



# ST. VINCENT'S HOSPITAL, FAIRVIEW



## ANNUAL REPORT

### 2018

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**Charity Number:**

CHY 13863

## HOSPITAL BACKGROUND

St. Vincent's Hospital, Fairview (SVHF) is a public voluntary Mental Health Hospital. It was founded in 1857 by Dr. Thomas Fitzpatrick, Rev. James Ignatius Taylor and Mr Richard Corballis who were beneficiaries of the estate of their cousin, Ms. Elizabeth Mangan. The beneficiaries of Ms. Mangan's estate used their inheritance to set up an asylum for mentally ill patients of families with limited means. The founding Trustees of the Hospital included the Archbishop of Dublin, the superior of the Priests of St. Vincent in Ireland, Dr. Fitzpatrick, Rev. Taylor and Mr. Corballis. The Trustees were joined by four others to constitute the Board of Management.

The Hospital was based on the asylum in Charenton, near Paris, France. Charenton was known for its humanitarian treatment of patients with mental illness. The Trustees of the Hospital asked the French

Daughters of Charity to come to Dublin to run the Hospital along the lines of the Hospital in France. The Hospital was managed on behalf of the Board of Management by the Daughters of Charity from 1857 until 1997.

Today, the property and assets are vested in the Trustees. The Hospital is placed under the direction of the Governors with the day-to-day management of the Hospital being the responsibility of the Chief Executive (CEO) and the Executive Management team.

In 1971 the Eastern Health Board began to use St. Vincent's Hospital as an admission unit for acute psychiatric patients for the first time. Subsequently St. Vincent's changed from being a private hospital into a Public Voluntary Hospital.



## REPORT OF THE CHAIRMAN OF THE BOARD OF GOVERNORS

The provision of best in class service and facilities for our patients and service users is the common thread which has motivated everyone connected with St. Vincent Fairview Hospital since it was founded. In 2018, the Hospital held a Conference, New Horizons in Mental Health, to commemorate its 160<sup>th</sup> Anniversary of its founding in 1847. The conference, quite appropriately, looked forward rather than backwards, as we recognise the changes that have occurred and which are required to provide excellent care to those whom we are proud to serve.

Each year, I hear stories and anecdotes of people who have availed of our services over many years. Thanks to the highly competent and dedicated staff at all levels of the organization, these accounts are both positive and inspirational. Two small booklets written in 2018 by our patients and their families bear testimony to the work of the staff of the Hospital. They remind us, and in particular the Board, of the role we play and of the importance of continuing to meet the challenges of providing mental health services.

The national strategy for mental health, Vision for Change, was agreed in 2006 and is of great importance to the future development of the services provided by St. Vincent's Fairview. Although it has not yet been fully implemented, it is the touchstone for our plans. Accordingly when in 2018, the Hospital commenced drafting a strategy, it recognized that acute mental health services would move in the future to a general hospital site. As such, we needed to plan for a future where our services would be directed towards the small segment of patients who require medium and long-term continuing care.

The development of the strategy had also to take account of the fact that our

buildings and facilities are no longer of the standard which we would wish for our patients and our service users. The Board and the management of the Hospital jointly resolved to replace the existing buildings with a state of the art hospital which be more efficacious for service delivery and where patients would benefit from modern patient-centred facilities and accommodation appropriate to their clinical and personal needs.

The work in St. Vincent's can only be conducted with the support of our many partners and stakeholders including patient families, local GPs, our academic partners in DCU and TCD, HSE Corporate and Service Operations, the Mental Health Commission, the Board of the Adolescent School, MMUH and Temple Street Children's Hospital. We thank them for their support and we will continue to develop our working relationships with them in the future.

The response of staff to the heavy snows in 2018 was typical of the commitment of staff in the Hospital. Patient care was their first concern even above families and their own safety and comfort. Our gratitude to Hospital Staff and to the Executive, who provide leadership, is due not only for the special efforts at times of exceptional need. Their on-going commitment to provide high quality, patient centred services and care is much appreciated.

I would like to thank the members of the Board of Governors for their continued commitment to the work of the Hospital in 2018. The role of Board Members has changed greatly and has become more onerous with the development of corporate governance in state-funded organisations. They demonstrate their commitment monthly through their attendance at Board meetings and at meetings of the various

Board Sub-Committees. The development of the draft strategy and preparatory work in relation to the proposed new hospital has added to the burden on Board members. Their valuable contributions are essential to the work of the Hospital.

Finally, I would like to thank two departing Board Members, Eileen Dunne and Sr. Nuala Dolan whose contribution over many years as Governors has been invaluable in all the practical workings of the Board and in maintaining the ethos of St. Vincent's Hospital Fairview.

**Conor Hannaway**  
**Chair, Board of Governors**

## GOVERNANCE

The Hospital is established by a deed of trust dated 12 November, 1857. The Trust Deed forms the rules and regulations in order that the intention of the founders of the Trust can be carried out. The Board of Trustees has 6 members who act as guardians of the property.

The overall operation of the Hospital, as provided for within the Trust Deed, is overseen by the Board of Governors. The Board determines the strategy and direction of the Hospital and determines how the Hospital is to be managed.

The Hospital is a Charitable Trust.

St. Vincent's Hospital, Fairview is a registered charity (with the Charities Regulatory Authority) with charitable tax exempt ("CHY") status from the Revenue Commissioners and is a Section 38 Agency under the Health Act 2004. It holds a current valid Tax Clearance Certificate.

The Trustees of the Hospital are tasked with a variety of property and investment-related powers under the Trust Deed.

Trustees
Dr. Deborah M. Keelan (Resigned 19/10/2018)
Dr. James H O'Boyle
Fr. Kevin O'Shea, CM
Prof. Jeremiah Sexton
Sr. Nuala Dolan, DC
Dr. Mel Bates

The Governors volunteer their time and expertise to the governance of the Hospital

and do not receive remuneration or expenses for attending Board meetings or other work they may undertake on behalf of the Hospital. During 2018 the Board of Governors met 9 times.

Name	Attendance at Board Meetings
Mr. Conor Hannaway, Chair	9/9
Mr. Francis Brophy	7/9
Fr. Eugene Curran	8/9
Sr. Nuala Dolan DC (resigned 23/2/2018)	2/2
Mr. Gordon Duffy	9/9
Ms. Eileen Dunne (resigned 9/10/2018)	7/8
Mr. Andy Kelly	3/9
Prof. James Lucey	8/9
Dr. Joe Murphy	6/9
Mr. David Petherbridge	8/9
Sr. Sheila Ryan, DC (appointed 27/4/2018)	3/5

St. Vincent's Hospital, Fairview has a detailed Corporate Governance Manual and Code of Conduct for the Board of Governors in place.

The Board have an established sub-committee structure in place as follows:

#### Quality and Safety Committee

The Quality and Safety Committee oversees quality and safety on behalf of, and reports directly to the Board. The Committee has approved Terms of Reference.

Quality & Safety Committee	
Members	Attendance at meetings in 2018
Mr. Gordon Duffy, Chair	5/5
Sr. Nuala Dolan, DC	1/1
Ms. Mary Connolly	4/5
Ms. Caroline Grenham, CEO	5/5
Dr. Miriam O'Doherty, Clinical Director	5/5
Mr. Declan Lavery, Director of Nursing	3/5

#### Audit Committee

The Audit Committee provides an independent and objective review of the accuracy of financial data, financial reporting processes, financial risks, internal, external audit and value for money. The Committee reports directly to the Board and has approved Terms of Reference.

Audit Committee	
Members	Attendance at meetings in 2018
Mr. Francis Brophy, Chair	5/5
Fr. Eugene Curran	3/5
Ms. Eileen Dunne	2/3

#### Performance, Succession and Remuneration Committee

The Performance, Succession and Remuneration Committee (i) oversees the performance of and succession planning for CEO and Senior Management Team; (ii) to ensure that the remuneration policies and practices comply with the requirements of public pay policy and (iii) ensures plans are in place for the orderly succession of appointments to the Board.

Performance, Remuneration and Succession Committee	
Members	Attendance at meetings in 2018
Mr. Andy Kelly, Chair	3/3
Mr. Conor Hannaway	3/3
Prof. James Lucey	3/3

## CHIEF EXECUTIVE'S REPORT

St. Vincent's Hospital continues its long tradition of providing mental health care for both adult and adolescent patients.

There were many challenges in 2018 not the least being Storm Emma or the Beast from the East in February/March 2018 and through the dedication of our staff our patients were cared for. A special thanks goes to staff who stayed overnight and/or walked to the Hospital through the snow to ensure our patients received the clinical care they required and that hot meals were provided.

The year started with the Hospital hosting a Conference to celebrate its 160 years in the provision of Mental Health “**New Horizons in Mental Healthcare Conference**” held in Clontarf Castle on the 2<sup>nd</sup> February 2018 to mark the opening of St. Vincent's Hospital, Fairview.

The Minister for Education and Skills Richard Bruton, T.D. opened the Conference. The Minister complimented the Board and staff for their contribution to healthcare in the local area over the past 160 years.



Speakers included

**Professor Ted Dinan**, MD, PhD, Department Psychiatry and APC Microbiome Institute, University College,

Cork. Title: *Melancholic microbes: how gut microbes influence our mood.*

**Professor Mary Cannon**, Dept. of Psychiatry, Royal College of Surgeons in Ireland. Title *Hearing Voices in Adolescence – What does it mean?*

**Professor Jogin Thakore**, Consultant Psychiatrist, St. Vincent's Hospital, Fairview. Title: *Improving learning outcomes in children from low income backgrounds*

**Professor Rose Anne Kenny**, Founder and Principal Investigator, TILDA and Chair of Medical Gerontology at TCD. Title: *Novel cardiovascular risk factors for mental health: lessons from TILDA*

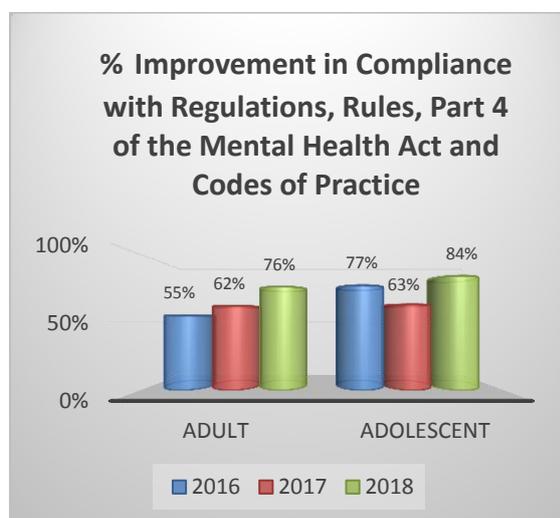
In concluding remarks Consultant Psychiatrist and Clinical Director at St Vincent's Hospital, Dr Miriam O'Doherty said, “As you know, this conference today is to celebrate St Vincent's Hospital, Fairview 160 years in mental healthcare and more importantly to look forward to the future: a future of good mental health for our patients and service-users and the provision of high quality evidence based mental health services provided by St Vincent's and our colleagues and partners.”



