

Childrens Health Ireland Hospital Group

Healthy Ireland Implementation Plan 2022-2025



Contents

Forwards	2
Introduction	4
Healthy Ireland Framework	4
Healthy Ireland in the Health Services	5
Healthy Ireland in the Health Services Implementation Plan 2022-2025	6
National Healthy Ireland Strategies and Plans	7
About the Children's Health Ireland	10
Population Profile	10
CHI Staff	11
Implementing Healthy Ireland in CHI 2022-2025	12
Healthy Ireland in CHI	14
Action Plan	
1. Healthy Childhood	16
2. Self-Management Supports	18
3. Making Every Contact Count	20
4. Healthy Eating and Active Living	22
5. Staff Health and Wellbeing	24
6. Tobacco Free Ireland	26
7. Alcohol	28
8. Wellbeing and Positive Mental Health	30
9. Sexual Health	32
10. Arts in Health	34
11. Climate Action and Sustainability	36
12. Research Health Intelligence	39
13. Communicating Clearly	40
Appendices	
Steering Group	41
Abbreviations	42
Frameworks and Policy Documents	43

National Office



The *Healthy Ireland Framework* was a landmark publication published by the Department of Health (DoH) in 2013. It set out for the first time the cross-government dependency on achieving better health and wellbeing for all, where no one is left behind. It was ambitious and visionary. Healthy Ireland brings together people and organisations from across the country to address the social, economic and environmental factors that contribute to poor physical and mental health and to address health inequalities. Healthy Ireland reflects our shared commitment in the health sector, and more widely, to support people to be as healthy and well as they can. The Department of Health's *Slaintecare Implementation Plans* are seeking to embed the principles of *Healthy Ireland* in the design of all models of care so that they permeate interactions between the health services and the public.

The HSE is a major stakeholder in the Healthy Ireland agenda. In 2013 the HSE launched its first *Healthy Ireland in the Health Services Implementation Plan*. Over the past seven years the nine CHOs and five of the Hospital Groups have launched their Healthy Ireland Implementation Plans. The implementation of these Healthy Ireland plans is creating a shift in mindsets to orientate our services from an illness mindset to one of prevention, early intervention and health promotion.

This CHI Healthy Ireland Plan is a key deliverable to support the achievement of the goals of the Healthy Ireland Framework. Children (under 18 years) account for 25% of the Irish population. We have a key role in supporting families so that these children can fully realise their potential into adulthood. Early intervention and prevention has a positive impact on children's health, social and educational development and offers the best chance of living a happy and fulfilled life. I welcome the focus of this plan to improve the health and wellbeing of our children and its staff. The actions

in this plan are prevention focused, building on the work already underway to capitalise on the opportunity that it presents to embed healthy lifestyle behaviours for the 300,000 attendances in CHI each year. The plan also recognises the importance of its almost 4,000 staff for the delivery of its services and includes thirteen specific action areas to build on the many initiatives already in place for staff health and wellbeing.

I would like to acknowledge the leadership being taken for the implementation of Healthy Ireland in CHI by Elish Hardiman, Chief Executive Officer (CEO) and staff across all levels of the CHI Hospital Group. In particular I would like to acknowledge Mona Baker CHI Healthy Ireland Executive Lead and Ronan Dillon, CHI Employee Health & Wellbeing Coordinator together with Sarah McCormack, HSE Healthy Ireland Lead and the wider Health & Wellbeing Team for the collaborative work done to develop this plan.

I wish Eilish Hardiman and all the CHI management and staff every success with the implementation of this *Healthy Ireland Implementation Plan* and assure you of our ongoing national support.

Dr Philip Crowley,
National Director
Strategy and Research
Health Service Executive

Eilish Hardiman

CEO Children's Health
Ireland



I am both proud and excited to introduce the CHI Healthy Ireland Implementation Plan 2022-2025. In support of the Healthy Ireland vision “where everyone can enjoy physical and mental health and wellbeing to their full potential and where wellbeing is valued and supported at every level in society” we in Children's Health Ireland will encourage and support patients, families and staff to lead healthier lives.

The last two years have been a challenging time nationally, particularly in the healthcare sector. Our staff have shown unrivalled dedication to our patients in this time, often to the detriment of their own health. We need to look after our wellbeing, both physical and mental, and this should be facilitated in the workplace where we spend so much of our time. I would like to take this opportunity to thank our staff for always going above and beyond, particularly over the last two years and this plan is our commitment to supporting them into the future.

