

Issue 19

St. Vincent's Foundation Newsletter for the *Friends of St. Vincent's*

Autumn
2018



St. Vincent's Foundation is the philanthropic fundraising arm of St. Vincent's Healthcare Group



**ST. VINCENT'S
HEALTHCARE GROUP**

Advancing Healthcare Since 1834



St. Vincent's Foundation

Board of Directors: Mr. David Ryan (Chairman), Ms. Stephanie Fitzpatrick,
Mr. Dermot Furey, Prof. Michael Keane & Mr. John Hickey
Registered in Dublin, Ireland, Company No. 464228 Charity No. 1183
Registered Office: St. Vincent's Foundation, Elm Park, Dublin 4

Welcome from
John Hickey, C.E.O.

Our commitment to
Donors & Fundraisers

Fundraising Highlights

Donors Making a
Difference

Research News

Palliative Care
Programme

My Legacy & Tax
Reclaim for Charities

How we handle your
money

Christmas Cards &
Raffle

Contact Us

*St. Vincent's Foundation
is a voluntary
organisation and all
donations and grants are
shown on our website*

Welcome from John Hickey, C.E.O. (Voluntary) of St. Vincent's Foundation

This is the 10th Anniversary issue of *Friends of St. Vincent's* and therefore we thought it would be appropriate to reflect on some of what has happened in that decade.

Enabled solely by contributions, donations and fundraising, St Vincent's Foundation (SVF) has been able to provide financial support of approx. €3,500,000 since 2008 for research, medical and patient equipment and medical education.



It wouldn't be possible to set out every awarded grant here. All have been covered in earlier editions of *Friends of St. Vincent's* and on our website. Here we just feature a broad spread and some highlights during the period.

We have approved grants for many research projects in St. Vincent's or in research partnerships with universities. These include breast cancer and a range of other cancers. We have assisted projects in Palliative Care, in Liver and Pancreatic disease, Obesity, and in Dermatology and, of course, many others. The grant support has ranged across virtually every medical area cared for in St. Vincent's. Very importantly some of the research output lead to additional, and substantial funding from other agencies such as Science Foundation Ireland and Health Research Board, so the impact was multiplied many-fold.

In the area of equipment for delivering patient care and patient comfort there have been many successes. At a very early stage the Foundation financed an important Leucapheresis stem cell harvesting machine in Haematology. At the time this was an important input to relevant patient treatment. We facilitated the introduction of Robotic Surgery in St. Vincent's with immediate and ongoing huge benefits for affected patients. We continue to supplement this with an investment recently in an Ultrasound Probe to expand the capacity of the Robotic equipment. In many of the hospital areas we have provided treatment beds and specialist treatment chairs that have made care more effective and geared to the patients.

Much of the equipment and related investment was to create a better environment for patients and their families. Investments in Bereavement Suites, Family Rooms, ICU and Patient Relaxation areas have been a great enhancement of the hospital. Purchases of patient entertainment systems in St Anne's Day-care Centre and iPad communication systems in ICU have vastly improved the situation for patients in those areas.

A vital concern of any medical institution is the ongoing medical education of practitioners. In this area St. Vincent's Foundation has provided financial support to enable staff to attend specialist conferences and courses and to study for enhanced qualifications in their medical speciality. We have invested in additional training for those involved in utilising new medical technologies to ensure that we get optimum patient value from the equipment acquired. All of these improve the environment for our patient care.

In parallel, the Foundation has provided funding for conferences in Compassion in Healthcare and for development of music as a contributor in hospital care.

Welcome continued.....

The list only highlights a small sample of the overall range.

Repeatedly, we have said that nothing would have been possible without the most generous support of those who have funded. These include the many fundraisers who have organised events ranging from raffles to vintage car shows. The list is way too long to mention and is enormously varied. We thank the hundreds of people who have taken part in many events such as fundraising walks, marathons, mini-marathons, golf outings and many many more.

We are grateful to the individual donors who have given money for general patient care or for specific projects. These have been given in so many ways, including bequests and wedding favours. Most have done so anonymously and we thank them as they know they have made a difference to other people's lives and health. In addition many families have requested donations in lieu of funeral flowers. They have done this at a time of great personal sadness following the death of a loved one. It is much appreciated.

Locally we have had terrific support from schools and businesses. We must particularly commend St Michael's College for consistent fundraising year after year.

Our Christmas activities have been a great contributor. We appreciate all those who have contributed prizes for the raffle and those who bought tickets and Christmas Cards over the years. We can't fail to mention the Easter and Halloween raffles with the spectacular ticket sellers who, on those days, bring huge fun to the hospital.

Many businesses have given substantial support for causes that were important to their employees. We are grateful for this help and very conscious of the difference it has made. Very significant support has been contributed by Pharmaceutical companies. They have a shared objective in advancing patient outcomes and have given finance to many projects in St. Vincent's.

