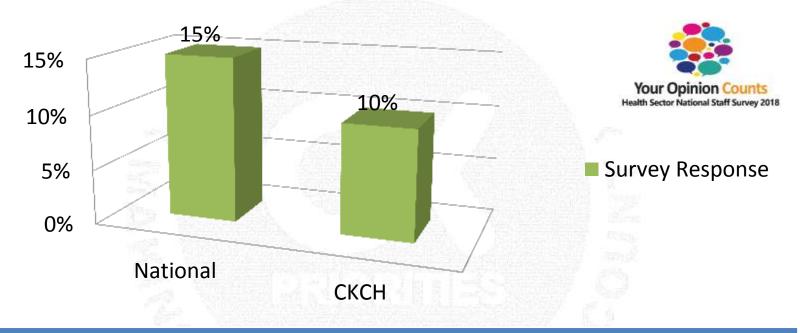
- 1 January 2020 annualised salaries up to €32,000 increase by 0.5%,
- 1 October 2020 annualised salaries increase by 2%.







Staff survey – key results in CKCH



Staff Survey – Q&A

What would make you more likely to do the survey in future?

What do you think should be asked in the survey in future?







32

Staff survey – key results in CKCH

Supports	2018 СКСН	2018 National	
Dignity at Work Policy			
 Aware of Dignity at Work policy 	87%	87%	
Trained or briefed on the Dignity at Work Policy	61%	59%	
 Have experienced bullying/ harassment by a Manager/Colleague 	33%	37%	

Q&A – Dignity at Work Policy:

- How can CKCH improve Dignity at Work Policy awareness?
- How do we better support our staff to prevent Dignity at Work type issues?







Discussion re key results



Teams	2018 СКСН	2018 National	2016 СКСН	2016 National
Perception of LeadershipStrategy heading in the right direction	48%	47%	41%	33%
Line ManagementCommunicates well with the team	56%	52%	59%	53%
Training & DevelopmentTraining Opportunities	59%	48%	53%	45%

Q&A - Teams

- What do you think is an effective team?
- What makes you proud of the service?
- What are your suggestions to make teams even more effective?





Making Our Priorities Count Local Projects









Access Counts

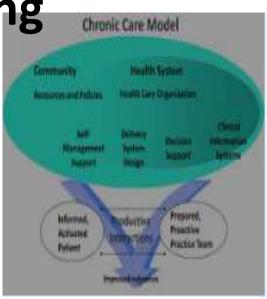
Mary Foley Advanced Nurse Practitioner







Context: Health & Wellbeing The chronic care model promotes productive interactions between proactive professionals & activated patients aimed at achieving optimum management of long-term illness (Bodenheimer *et al* 2002)





80% of GP consultations and 60% of hospital bed days relate to chronic diseases.

By Making Every Contact Count health

professionals can encourage patients to make healthier lifestyle choices during routine contacts to help prevent and manage chronic diseases.

https://www.hse.ie/eng/about/who/healthwellbeing/makingevery-contact-count/ The **Consultation** is a pivotal exchange between health professional and patient so it is vital to optimise its quality (Al Momen et al, 2015, Pawlikowska & Marinowicz 2015).

Enablement is commonly used in the context of clinical consultations as a person centred quality outcome measure of patients'

understanding of their health condition, ability to cope with life, Illness, help oneself and keep healthy Howie et al, 2007, 2008)





St. Finbarr's Hospital Assessment & Treatment Centre GP Referral Criteria

The Assessment & Treatment Centre provides for assessment, diagnosis, treatment and rehabilitation of older adults presenting with uncertain diagnosis or complex case management issues. For all referrals a detailed GP letter is required, stating purpose of review and relevant history, investigations and medications.

Referral may be made directly to one of the speciality clinics overleaf, alternatively it may be directed to named Consultant if patient previously under their care.

The following Consultant Geriatricians attend the Assessment & Treatment Centre:

Dr. Mike O'Cannor, Dr. Kieran O'Connor, Dr. Paul Gallagher, Dr. Norma Harnedy, Dr. Colm Henry, Dr. Denis O'Mahony, Dr. Suzanne Timmons and Prof. Willie Molloy and Psychiatrists of Old Age Dr, Eleanor Mullan and Dr. Aoife Ni Chorcorain.