## Mental Health Commission

There are 2 approved centres registered with the Mental Health Commission, the Adult In-Patient Service and the Adolescent In-Patient Service. The Mental Health Commission carried out their annual unannounced inspections of both centres in 2018.

The compliance with regulations, rules and codes of practice over the past three years in the both Approved Centres is set out below:



There is one condition attached to the registration of the adult approved centre under Regulation 23 Ordering, Prescribing, Storing and Administration of Medicines. The Adult Service audits the Medication, Prescription and Administration Records (MPARS) on a monthly basis and returns the results to the Mental Health Commission.

Compliance ratings are set out under Clinical Governance, Quality and Safety.

## Clinical Audit Software

As part of the Hospital registration with the Mental Health Commission we are required to undertake audits under the various regulations, rules and Codes of Practice. Traditionally this work has been a manual exercise, however in 2017 the

Board gave approval to purchase a Clinical Audit Software package ViClarity.

During 2018 audits were built to comply with the Mental Health Commission's Judgement Support Framework and over 40 audits were developed.

As audits were built, they were rolled out to clinical and non-clinical staff to carry out audits using a computer or tablet. Information is collected directly from each location and is presented in real time.

The system facilitates the involvement of staff in relevant disciplines carrying out audits and allows management to quickly identify any areas of non-conformance to the standards.

## Finances

2018 was a challenging year financial for the Hospital. Despite receiving a 3.7% increase in income (HSE funding and other income) the hospital incurred a deficit of €122,000 for the year 2018, and which brings the cumulative deficit to €142,000.

Pay pressures were the main driver of the overrun in the Hospital's allocation due to the use of agency staff and overtime in order to fill nursing vacancies and additional staffing required in our acute units to ensure the provision of a safe service.

The Finance Department upgraded the Financial System, Agresso during 2018 and now includes a procurement module. This module will enable the Hospital to better comply with procurement regulations and manage resources more effectively.

## Minor Capital

The Hospital received minor capital funding of €75,000 for the replacement of windows with anti-ligature windows in the acute adult unit. This funding is very

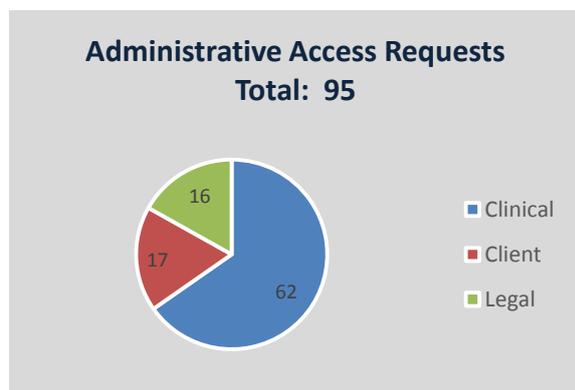
welcome in minimising ligature points in patient areas. Due to the age of the Hospital buildings considerable funding is required to maintain appropriate standards for patient care.

### Healthcare Records

2018 was a busy year for the Healthcare Records Department. The Department updates the patient administration system with admissions and discharges daily and provides secretarial support to the 7 sector teams in the adult service; oversees census information, statistics, ensures patient records are complete, accurate and available as required. They monitor the location of records and their contents to ensure the records are up to date and in good order.

There is ongoing work in integrating patient's healthcare records into one unified chart. This involves the redesign of the current chart and centralising historical records from various clinical services and as required integrating them into the individual healthcare record.

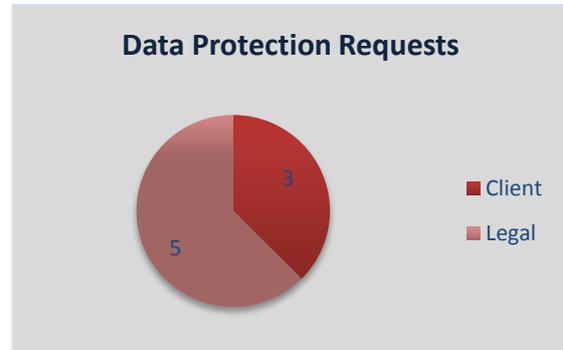
The department also processes requests for information under Administrative Access and Data Protection. Administrative access requests in 2018:



The General Data Protection Regulation (GDPR) came into effect on the 25<sup>th</sup> May 2018. The Healthcare Records Manager arranged workshops in February and July 2018 to brief staff on the law and their

obligations under the Data Protection Act, 2018.

The following Data Protection Requests were processed in 2018:



### Human Resources

The recruitment and retention of staff, particularly medical, nursing and allied health professionals remains challenging. In 2018 the permanent Child and Adolescent Consultant Psychiatrist remains unfilled. The retention and recruitment of nursing staff is an ongoing challenge.

### Information and Communication

#### Technology

The ICT Department manages the Hospital's network infrastructure. This includes:

- Managing the physical network structure to ensure network, machine and user security.
- Evaluating and recommending and selection of hardware and software solutions in conjunction with end users.
- Providing support to end users.
- Support provided to the following software systems in use: patient information, payroll, time and attendance; finance, HR and email;

During 2018 with the GDPR regulation security issues were prioritised particularly encryption and fire wall.

## Catering

The catering department provides meals to patients, staff and visitors.

During 2018 the catering department worked closely with the Hospital Dietitian in reviewing and implementing new patient menus to ensure residents were provided with wholesome and nutritious food.

In July 2018 all catering staff received training in Food Safety and HACCP (FASI Level 1 and 2).

In September 2018 the Catering Officer completed Food Safety Level 5 FETAC.

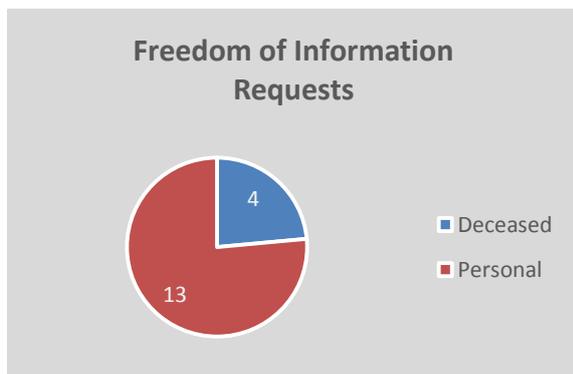
## Technical Services

The Technical Services Department is responsible for the general maintenance of the Hospital buildings and infrastructure and associated plant and equipment.

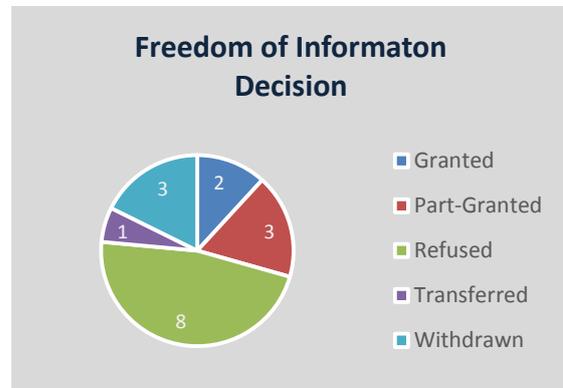
The age of the Hospital buildings presents huge challenges to the technical services team, however due to their diligence and working with clinical and non-clinical staff they ensure the premises are safe and comfortable for all our users.

## Freedom of Information

St. Vincent's is a FOI body under the Freedom of Information Act 2014. During 2018 the Hospital received the following FOI requests:



The following sets out the decisions made in respect of FOI requests received in 2018:



I would like to take this opportunity to thank staff for their hard work and professionalism in the provision of a service to our patients.

**Caroline Grenham**  
**Chief Executive**

## CLINICAL DIRECTOR'S REPORT (ADULT)

We in St Vincent's Hospital, Fairview continue to provide mental healthcare (inpatient, outpatient and day patient) to the local population of Dublin North City, in partnership with our local HSE Community Mental Health Services colleagues.

### Service Provision

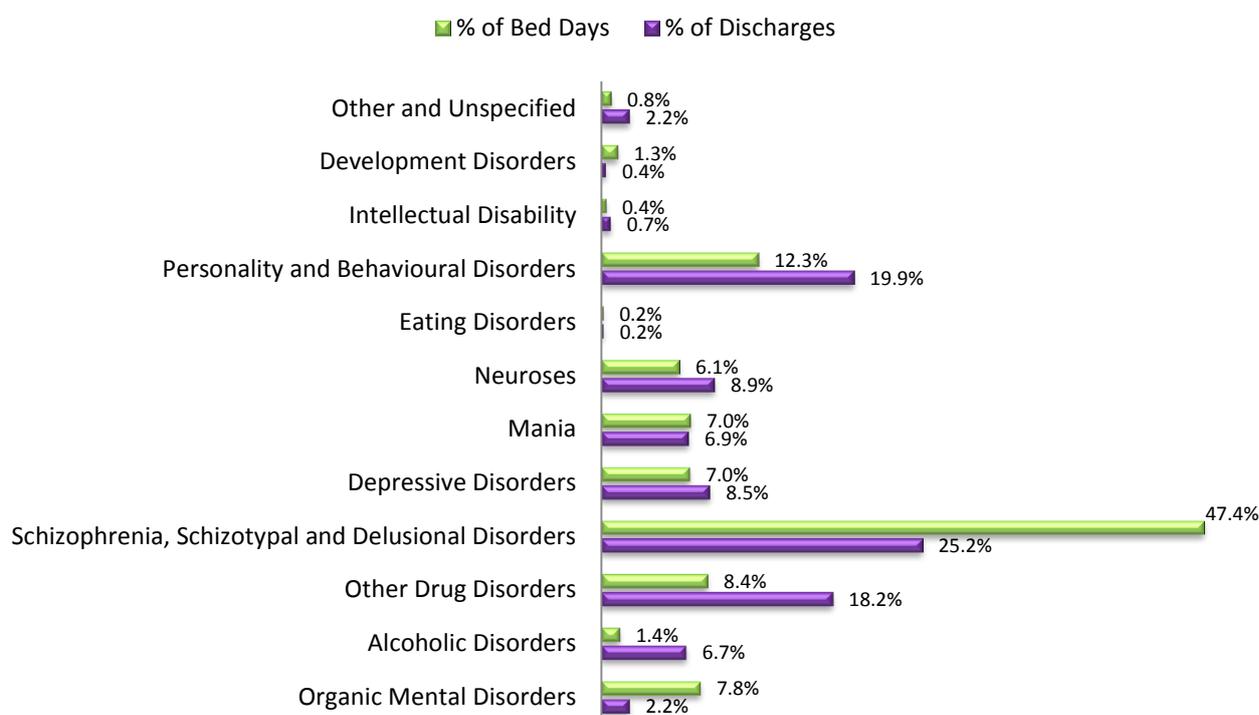
The catchment area of some 130,000 for the general adult population includes large areas of the north inner city with the attendant psychosocial challenges of high levels of unemployment, homelessness, mobile populations, substance abuse and reported crime. There are 8 consultant led teams: 5 general adult sector teams; 1 rehabilitation team; 1 team in Psychiatry of Old Age and 1 SVHF/Day Hospital team.