St. Vincent's Hospital was established in 1834, so is approaching 200 years old. This magazine has occasionally featured some major milestones in its history. We have also included the role of the hospital in major historic events such as the Great War and the Easter Rising of 1916. The consistent message, then as now, is that the hospital has to respond to the challenges of the time.

St. Vincent's Foundation operates as a voluntary organisation. This means that many people have given of their skill and time to enable what we have specified about and much more. They have also ensured that the Foundation operates in a highly controlled and transparent way. In this we must thank our voluntary Board of Directors and the initial Board that enabled the Foundation be established.

Once again we express our gratitude to the legion of people who have been active in assisting St. Vincent's Foundation since 2008, many of them on a continuous basis.

We hope all readers enjoy the uplifting stories throughout this edition.

John Hickey,
C.E.O. (Voluntary), St. Vincent's Foundation

Our Commitment to Donors & Fundraisers

As a voluntary organisation, St. Vincent's Foundation assures donors and fundraisers, that every cent raised goes to the intended cause.

We can do this because the quite minimal costs involved in managing the Foundation are covered by donations from our Business Partners, many of whom have been supporting us for many years. We also defray costs by a small amount of bank interest.

However you choose to help St. Vincent's you are assured that all your donation goes to your selected cause without deduction of costs.

We are a voluntary organisation dedicated to raising funds for patient care, research and education in St. Vincent's.



***All donations and grants are shown on our website
www.stvincentsfoundation.ie***

***St. Vincent's Healthcare Group comprises
St. Vincent's University Hospital, Elm Park, Dublin 4 (affiliated
with University College Dublin); St. Vincent's Private Hospital, Elm
Park, Dublin 4 & St. Michael's Hospital, Dun Laoghaire, Co. Dublin.
www.stvincents.ie***



**ST. VINCENT'S
HEALTHCARE GROUP**

Advancing Healthcare Since 1834

Fundraising Highlights

In the following pages we detail many of the events that contribute to support for equipment and activities in our hospitals and to enable the many research projects that, over time, improve our capacity to care for patients and enhance their outcomes. Mostly, sources of support can be summarised as follows:

- ♦ **Personal Donations.** Usually done on a confidential basis where the donor wishes to make a difference but not be publicly identified. We always respect this and, if in doubt, do not name benefactors.
- ♦ **Fundraisers.** Ranging from personal participation in large events to uniquely organised functions, these are a major contributor to our funds. The creativity involved is amazing.
- ♦ **Contributions from Pharmaceutical Companies.** In support of specific research projects or healthcare initiatives, these companies grants are very important in pursuing our aims of improving the medical environment for our patients.
- ♦ **Bequests.** Increasingly in recent years we have seen that people are setting down what they want to happen after their death and often including a gift to a preferred charity. In our case this frequently is for a specific cause in the hospital. Legacy income in 2017 was in excess of €140,000 and nearly €50,000 so far this year. St. Vincent's is a partner and supporter of **My Legacy** to advance this in Ireland. In this issue there is a feature on making a Will.
- ♦ **Donations in lieu of funeral flowers.** These continue to be a most generous source of support. The generosity is all the more remarkable given the sadness affecting the bereaved families at the time.
- ♦ **Wedding favours.** On a much happier note, we are always delighted when couples decide to include a gift to St. Vincent's, as part of their wedding plans, instead of Wedding Favours on their great day.
- ♦ **Tax Refunds.** In some circumstances personal donations can allow us to make a claim from the Revenue for a tax rebate which increases the value of the donation at no further cost to the donor. We encourage donors to sign the necessary certificate where appropriate.
- ♦ **Collection Boxes.** Each year these boxes throughout the hospital raise nearly €10,000 which is a very welcome addition. We must thank those people who, completely anonymously, support our collection boxes so generously throughout the hospital.
- ♦ **Standing Orders.** We take the opportunity to thank the people who, over time, have created Standing Orders for regular payments to St. Vincent's Foundation. Many of these have been running for several years and we really appreciate each and every one.

A big, big thank you to all involved and we hope you will enjoy and be inspired by the stories that follow.



Fundraising Highlights continued.....



Step Challenge for Pancreatic Cancer:

Our thanks to Carmel Williams from Ballinteer, who along with her daughters Kim and Erin ([see photos](#)) again undertook a Step Challenge during the month of June to fundraise for Pancreatic Cancer care here in St. Vincent's. They reached an average of 20,000 steps daily and raised €666 for this important medical area. Well done all.



Great Limerick Run in memory of Gerard Casey:

In memory of her beloved boyfriend Gerard Casey, Valerie Gorman ([pictured](#)) took part in the Great Limerick Run on the May Bank Holiday weekend, fundraising for St. Anne's Oncology Unit here in St. Vincent's.

This is an extremely taxing athletic undertaking and we are truly indebted to Valerie for having the courage to do it.

With the support of family and friends, Valerie raised a magnificent total of €6,606.50, which will make a huge difference to patients of St. Anne's Oncology unit and their families. Our sincere thanks to Valerie.



2018 Sligo Warriors Run:

Since 2013, the Sligo Warriors Run Committee have donated to St. Vincent's at the request of Denis Foley, whose land is part of the course.

