

St. Clare's Home



ANNUAL REPORT 1997 & 1998





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Eastern Health Board Management Team
Acute Hospital and Services for the Elderly Programme Committee



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Cllr. Betty Coffey, Vice Chairperson
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Cllr. Michael McWey
Cllr. Roisin Shortall T.D.
Dr. Ray Hawkins
Ms. Maria Hoban
Dr. Marie Laffoy
Cllr. Jim Reilly

GENERAL HOSPITAL CARE PROGRAMME
COMMITTEE MEETING
AT ST. CLARE'S HOME

17th September 1998

REPORT ON SERVICES
1997 AND
1998 (JANUARY TO JUNE)

Director of Nursing:	-	Mrs. M. Cannon
Area Manager:	-	Ms. B. Carroll
Medical Officers:	-	Dr. C. Kelly, Dr. M. Howlett and Dr. J. Burbridge
Maintenance Engineer:	-	Mr. B. Delaney

1. OVERVIEW OF SERVICES:

St. Clare's Home has a bed complement of 85. Patients are referred to the Home following assessment by a Consultant Physician at the Department of Medicine for the Elderly in one of the Acute General Hospitals. Every effort is made to maintain the older person in their own home environment for as long as possible with appropriate support services such as Day Care and Respite Care. When community and hospital-based intermittent care is no longer adequate, extended care beds are available to the older person.



*The latter years should be a time
when life becomes whole, when
we can knit body, mind and
spirit into a unity.*

2. STATISTICAL REVIEW:

2.1 BED COMPLEMENT:

Respite/Intermittent Care Beds	2
Extended Care Beds	83
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Total Beds	85

Day Care Facilities Places available daily	15
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2.2 PATIENT ACTIVITY:

	1997	1998 (to 30.06.98)
Admissions	73	32
Discharges	39	36
Deaths	30	11
Occupied Bed Days	29,374	14,733
% Occupancy	94.7%	95.7%
Average Daily Occupancy	80	80

2.3 SOURCE OF ADMISSION:

	1997	1998 (to 30.06.98)
St. Mary's Hospital	20	10
Beaumont Hospital	3	-
Mater Hospital	5	4
J.C.M.H.	5	2
Home	36	14
Nursing Home	2	-
Other Hospitals	2	2
<hr/>		
	73	32

2.4 PATIENT AGE PROFILE:

	1997	1998 (to 30.06.98)
65-74 years	6	6
75-84 years	33	33
85+	45	41
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Total	84	80

2.5 NUMBER OF PATIENTS IN RESIDENCE BY MEDICO/SOCIAL STATUS:

	1997	1998 (to 30.06.98)
Chronic Mental Illness	2	2
Chronic Physical Illness	11	11
Convalescence/Rehabilitation	2	2
Mental Infirmity/Dementia	22	20
Physical Disability	11	11
Mental Handicap	1	1
Social Reasons	33	31
Terminal Illness	2	2
<hr/>		
Total	84	80

2.6 PATIENT DEPENDENCY PROFILE:

On admission to St Clare's each resident in the Home has been assessed by Nursing Staff on the basis of:

- | | |
|------------------------|------------------------------------|
| 1. Psychological needs | 5. Nutritional and Hydration needs |
| 2. Mobility needs | 6. Dressing ability |
| 3. Hygiene needs | 7. Continence needs |
| 4. Pressure area care | 8. Social needs |

Residents are then allocated to one of four care groups ranging from minimum care assistance to maximum care assistance, based on their level of dependency.

Care Group:

	1997	1998 (to 30.06.98)
1. Independent	16	14
2. Semi-independent	33	31
3. Moderate Dependency	11	11
4. Maximum Dependency	24	24
	84	80

Dependency Category:

	1997	1998 (to 30.06.98)
Psychological needs	57	57
Continence needs	48	48
Need feeding	19	17
Need help feeding	17	17
Mobility Needs:-		
Mobile	24	24
Walking with aid	21	21
Immobile	35	33
Special Categories:-		
Poor sighted	36	36
Blind	4	4
Diabetic	8	8
Epileptic	1	1

2.7 AVERAGE LENGTH OF STAY FOR PATIENTS:

	1997	1998 (to 30.06.98)
0-3 months	37	17
3-6 months	4	5
6-12 months	6	6
1-2 years	5	2
2-4 years	11	14
4-6 years	6	2
6-10 years	0	0
Total	69	36

2.8 DISCHARGE OF PATIENTS BY DESTINATION:

	1997	1998 (to 30.06.98)
Community (e.g Home)	25	15
Acute General Hospitals	10	6
Longstay Hospitals/Homes (including private Nursing Homes)	4	11
Total	39	32

2.9 FINANCIAL OUT-TURNS:

	1997
Pay	£1,288,868
Non Pay	£ 205,000
Gross Total	£1,493,868
Less Income	£ 302,000
Net Income	£1,191,868

Average Daily Cost (Net)	£40.57
Average Daily Cost (Gross)	£50.81

3. CURRENT SERVICES:

3.1 DAY CARE:

The Day Care Unit offers an essential support service to older persons and their carers in Dublin's Northside.