In CHI, we continue to develop our dedication to excellence, innovation, teamwork and to continuous learning. We take the same approach to health and wellbeing. We know that happy and healthy staff deliver better care and their patients have better outcomes. CHI's vision is healthier children throughout Ireland, and this plan is one piece of the puzzle in getting us there.

Mona Baker

CHI Organisational
Health and Wellbeing
Lead and Executive Lead
Healthy Ireland



As Healthy Ireland Executive Lead I am delighted to support our CHI Healthy Ireland Implementation Plan 2022-2025.

This is an ambitious document outlining CHI's commitment to the implementation of the plan and aligns with the goals contained in the Health Services People Strategy, with the commitment of supporting staff in becoming healthier in their workplace through staff engagement and improving staff support services.

CHI's vision is healthier children throughout our island of Ireland and this document in tandem provides a framework to support staffs' wellbeing in maintaining a healthy work-life balance. By creating a supportive, wellbeing focused working environment we can empower staff at all levels of the organisation to take personal responsibility for their own health and wellbeing. This in turn will support our patients and families with the quality of care we strive to provide.

As Executive Lead for Organisational Health & Wellbeing, this strategy provides for myself and my team the framework for our Health & Wellbeing Strategy. We are delighted to adopt this plan as our Strategy going forward. We in Organisational Health & Wellbeing are fully committed to delivering on the actions that we are responsible for within this plan.

Our Staff have gone the 'extra mile' over and above what was expected from them and we must be forever grateful for their commitment and dedication. They continue to give more and more; it is now our duty in CHI to care for the caregivers by delivering on the actions within this plan.

Staff that are empowered, supported, feel valued and invested in, will create the conditions for excellence and innovation to occur, which is at the core of our values.

Introduction

“A healthy population is a major asset for society and improving the health and wellbeing of the nation is a priority for Government. Healthy Ireland is a collective response to the risks that threaten Ireland’s future health and wellbeing.”

Healthy Ireland Framework 2013-2025

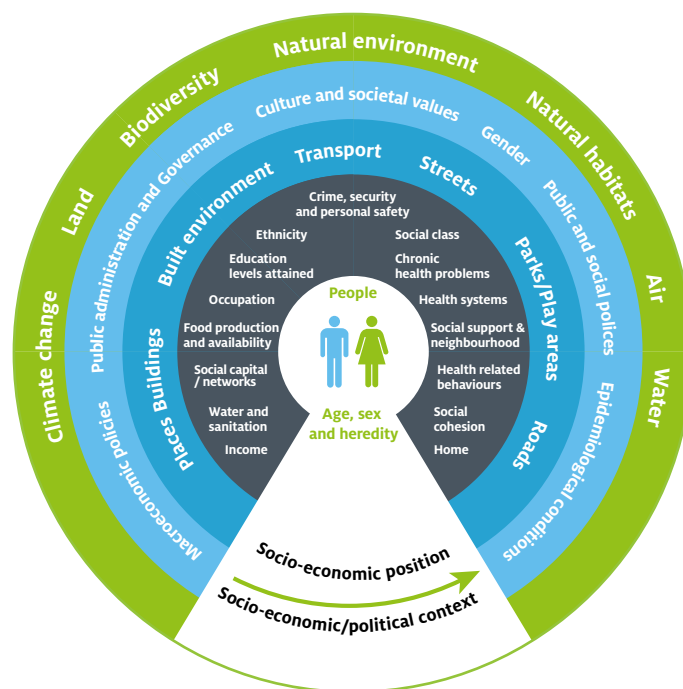
Healthy Ireland Framework

In response to rising levels of chronic illness, lifestyle trends that threaten health and persistent health inequalities the government launched ‘Healthy Ireland’ a national framework for action to improve the health and wellbeing of people living in Ireland in early 2013. The Framework for Improved Health and Wellbeing 2013 – 2025 (Healthy Ireland) takes a whole-of-Government and whole-of-society approach to improving the health and wellbeing and quality of people’s lives.

Healthy Ireland brings together people and organisations from across the country to address the social, economic and environmental factors that contribute to poor physical and mental health, and to address health inequalities (Figure 1). Healthy Ireland reflects our shared commitment in the health sector, and more widely, to support people to be as healthy and well as they can.