St Finbarr's Hospital

Assessment & Treatment Centre

Douglas Rd., Cork Tel 021 4923298 Fax 021 4923091



Specialist Clinic	Referral Criteria	Exclusion Criteria Intelation to any of the basis ballow Consultation in hispary to receive telephone calls and offer general ad-
Rapid Access Clinic (For Urgent Complex Case Management Referrats)	Symptom presentation requiring urgent review by Consultant Gerlatrician.	Symptoms requiring acute hospital admission, Non-urgent medical review,
Comprehensive Geriatric Assessment	Symptom Presentation requiring comprehensive geriatric assessment.	Symptoms requiring acute hospital admission or rapid access appointment.
Memory Clinic Professor Molloy	Cognitive Changes, shart term memory loss,word finding etc. Decreased function due to cognitive changes i.e.difficulty shopping, paying bills etc.	Advanced Dementia in Nursing Home Settings.
Old Age Psychiatry Dr Eleanor Mullan	New onset, Functional Psychiatric Ilnesses (depression, psychosis) South Lee (Catchment area). Early memory ar cognitive Problems (South Lee). Limited access (diagnostic assessment only). North Lee & North Cork.	Engaged with general adult psychiatry.
Cognitive Impairment Clinic Dr Aoile Ni Charcorain	Any person over 60 years old from the Cork and Kerry region may be referred.	Engaged with general adult psychiatry,
Movement Disorder Dr Suzanne Timmons	Complex gait and movement disorders requiring specialist intervention to assist diagnosis or treatment of Parkinson's.	Already under the care of a Neurologist or Consultant Geriatrician.
Falls & Syncope Dr Kieran O'Connar	Single or Recurrent Unexplained Fall(s) requiring further investigation / intervention.	Fail(s) previously investigated with known cause.
Continence Advisory Clinic Mary J. Foley Advanced Nurse Practitioner	Urine / Inconfinence / Frequency / Retention / Trial of Voiding. Constipation / Faecal Incontinence.	Under care of Urologist / Continence Advisor Within scope of PHN, Sinister presentation.

THE FOLLOWING CLINICS ARE AVAILABLE VIA THE CONSULTANT GERIATRICIAN:

Dexa- Bone Densitometry

Infusions/ Transfusions / Investigations including Blood Transfusions

Therapy (where needs cannot be met by Primary Care Team)

Pre-driving Skills Assessment Swartarin / Anticoagulation Stroke Follow-Up / Review

 Complex Case Management / Community Liaison Support (frailty, wound care, pain management, carer support etc)

Memory Intervention & Support Clinic

St Finbarr's Hospital

Assessment & Treatment Centre

Douglas Rd., Cork Tel 021 4923298 Fax 021 4923091 Feidhmeannacht na Seirbhíse Sláinte Health Service Executive

Research (DN Supervisors: Prof Corina Naughton, Dr Irene Hartgan UCC)

Quantitative cross-sectional study

Setting Assessment & Treatment Centre (A&TC), St Finbarr's Hospital

Sample: Patients (> 60 yrs) with chronic disease attending MDT in A&TC

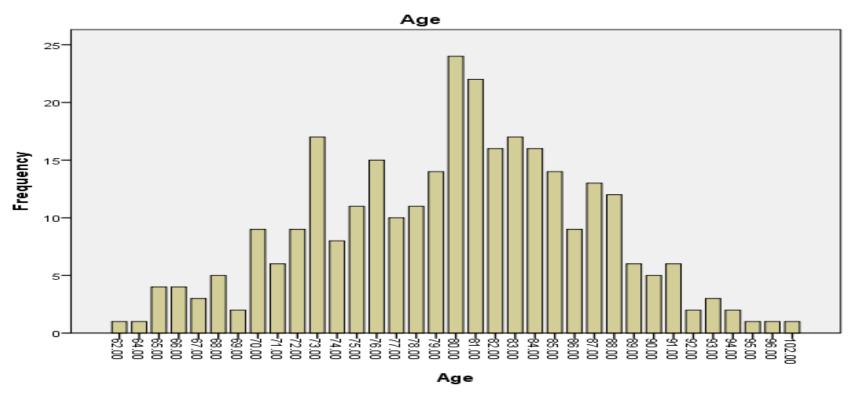
Sept 2018 – Feb 2019 (n = 300)...273 complete questionnaires