Services availability: Monday to Friday on a day care basis.

When to attend: Daily, Weekly, Twice weekly - depending on needs.

Services provided: Medical care
Nursing care
Paramedical care
Social services.

Social activities: Bingo, Draughts and Crafts
Reality and Reminiscence therapy
Celebrations such as Christmas lunch and birthday parties
Outings - e.g. 1997: excursion to Bray. Lunch and entertainment was provided at the La Touche Hotel. 1998: excursions to Boyne Valley, Evening entertainment in Ardboyne Hotel.

Total number of patients on the Day Care Register is 60, with an average of 15 attending each day.



3.2 RESPITE CARE - 2 BEDS:

The Respite Care facilities in St. Clare's Home has been of great benefit to the older person and their relatives or carer. It enables the older person remain in her own environment for as long as possible, while receiving medical care on an intermittent basis at St. Clare's. This service also gives the carer an opportunity to avail of planned breaks, for social reasons. When unforeseen circumstances arise in the community, the respite care facilities can be availed of at short notice.

Referrals to the service are made by the patient's General Practitioner or Public Health Nurse.

3.3 EXTENDED CARE - 83 BEDS:

Patients requiring extended care are firstly assessed by a Consultant Geriatrician in the appropriate Department of Medicine for the Elderly. In the provision of extended care, every effort is made to develop as homely an environment as possible for our residents.