The Warriors Run is a multi-terrain 15km race, which takes 800 competitors from the beachfront in Strandhill to the top of Knocknarea, around Queen Maeve's cairn and back to the beachfront. €2,000 was donated to St. Vincent's from the 2018 event, making a total of €7,000 to date. We are most grateful to Denis Foley, the Committee and all involved for their generosity over the years and for again thinking of our patients.

6km Run in Navan for Liver Unit:

Thank you to Linda Tyrrell from Balbriggan who raised €302.14 for the Liver Unit by taking part in a 6km run in Navan in May last.

Kieran & Aisling's Wedding Favours:

Our thanks to Kieran & Aisling O'Donovan from Dublin who recently donated €300 for patient care in St. Vincent's in lieu of Wedding Favours. We wish the happy couple a wonderful life together.

Irish Water fundraising in memory of deceased colleague:

We are grateful to the management and staff at Irish Water for organising fundraising in memory of John MacGuill R.I.P. These funds, totalling €2,168.50, are dedicated to patient care in the Dialysis Unit in St. Vincent's. We are very appreciative of this kind support from John's colleagues and from his family.

Fundraising Highlights continued.....



Mark O'Brien's Tough Mudder Obstacle Course for patient care:

In memory of his dear mother, Mark O'Brien from Blackrock, Co. Dublin along with his friends Daniel, Gary, Ian, Sam, Ross & Anne Marie took part in the Tough Mudder Obstacle Course in Loughcrew, County Meath on 21st July last ([see before and after photos](#)).



We are really grateful to Mark ([pictured presenting proceeds to John Hickey](#)) and his friends for taking part in this gruelling event and for raising €2,263.35 for patient care in St. Vincent's.

We should add that just weeks before the event Mark had surgery on an injured shoulder, but undaunted, he still took part. Sincere thanks to all.



John Cullen Memorial Fundraising for Pancreatic Cancer Care & Research:

In what has now become an annual event, Michelle Cullen, her family and friends, particularly Barry Spillane, organised a series of golf related events to raise money for Pancreatic Cancer care and research. These are in memory of Michelle's late husband John.

Adding an international dimension the activity was conducted in Scotland as well as Ireland. The enormously successful programme which included a raffle and social events, raised €3,247.83 which was donated to St. Vincent's Hospital. In addition, the £2,000 raised in Scotland was contributed to pancreatic care there.

In total this group of supporters has now raised over €10,000 for Pancreatic Cancer in St. Vincent's.

We are delighted to quote Michelle's own comments in relation to this activity:

"A huge thanks to everyone who donated and supported John Cullen Memorial Golf Classic. This year we raised a total of €3,247.83 in Ireland and in Calderbraes Golf Classic where the golf classic took place, they raised £2,000 with brilliant spot prizes and raffle on the night. We had a great day and night, plenty dancing and laughter.

As everyone knows your generosity means so much to me and my family and funds are put towards Pancreatic Cancer Research, in particular research to help in early detection so as to stop so many people dying from this awful cancer....."

Pictured presenting their proceeds are Michelle Cullen & her daughter Faye, John Hickey, Barry Spillane, Michelle's dad Don McNeill & John Cullen's niece Beth McHugh



Fundraising Highlights continued.....

Fundraising event in Shankill for Liver Unit:

Thank you to liver transplant recipient Andy O'Shaughnessy, his wife Erica and friends Seamus & Noreen Lynam, who recently presented €3,120 to the Liver Unit here in S.V.U.H.

Pictured presenting their proceeds to Mr. Diarmaid Houlihan & Alan O'Rourke of St. Vincent's Liver Unit are Seamus & Noreen Lynam and Andy & Erica O'Shaughnessy.

The donation resulted from a fundraising event held in Shankill on 23rd June 2018. As well as a fundraiser, the event was organised to promote the value of organ donation and carrying of an organ donor card; and most importantly the need for people to discuss and express their donation wishes with next of kin and family members. We are really grateful for the wonderful contribution to our patient care.



Hospital Saturday Fund grant allocation for Palliative Care project:

Hospital Saturday Fund (HSF), one of the outstanding providers of medical and related insurance, is a not for profit company, distributing its' surplus to charitable causes.

For the second year running, HSF has kindly given a grant of €2,700 for the support of Palliative Care research in St. Vincent's. We are really grateful for this generosity.

Mia Shepherd from HSF recently called in to present the funds and is pictured with Karen Dennehy, Brendan Corkery & Angela Moffett from the Palliative Care Team and John Hickey, St. Vincent's Foundation



Christine Kearney's Halloween Raffle for Breast Cancer:

Halloween in St. Vincent's would not be complete without Christine Kearney's famous raffle and, as importantly, the costumes and presentation of Christine and her friends Catherine & Katie (see photographs)

For a week or so beforehand, the wonderful array of prizes, 49 in all, made for a spectacular display at main reception in the hospital.