The publication of this framework lays the foundations to improve the health and wellbeing of our nation over the coming generation. Based on international evidence, it outlines a new commitment to public health with a considerable emphasis on prevention, while at the same time advocating for stronger health systems. It aims to create an Irish society where everyone can enjoy positive physical and mental health, and where wellbeing is valued and supported at every level of society. The Framework has created the conditions and a governance structure at the highest level of government to facilitate cross-sectoral and cross-governmental actions to improve health and wellbeing status. This is a broad framework of actions which are to be undertaken across all government departments, public sector organisations, businesses, communities and individuals to improve health and wellbeing and reduce the risks posed to future generations.

Figure 1: Social Determinants of health



Healthy Ireland – A framework for improved health and wellbeing

Vision

A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility

Goals

Increase the proportion of people who are healthy at all stages of life

Reduce health inequalities

Protect the public from threats to health and wellbeing

Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland

Healthy Ireland in the Health Services

In response to the Healthy Ireland Framework (2013-2025) the HSE published the first *Healthy Ireland in the Health Services Implementation Plan in 2015*. This plan sets out the priorities for the Health Services to support the collaborative partnership approach to achieve the goals in the

Healthy Ireland Framework. It focused on three key strategic priorities –

- Health Service Reform,
- Reducing the Burden of Chronic Disease and
- Staff Health and Wellbeing.

STRATEGIC PRIORITY
Health Service Reform

25 ACTIONS

STRATEGIC PRIORITY
Reducing the burden of Chronic Disease

80 ACTIONS

STRATEGIC PRIORITY
Improving Staff Health & Wellbeing

11 ACTIONS



This plan identified 126 actions to be delivered at national and local levels. It focused on the key known risk factors to prevent chronic disease taking a life course approach. Of these actions 66 were specific for implementation at CHO and Hospital Group level. One of those actions was for the development of a Healthy Ireland Implementation Plan in each CHO Area and Hospital Group. Nine CHOs and five Hospital Groups have already launched their local implementation plan. This CHI plan is the first plan focusing exclusively on childrens’ health and wellbeing. We in CHI are the latest Hospital Group to produce our Implementation plan bringing the Health Service another step along its journey to a healthier nation.

The Healthy Ireland in the Health Service Implementation Plan progress report was launched in 2021 which highlighted the great work that has been achieved to date. It shows how the 126 large scale actions were embraced through collaborative working with national strategic direction and local ownership for implementation.

Healthy Ireland in the Health Services Implementation Plan 2022-2025

The development of the Healthy Ireland in the Health Services Implementation Plan 2022-2025 is underway. This plan is building on the progress already achieved, the solid foundations that have been set over the past seven years with key actions being identified to support the implementation of Governments Strategic Action Plan 2021-2025. The development of the CHI plan is in line with the key focus areas of this national plan.

National Healthy Ireland Strategies and Plans

National Physical Activity Plan for Ireland

The “Get Ireland Active National Physical Activity Plan” was launched in 2016. It set out the targets for physical activity rates in Ireland. This plan aims to make physical activity the norm across society, *“where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary.”*

CHI is an active travel workplace where staff are actively encouraged to use active modes of transport to get to work. From public transport, to cycling infrastructure and walking to work we are encouraging our staff to take the opportunity to make boosting their minutes of activity part of their working day.

A Healthy Weight for Ireland

Overweight and the disease of obesity are complex multi-faceted challenges facing humanity at all stages of life. They are also significant risk factors for many chronic non-communicable diseases. A Healthy Weight for Ireland, Obesity Policy and Action Plan 2016-2025 is a partnership approach with all stakeholders to take an active part in addressing this common challenge.

We in CHI have an opportunity to shape our working environment to support patients, families and staff in making the healthy choice the easy choice. We have the opportunity as a healthcare setting to lead by example, in education, training, and support to make CHI a place of health and wellbeing.