Research Instrument: 72 item questionnaire post consultation including

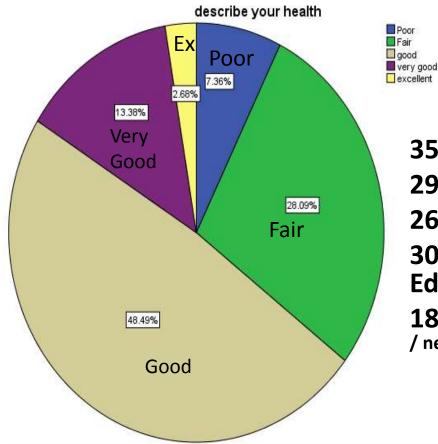
Patient Enablement Instrument, Patient Activation Measure, Clinical Frailty Scale, Professional Enabling Skills Questionnaire

Aim: to examine the characteristics of older people with chronic disease attending an ambulatory care centre & their association with enablement post consultation with a health professional.

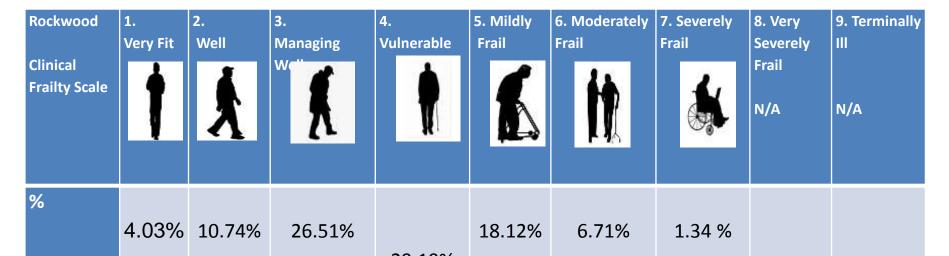
Results: Age Profile 52% Female, 48% Male



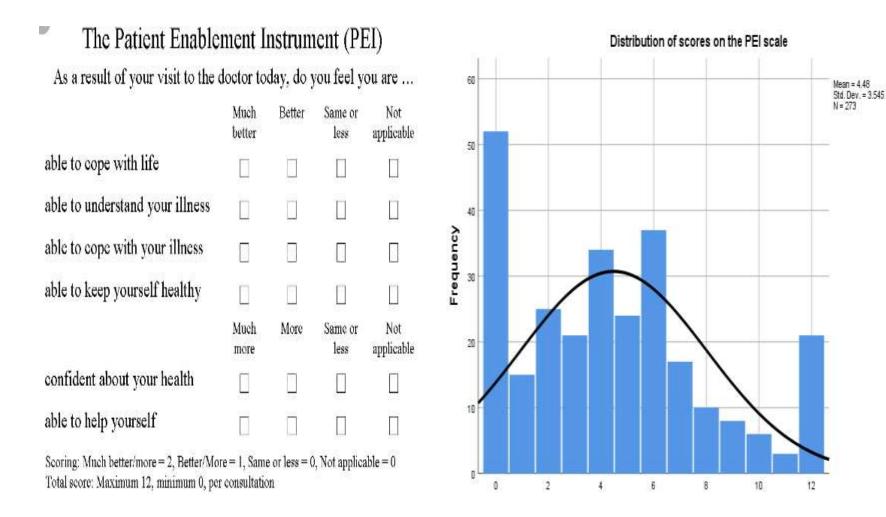
multiple co-morbidities 61% having 3 or more chronic conditions. most frequent conditions were identified as Hypertension (56%), Cardiac (46%), Arthritis (45%), Depression / Anxiety (29%), Stroke (22%), Respiratory (20%), Parkinsons Disease (18%), Diabetes (13%), Dementia (13%). Polypharmacy, 78% on 5 or more different medications of which 30% were on antidepressant medication.