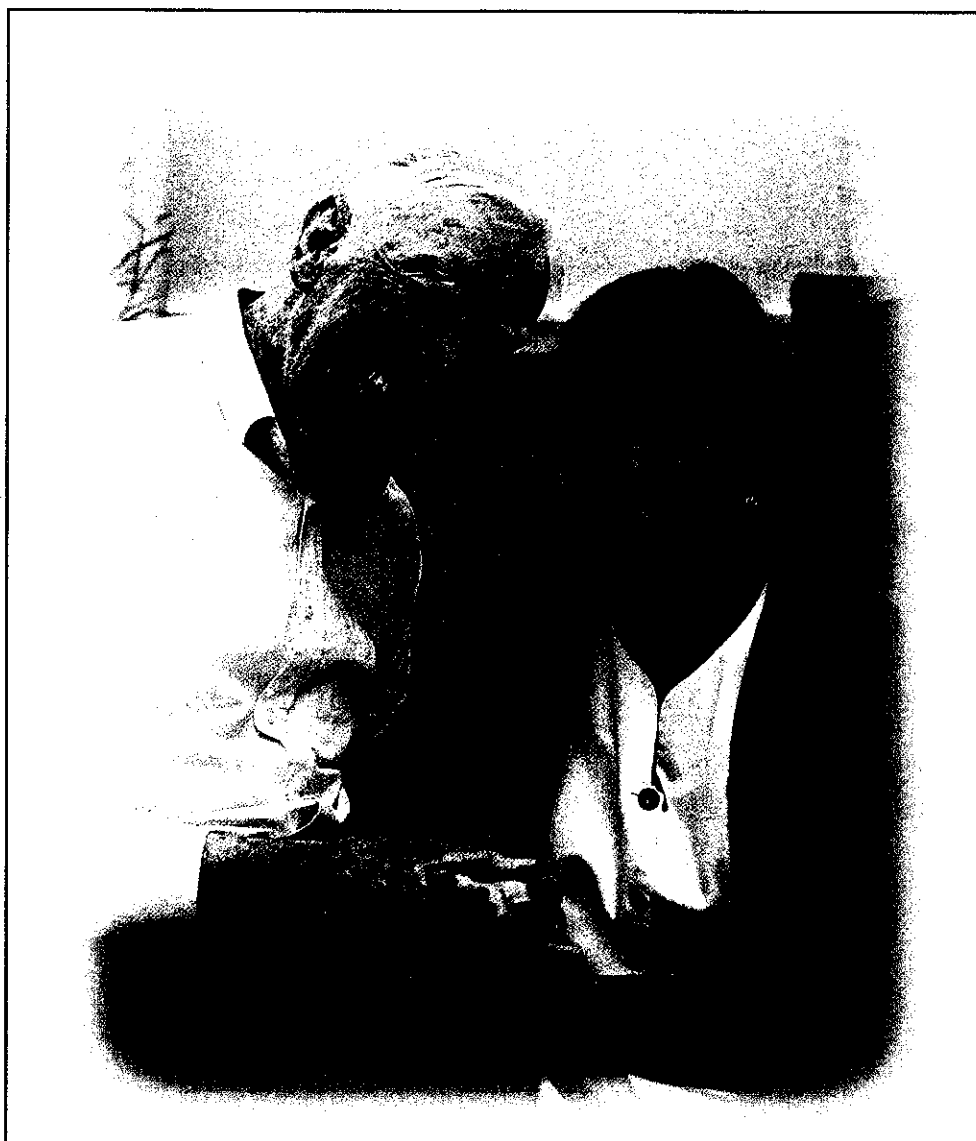


4. MEDICAL SERVICE:

The medical needs of the older person in St. Clare's Home are met by a General Practitioner, based in the locality, who visits the home three times per week. Ongoing medical care is provided to the extended care residents. Supportive medical care is given to the older person availing of Respite care, in conjunction with the patient's own General Practitioner.

5. NURSING SERVICE:

Led by the Director of Nursing, the nursing team of Night Superintendent, Ward Sisters and Staff Nurses, together with Nursing Attendants, work closely in the delivery of quality care to both Day Care patients and residents at St. Clare's.



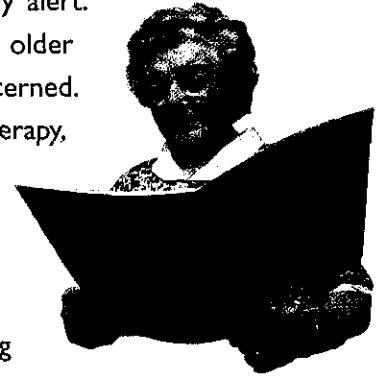
Staff Development:

In an effort to improve the level of care provided and to develop their awareness of the needs of the older person in their care, staff availed of the following beneficial courses and seminars:

- Wound Care Management
- The Management of Incontinence/Promotion of Continence
- Nutrition for the Elderly
- Manual Handling and Lifting Techniques
- Fire Safety
- Bereavement Counselling

5.1 DIVERSIONAL/ RECREATIONAL THERAPY:

Diversional therapy is an integral part of the service for the older person at St. Clare's. Hands-on activities benefit both the memory-impaired and the mentally alert. The recreational activities also enable staff to understand and work with older people, thus making the caring process a positive experience for all concerned. Such activities include Reminiscence therapy, reality orientation, sonas therapy, bingo, card games, and gentle exercise for the fit and frail alike.



Reality Orientation:

Reality therapy helps to prevent the older person from withdrawing socially and cutting themselves off from the reality around them. By offering constant stimulation the older person in St. Clare's is encouraged to make social contacts, to develop and maintain relationships and to participate in activities around them. Basic daily living notices in large easy-to-read lettering gives essential information to orientate participants. A large face clock informs the residents of the time of day which is an important factor in every Reality Orientation environment. The daily newspaper informs the older person of current major events, items of general interest and sporting triumphs.



Down Memory Lane:

Reminiscence activities help break down barriers which often occur in group living and as a result of ageing or bereavement. Through remembering and sharing, short term memory loss can be improved, self-esteem increased and friendships established. Reminiscence sessions and associated activities are an appropriate and effective way of bringing pleasure, stimulation, meaning and purpose into the lives of older people in care.

Discussion is stimulated through photographs and puzzles covering events, people, entertainment and every day life in the past. Memories are also shared through poetry and song.



6. PARAMEDICAL AND SUPPORT SERVICES:

6.1 SOCIAL WORK SERVICE:

Follow-up Social Work service is provided, as required, to the older person in St. Clare's by the Social Worker assigned to the patient's Consultant Geriatrician.

6.2 DEPARTMENT OF NUTRITION AND DIETETICS:

The Nutritional Advisory Department, Services for the Elderly, Eastern Health Board is staffed by 2 whole-time Nutritional Advisors, one of whom visits St. Clare's Home fortnightly for a period of 2-3 hours. The clinical work of the Nutritional Advisor involves a review of hospital needs, including:

- The educational needs of staff.
- Individual consultation for referred patients.
- Review of new patients and return patients.
- Ongoing communication with medical, nursing and catering staff.

