

# NURSING AND MIDWIFERY INNOVATION PROJECTS AT A GLANCE



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**NURSING & MIDWIFERY PLANNING  
& DEVELOPMENT UNIT, MIDLANDS**



# Foreword

On behalf of the Nursing and Midwifery Planning and Development Unit (NMPDU), Midlands, I am pleased to present this booklet which highlights some of the service improvement and innovation initiatives that nurses and midwives have led on in the past few years.

A key function of the Office of the Nursing and Midwifery Services Director (ONMSD) / NMPDU is to strategically lead and support nurses and midwives to deliver safe, high quality, person-centred care. On behalf of the ONMSD, the NMPDUs manage and process a designated budget (pending annual funding allocation) for Nursing and Midwifery Service Improvement and Innovation Initiatives. The NMPDUs provide support, advice, expertise and a transparent application and awarding process to enable services to engage in innovative activities that bring about service improvement in nursing and midwifery practice

As evident from the initiatives showcased here, nurses and midwives have availed of this funding to improve services for those to whom care is provided in the Midlands Region. A number of the initiatives have been award winners in innovation at a national level and we offer our congratulations to those involved. Indeed, we are indebted to the leaders and staff involved in each initiative for providing us with the detailed feedback to enable us to develop this booklet and share the inspiration behind each project.

I hope you enjoy reading about the initiatives featured and that they will serve to inspire and encourage innovation and service improvement across nursing and midwifery and beyond.



**Dr Mary Nolan**

*Interim Director, NMPDU, Midlands On behalf of the staff of the NMPDU Midlands*



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# Project Title: Parent Craft Education Resources

Midland Regional Hospital (MRH) Portlaoise - Maternity

## Project Overview:

Following the implementation of the 2020 National Standards for Antenatal Education in Ireland, the Maternity Unit has further enhanced antenatal education and parentcraft classes. This empowers women and their families to understand their pregnancy, birth and transition to parenthood. With the support of the NMPDU this allowed for the purchase of birthing education equipment.

## Driver for Change:

MRH Maternity now provides a parent-centered, evidence based service for all pregnant women and their partners. This supports their wellbeing and preparation for birth and the transition to parenthood under guidance from the National Standards of Antenatal Education, HSE, 2020.

Birth support partners can become efficient in assisting a labouring women and women can feel comfortable moving with their bodies to ease their baby into a good position for birth. The equipment is used in the antenatal classes to provide education which will assist in pregnancy and during birth.



## Staff Experience:

Staff feedback identifies high level of satisfaction and confidence in delivering the classes, whilst using the equipment. This equipment supports staff as educators in the provision of parent centred education.

## Outcome for the Service User:

The women really enjoy using the birth balls for comfort during the classes and then demonstrating various positions for birth.

Their partners are enjoying using the pregnancy simulator bellies to experience movement like their partners.

## Service User Experience:

The feedback regarding the equipment has been very encouraging with women feeling more comfortable to use the equipment in labour. Women really enjoy using the birth balls for comfort during the classes and then demonstrating various positions for birth. Partners valued the experience of using the pregnancy simulator vest.







# Project Title: Introduction of the Sepsis Grab Box & Station • Midland Regional Hospital Tullamore (MRHT)

SEPSIS

## Project Overview:

The National Sepsis Report (2022) identifies that the associated in-hospital mortality rate for sepsis in 2022 has increased when compared to the 2021 data (21.8% vs 20.3%). The Practice Development team in conjunction with the Deteriorating Patient committee at MRHT with the support of the NMPDU Midlands developed and introduce a Sepsis Grab Box. The purpose was to streamline appropriate assessment and treatment of the septic/deteriorating patient in the acute clinical area. The box contains all the necessary elements to deliver the Sepsis 6 excluding antibiotic treatment. The aim was also to reduce both cognitive and physical workload whilst attending the deteriorating patient and increase response times. The secondary aim is to ensure uniformity of the location of the Sepsis Box through the use of easily identifiable sepsis stations in the clinical area.