The important objective of Christine's effort as always is support of Breast Cancer patients and this year has been one of her best ever raising €2,793. This means that over the years, Christine and her friends have enabled almost €40,000 investment in Breast Cancer Care and Research. We are really grateful on behalf of our patients.

Special thanks to all who made this happen by donating prizes and selling tickets. We want to especially thank the staff of the main reception in St. Vincent's who contributed enormously to the sales beforehand. A particularly big Thank You to Christine.



Fundraising Highlights continued.....



Lorraine's Great North Run:

In memory of her beloved grandmother, Lorraine Jensen from County Louth (*pictured on the left*) took part in the Great North Run in Newcastle-on-Tyne, England on the 9th September last. She successfully completed the Great North Run – the world's largest half marathon – in 2 hours 36 minutes. Congratulations to Lorraine on this great achievement and with the wonderful support of family and friends, she raised €739.36 for patient care here in St. Vincent's.

Stephen & Linda O'Crowley Kilt Walk:

Our thanks to Stephen & Linda O'Crowley (*pictured on the right*) from County Kildare who took part in the Edinburgh Kilt Walk in September, fundraising for patient care here in St. Vincent's. We are most grateful for their proceeds of €400.



This was a challenging undertaking and we really appreciate that St. Vincent's benefits from their efforts.

100 mile Challenge by Layla and Shirley:

Two friends Layla Moroney & Shirley McGiff from Dun Laoghaire, Co. Dublin undertook a challenge to walk 100 miles in the month of August and fundraise for St. Vincent's.

Layla fundraised for Oncology services raising €378.76 and Shirley fundraised for Neurology services raising €166.28. Our thanks to these enterprising ladies for their generosity to St. Vincent's.



Tom Kennedy Memorial Vintage Car Show 2018:

The Garden of Ireland Vintage Car Club again held it's annual Tom Kennedy Memorial Vintage Car Show in Ashford, Co. Wicklow this summer.

As usual this was a most enjoyable event, with many attractions for the huge attendance and raised €2,300 for St. Anne's Cancer Care in St. Vincent's Hospital.

Over the years, the Garden of Ireland Vintage Car Club have raised in excess of €14,000 for this vital medical area. On behalf of our patients, we express our deep gratitude. Finally, we want to thank Tom's family and friends for this unstinting support.

McGonigle Family Fundraising for St. Anne's Cancer Care

In memory of his wife Sinead, Martin McGonigle and his family organised fundraising for St Anne's Cancer Care in St Vincent's. Sinead's son, Liam, came to the Hospital and presented a cheque for the fantastic total of €2,100.

We are really appreciative of this generous donation for patient care and research and for all the effort that was involved. Sincere thanks to all.

Pictured are some of the staff from St Anne's receiving the cheque from Liam McGonigle



Fundraising Highlights continued.....

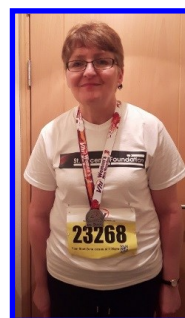


2018 Women's Mini Marathon:

The 2018 VHI Women's Marathon took place on Sunday 3rd June. This is one of the most important fundraising events in Ireland each year and this is equally so for the causes supported by St. Vincent's Foundation.

We are delighted and grateful each year to have so many ladies taking part in this event and fundraising for a particular cause within St. Vincent's. This year St. Vincent's received over €10,000 so far in sponsorship donations. On behalf of our patients, we express our sincere gratitude for this terrific contribution.

Photos of some of our participants this year



Hazel Brack's Fundraising for Breast Cancer Care & Research:

For many years, Hazel has gone to huge efforts to raise funds for this important medical area. She has organised many varied events with great success. The outstanding occasion each year is her Pink Day in Dunnes Stores in Cornelscourt where she works. With the store and staff appropriately turned out in pink, it makes for a great spectacle. More importantly it raises very significant funds each time for Breast cancer. The 2018 event took place on October 26th and raised €3,935. This means that, to date, Hazel has contributed almost €33,000 to care and research in Breast Cancer. On behalf of so many patients we want to say a big Thank You.



We recognise also this this couldn't happen without the unstinting support of Management in Dunnes Stores and we thank each and every one of them also.

See photos of the event and cheque presentation



We are so indebted to all our supporters mentioned here and to many more not listed. Some donors do not want to be identified and we always respect that.

Donors making a difference

In the pages that follow we demonstrate the practical impact that donors and fundraisers have had on patient care in St. Vincent's Hospital. Here we feature investments in patient and family comforts, and equipment financed by donors through St. Vincent's Foundation



Louise Duggan and friends fundraise for Breast Pumps

Louise Duggan, a long-term supporter of St. Vincent's spotted an opportunity to make life better for new mothers who had to be in-patients in the hospital. She identified the need for breast pumps for new mums and, with the help of family and friends, raised the fabulous sum of €1,240 towards the project. Louse sets out the journey below.