The demand for our services in SVHF continued to increase in 2018. Compared to 2017, the number of acute inpatient admissions increased by 17% to 548, with an essentially equal male:female split.

While the average length of stay was 21 days, the median length of stay was 8 days.

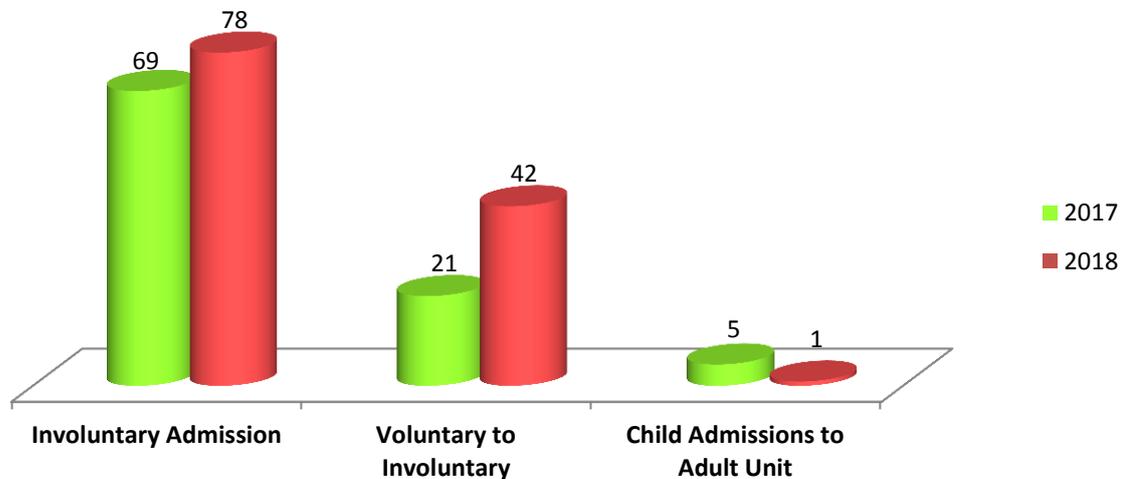
Those with major mental illnesses had longer durations of stay. Patients with psychoses and mood disorders accounted for 41% of all discharges but 61% of all inpatient bed days, while patients with personality and behavioural disorders accounted for 20% of discharges but 12% of inpatient bed days, and those with alcohol and drug related disorders accounted for 25% of discharges but 10% of inpatient bed days.

### Comparison of 2018 %In-Patient Days -V- % Discharge by Diagnosis



## Mental Health Act Activity

### Mental Health Act Activity: 2017-2018

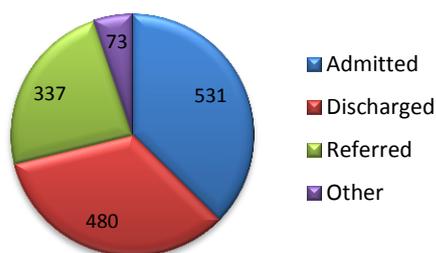


Detention under the Mental Health Act 2001 (another proxy indicator of morbidity and acuity) increased by 33% between 2017 and 2018.

#### Outpatient Activity

On the outpatient side, the number of attendances in Crannog Acute Day Hospital increased by 20%, attendances at the mental health addition services and clozapine clinic both fell by 5%. Presentations to the Rapid Access and Assessment Service increased by 15% to 1,421. Of these, 37% were admitted to the In-Patient Unit; 34% were discharged and 24% were referred to other services including the Day Hospital.

#### Rapid Access and Assessment Service Total: 1,421

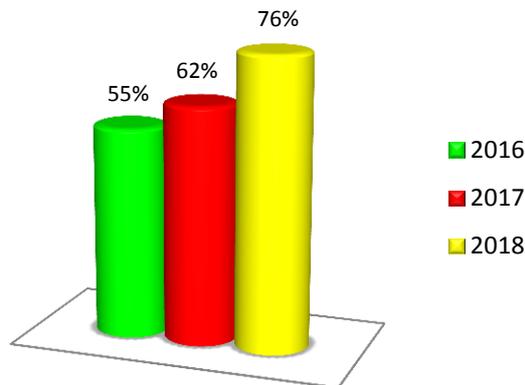


#### Quality Enhancements

In order to enhance the quality of treatment and care that we provided to the service users who seek help in SVHF, all clinical disciplines, nursing, medical, HSCPs, and with the support of our much valued colleagues in administration, healthcare records, catering, house-keeping and technical services, actively contributed to a range of quality improvement activities.

These activities included enhancement of Continuing Professional Development in a range of areas within and across disciplines. Another was the development of a comprehensive online audit programme used by all disciplines, translation of learning from the audit into practice, analysis of, and learning from incidents and an active academic programme with a range of speakers. The Inspections by the Mental Health Commission provided evidence that with such joint efforts we improved our level of compliance, and there is still room for improvement.

### **% Compliance with MH Act, Rules, Regulations and Codes of Practice**



### **Celebrating 160 years in Mental Health**

At the beginning of 2018, we celebrated over 160 years in health care (1857-2017) by the holding of a most successful conference in Clontarf Castle. It highlighted a range of new developments in mental health care; it also served as a reminder that even with all of the new developments, the core of good mental healthcare is the quality of our staff and our relationship with the people whom we, the staff serve, namely the service users of SVHF.

Another key feature in the improvement of care to our service users was the availability of an increased range of Health & Social Care Professionals (HSCPs). The long established Psychology Department continued to provide individual and group interventions and consultation role to the different clinical areas, while the newly established social worker, occupational therapist, physiotherapist and dietitian have made valuable contributions in individual and group interventions.

**Dr. Miriam O’Doherty**  
**Clinical Director**

### **Education and Training**

We also continue to foster the development and training of future health professionals through the NCHD positions for both psychiatric and general practice trainees, and for psychology trainees and with established medical undergraduate training links with the Royal College of Surgeons in Ireland (RCSI) and University College Dublin(UCD).

## Academic Programme 2018

Date	Lecture	Presenter
09/02/2018	Audit Presentation - ECG & Anti Psychotics	Dr. Guy Molyneux, Dr. Michael Murray (North Strand) and Dr. AJ Mehta (Rehab)
23/2/2018	Data Protection	Sinead Byrne – All in One Solutions
9/3/2018	Doctor Wellbeing	Dr. Jean Marie Nangle (North Strand)
16/3/2018	Journal Article: Case Presentation	Dr. Michael Murray (North Strand) and Dr Enda Kelliher (Marino-Clontarf)
23/3/2018	Journal Article: Lancet 2018 Meta Analysis – 21 Antidepressants, Efficacy, Tolerability. Case Presentation: Somatisation	Dr. Gillian Tuoyo (Millmount) and Dr. Amin Varasteh Badri
30/3/2018	Suicide and Risk Assessment	Dr. Declan Murray – Extern
6/4/2018	Journal Article Case Presentation: Schizoaffective Disorder	Dr Joe Seery (Crannog) Dr. AJ Mehata (Rehab)
13/4/2018	From Molecule to Market	Dr. Dorothy O’Sullivan, Liaison Medical Specialist, Lundbeck
20/4/2018	Journal Article Case Presentation	Dr Enda Kelliher (Marino-Clontarf) and Dr. Yvonne Lillis (Crannog)
27/4/2018	Case Presentation	Dr Michael Murray (North-Strand)
04/05/2018	Spirasi	Aisling Hearn, Therapy Co-Ordinator
11/5/2018	Medication Audit Case Presentation	Dr. Joe Seery (Crannog) Dr Gillian Tuouyo
18/5/2018	Journal Article – Internet Addiction Case Presentation: Treatment Resistance Schizophrenia with Risk of Violence	Dr. AJ Mehta (Rehab) Dr Fiona Lemansy
25/5/2018	Case Presentation: Paranoid Schizophrenia in a patient with pre-morbidity high IQ	Dr Muhammad Sajid and Dr Maurice O’Farrell (Ballymun)
1/6/2018	Case Presentation: SSRIs	Dr Muhammad Sajid (Ballymun)