## Driver for Change:

The working group identified a gap in practice i.e. poor compliance with sepsis forms and lack of uniformity with sepsis management. A pre audit was conducted, which included two wards which had had the highest number of deteriorating patient emergency bleeps. The purpose of this audit was to ascertain staffs knowledge & understanding of the early recognition and treatment of sepsis. Analysis of the data collected provided the rationale to undertake this initiative.

## Outcome

In February 2023, MRHT launched the Sepsis Grab Box initiative to all acute wards. With the help of the maintenance team each ward had an identified Sepsis Station which was readily identifiable to all staff who may not have been familiar with the ward environment.

## Service User Experience:

Following introduction of the Sepsis Grab Box and Station a post audit was conducted. The results identified that the concept of a “one stop shop” for Sepsis was a good idea.

When respondents were asked “have you looked after a patient with Sepsis in the last 6 months”? The results showed that 78% of staff had cared for a patient with sepsis.

Furthermore, analysis showed that 96.7% of staff know where the Sepsis Grab Box is located on the ward. 94%of staff agreed with the concept of the Sepsis Grab Box location and having all equipment for Sepsis for the immediate management kept in one area.



# Project Title: Monitoring & Prevention of Cardiovascular Disease in Community Group homes for those with a Learning Disability Midlands Intellectual Disability Residential Services (ID)

## Project Overview:

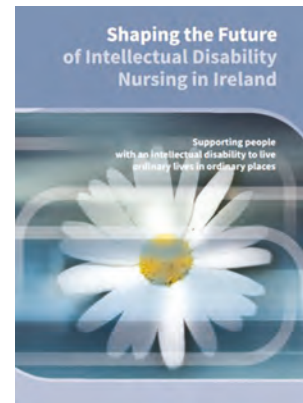
Individuals with a Learning Disability often find clinical areas (GP,OPD,ED) challenging and stressful which can result with non-participation in planned interventions and resulting in non-attendance at many clinical appointments.

NMPDU Midlands supported the purchase of diagnostic equipment, such as ECG machine and electrode belt attachment. This enables advanced clinical assessments, and screening for risk of cardiovascular disease. This is undertaken in partnership with the resident in their community group home.

## Driver for Change:

The driver for change and purpose of the initiative is aligned with supporting people with a learning disability to live ordinary lives in ordinary places as set out in the national report on Shaping the Future of Intellectual Disability Nursing in Ireland.

Sláintecare Implementation Strategy aims to provide healthcare at the lowest appropriate level of complexity and provide care closer to home. While there are many models of care in the community this is unique to the Midlands Intellectual Disability Residential Services.



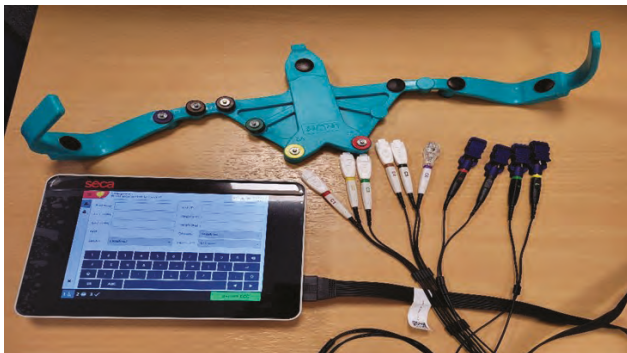
## Outcome for the people living with an Learning Disability:

In a flexible and familiar environment individuals are happy to engage in advanced clinical assessments. The assessment and screening plays a crucial role in identifying those at who may be at risk for developing cardiovascular disease. Residents can now be screened for; Hypertension stage, Atrial fibrillation, Diabetics, Hypercholesterolemia and Obesity. These conditions significantly increase the risk of Cardiovascular events. Early identification and optimal treatment is highly effective in the prevention of cardiovascular events.

## Service outcome:

The initiative has provided significant efficiencies to the service in terms of staffing, time and financial resources and has increased service user satisfaction. The program has identified individuals with undiagnosed hypertension, atrial fibrillation and modifiable risk factors such as pre diabetes and high Body Mass Index.

This screening has reduced the burden of undiagnosed conditions by detecting and treating disease at an early stage to either halt or slow its progression. Many individuals with learning disability have multiple co-morbidities and are unable to advocate their needs, therefore screening is crucial to avoid further complications or comorbidities from developing.