"In early 2018, I found out that a fellow breastfeeding mother attended St. Vincent's University Hospital in Dublin for medical treatment. As this hospital is not a maternity/paediatric hospital, it did not have a breast pump on the premises.

I fortunately was not in this mothers position, who may have been worrying about her own medical issues and also be concerned about locating a breast pump to ensure her baby got fed and that she did not get mastitis. Therefore, I set about fundraising for two hospital-grade breast pumps to be available to mums in St. Vincent's University Hospital in Dublin.

I am delighted to say with the help and generosity of family, friends and fellow breast feeding mums as well as St. Vincent's Foundation, we have successfully achieved our target and that two hospital-grade Medela Symphony Breast Pumps and stands have been acquired and are in use in the hospital. They are stored in St. Helen's ward which is the Gynae ward in St. Vincent's for post-partum patients. Well done and thank you to all for your contributions and support for breast feeding mums in St. Vincent's University Hospital."

A big thank you to all concerned for this great success.

Patient Communication System I.C.U.

As the result of a patient donation for the Intensive Care Unit (I.C.U.) we were able to develop a unique solution for patients with loss of / or impaired speech.

Based on the success of the first unit, we have now bought two additional systems for I.C.U.

The original objective was to provide a means of communication for seriously ill patients. The solution was a custom programmed ipad. The additional challenge was to have the functioning of the unit suitable for patients. This has now been achieved *(as captured by the photo).*

An additional benefit for patients, comes from the availability of internet including Netflix, which means that patients have a means of entertaining themselves, while being confined to bed. On behalf of our patients, we express our sincere gratitude to the donors.



Donors making a difference continued.....



Visitor's Lounge I.C.U.

Owing to the generosity of a donor, we are delighted that the lounge in I.C.U. was extensively refurbished. Our donor had specifically requested that this be improved if possible.

The photographs show just how effective this has been.



We are hugely grateful to this donor, who also supported two other projects in I.C.U.



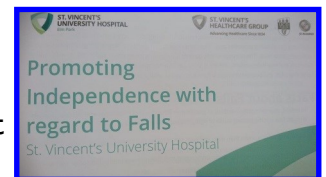
Medical Notes Music Programme for Oncology Patients

St. Vincent's Foundation were delighted to provide a grant in support of "Medical Notes Music Programme" for Oncology patients. This is a music therapy programme for cancer patients in St. Anne's Ward and St. Anne's Day Centre here in St. Vincent's. This programme will have a

positive effect on the psychological and physical well-being of cancer patients. The music therapy was trialed during last Christmas and was very well received. The organisers of the Music therapy programme were successful in obtaining three quarters of the funding through a Community Foundation for Ireland grant and SVF were delighted to make up the shortfall.

Falls Booklet

St. Vincent's Foundation was delighted to provide a grant to the Falls & Grant Prevention Committee in St. Vincent's University Hospital to support the programme of reducing falls and fall related injuries. It is demonstrated that relevant education is an important element to make staff, patients and visitors aware of the risks of falling, how to prevent falls in the hospital and on discharge, and what to do in the event of a fall. The booklet titled "*Promoting Independence with regard to Falls*" plays an important role in this and is available to all wards and departments for use by patients, staff and visitors.



E-view Mobile PC/Cart for I.C.U.:

As an enhancement for the nursing care in the Intensive Care Unit in the hospital (I.C.U.) we have financed an e-View Mobile Medical Grade PC Solution. The benefit of this equipment, placed between ICU beds is that the care team from a single position will have full and up-to-date information on each patient. The system also accommodates a seamless handover between staff because of the access to the information records.

Hugh Cooney Memorial Fund for Psychology Support in St. Vincent's Private Hospital:

We have mentioned in earlier issues that the family and friends of the late Hugh Cooney have financed the provision of this service for patients undergoing treatment in St. Vincent's Private Hospital. This was an initiative that was established by Hugh Cooney himself (*pictured with his family*) before his death and something that he felt passionate about.

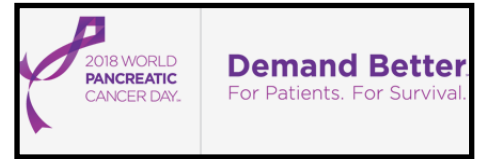
We are delighted to receive consistent reports from patients, their families and carers of the wonderful impact that this has. It is an ongoing project that continues to be financed and will benefit many patients into the future.



Research News

Funding for Pancreatic Cancer Research project

Enabled by kind donations and fundraising for Pancreatic Cancer, SVF were delighted to fund the completion of a pancreatic research project at St. Vincent's. The project is co-ordinated by Ms. Oonagh Griffin, Pancreatic Dietician, who is currently on secondment from the clinical service, running a HRB sponsored study involving the care of patient's undergoing neoadjuvant chemoradiotherapy for pancreatic cancer.