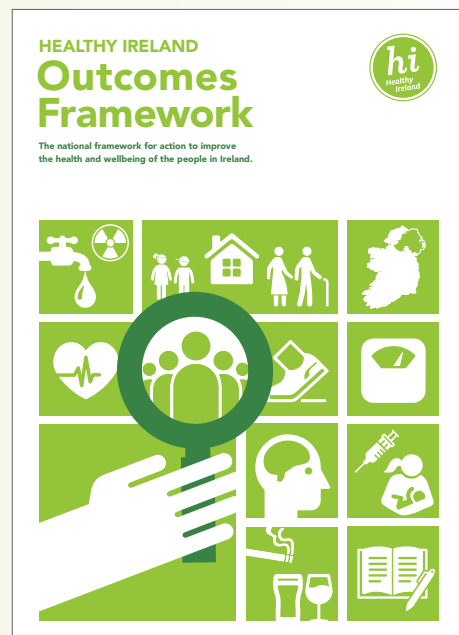
Healthy Ireland at Work A National Framework for Healthy Workplaces in Ireland 2021-2025

Organisations are beginning to take a greater level of responsibility with regard to their employees’ health and wellbeing. With each organisation developing their own polices, programmes and initiatives there is limited consensus as to what effective strategies to utilise. The Healthy Ireland at Work A National Framework for Healthy Workplaces in Ireland 2021–2025 gives us the opportunity to work collaboratively across society, to share experiences, and develop robust processes that are research based to support the workforce in leading healthier lifestyles. A joined up approach to workplace health and wellbeing initiatives is essential and a government-led strategic framework is the most effective way of achieving this aim. The development of this Framework has been led by the Department of Health with the support of the Department of Enterprise, Trade and Employment.

Healthy Ireland Outcomes Framework

The Healthy Ireland Outcomes framework was published in 2018 by the Department of Health. The framework was created to support Healthy Ireland and drive the achievements of the set targets and performance indicators. It aims to provide a structured approach to collect and report relevant and appropriate data which can be used in the decision making process across all government departments.

Having appropriate measures for each indicator allows for progress to be measured and to see the impact current polices are having on health and wellbeing nationally. These same polices feed into the CHI Implementation plan and our data will feed back into the national picture.



Health Status

Preventative Measures

- Breast Cancer Screening Rate
- Cervical Cancer Screening Rate
- Measles Mumps and Rubella (MMR) Immunisation Rate
- Meningitis C Immunisation Rate

Lifestyle and Behaviour Risks

- Overweight and Obesity
- Physical Activity Levels
- Current Smoking Rate
- Harmful Use of Alcohol
- Breastfeeding Rates
- Condom use (young people)
- Screen time (young people)

Health Outcomes

Mortality and Morbidity

- Healthy Life Years
- Premature Non-Communicable Disease Mortality
- Cancer Incidence

Wellbeing Factors

- Self-Perceived Health
- Positive Mental Health
- Probable Mental Health Problem
- Moderate and Severe Depression (age 50+)
- Social and Cultural Participation (age 50+)
- Safety and Security (age 50+)
- Feeling Safe (young people)

Social Determinants

Environmental Factors

- Air Quality Index
- Water Quality
- Radon

Socio-Economic Factors

- Long-term unemployment
- Jobless Households
- Education: Retention
- Education: Attainment
- Literacy and Numeracy
- Consistent Poverty Rate
- Inequality of Income

About Children’s Health Ireland

Children’s Health Ireland (CHI) is leading on the clinical and operational transformation of acute paediatric healthcare and consists of hospitals at Crumlin, Temple Street and Tallaght. The three children’s hospitals and CHI’s Corporate Office transitioned from four separates, independently governed entities into one new single organisation effective from January 2019 to govern and operate paediatric services in Dublin.

This new organisation is operating as a single service across the existing locations of Crumlin, Temple Street, Tallaght and the CHI Corporate Office before transitioning to the new facilities at the two paediatric outpatient and urgent care centres at Connolly and Tallaght Hospitals and the new children’s hospital on the campus shared with St James’s Hospital.

The new children’s hospital will be at the centre of a new model of care with two new Paediatric Outpatients and Urgent Care Centres (POPD and UCCs) central to the delivery of this new model of care. The POPD and UCCs are based at Connolly Hospital on the North side of Dublin, opened July 2019, and at Tallaght University Hospital on the South side of Dublin opened in November 2021. The addition of these new POPD & UCC, together with the opening of the new children’s hospital, will transform how healthcare is delivered to children in Ireland.

Population Profile

CHI governs and operates local paediatric services for the Greater Dublin Area and all national paediatric specialist services, some of which are on an all-island basis.

Just under 25% of our population are children under 18 years of age. It was estimated in 2016 that 16% of our children have a chronic disease, such as, diabetes, allergies and asthma and this was increasing. Approximately 2% are acutely ill or have complex and multiple care needs requiring national services.