The Nutritional Advisor also gives talks to the Day Care Groups on topics relating to Nutrition and the Older Person. Subjects covered include 'Healthy Eating in Later Life', 'Stocking The Store Cupboard'.

Staff Development:

Continued staff development is maintained through attendance at Conferences and participation in the Nutrition for Care of the Older Person Special Interest Group of the Irish Nutrition & Dietetics Institute.



7. GENERAL SUPPORT SERVICES:

7.1 PORTERING:

The portering staff, in fulfilling their duties, have continued during 1997 and 1998 to support the provision of a comprehensive patient care service.

7.2 CATERING SERVICES:

The catering personnel at St. Clare's continue to provide wholesome, safe and nutritional food to all residents and Day Care attendants as well as to staff both on day and night duty. Refreshments are also provided for meetings, interview boards and retirement parties. Special efforts are made to ensure that, by providing celebration cakes and parties, the older person can celebrate birthdays and other festive occasions while in St. Clare's.

Staff Development:

Great emphasis is placed by the Catering Officer on the importance of her staff availing of on-going training in Food Hygiene, Food Handling and Food Presentation.

7.3 HOUSEHOLD SERVICES DEPARTMENT:

The Household Services Department in St. Clare's endeavours to maintain the standards which exist in the Home. The provision of specific training courses for the Household Staff is currently under discussion.

7.4 MAINTENANCE SERVICE:

The Maintenance Department, based at St. Brendan's Hospital, made a significant contribution to the upkeep and improvement of the Home. Apart from handling the routine maintenance workload, the Maintenance Department was also involved in upgrading and refurbishment works:

The upgrading of the Day Room to provide better facilities to the residents.

The renovation of the old Day Room for use as a ward.

The redecoration of the Household staff's rest room.

Painting of the Catering Department.

Upgrading of the Food Storage area to meet with Food Hygiene regulations.

The installation of a fly insectecutor to enhance the Food Preparation environment.

The adaptation of the vegetable Stores into a new changing room for the Home's cooks.

7.5 CHIROPODY SERVICE:

Chiropody is an important element in the total care of the elderly. The service improves the older persons' quality of life and helps to maximise their mobility.

	1997	1998 (to 30.06.98)
Total Number of sessions	43	25
Total number of treatments	429	251

7.6 HAIRDRESSING SERVICE:

In order to enhance and maintain their self-image, residents at St. Clare's can have their hair styled, as desired, at regular intervals where the service is brought to them in the comfort of the Home.



7.7 RELIGIOUS SERVICES:

The religious needs of both the Roman Catholic and Church of Ireland residents are met by appropriate clergy assigned to the home. Clergy of all other denominations are available to patients, on an on-call basis. Facilities are available in St. Clare's for all religious services.

7.8 CLERICAL SUPPORT:

The full co-operation and support of the Clerical Officer to the care team at St. Clare's is invaluable in the provision of the quality care service to the older person.

7.9 COMMUNITY INVOLVEMENT:

St. Clare's is fortunate to have the participation of the local community in activities in the Home, for the benefit of patients. These include:

Visitation of the residents by local school students.

Musical afternoons, provided by the Ballymun Men's Centre choir.

St. Clare's wishes to acknowledge the kind contributions donated towards the Home and also appreciates the help given by the public in organising activities.

Fund-Raising:

The St. Clare's Golf Classic was launched in 1997, the first event being held in July in St. Anne's Golf Club. Such was the success and enjoyment of this occasion, thanks to the Organising Committee, that it was agreed to hold the Golf Classic annually, if at all possible.

Easter and Christmas raffles, supported by relatives of our residents, visitors to the Home and the general public, also helped to raise funds.

From 1997 to 1998 approximately £3,000 was raised through fund-raising events for the benefit of the older person at St. Clare's.

8. SERVICE NEEDS

The services offered at St. Clare's aim to provide the older person with a meaningful and purposeful existence. Quality of life is subjective, valuable and individual and results from active and positive responses between caregivers and care receivers. Genuine quality care is achieved by the true empathy for the older person shown by the staff in St. Clare's and their efforts in this regard must be acknowledged.

Quality cannot be pre-planned but we must continue to evaluate and improve our existing services. Special consideration will be given to

The introduction of art and music as a therapeutic intervention in the Home.

The continued replacement of essential ward equipment such as beds and hoists.

The continuation of the programme of upgrading and refurbishment of the Home.