# Project Title: Enhancing the Dementia Friendly Hospital Environment

Midland Regional Hospital Portlaoise (MRHP)

## Driver for Change:

The acute hospital environment can be confusing and disorientating for people living with dementia/ cognitive impairments. Providing person-centred care in a supportive physical and social environment can enhance their experience and well-being during the acute hospital journey (National Dementia Strategy, 2014).



MRH Portlaoise is committed to providing ongoing evidence-based high-quality person-centred care for patients living with dementia. As part of this commitment, the hospital developed a number of dementia friendly initiatives.

## Project Overview:

A number of initiatives were undertaken to develop the dementia friendly hospital environment which included the following:

- Creation of a Dementia specific bay/cubicle in the Emergency Department & a 5-bedded Dementia Bay in the Medical Ward, which were painted using different colour schemes to minimise the unfamiliar hospital environment and to make the environment more person-centred.
- The introduction of orientation clocks in the wards.
- Blue-coloured toilet seat and handrails were fixed in the dementia bay toilet to promote better navigation and independence.
- Activity boxes with various meaningful activities were provided
- Radios/music players and headphones were provided to optimize sensory stimulation and to minimise non-cognitive symptoms
- Technological support such as TV streaming system with amplifiers introduced to the Dementia bay in the medical ward for people with hearing impairment.



## Staff Experience:

Staff confirmed that this initiative contributed to a more positive working environment and better patient outcomes. It reduced the non-cognitive symptoms in patients with dementia and the need for enhanced care staff.

This was a simple, cost-effective and practical change which has a significant impact on the quality of care for people living with dementia.

## Service User Experience:

This initiative demonstrated that dementia friendly care settings enhance the patient's experience within the acute hospital. It provided, improved and more dignified care for people living with dementia.

“ The ward is colourful and bright, different from the other hospital wards”

“Oh, the clock is massive, I can see the time better”

“Beautiful pictures on the wall”



# Project Title: Fragility Suit to support roll out of National Frailty Education Programme

## Midland Regional Hospital Portlaoise (MRHP)

### Project Overview:

Investing in healthy ageing means creating a future that gives older people the freedom to live full lives. There is evidence that preventing frailty can avoid many of the major negative health-related outcomes associated with ageing, contributing to healthy ageing (TILDA\*, 2021). This initiative supported the roll out of National Frailty Education Programme (TILDA, 2021; NCPOP, 2023\*) for Nurses and other members of the MDT in recognising and prevention of frailty in older persons using the service.

Innovation funding supported the purchase of a fragility suit to enhance the roll out of the programme. This allowed attendees experience living with frailty by donning the suit to gain a deeper understanding of what is like to live with symptoms of frailty.

### Driver for Change:

A need was identified to provide education for nurses and other members of the MDT team in the prevention and early management of Frailty. This included simulated education by means of a Fragility suit.



### Outcome:

The Fragility suit provides support for on site Frailty education in MRH Portlaoise.

There are currently 5 facilitators who lead out on the initiative supported by the wider MDT. External speakers from charities and other organisations are also involved to enhance the training, along with members from other disciplines e.g. CNM3 Psychiatry. There are future plans to educate PHN's and home support workers.

### Staff Experience:

Feedback from attendees has been very positive. They identified a new perspective on the hospital environment which focused on the effects of the environment on the older person and their ability to "get well". Staff experienced fatigue whilst wearing the fragility suit. This gave a greater understanding and empathy towards the older person living with frailty.

This initiative supports the national frailty education programme, providing a positive hospital environment for the older adult with frailty.

\* TILDA- The Irish Longitudinal Study on Ageing

\* NCPOP- National Clinical Programme for Older People

# Project Title: Tissue Viability Nurse Led Peripheral Vascular Disease Screening Clinic

Public Health Nursing Longford/Westmeath

## Project Overview:

Leg ulceration is a considerable health problem in Ireland, having a debilitating effect on clients and a substantial effect on healthcare budgets (Skerritt & Moore, 2014). Clients need to be correctly and efficiently assessed to provide the most appropriate treatment. The Public Health Nursing service in Longford/Westmeath provide community nurse led Leg Ulcer Clinics for the assessment and management of clients with lower limb ulceration. Many clients are referred onwards to vascular services in the acute hospitals for further assessment and treatment.