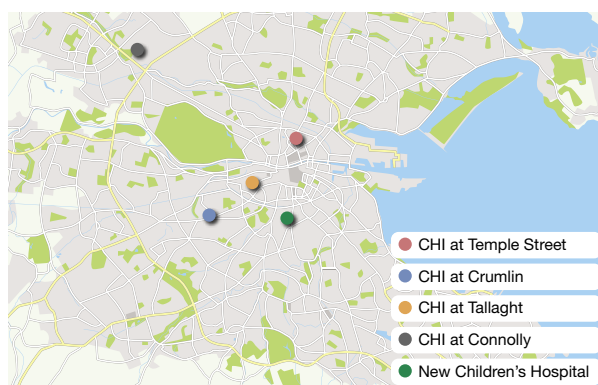
CHI currently has a headcount of 4,600 (WTE 3,949) delivering care annually to 334,500 children, young people and their families through 39 clinical specialities and 442 in-patient & day care beds.

Ireland will have a world class new children’s hospital that is purpose built to deliver the best care and treatments that are available for future generations to come.

The new children’s hospital, will bring together the three children’s hospitals into a world class building on a campus shared with St James’s Hospital. This will be a leading campus in healthcare and research in Ireland, a leading adult teaching hospital, a children’s hospital and in time, a new maternity hospital, when the Coombe Women and Infants University Hospital is relocated on the campus.

CHI is leading on the clinical and operational transformation on how children’s healthcare will be delivered in the future to deliver better, safer and more sustainable healthcare. The new hospital is planned as the first ‘Digital Hospital’ in the system with the implementation of an Electronic Healthcare Record, as well as, other evidence based standards, such as, 100% single rooms.

Children’s Hospital Programme is a major programme of work led by CHI, focused on transformative service change to enhance services for children, young people and their families, to integrate the three existing hospitals, while maintaining existing and new services, ensuring patient safety and quality until transition is complete.



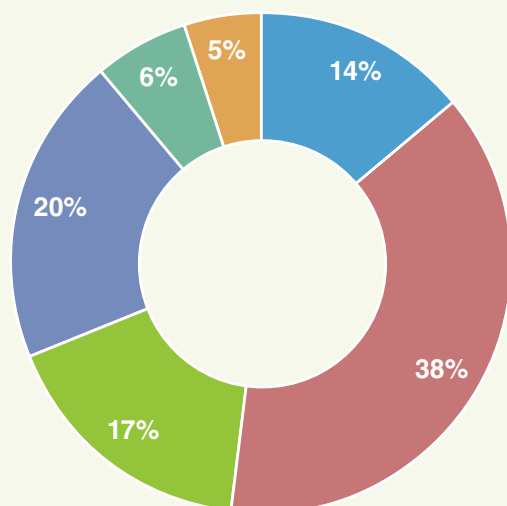
CHI Staff

A healthy workplace creates a supportive environment that protects and promotes the physical mental and social wellbeing of staff. Creating a supportive environment for the health and wellbeing of staff is essential to ensure that staff reach their full health potential.

The CHI employ 3,949 whole time equivalent staff across the five sites in the CHI Group (CHI at Crumlin, CHI at Temple Street, CHI at Connolly, CHI at Tallaght and CHI at Herberton).

WTE	Total
Medical/Dental	558
Management/Admin	1,511
Nursing	662
Health & Social Care	807
General Support Services	222
Other Patient & Client Care	189
Total	3,949

Staff Categories March 2022



- Medical/Dental
- Management/Admin
- Nursing
- Health & Social Care
- General Support Services
- Other Patient & Client Care

Activity	CHI 2020 Total
Emergency Department Attendances	82,813
Urgent Care Centre Attendances	6,795
Outpatient Consultant Led Attendances	128,137
Inpatient Discharges	18,400
Day Cases	23,254
Total Attendances / Discharges	259,399

In recognition of the challenges facing staff to maintain a healthy work/life balance, the objective throughout this plan is to create a culture of health and wellbeing by supporting staff to look after their own health and wellbeing both in the workplace and in their community. There are staff focused health and wellbeing initiatives underway in all hospitals across the Group. CHI will continue to support these initiatives and will provide leadership and commitment to empower staff at all levels in the organisation to take personal responsibility for their health and wellbeing. We will work in partnership with colleagues across the health services to ensure that hospitals develop into healthy workplaces and in turn a healthy organisation.