Date	Lecture	Presenter
8/6/2018	Journal Article Case Presentation: Network MA on Antipsychotics in 1 <sup>st</sup> Episode	Dr Niamh Fitzgerald (North Strand) Dr Valentia Sucic (Millmount)
15/6/2018	Audit Presentations – Discharge Checklist Admission Clozapine Metabolic Monitoring	Dr Luan Hasset Dr Maurice O’Farrell Dr AJ Mehta
22/6/2018	Book Club – The Grass Arena by John Healy	
6/7/2018	Journal Club – Comparison of the Features of Both Conditions in a Dually Affected Cohort Case Presentation – Somatoform Disorder	Dr Joe Seery Dr Luan Hasset
27/7/2018	Incidents Reports – SVHF	Dr. Miriam O’Doherty
3/8/2018	Audit Meeting and Allocation of Audits to Teams	Dr Miriam O’Doherty
16/8/2018	The Roles of the Dietician and Occupational Therapists in Care Planning and Patient Care	Denise Murphy and Vicki Foye
24/8/2018	How to advertise Psychiatric Medication	Dr Aidan Collins
7/9/2018	Mental Health Commission Report	Dr Miriam O’Doherty
14/9/2018	Overview of Critical Appraisal for the MRCPsych Exam Cohort Study – Dying to be famous, retrospective cohort study of rock and pop star mortality and its association with adverse childhood experience	Dr Uche Egbuta (Marino-Tolka) Dr Naoise Mulcrone (Ballymun)
21/9/2018	Case Presentation: First Episode Psychosis Journal: Randomized Control Study – Clozapine for the Treatment Resistant Schizophrenic: a double blind comparison with chlorpromazine	Dr Siun Sweeney (Crannog) Dr Lauren Alexander (Crannog)
28/9/2018	Case Presentation: Anorexia Journal: Bupropion-SR, Sertraline, Venlafaxine-XR after failure of SSRIs for Depression, New England Journal Medical 2006	Dr Fiona Hoard (Ballymun) Dr Joanna Peart (Ballymun)
5/10/2018	The Long Term Treatment of Schizophrenia: How far we have come	Prof. John Kane
12/10/2018	Case Presentation Journal – Alcohol	Dr Desh Sidhu (North Strand) Dr Guy Molyneux (North Strand)
26/10/2018	Lies and Lying in Psychiatric Presentation Antidepressant use during Pregnancy and Psychiatric Disorders in Spring: Danish Nationwide Register Based Cohort Study	Dr Aidan Collins

Date	Lecture	Presenter
2/11/2018	Clinical Audits Admission Discharges Integrated Care Plans	Ballymun Millmount Marino-Tolka
9/11/2018	Case Presentation: Journal: Absolute Risk of Suicide after first Hospital contact in Mental Disorder. Archives General Psychiatry Vol. 68 (N.10) Oct 2011	Dr Laura Mannion (Marino-Clontarf) Dr Daniel Clear (Marino-Clontarf)
23/11/2018	Journal: Managing Clozapine Side Effects Maintaining Clozapine Treatment – What Clinicians need to know	Dr John Lally (Marino-Clontarf)
30/11/2018	The Use of Neuroimaging in Psychiatry Research Presentation, Improving Diagnostic Clarity between OCD and ASD Journal: Safety and Efficacy of Adjunctive Second Generation Antidepressant Therapy with a Mood Stabiliser or an Atypical Antipsychotic in acute Bipolar Depression: a systemic review and meta-analysis of randomised placebo-controlled trials. Lancet Psychiatry 2016	Dr Daniel Clear (Marino-Clontarf) Dr Niall Cronin (Crannog)
7/12/2018	Clinical Audits Six Monthly Physicals Medication Transfers Audit Findings	Marino-Clontarf Rehab/Crannog North Strand Dr Miriam O'Doherty
14/2/2018	Case Presentation	Dr Emma Travers (Millmount)
21/12/2018	Case Presentation: Why do people with mental illness consume so much cola Literature Review: Is OSA being missed and depression being over diagnosed	Dr Fiona Lemasney (Rehab) Dr Uche Egbuta (Marino-Clontarf)

## CLINICAL DIRECTOR'S REPORT (ADOLESCENT)

### Introduction

An essential part of the work of St Vincent's Adolescent Mental Health Services is based on a strong collaborative relationship with the community. Almost all young people attending this service are linked in with and referred from their local CAMHS team.

There has been a presence of Adolescent Mental Health services on St Vincent's Hospital campus since 1988 when the Day Hospital and School were established. In 2009 the In-patient Unit was opened as a 6-bed unit, its capacity now having been increased to 12 beds.

### Adolescent In-Patient Unit

The **Adolescent In-patient Unit** is one of 6 Adolescent Approved Centres in the country. It provides a service to young people aged 16 and 17 yrs with moderate to severe mental health difficulties or diagnosis who require in-patient care and treatment. It is staffed by a multi-disciplinary team, led by a Consultant Child & Adolescent Psychiatrist. While having a national remit, its primary catchment area serves the Dublin North East Region.

Due to the changing needs and demands of our population the service is currently exploring the possibility of expanding the age range to include 15-year-olds in the provision of inpatient care. We would hope to implement this in 2019.

CAMHS ability to respond in a timely way to crisis for 16- and 17-year olds remains a challenge. We continue to work towards meeting this need as safely and as promptly as possible.

### Adolescent Day Hospital and School

The **Day Hospital and School** cater for young people between the ages of 12-18yrs from the catchment area of Dublin North City and County (CHO 9). These young people have moderate to severe mental health difficulties/diagnosis and require a more intensive therapeutic input than that available from their local CAMHS team. While often considered as a step-down from the In-patient Unit, our CAMHS day hospital offers a viable alternative to admission for many young people, with the option of attending up to five days a week. It facilitates intensive treatment while allowing a choice of care to the child/adolescent by enabling a return home each evening and weekends where they live in the least restrictive setting, which can be restorative for the family as a whole.

The **School** complements the therapeutic services offered by both the In-patient and Day Hospital services. As an integral part of the week day, one of the school's strength is its adaptability to the needs of the young people, while also aligning itself to the Dept. of Education curriculum. The young people can attend school either at the on-site base, or if deemed not well enough, the young person may receive educational input and support while remaining on the In-patient unit.

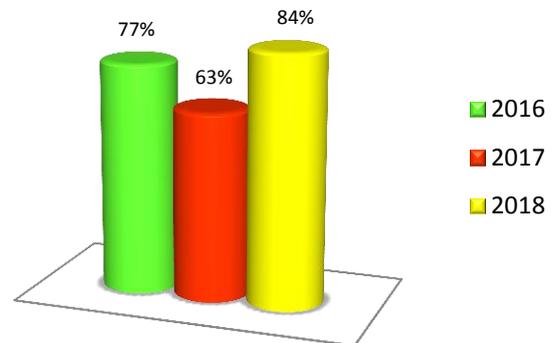
One of the strengths of St Vincent's Adolescent Mental Health Service is its commitment to working with the community CAMHS teams in the preparation and transition of the young person towards a successful recovery process.

## Quality

Becoming a member of QNIC in 2009 enabled CAMHS as a service to focus and build on our Best Practice Quality Initiatives year on year. This process has emphasised the values of engagement with young people and their families in shaping our service

Along with the Mental Health Commission **Judgement Support Framework**, the **QNIC framework** has guided our service in continuously building on our yearly achievements, which we plan to continue into the future.

**% Compliance with MH Act, Rules, Regulations and Codes of Practice**



Details of clinical activity as well as Mental Health Commission Inspection report findings can be found in the body of the Annual Report.

**Dr. AnneMarie Waldron**  
**Clinical Director (Adolescent)**

## DIRECTOR OF NURSING REPORT

### Introduction

Our nursing services in Mental Health are evolving from an institutional resource base to a community focused setting that is more flexible and accessible yet equally if not more therapeutic, making it more suitable for the needs of the majority of our community.

The delivery of Community based, recovery focused, treatment interventions are now the care of choice for the majority of our services users.

However, the inpatient settings continue to remain a key part of our services, inevitably in times of crisis, the most responsive. The nursing care provided in these settings is also evolving into bespoke specialist areas of care.

Specialist mental health services, be it inpatient or community, brings new challenges - a demand for diversity, specialist skill sets and an increased exposure of nurses working in more autonomous roles, along with higher expectations from our service users and their families.

Our mental health nurses need to be proficient in applying a repertoire of skills that enables them to adapt in a timely way to the situation in hand but be comfortable knowing that they are working within their professional competencies.

### Continuous Professional Development

Our aim is to identify evidence based training that enables our nursing staff to develop and enrich their skill sets so not only do the individuals become specialists in their areas of expertise, but the overall “tide” of nursing quality and skill and interventions continues to rise.

Given the ever-increasing younger profile of mental health nursing in inner city Dublin it is essential that we continue to invest in the development of our staff.

In collaboration with the NMPDU (Nursing & Midwifery Practice Development Unit – CH09), we have provided the following professional development programme for 2018:

- Managing Challenging Behaviour using a behaviour therapy approach – 10 day programme – jointly presented with Psychology Dept.
- Maastricht Interviewing – 2 day workshop - recovery focused training for professionals in mental health care to work with people who hear voices
- STORM training – training includes suicide prevention and self-harm mitigation
- WRAP – wellness, recovery action planning
- Managing complex mental health problems using CBT – 10 day programme – jointly presented with Psychology Department
- Understanding Autism – 2 day programme
- Medication management workshops – jointly presented with Pharmacy department

Supporting staff to successfully apply these skills and promoting their personal and professional development through reflective practice, Nursing Management continuously encourages Clinical Supervision, both from an individual and a group approach. We are delighted that a number of our staff are now trained as Clinical Supervisors. Figures would suggest that staff’s willingness to attend clinical supervision continues to grow.

We have placed a lot of investment in order to be compliant with our mandatory training requirements, both from the Mental Health Commission regulations as well as Health & Safety. This is an on-going challenge but we are very fortunate to have staff willing to be trainers in these areas, which significantly help our staff to be proficient in these essential core skills.

We also encourage our staff to engage in Post Graduate education. Three staff this year have taken on Graduate Diplomas and one has completed an MSc in Nursing.

Our nursing undergraduate training system, which we provide in collaboration with DCU is an invaluable asset to the service. While sufficient clinical exposure for our students continues to be a challenge, the value of having our students on site in practice, both tests and reaffirms our nursing values in upholding high standards in quality of care.

#### Service quality improvement

Our commitment to quality is underpinned by our emphasis on monitoring the quality of nursing through nursing metrics and auditing. We also have been a member of QNIC, an international quality network, for many years.

Our auditing systems have been invaluable in identifying areas of excellent practice, but also areas for improvement, which we continue to monitor and develop.

We have always embraced the importance of focusing on the quality of our service and our vision remains to continuously improve our standards year-on-year through learning.

We have encompassed the Judgement Support Framework, not only as regulatory requirement but as a guidance document, which enables us to improve the quality of our service in a structured and measureable way.

While continuing to modernise our practices and update our documentation and communication channels, one particular example of innovative practice of note in 2018 was the launch of “Voices of Ventilation”, an inspirational style recovery focused booklet produced by service users and nurses, from our acute therapy programme in St Louise’s Ward. This continues to be well-received by staff and service users alike.