This initiative aimed to develop a specialist nurse led peripheral vascular screening clinic in primary care. This service aims to prevent the client who is identified as having the early stages of calcification from developing into critical arterial compromise through specialised assessment using Doppler Ultrasound measurement of Toe Brachial Pressure Index (TBPI). The rollout of this initiative was supported through funding for SysToe devices to measure TBPI.

## Driver for Change:

A review of clients who attended the Longford/Westmeath PHN leg ulcer clinics, were referred to vascular services for advanced assessment due to elevated ABPI doppler readings. Through the use of Doppler Ultrasound measurement of Toe Brachial Pressure Index, the Tissue Viability Nursing service can:

- Provide a timely, quality, and local specialist nurse led peripheral vascular disease screening clinic in primary care.
- Promote better patient outcomes through the provision of whole episodes of care from specialised assessment, diagnosis, nurse prescription of required medications and fast track access to acute vascular assessment by a consultant if required.

In line with the ethos of Sláintecare this initiative aims to ensure that clients receive local, accessible specialised care with a clear referral pathway in place for clients who require urgent vascular intervention.



## Outcome:

**In 2023 there was a 79% reduction in referrals to Vascular Service compared to 2022. 82 patients were managed in the community setting. Prior to the development of the TVN lower limb clinic these 82 clients would have been directly referred to Vascular Service.**

## Staff Experience:

Staff in the local Leg Ulcer Clinic report safer practice as they work within clear guidelines. The service has provided a clear referral pathway with prompt screening of all clients referred.

## Service User Experience:

- Improved continuity of care which reduces their anxiety
- Seamless follow-up
- Reduced waiting times for patients attending the tissue viability lower limb clinic and Improved patient satisfaction.

# Project Title: Comfort Boxes

## Midlands Mental Health Services

### Project Overview:

The introduction of Comfort Boxes within Mental Health Services Approved Centres aims to decrease levels of agitation and anxiety for the service user. The Comfort Boxes were developed in partnership with the Advanced Nurse Practitioner and the Occupational Therapist.

The Comfort Boxes provide staff with a number of items which they can use in practice to help reduce stress, anxiety and agitation which service users can utilise. These can be used to distract a service user from negative thoughts and encourage more positive, soothing ones.

It is seen as an anchor of comfort when an individual is experiencing periods of anxiety.

### Driver for Change:

This initiative aligns with national policy “Sharing the Vision A Mental Health Policy for Everyone” (2022-2024). The policy is action-oriented and focused on better outcomes for people experiencing mental health difficulties. Its aim is to bring about tangible changes in their lives and achieve better results.

Comfort Boxes were introduced for use in line with the principles of Safewards, which has shown clear evidence of a reduction in seclusion and physical restraints when applied appropriately.

A Comfort Box contain items that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety, emotional distress or low mood e.g. weighted blankets, stress balls, fidget toys/games, books, printable anxiety worksheets, scented stuffed toys. The aim is to provide a more therapeutic environment for service users; by offering the use of the Comfort Boxes service users are shown to experience less stress and anxiety while in the hospital environment.

### Staff Experience:

Staff have used the Comfort Boxes successfully in practice with service users to assist in providing a holistic approach to care.

### Service user experience:

The Comfort Boxes have directly helped reduce stress and anxiety which can be linked to the setting or illness they may be enduring.





# Project Title: Information Booklet for Older People Integrated Care Programme for Older People (ICPOP)

## Project Overview:

This project evolved from the Living Well element of the National Clinical Programme for Older People. Following consultation with older people, nurses, health and social care professionals and managers, it was identified that a Directory of Community Supports and Services for People Living in the Midlands was needed.

## Driver for Change:

The driver for change emanated from the need to consolidate HSE, other statutory agencies, voluntary and community groups health and social care services in one booklet /directory. Nurses working in the community and hospital were unaware of voluntary and community organisations available to support older people to live well at home. Older people were also unaware of the health and social care services available in their localities.