The study is an important component of the clinical research programme at St. Vincent's and is being run through the Department of Surgery at Trinity College Dublin under the supervision of Prof. Kevin Conlon & Mr. Justin Geoghegan. The funding will allow completion of recruitment of patients for this study. Oonagh gives an outline of the study as follows:

“Pancreatic cancer is the 11th most common cancer in Ireland, but the 5th most common cause of cancer related death. Pancreatic cancer remains one of the most difficult cancers to treat – diagnosis is often difficult, surgical treatment is often followed by disease relapse and these cancers are resistant to chemotherapy compared to other tumours. However, there have been important recent developments in surgical and medical treatments that, coupled with major advances in the understanding of the basic tumour biology of the disease, are beginning to offer real hope of improvements in the outcome of this difficult disease.

From our previous research, we know that patients with pancreatic cancer often lose weight and strength during their chemotherapy. This can make it more difficult for patients to tolerate and complete their treatment, meaning some patients need to delay treatment or receive less than their planned dose. Recovery after surgery is also prolonged.

We are carrying out a study to see if an active intervention delivered over 12 weeks, which includes regular assessment and support by a dietitian, taking enzyme tablets with meals, drinking a specialized nutritional supplement drink, and having a daily walking or step target will enable the patient better withstand their treatment. As part of the study we are also carrying out a detailed nutritional assessment before the start of chemotherapy to try and gain a better understanding of how and why patients lose weight. This information will give us a better understanding of the nutritional problems people with pancreatic cancer experience, and how best to address them. It is hoped that this work will help people with pancreatic cancer tolerate their treatment better, and reduce unnecessary suffering by recognising and treating common symptoms.”



Oonagh Griffin won Best Oral Presentation for her work, at the UCD SVHG Translational Medicine Symposium. This Symposium, which took place in June 2018, celebrates research achievements of hospital staff.

The symposium provided an opportunity for established and emerging investigators to present their work to colleagues from across the hospital community.

Oonagh Griffin pictured on the right, receiving her Best Oral prize from Ms. Kay Connolly, C.E.O. St. Vincent's University Hospital

Projects such as this can be enhanced by additional funding.
Patient and family financial support is always welcome.

Research News contd.....



Irish Transplant Recipient Masters Marathon Majors

We are delighted to report on a most positive and uplifting undertaking to support research relevant to respiratory disease. Of itself it makes really interesting reading and more importantly will enable better outcomes in this medical area. David Crosby, the instigator of this venture is joined in his endeavors by David Healy, Cardiothoracic Surgeon in St Vincent's. The article tells the story in their own words:

In February 2016 David Crosby received a bilateral lung transplant. David was 40 at the time with three young children. His family were all too familiar with pulmonary problems as David, although the eldest of five, had only one surviving sister. Three of David's siblings had died before the age of 11. These were all due to respiratory problems, the nature of which was poorly understood at the time.

(David Healy & David Crosby)

In 2015 his life changed as his lungs began to fail. He came to the respiratory services who recognized his condition as pulmonary fibrosis. Transplantation was his only survival hope. I first met David at this stage in my role as a thoracic transplant surgeon. While devastated by the diagnosis, and mindful of his siblings experience, he believed that failure was not an option and embraced every task before him.

His transplant was a success and he set about immediately getting back to his life's rhythm. Prior to his relatively abrupt presentation in 2015 he had a sporting pedigree. The GAA played, and continues to play, a large role in his life and he had already completed a half marathon distance before he became unwell. Once through the transplant, he set a target of getting running again. His plan was logical and sequential and he worked from 5K to 10K and onwards to a half marathon distance.

On November 5th 2017 David achieved his ambition to run the New York marathon. He did so in the company of his wife, mother, members of his extended family and friends from home who constituted a team of 14 runners. He had asked me to run also, as he had found out I had already got the marathon bug and I was delighted to offer participant and medical support for his endeavor. The entire team completed the distance and David himself did so within his target time. His goal was to complete the race in less time than it took to complete his transplant operation. He succeeded and became the third lung transplant recipient ever to complete a marathon.

Ever mindful of his good fortune to receive a transplant organ, he ran to raise money for research relevant to respiratory disease. This particular event had special meaning for him and his family as he had lived and worked there at a key point in his life, and retained many family connections with the city. It was a unique achievement. However he is aiming to go one further, or perhaps I should say six further. Having completed New York in November 2017, David has since lead us through a second major in Berlin in September 2018. His plan is to complete London, Tokyo, Boston and Chicago; these together are known as the "super-six". Together they rank as the top six major marathons in the world. He does this to raise money for his chosen charities which have included Cystic Fibrosis, The Irish Lung Foundation and Lung Fibrosis Research at St Vincent's, through St Vincent's Foundation. His goal is to break the cycle in this disease, and he is going the distance to facilitate research to do just that.

Given that the core target in this effort is to raise money to accelerate research in the area of respiratory disease, we would encourage anyone interested to donate to the fund - see David Crosby's Everyday Hero fundraising page titled "The Greatness Within" or follow the link at

<https://give.everydayhero.com/ie/the-greatness-within-1>

Palliative Care Programme

PAL.M.ED.® – a new way of thinking about Palliative Care

One of the medical disciplines that has been assisted in recent times by donated money is Palliative Care. The impact of that is extremely positive for current and future patients. The following article by Dr Eóin Tiernan gives tremendous insight into the programme.