#### Challenges for the future

While the cost of living in inner city Dublin has created significant challenges in the retention and recruitment of staff, nursing management appreciates the difficulties of staff commuting to and working in an inner city area.

Most notably, we would like to acknowledge the willingness and commitment of staff in maintaining services despite severe adverse weather conditions during the storms of 2018.

Previously, the hospital would have recruited approximately 20 nursing staff per year, mostly through our undergraduate system and from the UK. As a result of high living costs, we are now not attracting staff from either outside Dublin or abroad and therefore the vacancy gap is ever increasing, largely being filled by agency and overtime.

Our main challenge now is to retain our staff by recognising their potential and supporting them in developing their professional skill sets.

While there will always be challenges in providing front line professional mental health nursing services, nursing management acknowledge and appreciate the importance of how our staff continues to provide these services in a kind, courteous, efficient and respectful manner.

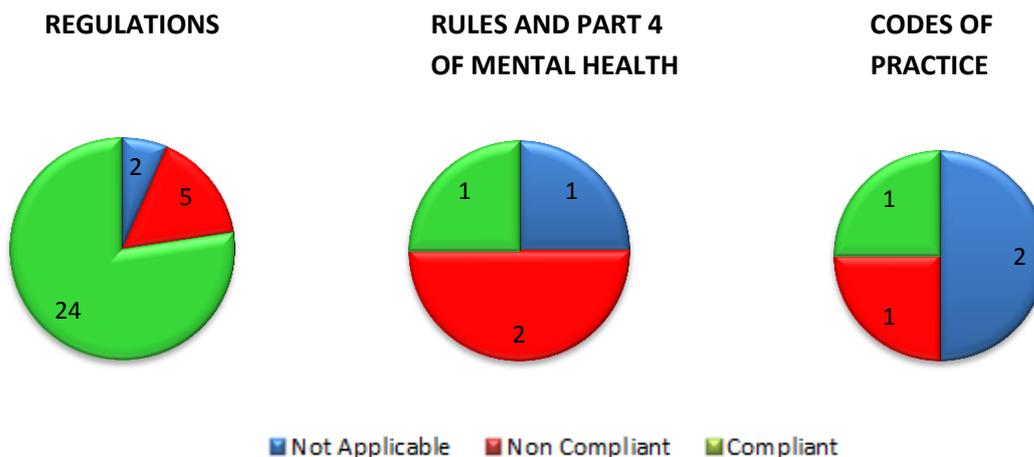
**Declan Lavery**  
**Director of Nursing**

# CLINICAL GOVERNANCE, QUALITY AND SAFETY

## Mental Health Commission: Inspection Reports 2018

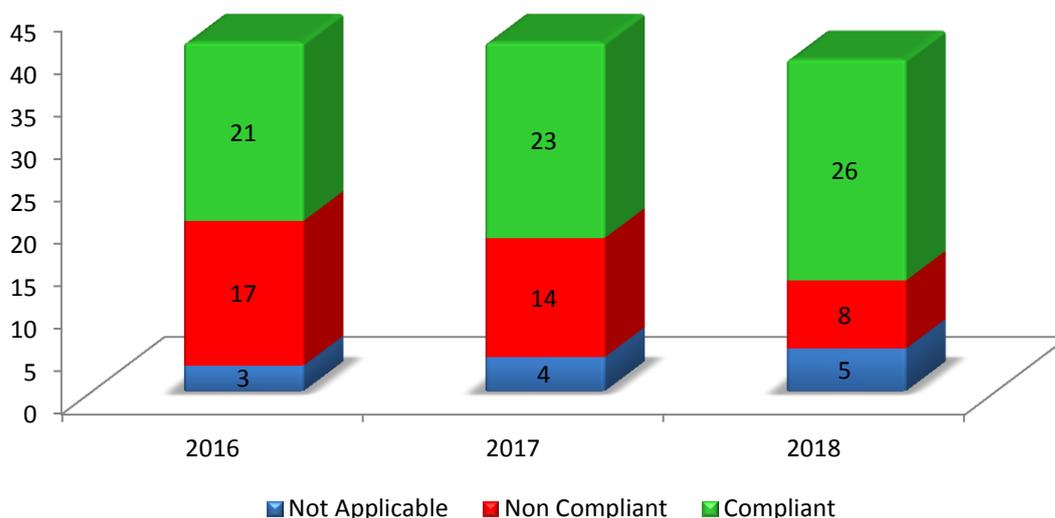
### ADULT

### 2018 COMPLIANCE RATINGS



### RATINGS SUMMARY 2016 – 2018

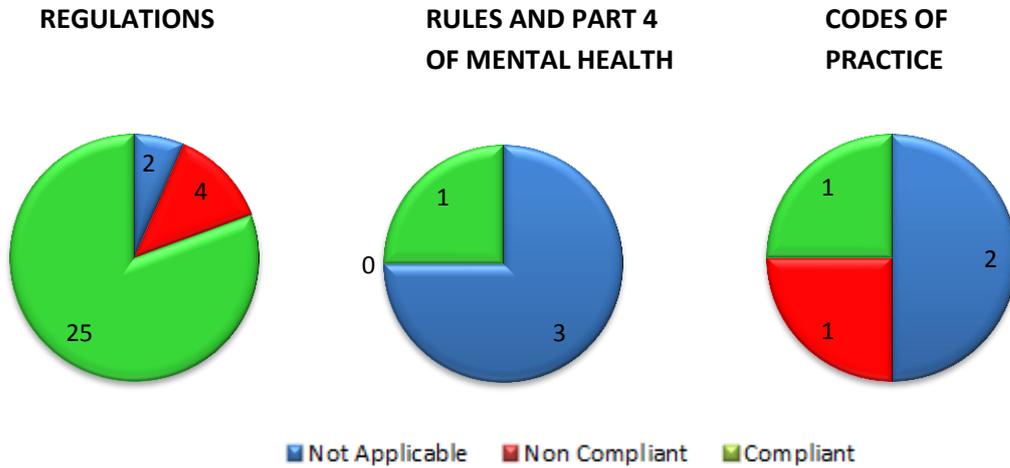
Compliance ratings across all 39 areas of inspection are summarised in Chart below.



#### Areas of compliance rated “excellent” on this inspection

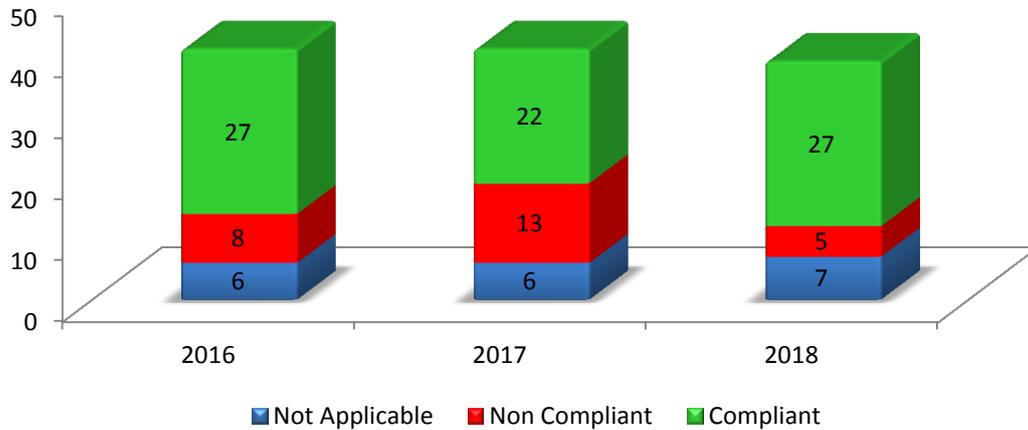
Regulation	Regulation
Regulation 7: Clothing	Regulation 8: Residents’ Personal Property and Possessions

### 2018 COMPLIANCE RATINGS



### RATINGS SUMMARY 2016 – 2018

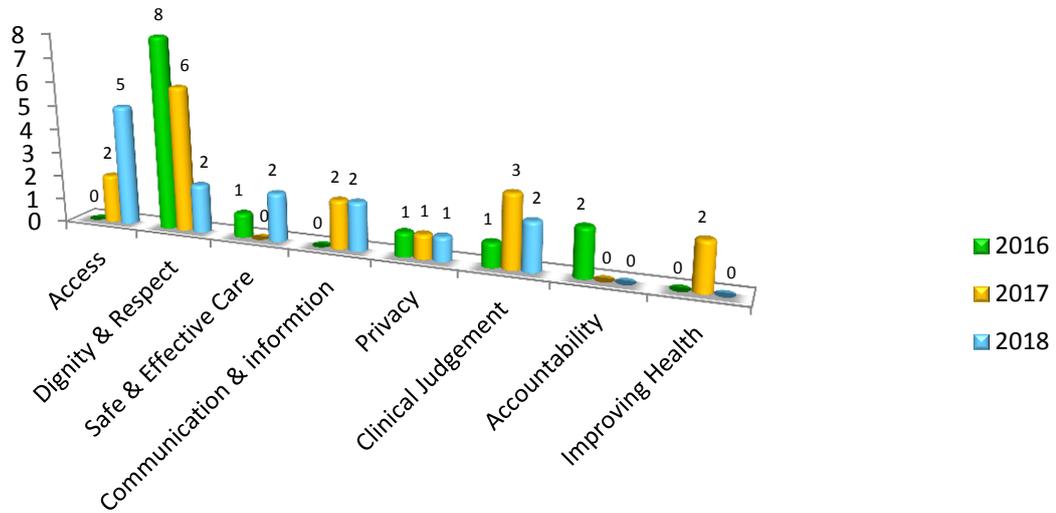
Compliance ratings across all 39 areas of inspection are summarised in Chart below.