The Health Services People Strategy 2019-2024 was developed in recognition of the vital role our workforce plays in delivering safer better healthcare. This strategy extends to the entire health sector workforce and is underpinned by a commitment to engage, develop, value and support our workforce. Part of the strategy is to enable our employees to become healthier in their workplaces through improved staff engagement and improving our staff support services. Good health and wellbeing produces a wide range of benefits for those who enjoy them, but as employers we can also benefit - happy, healthy employees are more likely to be present, motivated and productive. They are also more likely to be flexible and be prepared to commit to change - a vital requirement for the CHI as we move towards relocating to the new Children’s Hospital.

Workplace health programmes have been identified by the World Health Organisation (WHO) as one of the 'best buy' options for prevention and control of non-communicable diseases and for mental health and wellbeing. A healthy workplace policy which includes providing facilities conducive to healthy lifestyles while at work or getting to/from work actively promotes a culture of valuing staff health and wellbeing.

CHI will continue to work with the individual hospitals, academic partners and HSE Health & Wellbeing on this journey to a Healthier Ireland. The combined efforts of the CHI sites will be evidenced in the engagement and attendance levels of staff and their overall health and wellbeing. CHI work will be underpinned by best practice HR policies and procedures in support of staff health and wellbeing, aligned to the People Strategy priorities and the Healthy Workplace Framework.



Implementing Healthy Ireland in CHI 2022-2025

This Healthy Ireland Implementation Plan for Children’s Health Ireland has identified a suite of actions that will support the implementation of the Healthy Ireland Framework 2015, The DOH Strategic Action Plan 2021-2022 and the HSE Implementation Plan (2015) and its Progress Report (2021) that identified key opportunities for the future implementations. It also acknowledges the initiatives that pre-date this plan and builds on all the good practice to date. This Healthy Ireland Plan will be delivered over a 4-year period from 2022 to 2025 in CHI. The action areas outlined in this plan, aligned to the national plan, aim to bring about improvements to the health and wellbeing of service users and staff.

CHI has positioned Healthy Ireland under the executive team’s governance to reflect the Group’s commitment to the successful implementation of HI. The Executive Lead is supported by a HI Project Manager and an Oversight Group Steering Committee. Each hospital has established a staff wellbeing forum to enable a diverse mix of staff to contribute to the development and on-going implementation of this plan. These forums are chaired by the HI Project Manager to support learning and sharing of information and initiatives between hospitals.

In light of the growing burden of preventable chronic diseases on the health care system it is essential that CHI hospitals champion and promote the health of staff, patients, and local communities through the development of a supportive environment so that the healthier choice is the easier choice. Hospitals are an important setting for programmes targeting chronic diseases because of the availability of expertise among their staff and reach to a wide population of employees, patients and visitors. CHI strive to promote collaborative working between hospitals and their local Community Healthcare Organisation, Child Health Services and community partners

to identify, develop and promote access to community-based services such as weight management, exercise programmes and local mental health promotion initiatives.

Delivery on many of the actions within this plan will be supported and supplemented by the roll out of other national programmes such as Tobacco Free Ireland, The Public Health (Alcohol) Bill) 2015, A Healthy Weight for Ireland, the National Physical Activity Plan, Healthy Workplaces Framework (Healthy Ireland at Work); as well as HSE lead policies including Self-Management of Chronic Diseases’, Making Every Contact Count and the HSE People Strategy.

The implementation of HI is a journey that everyone must participate in and contribute to if Healthy Ireland is to be successfully implemented and sustained. The success of this plan will require commitment, enthusiasm, education, training and patience. There will also be significant resource implications. The full implementation of HI will take several years and CHI will continue to monitor progress on delivery of the actions on an annual basis which will feed into the Healthy Outcomes Framework.



Healthy Ireland in CHI

Flu Campaign

CHI have a comprehensive flu campaign that is rolled out every year across each of the CHI sites to encourage healthcare workers to avail of their flu vaccination. Healthcare staff are up to 10 times more likely to get influenza compared to the general population. It is estimated that at least 20% of healthcare workers are infected with influenza every year and many continue to work despite being ill, which increases the risk of spread of influenza to their colleagues and patients.



Lifestyle Behaviour Change Programmes

Every year the CHI run a lifestyle behaviour change programme to encourage staff to undertake a small change that will support them in leading a healthier lifestyle. CHI have delivered Operation Transformation style programmes as well as programmes to save people money while improving their overall wellbeing.