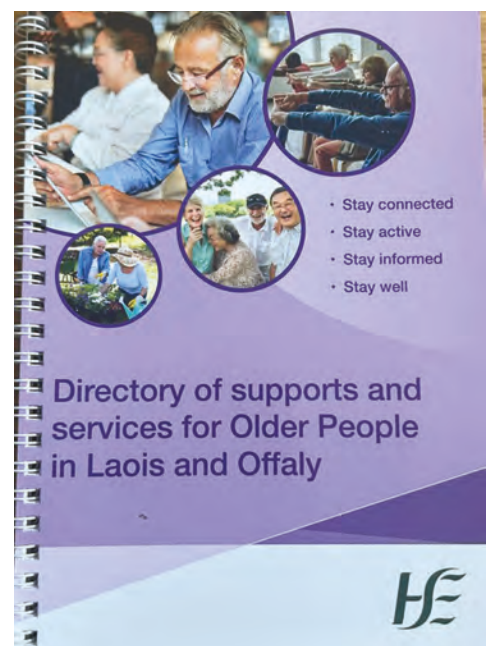


## Outcome:

The Directory was launched on 6th February 2024 whereby copies were made available to older people in the community. Printed copies have been distributed to Health Centres/Primary Care Centres across the Midlands. Acute hospitals and community services have been supplied with copies of the Directory.

## Staff Experience/ Evaluation:

The ICPOP team are liaising with the Service User Engagement Officer in CHO8 to conduct an evaluation in Q4 2024. Anecdotally, nurses including ANPs, cANPs, CNSs, PHNs, CRGNs report state that the Directory of Services informs their discharge planning.



# Project Title: Wireless Cardiotocograph (CTG)

## Womens Health Directorate Regional Hospital Mullingar (RHM)

### Project Overview:

The purpose of this initiative is to offer support and choice to women who require continuous fetal monitoring in their labour and birth. The use of wireless CTG monitoring empowers and encourages women to mobilise in labour and birth in upright positions. This will aid and ease the delivery of their baby which in turn will reduce intervention. This is in line with the National Maternity Strategy 2016.

### Driver for Change:

Monitoring the fetal heart either by Intermittent Auscultation (IA) or Cardiotocography (CTG) is an essential part of labour. The goal of fetal monitoring is to detect potential fetal deterioration and to allow for timely and effective intervention to prevent adverse outcomes (HSE National Women and Infants Health Programme, 2019). CTG is extensively used in Maternity Services but a drawback for patients is that it inhibits movement from a set location. Wireless CTG achieves the same monitoring result but has the distinct advantage of allowing patient to move more freely.



### Outcome:

Wireless CTG monitoring has shown to allow the freedom of movement during labour, which results in shorter labour, increased uterine contractility, increased maternal comfort levels and reduced need for pharmacological pain management (Fox et al, 2007). Midwives are experienced in the use of CTG and are acutely aware of the benefits of a wireless system. Patients also report positive feedback with the ability to keep moving during their hospital stay.

### Staff Experience:

“Better Birthing outcomes for patients more spontaneous vaginal deliveries”

“Safety tool that allows labour to progress in a natural way, by standing, walking and being able to assess fetal wellbeing”

“Helps patients mobilise without going off the CTG, gives them control over their bodies, enables fetal assessment in almost every position the patient requests”

“Increased patient mobility, increases chances of vaginal delivery, compatible with many service users birth plans”



### Service User Evaluation

“Excellent - made labour totally different, every patient should have access to it, allowed control of labour.”

It was nice to be able to move around during labour, going to the bathroom and walking around greatly helped.”

“Could walk and move in labour”



Service User Midlands



# Project Title: Clinical Handover / Communication Boards

## Riada House Tullamore Older Person Residential Services

### Project Overview:

In order to support effective clinical handover communication boards were introduced in each unit, located in the Nurses Station. The purpose of the initiative was to promote improved communication among staff in the unit by providing a visual reminder for staff to identify key nursing priorities for residents e.g. modified diets / safety alerts.

### Driver for Change:

Risks associated with clinical handover include inappropriate or delayed treatment, loss of trust and confidence amongst staff and patients in the performance of the healthcare system. A number of studies have highlighted the requirement for effective communication processes to underpin the provision of care (Keogh, 2013, HIQA, 2013, Francis, 2013 & NCEC, 2015).