35% describe health as fair or poor 29% Vulnerable / Pre-Frail 26% Frail 30% Feeling Nervous, Anxious or on Edge 18% Depressed frequently / nearly every day.



Primary outcome PEI



Professional Enabling Skills: Low PEI PESQ median 84 (77 – 95) High PEI PESQ median 97 (88.75 – 105)

Factors associated with Low Enablement

Independent Factors

- Female Gender
- Increased Frailty
- Low Patient Activation**

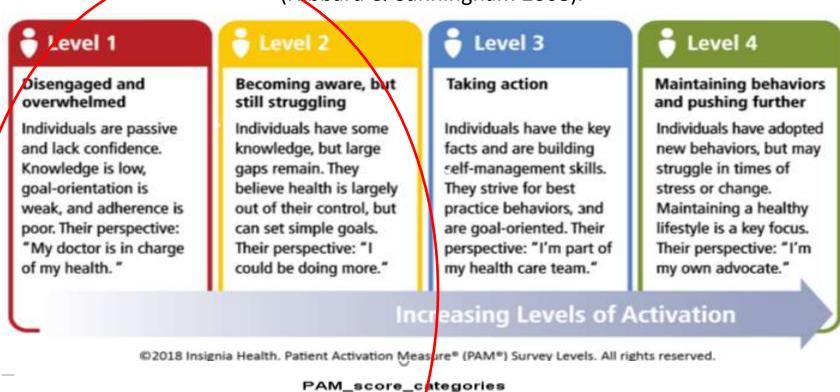
 (knowledge, confidence, Self-Efficacy)

 Professional Enabling Skills* (protective) Sig in univariate level

- Aging
- Living Alone
- Receipt of Home Help
- Multiple Chronic Diseases
- Psychological Morbidity
- Poor Self Reported Health
- Multi-disciplinary Consultation (protective)

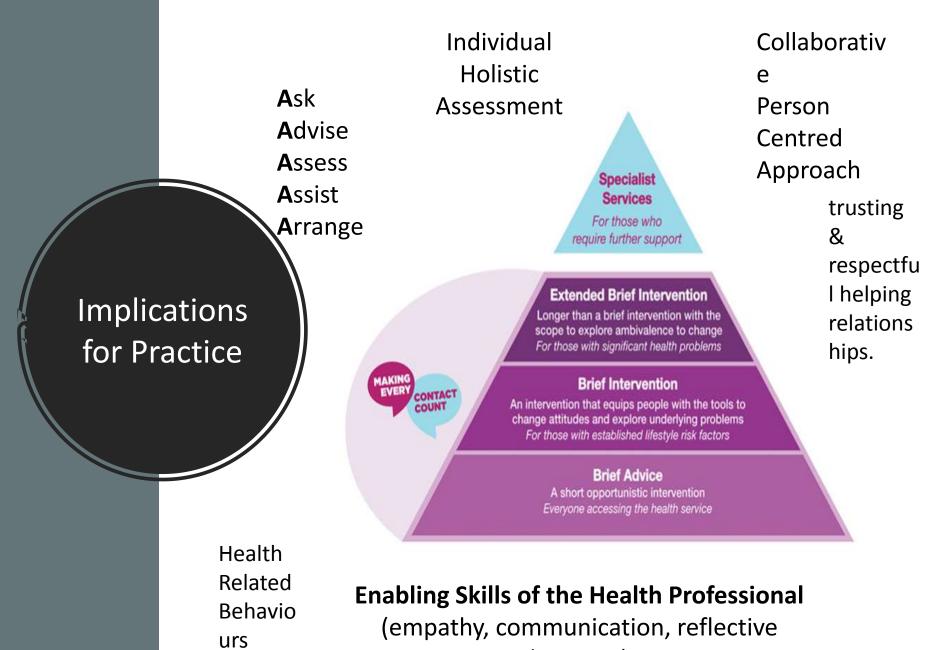
Patient Activation 25 - 40 per cent have low levels of activation

(Hibbard & Cunningham 2008).