#### Areas of compliance rated “excellent” on this inspection

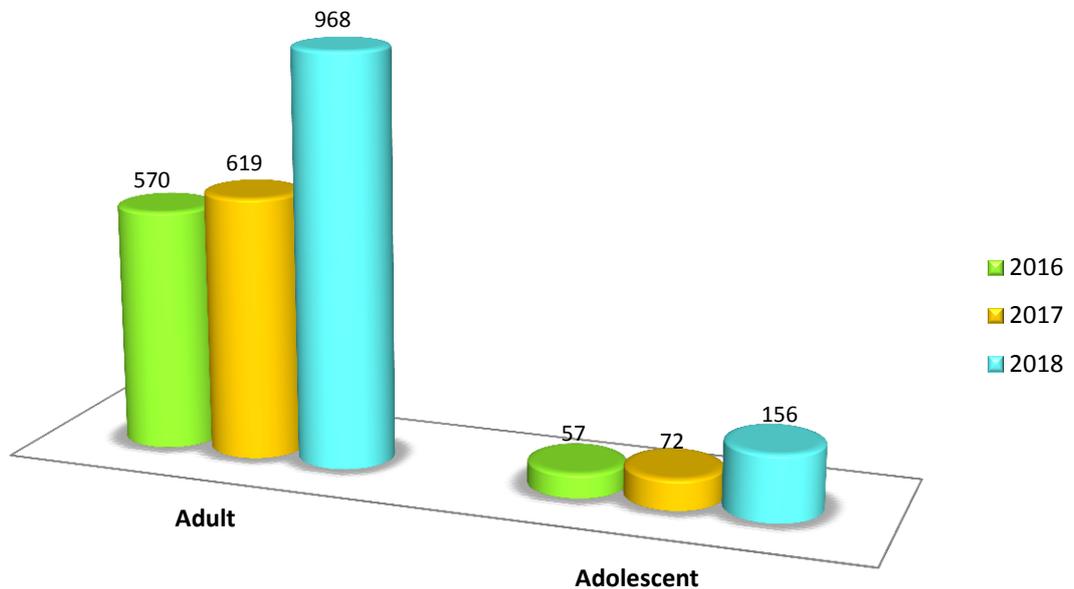
Regulation	Regulation
Regulation 4: Identification of Residents	Regulation 12: Communication
Regulation 5: Food and Nutrition	Regulation 13: Searches
Regulation 7: Clothing	Regulation 17: Children’s Education
Regulation 8: Residents’ Personal Property and Possessions	Regulation 18: Therapeutic Services and Programmes
Regulation 9: Recreational Activities	Regulation 18: Transfer of Residents
Regulation 10: Religion	Regulation 23: Ordering, Prescribing, Storing and Administration of medicines
Regulation 11: Visits	

## Complaints: 2016 - 2018



St. Vincent’s Hospital uses the HSE “Your Service, your say” initiative. All complaints are taken seriously and investigated. Complaints are also used to inform and improve the quality of the care we provide to our patients.

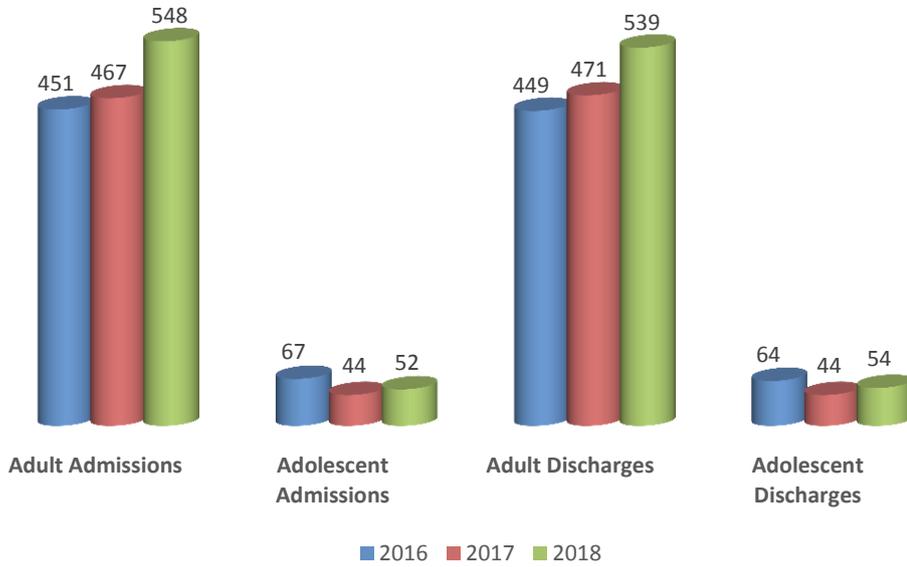
## Incidents: 2016 - 2018



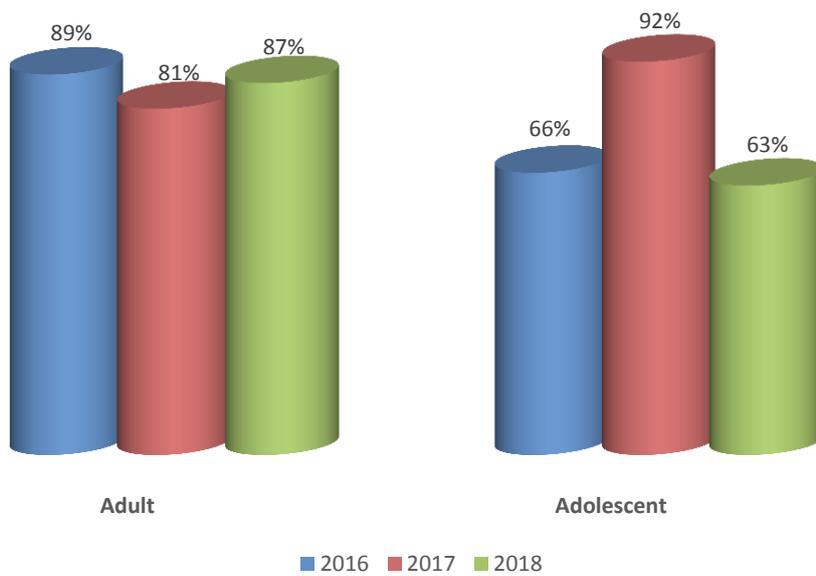
The reporting on incidents provides valuable information on a range of aspects of the standard and quality of the care provided to patients and helped to identify useful learning (with regard to policy, protocol, practice), deficiencies in structure, infra-structure and manpower issues.

# ACTIVITY

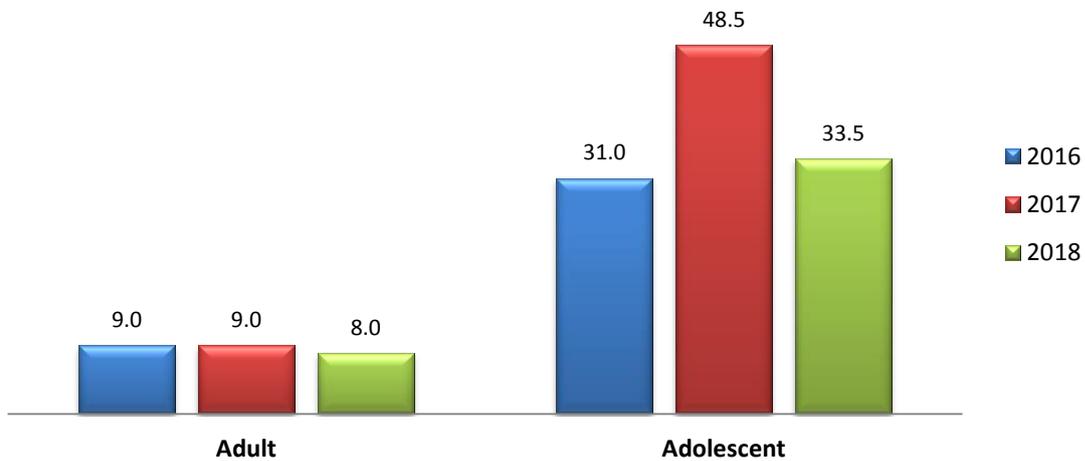
## Admissions and Discharges: 2016 - 2018