The National Standards for Safer Better Healthcare (HIQA, 2012) advocates that Sharing of necessary information to facilitate the safe transfer or sharing of care, in a timely and appropriate manner and in line with relevant data protection legislation is a required standard for the provision of safe, quality care.



### Aims of the initiative:

- Provide focused communication
- Enhance resident safety
- Improve the delivery of care
- Reduce adverse incidents
- Reduce the time spent in clinical handover
- Improve the quality of clinical handover information



**Outcome:**  
 It has improved overall communication among the MDT team supporting a safe effective clinical handover.  
 Easy accessible information for staff to identify name of resident, location of resident and their specific nursing requirements.



# Project Title: Bereavement Care Pathway

## Palliative Care Services - Longford Westmeath Public Health Nursing

### Project Overview:

Dealing with loss, grief and bereavement is intrinsic to palliative care provision (Palliative Care Model of Care, 2019). Professionals using the palliative care approach have an important role to play in supporting family members by acknowledging current or anticipated losses, supporting the expression of emotions and providing information about the grieving process.

The objective of this project was to develop a Bereavement Care Pathway for Specialist Palliative Care Nurses in Longford Westmeath. Developing the pathway will provide support to the service user and their families. Funding was provided to develop Bereavement Leaflets and Remembrance cards to support this project.

### Driver for Change:

It is important that the Specialist Palliative Care team in Longford/Westmeath have a planned and defined response to each level of need as described in the loss, grief and bereavement pathway. These responses should be provided in a transparent and evidence-based way. Service Users and their families who need help can access it in line with national policy (Palliative Care Model of Care, 2019).



### Aims:

- Development of Bereavement Care Pathway (Standard Operational Policy for SPC team).
- Development of Bereavement Leaflet for Specialist Palliative Care.
- Development of remembrance card for Specialist Palliative Care.

### Outcome:

A comprehensive bereavement care pathway is now fully operational in the service, allowing for a variety of support options for bereaved families. The bereavement care pathway, leaflets and remembrance cards have led to greater efficiency in the bereavement service with full Multi-disciplinary Team involvement and now ensures a holistic, equitable bereavement service for all families whose loved one died under the Specialist Palliative Care Team.

### Outcomes for Staff and their Families:

The implementation of a bereavement pathway now means that all staff are aware of their individual roles within the bereavement service. All bereaved families are aware of how to access support if needed across the two counties.

Bereaved family members are now offered bereavement support in a timely manner, and in a variety of formats. Families now receive consistent written information in the form of an 'Understanding Grief leaflet'. All families receive a first anniversary remembrance card to remember their loved one.

# Project Title: Andy Asthma - Education Tool Kit for Asthmatic Children

Midland Regional Hospital Portlaoise (M RHP) - Paediatrics

## Project Overview:

Andy Asthma, is a training doll and a educational tool kit to help children and their families understand and learn about their asthma. This is achieved through education sessions with patients and families who are referred to the Respiratory CNS/ ANP for review of their asthma and allergies.

Andy' is designed to enhance education through play and practical demonstration which allows patients to employ these self-management strategies at home. This will ensure a better quality of life, increased adherence to their medication regime and enhanced confidence in self-management.

## Driver for Change:

The project objective was to ensure that the child and their caregivers were educated on asthma and allergies in an age-appropriate manner in a clinical setting. Early recognition, intervention and education are vital to ensuring the successful management of asthma and allergies in children. The research identifies, children as young as 7, demonstrates growing independence and understanding of asthma and self-management. By the age of 10, they had developed the skills, to self-manage their asthma (Ramdzan et al. 2020). The overall aim of 'Andy' is to ensure children with asthma and allergies will have a reduced number of unplanned visits to their GP, ED and hospital admissions due to their enhanced understanding of their condition which will also have a positive impact on the healthcare system.

## Outcome for Staff:

Andy' has proven to be a huge success to our Respiratory and Allergy Team since joining in 2021. Children who have engaged with 'Andy', have reported less fear and anxiety and a greater appreciation of their asthma and allergies, which is also supported in the literature (Hirani, 2013).