32.23% 26.01% 24.18% 7.58%



listening)

Health and Wellbeing Counts

Dr Daniel Flynn How to get your workplace PSYCHED









How do we help tackle stigma in relation to Mental Illness and Mental Health in the workplace?

What?



Psyched (saikt) -adjective (informal)

•mentally prepared •excited; emotional POSITIVE SUPPORT YOU CAN HAVE EVERY DAY

PSYCHED to be a Mental Health Promoting Workplace



PSYCHE



WO U



Cork Healthy Cities

Healthy Ireland



Cork County Council Comhairle Contae Chorcaí

What?



We want to:

Stimulate conversations leading to a better <u>understanding</u> of mental health

Promote mental health and wellbeing <u>and sets goals</u> for positive improvement in the place we work and live.

Celebrate commitment, good practice and innovation in mental health promotion in the workplace through participation in the PSYCHED recognition celebrations

SYCHED to be a Mental Health Promoting Workplace











WILL IT AFFECT YOUR SON? YOUR MOTHER? YOUR SPOUSE? OR YOU? ONE IN FOUR WILL HAVE A D

ONE IN FOUR WILL HAVE A DIAGNOSABLE MENTAL ILLNESS THIS YEAR.



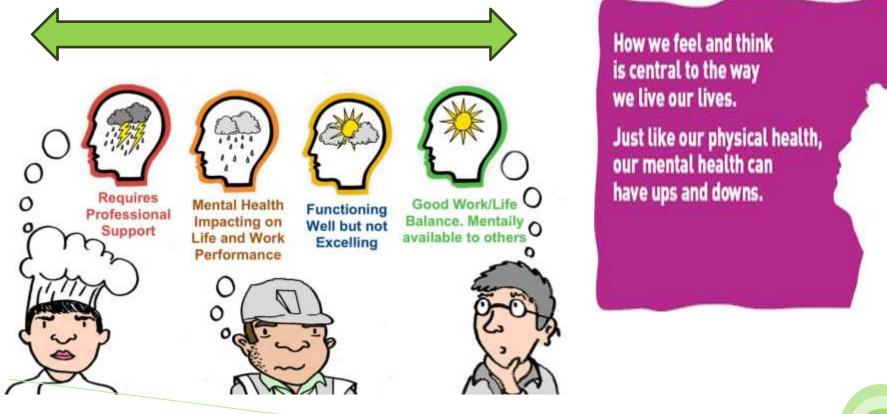


SYCHED to be a Mental Health Promoting City





Our Mental health is on a continuum.



SYCHED to be a Mental Health Promoting Workplace







Our strategic priorities - providing direction and meaning for everything we do.



To create a culture of

all of our services

To ensure we deliver

Quality:

the best quality,

compliant services

efficiency that makes the

best use of resources in



To value and respect our staff, those who use our services, and their families and carers

Health & Wellbeing

To improve the health of all who live in Cork and Kerry



To foster a culture of pride, confidence and trust in our services

How?





How?





Projects V

Home ~

News & Events

Publications ~

World Health Organisation ~

About Us Y C

Contact Us



What is Psyched?

PSYCHED is an initiative of Healthy Cities and Counties, supported by the Health Service Executive, University College Cork, Cork City Council, Cork County Council and community

Why get Psyched?

Just like our physical health, our mental health can vary from day to day. Learning about mental health in the workplace helps to develop working environments that are

How do I get Involved?

1. Look at the information on this site about ways to get PSYCHED at work. Small things make a big difference. Decide to become PSYCHED about your workplace!



Contact Us



021 4921641

http://corkhealthycities.com/psyched

PSYCHED Cork Project

PSYCHED Celebration Event



https://PSYCHED Participants 2018

Questions and Answers

* Remember - you can submit questions online at sli.do Use the code #ckch







Thank you and Close







59