Here in St. Vincent's Hospital, the palliative medicine team are at the forefront of research in Ireland on palliative care in hospital. We have been developing new models of palliative care – new ways of delivering the service to more patients and families, who can benefit from earlier involvement of the service, without the fear that it implies their time is short.

The traditional belief that “palliative care” implies only hospice and end-of-life care is no longer true. Increasingly, palliative care is recognised as being equally important as a service to support patients earlier in the course of a serious or life-limiting illness. This can sometimes be from the time of diagnosis, and patients can sometimes receive care and support from palliative care for many years.

So, a referral to palliative care should not be feared. It does not always mean that a patient is imminently dying. In fact, new research from the US has shown that patients with lung cancer, who are referred to palliative care at time of diagnosis, live longer than patients who receive just conventional oncology treatment. The ideal way forward is for patients to be receiving palliative care at the same time as, and in parallel with their regular treatment, whether that is chemotherapy, radiotherapy or other life-prolonging treatments.

As well as being appropriate for patients with cancer, palliative care also has much to offer patients with other illnesses, such as heart failure, chronic lung conditions, (such as COPD and pulmonary fibrosis), renal failure, MND, MS, and dementia.

Though most people associate palliative care with care at home, or in a hospice, in fact, most patients referred to palliative care avail of the service while they are in an acute hospital. It is often while in hospital that patients are sickest, and will have the greatest need for the input of the palliative care service to help with complex symptoms, such as pain, nausea, breathlessness, as well as the need for emotional and psychological support. Palliative care also helps to prepare patients for discharge home again from hospital. Research from the US has shown that the earlier a patient is seen during their hospital stay by the palliative care team, the better they do during that admission.

PAL.M.ED.® is an initiative developed here at St. Vincent's University Hospital and involves an early referral programme to palliative medicine in emergency departments. The idea behind PAL.M.ED.® was to identify patients who were admitted to the hospital through the emergency department, as early as possible, who would benefit from involvement of the Palliative Medicine Service. We then compared how these patients did during their admission with patients where the palliative medicine team only became involved much later during their admission. Our research has shown that patients seen early, in the emergency department, do much better in lots of ways – they get out of hospital much faster (a reduction in the average length of stay of over 10 days for patients referred early to palliative medicine in the ED compared with patients referred later during the course of their admission), and they are more likely to become well enough to get back home, without having to go to a nursing home or hospice.

Palliative Care Programme continued.....

Thanks to additional research funding, including a significant grant from St. Vincent's Foundation, the Palliative Medicine team here are expanding the PALM.ED.[®] Project to benefit more patients and families, not just in this hospital, but now also in the Mater Hospital, where the project will begin shortly in their emergency department. It is hoped that, as a result of this further research, we can build on the work done to date, and show that PALM.ED.[®], first developed here in St. Vincent's University Hospital, could be introduced into all acute hospitals in Ireland, and maybe even beyond.

Thank you to all those who, through St. Vincent's Foundation, have supported the work of the Palliative Medicine Service here to date, and who continue to make it possible for us to do this important work to help more patients and their families.



**Dr Eoin Tiernan MD FRCPI,
UCD Associate Clinical Professor,
Consultant in Palliative Medicine.
St. Vincent's University Hospital.**



**Palliative Care for patients will benefit from continued financial investment.
Anyone wishing to help can do so on www.stvincentsfoundation.ie**

Patient and Family comments on Palliative Care:

The importance of Palliative Care is best emphasised by a small sample of quotes from patients and their families. The following are random extracts:

"It gave dignity to Pat in his final hours"

"...We appreciate all the great work they did to make her stay pleasant and comfortable..."

"...It was a huge comfort to see him so restful and cared for with such love..."

"...Words simply cannot express our deep gratitude for your level of care and understanding during this difficult time..."

My Legacy & Tax Reclaim for Charities



My Legacy Week

My Legacy is an umbrella group of 60 Irish charities, of which St. Vincent's Foundation is one. Our group vision is to create social change; to increase the low level of will making in Ireland at every life stage and to make legacy gifts the norm in Ireland and a widely recognised and respected way of supporting a charity into the future. A charitable legacy gift is tax free.

In Autumn each year My Legacy organises events to encourage everyone to make a will. An important message in this communication highlights the wisdom of making a will to ensure that your wishes, in relation to your assets, are fulfilled after your death. It is a simple process and entirely confidential between the individual and the solicitor making the will. The percentage of people in Ireland who make a will is low by international standards and the absence of a will often leads to an expensive and sometimes divisive process to deal with the intestate estate.