Schwartz Rounds

Schwartz Rounds are a forum where all staff, clinical and non-clinical, come together to discuss the emotional and social aspects of working in healthcare. The purpose of a Schwartz Round is to understand the challenges and rewards that are part of providing care, not to solve problems or to focus on the clinical aspects of care. The underlying basis for Schwartz Rounds is that the compassion shown by staff can make all the difference to a patient's experience of care, but that in order to provide compassionate care, staff must feel supported in their work.





Garden Spaces

Space, particularly due to the need for social distancing, is at a premium. CHI continues to redevelop outdoor spaces for staff across the sites. Research has shown how green spaces not only provide space for staff but they also have a positive mental health impact.



Staff Wellbeing

The wellbeing of our staff are what make the CHI what it is. Healthy staff leads to better patient outcomes which leads to a healthier population. As such CHI endeavours to create an environment that is conducive to making the healthy choice more often for our staff, patients and everyone else who visits one of our sites. We facilitate staff wellbeing initiatives such as step challenges, hiking groups, garden spaces, staff choirs, exercise classes, cooking demonstrations and bike parking to name a few.



Tobacco Cessation

CHI endeavour to operate a smoke free campus on each of the sites within the Hospital Group. We also have a tobacco cessation officer to support staff with their quit journey and provide nicotine replacement therapy to give staff a better chance of success.

1

Healthy Childhood

This section outlines the actions for the CHI Hospital Group to address the behaviours affecting child health and wellbeing in pregnancy and during the first 1,000 days of a child's life. These actions are guided by the HSE National Healthy Childhood Programme, which incorporates the HSE Breastfeeding Action Plan (2015-2021). As breastfeeding has significant health benefits for both baby and mother, particular focus will be placed on improving rates in our two maternity sites. Staff will also be supported through the implementation of the Breastfeeding Policy for staff working in the public health service.



No.	Actions	CHI Lead	Completion Date
1.1	The hospital will promote and support breastfeeding by Implementing the HSE Policy on the Marketing of Breast-Milk Substitutes.	HC Lead, Org Health, DON, Breastfeeding committee	2021-2022
1.2	Support parents by giving mothers skilled practical support to establish breastfeeding, maximise breastmilk and practice paced feeding (Expressed Breast Milk (EBM)/Formula).	HC Lead, PHN, Lactation Lead	2022
1.3	Support parents by having a lactation consultant in post to provide expert clinical advice and support.	DON, HRD	2022-2023
1.4	Support parents by providing access to breast pumps in hospital and at home to maximise breastmilk during the hospital stay (including storage of expressed breastmilk and integration with community services).	HC Lead, PHN, Lactation Lead	2024-2025
1.5	Support parents by providing facilities and nutrition for mothers who are breastfeeding when their child is in hospital.	COO, CMO, DON	2022
1.6	Support parents by providing facilities and nutrition for mothers who are breastfeeding a sibling of their sick child in hospital.	COO, CMO, DON	2022
1.7	Support staff by ensuring staff have sufficient knowledge, competence and skills to support breastfeeding according to their role.	CMO, DON, HC Lead	2022-2023
1.8	Support staff by providing breaks and facilities for staff availing of the breastfeeding policy for staff working in the public health service.	CMO, DON, HC Lead	2022
1.9	The hospital will promote and support physical activity by displaying and making accessible for parents and children, guidelines on paediatric physical activity and accompanying educational materials/online resources.	AT Lead, HC Lead	2022-2023
1.10	The hospital will facilitate staff to undertake relevant child health training for example brief intervention (smoking, alcohol, and healthy weight), breastfeeding, nutrition and infant mental health.	CMO, DON, HC Lead	2022-2023
1.11	The hospital will implement the Department of Health' Healthy Eating Guidelines for 1 to 4 year olds.	CMO, DON, HC Lead	2022

2

Self- Management Supports

The National Framework and implementation plan for self-management support guides the delivery of key actions in supporting families to better manage chronic diseases. The following actions activate a range of supports and resources to help people living with a chronic condition using self-management action plans and self-management supports.