## Service User Experience:

*"Andy was introduced to my son at my last appointment. We had such a difficult time with my son, he is 12 and would not take his inhalers. Every day was a battle. His asthma was very poorly controlled and he was frequently missing school days. When the nurse showed him the lungs and how asthma worked and why it was important to use his inhalers, it was like a switch clicked; since then his asthma has been much better controlled and I don't even have to prompt him to take his inhalers. He can now play at break time without using his inhaler. We are so grateful to the nurses in Portlaoise. Life is much better now and the constant worry is gone".*



## Funding:

The CNSp applied to the NMPDU and HSE Spark Ignite Health Innovation Hub Ireland for funding to support the purchase of 'Andy'. Spark Ignite is an opportunity for all healthcare staff to propose their ideas for innovative products or services. The goal of the competition is to assist in the development of solutions to the challenges faced by healthcare providers and patients.



# Project Title: Think Drink Hydration Project

Older Person Residential Services Longford/Westmeath

## Project Overview:

Dehydration is associated with significant adverse clinical outcomes for older people despite it being largely preventable. The Think Drink Hydration team undertook a project to educate staff on the importance of hydration for older persons. A coloured jug pilot system was introduced to encourage and promote hydration within HSE residential care sites. This was a collaborative quality improvement initiative led by Nursing & Dietetic Staff.

Using the Plan-Do-Study-Act (PDSA) quality improvement cycle, hydration practices, resident views, staff training requirements and residents' dehydration risk were audited. An interactive and multi event fluid promotion and education week was facilitated by the Multidisciplinary Team. A colour coded fluid jug system was introduced on the pilot ward.

## Project Outcomes:

At baseline 60% of residents screened were at high risk for dehydration. Following introduction of the initiative, 25% of residents were no longer considered at high risk for dehydration, a decrease of 35%.

Staff members reported that the intervention required no additional staffing resources in terms of care provision and demonstrated new learning and increased awareness of residents' oral fluid intake.

Results from this project indicate that promotion, education and visual prompts for both staff and residents can successfully reduce dehydration risk. The coloured jug system is a simple and low cost intervention which has the potential to have a significant impact on the wellbeing and safety of residents. There has been significant interest from various healthcare services nationally to implement this initiative.



## RESIDENT REFLECTIONS

I have no problem drinking but I need someone to help me as I cannot see.

I drink 1.5 jugs of water every day. I have diabetes. I know I have to drink.



## AWARD WINNERS:

**Irish Healthcare Centre Awards 2024**  
Nursing Project of the Year &  
Older Persons Care Services - Public  
award

**National Office of Clinical Audit 2024**  
Quality Improvement Champion Award

**2024 Health Service Excellence**  
**Awards Finalist**

'Highly Commended' Excellence in  
Quality & Patient Safety Category

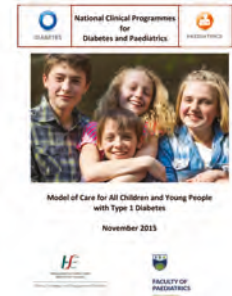


HYDRATION

# Project Title: ERIN: Education Resource for Irish Newly Diagnosed Children with Type 1 Diabetes Regional Hospital, Mullingar (RHM)

## Project Overview:

The main objective of this project was to develop a structured education programme for Paediatric Diabetes which is in line with the existing HSE Educational Resource and also the National Clinical Guidelines for Paediatric Diabetes (2019). This ensures that structured education programme is provided in a consistent manner across Ireland incorporating educator training and quality assurance.



The ERIN Programme was adapted from the Welsh SEREN Programme (Structured Education Reassuring Empowering Nurturing) and is now available to support Irish children and their families in managing their Type 1 Diabetes.



## Project Outcome:

In collaboration with the Children and Young People's Wales Diabetes Network (CYPWDN), the team in RHM have developed an Irish equivalent Education Resource programme reflecting the National Clinical Guidelines (Clinical Design and Innovation, Health Service Executive, 2019).