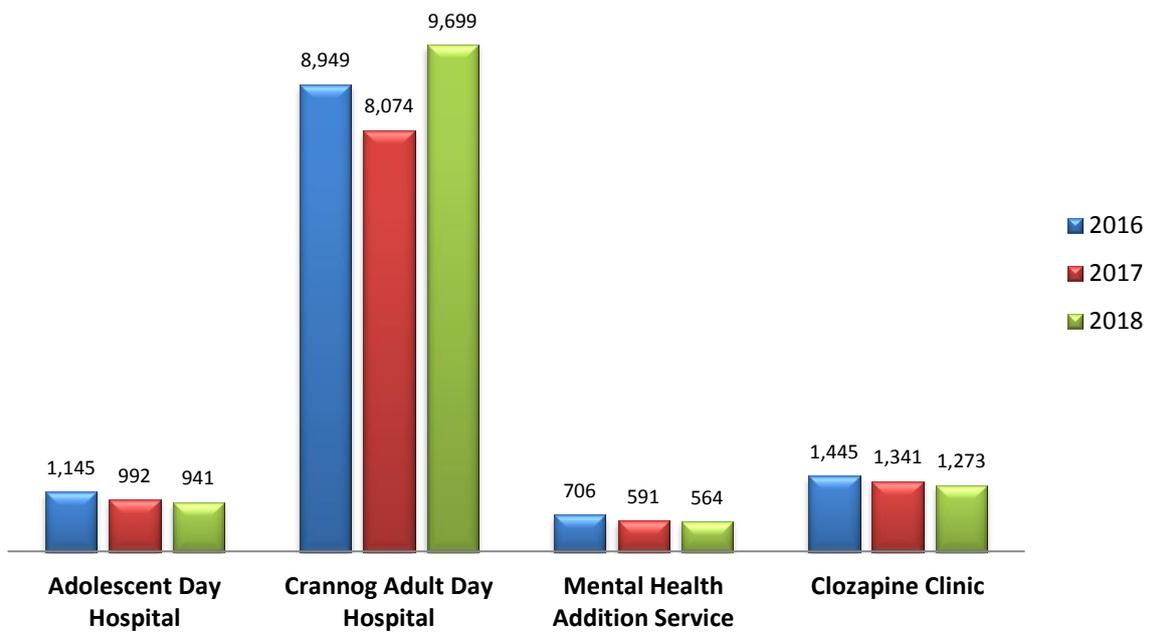
## % Bed Occupancy: 2016 - 2018



## Length of Stay: Median Number of Days 2016 - 2018

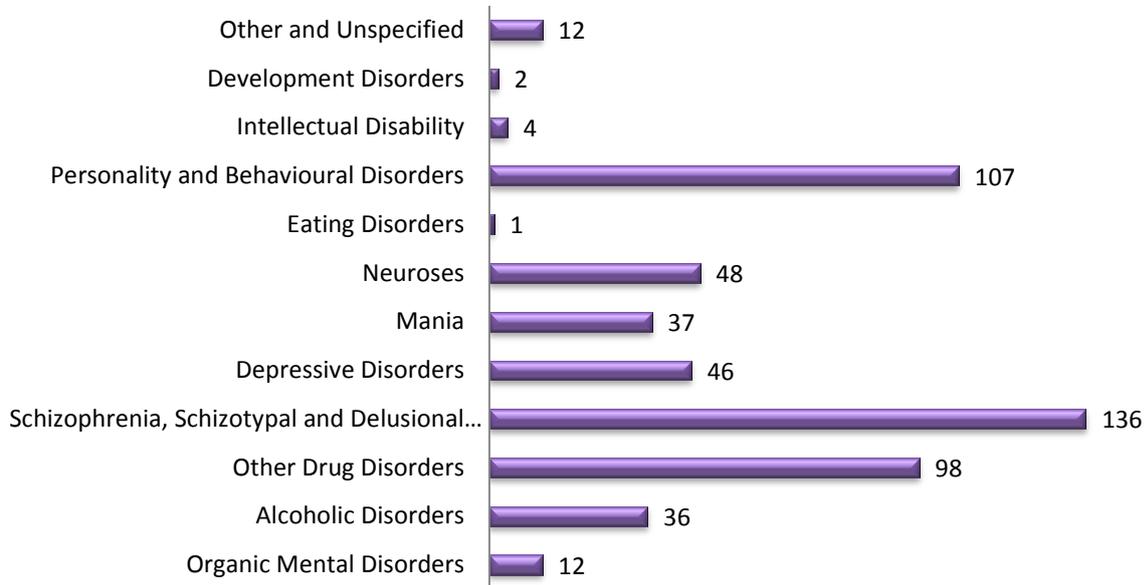


## Day Hospital and Clinic Attendances: 2018

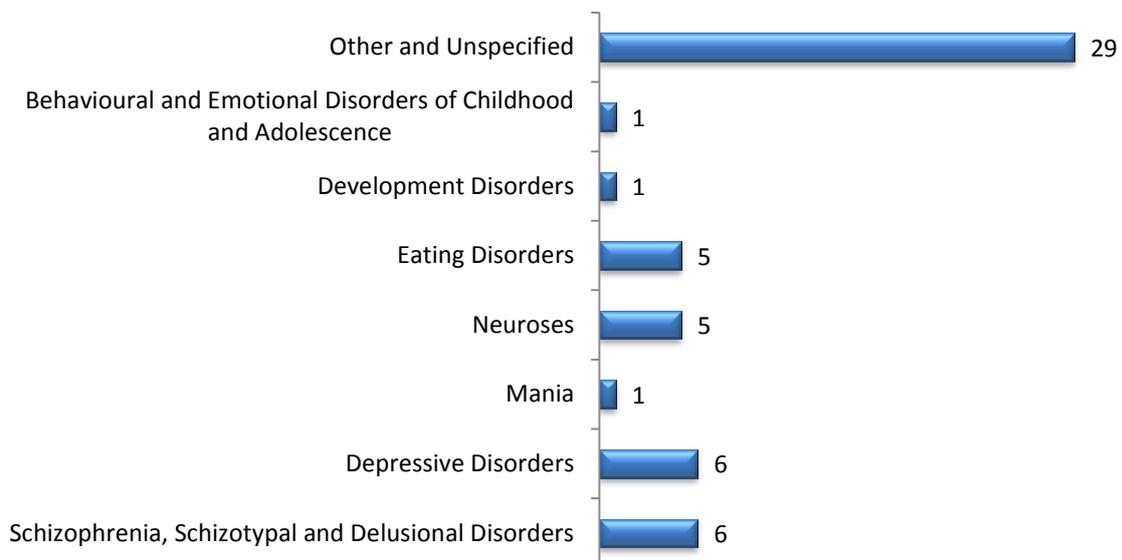


# Analysis of 2018 In-Patient Discharges by Diagnosis

## Total Adult: 539

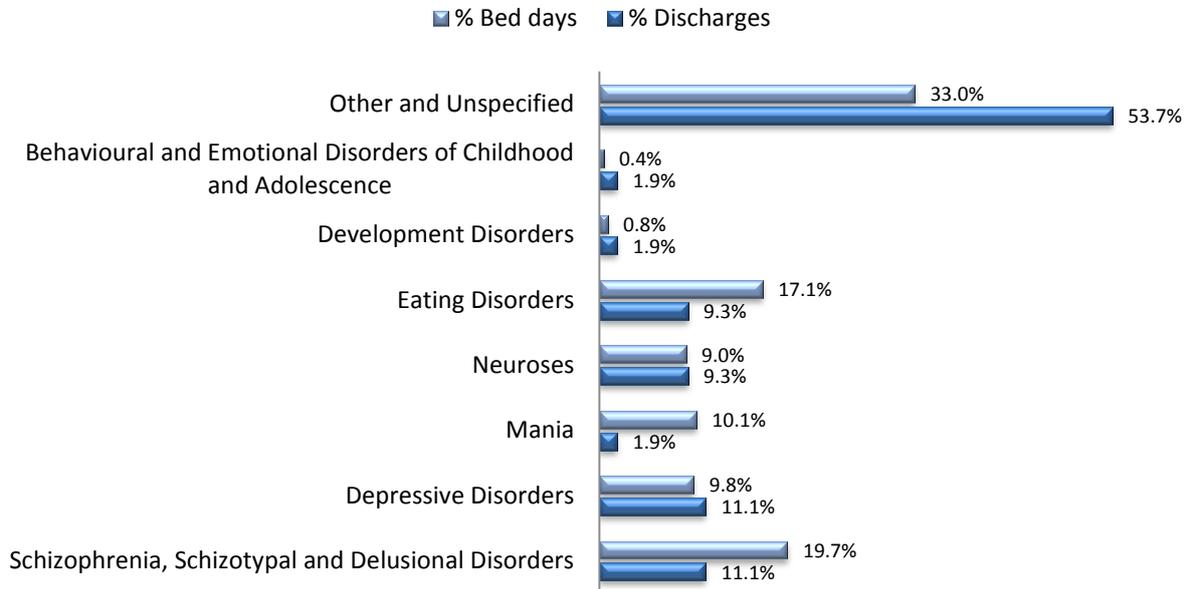


## Total Adolescent: 54



## Comparison of 2018 %In-Patient Days -V- % Discharge by Diagnosis

### Adolescent



## EVENTS

### VOICES OF VENTILATION AND VALIDATION

“Voices of Ventilation and Validation” is an innovative nurse-led project underpinned by the principles of Recovery.

It originated from the desire of service users in St. Louise’s Ward to create an inspirational booklet for people following in their footsteps. This project encouraged individuals to map their recovery journey through poetry, reflections and art.

The project commenced with a blank book left in the group room in the Activities Area. Service users were encouraged to jot down any words or thoughts that they found inspirational or may be of help to others on the same journey of recovery. Service users were also encouraged to express themselves through other mediums such as drawing or painting. Some of the sketches are displayed in this Report

One of the first sketches, a peacock in full plume morphed in to becoming the logo now used by the Dublin North, North East Recovery Colleges.



In May 2018, The Irish Institute of Mental Health Nursing approached the Nursing Practice Development Department in St. Vincent’s Hospital with a request to showcase the initiative at a conference in DCU titled “Informing Mental Health Nursing Practice, Education and Research through Co-Production”.



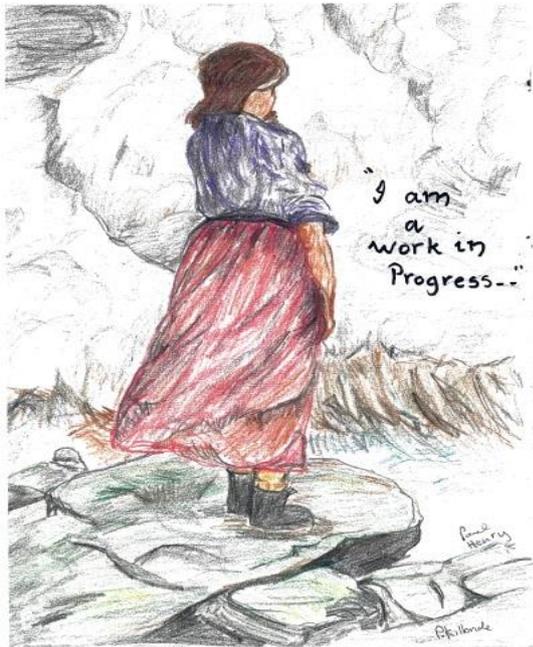
If you could  
say it in words  
There would be  
no reason  
to paint ...

### MENTAL HEALTH WORLD DAY

The Psychology Department initiated a project to open space for people to engage in creative writing experiences about inspirational aspects of their journey towards recovery in mental health. We invited patients, family members and staff to contribute their creative writing pieces for publications to be launched on World Mental Health Day. One publication was developed from the adult services called ‘Our Lives’ involving 23 people. A separate one from the adolescent services called ‘Reflections on our lives... so far’ involved 29 people. The process was evaluated and the feedback was overwhelmingly positive.

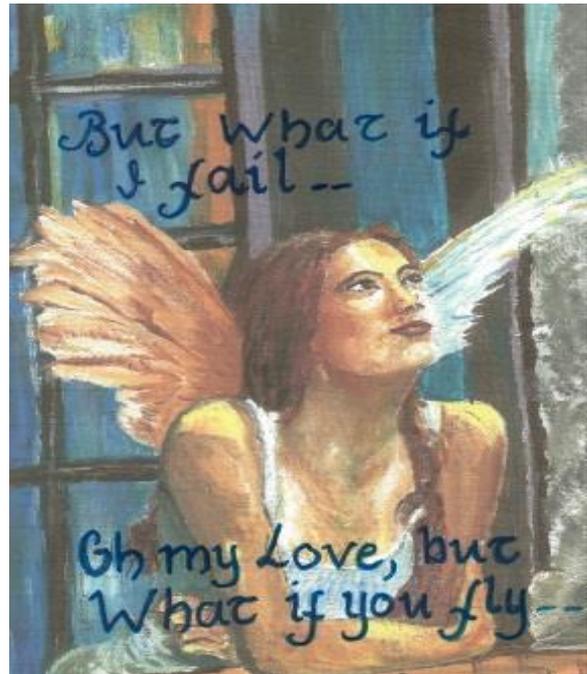
## SUPPORTING SUPPORTERS PROGRAMME

The Psychology Department led the development of a group for parents attending St Joseph's Adolescent Day Hospital to focus on self-care. Staff had observed that many parents of young people with mental health issues struggle to look after themselves and this impacts not only on their own well-being but also on the well-being of others in the family, including the young person with mental health difficulties attending our service. We designed and delivered a 4 day group programme. 20 parents attended. 16 parents completed both the pre and post outcome measure on 6 aspects of self-care that related to the aims and objectives of the programme. Pre and post measure of various aspects of self-care were analysed and showed that the group overall had made positive changes in all aspects of self-care measured.