The other objective of My Legacy is to encourage people to consider a small bequest to a favourite charity when the needs of loved ones have been catered for. A legacy gift can have a positive impact long after the person's life. In this area Ireland falls behind the UK and USA. 6% of donations in Ireland come from wills compared to 9% in the UK and 12% in the USA. My Legacy is looking to change this for the better. Fergal O'Sullivan, Chairperson of My Legacy said "When you're making your will, you will naturally look after your family and loved ones first. Once all other personal decisions have been made, you might want to acknowledge a cause you feel strongly about. This thoughtful support will have an impact in the future." We all know that small acts are the start of great change. As a member of @MyLegacy.ie we know that any legacy gift, no matter how big or small, will have an impact on us and the work that we do.

Visit www.MyLegacy.ie to find out how you can make a lasting difference.

In St. Vincent's, many important investments have happened as a result of a bequest. These include support for Cancer Research programmes and for patient care. We are very grateful to the wonderful people who made this possible. In 2017 alone St. Vincent's received over €140,000 in legacy bequests.

Tax Reclaim for Charities

As a registered charity, donations to St. Vincent's Foundation can be enhanced when we can reclaim tax on the amount donated. From January 2013, for all donations of €250 or more in a given tax year the receiving charity receives a tax rebate for the charity provided the donor/taxpayer had paid tax of this amount or more in the relevant tax period. Because donations are made from "after-tax" income the tax reclaim is calculated to refund the amount of tax that would have been deducted and the taxation rate used is 31%.

The benefit to charities is best demonstrated by the following example - where a donor gives €500 during 2018 to St Vincent's Foundation the €500 is considered to be what was left after the donor had paid tax. At a rate of 31% this gross amount before deduction of tax is calculated at €724.65. If the donor has paid a minimum of €224.65 in tax in 2018 the Revenue will repay this amount (€224.65) to St. Vincent's Foundation thereby increasing the value of the donation by almost 45%. Relevant donors complete and sign a Revenue CHY4 form, which we will provide and the tax reclaimed is very worthwhile as it substantially increases the income to charities at no further cost to donors.

How we handle your money



Regular readers will be familiar with this page which we reproduce in each edition as we feel it is important to demonstrate both our activities but also our consistent policy in dealing with donations.

Donations: *In line with our privacy policy we generally do not highlight specific donors unless they specifically request to be identified. Most donors want confidentiality and we always respect that.*

Personal details of **Donors** will remain confidential unless SVF is specifically requested by the Donor to publicise them. Otherwise Donors will be able to recognise their own donation by reference on that page to the donation date and amount and by the cause, if they have specified one.

Fundraisers will be individually identified in the publicly accessible database, if they have requested to be identified, by name and amount raised. Otherwise they will be able to recognise their contribution by reference to the presentation date and amount and specific cause if nominated.

For details of all donations, fundraising and spending, please see our website
www.stvincentsfoundation.ie

On the website also, you can read our Income and Grants policies.



EverydayHero (formerly MyCharity) Affiliation

Don't forget our partner in fundraising **EverydayHero (formerly mycharity.ie)**
This is a really useful way to organise fundraising for sponsored events.

See further details on **www.everydayhero.ie**

Fundraising Events

These are one of the biggest sources of financial support and are covered extensively in this magazine.

Are you thinking of taking part in a fundraising event?

If so, please consider choosing St. Vincent's Foundation as your chosen charity
You can select the cause within the Foundation you would like your money to go to
All monies received will go directly to your chosen cause and patient care

Contact us now for a sponsorship pack on 01-2215065

or

Email: stvincentsfoundation@svhg.ie

Christmas Cards & Christmas Raffle

Christmas Cards and Christmas Raffle

One of the more important fundraising activities in St. Vincent's is the combined sale of Christmas cards and Christmas raffle tickets.

This year this campaign is for Cancer Care & Research.

The cards, which are available in a number of styles, including Religious and Non-Religious, can be ordered on the form below. As usual, purchasers of cards get a free entry in the raffle for every pack purchased.

The Raffle will, as always, have a fantastic range of valuable prizes. Tickets will be on sale from early December and the draw will take place on Weds 19th December in the hospital.

Please support.

Order form for Christmas Cards

Name: _____

Address: _____

Contact tel. no. _____

Cards are packed in 10's @ €5.00 per pack

Assorted Non-Religious



No. of packs

Assorted Religious



No. of packs

Amount enclosed € _____

(Cheque/postal order payable to "St. Vincent's Foundation"
or order online through the "Donate" button on our website, giving details of your order)

Return your completed order form to:

Mr. John Hickey, C.E.O. (Voluntary), St. Vincent's Foundation, Elm Park, Dublin 4

Donations can be made by

Tel: 1850 603 803

Via Our Website

www.stvincentsfoundation.ie

Or

Pick up one of our leaflets in the hospital

OUR CONTACT DETAILS

St. Vincent's Foundation

St. Vincent's University Hospital

Elm Park

Dublin 4 D04 T6F4

Tel: 01 221 5065

Fax: 01 221 4428

Email: stvincentsfoundation@svhg.ie

St. Vincent's Foundation

Company Registration No. 464228 Charity No. 1183

St. Vincent's Foundation complies with The Principles of Good Governance and with
The Statement of Guiding Principles for Fundraising