## Impact on Service/Service User:

- Consistency in terms of patient and family education.
- Comprehensive education programme leading to enhanced Clinical outcomes which may reduce hospitalisation for long term health complications.
- Improved patient knowledge leading to greater self management skills.
- ERIN offers flexibility as it can be delivered in the clinical setting or in the patients home.
- Teams can tailor the programme to meet local needs.
- Self-empowerment: children, young/persons and or their parent/career will be able to effectively and confidently engage in optimum diabetes management, improving self efficacy and improved psychological adjustment to living with diabetes for both the young person and their family.

## Feedback from Staff:

Having an accredited adapted programme to educate children and their families has improved staff morale, and ensured consistency across education delivery.

The team are delighted with the initiative as it is a complete resource on managing Type 1 diabetes at diagnosis.



# Sample of Service Improvement and Innovation Projects Funded by NMPDU Midlands

- Vision Poster for Compassionate End of Life Care- Midlands Intellectual Disability Services
- SAFE sensory area for Emergency Department- MRH Portlaoise
- MAPS Policy Portal- Public Health Nursing
- Information Booklet for Older People- MRH Tullamore/ PHN Laois Offaly/ICPOP
- Community Intervention Team Leaflets- Public Health Nursing Longford/Westmeath
- Bereavement Care Pathway Resources - Specialist Palliative Care, Public Health Nursing Longford/ Westmeath
- Clinical Supervision- Specialist Palliative Care, Public Health Nursing Laois/Offaly
- Frailty Banner- Older Persons Services, Offaly
- PROMPT Training for Midwifery Staff- MRH Portlaoise
- Wireless CTG monitoring to facilitate mobilising and alternative positions in labour and birthing- RH Mullingar
- Quality Boards- Maternity Services, MRH Portlaoise
- Promotion of Hydrotherapy for Child bearing women- RH Mullingar Expansion of Phillips Intellispace Perinatal Information system to the Maternity Assessment Unit and the Induction of Labour Room- Maternity Services, MRH Portlaoise
- Decider Skills Therapeutic Online Training- Mental Health Services, Midlands SimB Neonatal Simulator- Maternity Services, MRH Portlaoise
- Generic Ward Display Boards- MRH Portlaoise
- Osmosis Org Learning App Educational Tool- MRH Portlaoise
- Falls Prevention Programme- MRH Portlaoise
- Enhanced environment for clients attending SATU- RH Mullingar
- Specialist Palliative Care ANP Outreach Programme to support Residential Care Facilities in Longford/ Westmeath- Specialist Palliative Care, Public Health Nursing Longford/Westmeath
- Comfort Boxes for people attending Mental Health Services - Mental Health Services Midlands
- Enhancing the Dementia Friendly Acute Hospital Environment- MRH Portlaoise Sepsis Grab Box- MRH Tullamore
- Structured Education Programme for Children and Young People living with Type 1 Diabetes- RH Mullingar
- Lockbox Key Management System- MRH Portlaoise
- Implement SSKIN Bundle in Older Persons - Older Persons Services, Laois Quality Boards for Wards- RH Mullingar
- Hydration Quality Improvement Project- Older Persons Services, Longford Andy Asthma Education Toolkit for Children with Asthma- MRH Portlaoise Nurse Led Peripheral Vascular Disease Screening Clinic- Public Health Nursing Longford/Westmeath
- Sepsis “One Stop” Areas for Emergency and Paediatric Departments- MRH Portlaoise
- Monitoring & Prevention of Cardiovascular Disease in Community Group homes for those with a Learning Disability- Midlands Intellectual Disability Residential Services
- Wash Trolley Initiative- MRH Portlaoise
- Parentcraft Education Resources- Maternity Services, MRH Portlaoise
- National Frailty Education Programme- Frailty Suit- MRH Portlaoise
- Team Building programme- MRH Tullamore Activity Resource Boxes containing meaningful activities for people living with Dementia- Regional Hospital Mullingar Management of Patients using Aromatherapy in Labour in the Delivery Suite: Training for Midwives- Maternity Services RH Mullingar and MRH Portlaoise Hypnobirthing; Training for Midwifery Staff- Maternity Services, RH Mullingar Patient at a Glance Whiteboards- Older Persons Services, Offaly
- Improving Quality and Dignity in the Dining Experience- Older Persons Services, Longford

For further information

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