## WELLNESS BOXES

The Psychology Department created wellness boxes for each of the adult and adolescent units and the staff canteen. These boxes contained wellness tips that people were invited to take as a gift and commit to doing to enhance their well-being.



## Annual Christmas Carol Service

The Chaplaincy Department held their Annual Christmas Carol Service in December 2018.

The Hospital Choir celebrate the Christmas season by holding a wonderful service of well-known Christmas hymns. Patients and staff are all welcome. Following the Service mince pies and tea/coffee is provided in the canteen.

“Reflections on our life ..... So far” below is some of the creative writings and artwork from young people, parents and staff of the Adolescent Service.

### LIFE EXPERIENCE

From life experience of mental health

I have learnt the importance of:

**S**howing compassion to one another

**U**nderstanding each person has a story

**P**rioritising what is most important

**P**racticing new skills

**O**utstanding courage shown each day

**R**eaching out

**T**ogether we can get through anything



### YOU DESERVE

*“You deserve to be happy, you deserve to live a life that lights you up, don’t ever forget that”*

I love this quote, I really feel the staff in St. Joseph’s strive to achieve this, they seem to work so well as a team, they have compassion and understanding and nothing ever seems to be a problem.

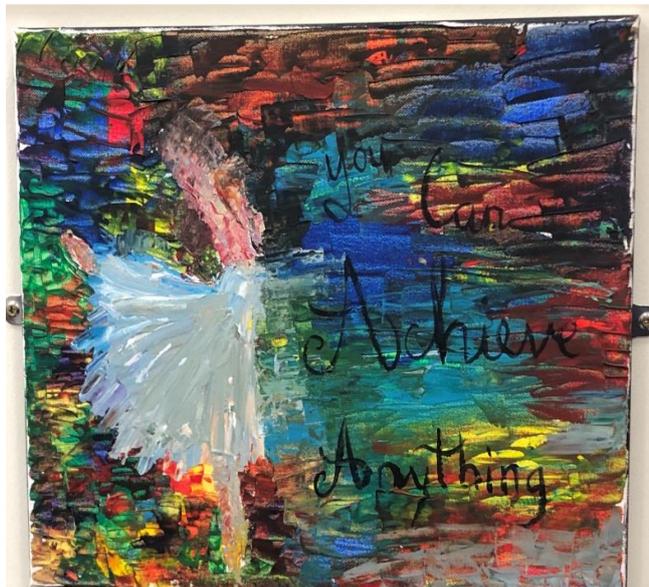
As parents of a young person who needed help, we did receive that. He met a range of professionals who helped him, he said himself it was a positive experience and it gave him a sense of structure to his day. Thanking you all most sincerely.

### YOU ARE MY INSPIRATION

Life throws a lot of things in front of us – it is challenging to be an adolescent in this era – either it is just a normal challenge of growing up as an adolescent or being in all kinds of family dynamics. Keeping up to date and living up to the “expectation” of social media also adds to the mix.

It has been my pleasure and inspiration meeting and working with young people here: their courage to seek help, willingness to be guided and determination to put things into practice as they make their recovery. Of course, having great and enthusiastic team members is priceless.

It is my aspiration to continue helping and supporting the young people attending St. Joseph’s on their way to fulfilling their hopes and I love my team.



## EDUCATION AND TRAINING

**Mandatory Training under Regulation 26 Staffing of the Mental Health Commission’s Judgement Support Framework: required for all healthcare professionals. The following courses are held throughout the year:**

Provider	Course	Frequency
Medical Emergency Medical Training And In-house by trained nurses	Basic Life Skills	Ongoing throughout year
Crisis Prevention Institute International	Management of Violence and Aggression	Ongoing throughout year
In-house by trained nurses	Breakaways and Control & Restraint	Ongoing throughout year
HSE Land (OnLine)	Mental Health Act 2001	On Line
HSE Land (OnLine)	Children’s First	On Line
Hospital Fire Consultants	Fire Safety	Weekly

## Nursing

Training/Supervision received by Nurses in 2018
Communicating with People who have an Intellectual Disability
Supervision of Supervision (SOS): Bi-monthly supervision for our Clinical Supervisors
CBT Clinical Supervision
Individual Clinical Supervision
REBT (Rational Emotive Behaviour Therapy) Supervision – Group supervision takes place every 6-8 weeks
ACI (Addiction Counsellors of Ireland) Supervision
EMDR (Eye Movement Desensitisation and Reprocessing) Supervision
Advanced Diploma in Personal Leadership & Executive Coaching (undertaken by 2 nurses)
Nurses commenced the following courses <ul style="list-style-type: none"> <li>• Post Graduate Diploma in Mental Health TCD</li> <li>• MSc in Mental Health (Psychosocial Interventions) TCD</li> <li>• Post Graduate Diploma in (Child &amp; Adolescent) TCD</li> <li>• MSc in Nursing (Advanced Leadership) RCSI</li> <li>• MSc in Mental Health TCD</li> </ul>

<b>Training/Supervision received by Nurses in 2018</b>
STORM (Suicide Prevention and Self-Harm Mitigation)
Maastricht Interviewing – 3 day course
Anaphylaxis Training
WRAP (Wellness Recovery Action Planning) Levels 1 and 2
Managing Complex Mental Health Problems using CBT
Managing Challenging Behaviour using a Behaviour Therapy Approach
Understanding Autism – 2 day programme
Dementia Care Activities
Infection Prevent & Control – 4 day foundation course through the RCSI
Medication Management Workshop

## **Psychology Department**

<b>Training/Supervision received by SVHF Psychologist in 2018</b>
Module 2 and 3 of Individual Schema Therapy
Group Schema Therapy
Maastricht Interview for working with Voice Hearers
Hearing Voices Conference
Power Threat meaning framework for developing psychological formulations
Transdiagnostic Cognitive Behavioural Therapy for mental health issues
Occupational Aid training
Trauma Informed Care Conference
Radically Open Dialectical Behaviour Therapy
Autism Awareness Training
Monthly peer supervision for psychologists

<b>Training/Supervision provided by SVHF Psychologist to SVHF Clinicians: 2018</b>
Monthly individual supervision for psychologists
Managing complex cases using Cognitive Behavioural Therapy (15 staff)
Monthly Clinical Supervision for Clinical Nurse Specialist in Cognitive Behavioural Therapy
Trauma informed care Workshop for adolescent services (17 staff)
Distress Tolerance skills for Psychiatric Registrars and Interns (8 staff)
Motivational interviewing for mental health professionals (14 nurses; NCHD, psychology trainee, student nurses, HSCPs)
Participation of nurses and student nurses in ongoing Dialectical Behaviour Therapy informed groups (over 30 staff)
Supervision of Psychologists in training contributing to acute adult and adolescent services
Supervision of psychological therapy case for 2 Senior Registrars in Psychiatry
Presentation to Dublin North CAMHS Journal Club

### **Publications in 2018 by SVHF Staff**

Gordon, E. **Kenny, M.** O'Reilly, A. & Moore, G. (2018) Being Transformed: Delivering a psychotherapeutic group intervention targeting repeat suicide attempts. *European Journal of Psychotherapy and Counselling*. [doi/abs/10.1080/13642537.2018.1495242](https://doi.org/10.1080/13642537.2018.1495242).

Gordon, E. & **Kenny, M.** (2018) Group Work in Mental Health Nursing: Psychoeducation as a means to therapeutic ends. IN J.C. Santos & J.R. Cutcliffe (Eds.) *European Psychiatric / Mental Health Nursing in the 21<sup>st</sup> Century*. Switzerland: Springer. doi: 10.1007/978-3-319-31772-4.

## FINANCIAL REPORT

### St. Vincent's Hospital, Fairview

#### INCOME AND EXPENDITURE ACCOUNT for the year ended 31 December 2018

	<i>2018</i> €'000	<i>2017</i> €'000
<b><u>Income:</u></b>		
Grant income - Health Service Executive	14,775	14,295
Other income	2,141	2,017
	-----	-----
	<u>16,916</u>	<u>16,312</u>
<b><u>Expenditure:</u></b>		
Staff costs	(13,572)	(12,838)
Supplies and services	(3,466)	(3,446)
	-----	-----
	<u>(17,038)</u>	<u>(16,284)</u>
Operating (Deficit)/Surplus for the year	(122)	28
	-----	-----
(Deficit) / Surplus for the year	(122)	27
(Deficit) at the beginning of the year	(20)	(47)
	-----	-----
(Deficit) at the end of the year	<u>(142)</u>	<u>(20)</u>

## St. Vincent's Hospital, Fairview

### BALANCE SHEET at 31 December 2018

	<b>2018</b> <b>€'000</b>	<b>2017</b> <b>€'000</b>
<b>FIXED ASSETS</b>	21,976	23,360
<b>CURRENT ASSETS</b>		
Investments	1	1
Stocks	22	28
Debtors	2,575	2,276
Cash at bank and in hand	704	375
Patients private property – bank account	75	110
	<u>3,378</u>	<u>2,790</u>
<b>CREDITORS (amounts falling due within one year)</b>		
Creditors	(3,010)	(2,653)
Patients' private property	(75)	(110)
Bank overdraft	-	(47)
	<u>(3,085)</u>	<u>(2,810)</u>
<b>NET CURRENT ASSETS / (LIABILITIES)</b>	(293)	(20)
<b>TOTAL CAPITAL EMPLOYED</b>	<u>22,269</u>	<u>23,40</u>
<b>FINANCED BY</b>		
Capital grants and donations	21,976	23,360
Capital Development Fund	435	-
Income and expenditure account	(142)	(20)
	<u>22,269</u>	<u>23,340</u>