No.	Actions	CHI Lead	Completion Date
2.1	Establish a self-management support steering group in CHI.	CMO, DON, SMS Lead	2022
2.2	Establish a working group in CHI to liaise with Clinical Leads, Clinical Nurse Specialists and other Paediatric Team Members to carry out a needs analysis on approaches to self-management support including: <ul style="list-style-type: none"> • Identify self-management support tools in use in Clinical practice • Identify community resources and voluntary groups which staff currently refer / sign post children and families to • Engage with staff to assess how competent they feel in supporting SMS for children and adolescents • Identify existing SMS training available to Paediatric teams • Engage with Parents/Caregivers to hear their views in relation to competence to support their child on the self-management journey • Engage with Parents to establish what wrap around support services they find beneficial. 	CMO, COO, SMS Lead	2023
2.3	Work with National Programmes to develop standard approaches and tools to assess SMS of children and adolescents.	CMO, SMS Lead	2023-2024
2.4	Work with National Programmes to develop a Framework for self-management support for children and adolescents in Ireland.	CMO, SMS Lead	2023-2024
2.5	Work with National Programmes to explore the provision of peer, social support and voluntary groups to support self-management support for children and adolescents.	CMO, COO, HRD, SMS Lead	2024
2.6	Work in partnership with Child Health Programme Development Officers (CHPDOs) to support implementation of HSE Healthy Weight for Children Action Plan 2021-2023 in CHI.	CMO, SMS Lead, HC Lead, DON	2022-2023
2.7	Work in partnership with CHPDOs to: <ul style="list-style-type: none"> • promote awareness of the National Healthy Childhood Programme and accompanying training and resources • Support staff in CHI to complete the National Healthy Childhood Programme e-learning modules and monitor uptake. 	CMO, SMS Lead, HE Lead, HC Lead	2023
2.8	Work with Health and Wellbeing, Community Organisations, Local Authorities and other partner organisations to leverage community resources for self-management support.	CMO, SMS Lead	2024

3

Making Every Contact Count

Making Every Contact Count (MECC) is about health professionals using their routine consultations to empower and support people to make healthier choices to prevent and manage chronic disease. CHI are in a unique position in that staff work with and support parents and guardians in relation to healthy lifestyles as part of the overall care of children, particularly parents of younger children. Making Every Contact Count will support staff to have effective, non-judgemental conversations with parents and potentially older children about healthy eating, physical activity, tobacco, alcohol, mental health and wellbeing and overweight/obesity. To establish how best to implement MECC in CHI the following actions will be taken:

* At organisational level – systems are required to embed Making Every Contact Count in all services through staff engagement and skills development;



No.	Actions	CHI Lead	Completion Date
3.1	Establish a working group to identify and agree an appropriate approach to implementing MECC in a Children’s Hospital with senior CHI management representation.	CMO, HRD, COO	2022-2023
3.2	Identify any additional supports that may be required to support implementation of MECC in CHI.	DON, MECC Lead	2022-2023
3.3	Identify key champions/advocates for <i>Making Every Contact Count</i> in each hospital within the CHI HG	MECC Lead	2022
3.4	Develop an action plan for the implementation of MECC in CHI and conduct briefings for managers and staff.	MECC Lead	2022
3.5	Provide health professionals with access to <i>Making Every Contact Count</i> e-learning training and release/support them to complete this training as appropriate.	CMO, CTO, COO	2023-2024
3.6	Support staff to attend MECC Enhancing your Skills workshop to build confidence, competency and learn from others.	DON, HRD	2023
3.7	Deliver on National KPI targets for MECC training within the hospital group.	CMO, MECC Lead	2023-2024

4

Healthy Eating and Active Living

The HSE Healthy Eating and Active Living programme has been established to support implementation of Healthy Weight for Ireland: Obesity Policy and Action Plan and Get Ireland Active: National Physical Activity Plan across the health service. It's remit is to mobilise health services to improve health and wellbeing by increasing levels of physical activity, healthy eating and healthier weight across service users, staff and the population as a whole with a focus on children and families.

The Model of Care for Management of Overweight and Obesity published in 2021 outlines how clinical services for management of overweight and obesity in children and young people should be designed and delivered. Development and implementation of these clinical services is not within the scope of the hospitals Healthy Ireland plan.

Staff and service users will be supported to be more active, eat healthier and maintain a healthier weight by a range of evidence based initiatives that create a positive health enabling environment in CHI. Partnerships with external bodies such as SmarterTravel (National Transport Agency) and Healthy Eating @ Work awards (Irish Heart Foundation) as well as HSE policies, training and initiatives will support the CHI team in this work.



4a Healthy Eating (HE)

No.	Actions	CHI Lead	Completion Date
4.1	HSE policies:	COO, HE Lead, Site Catering Manager	2022
4.1.1	Each hospital to implement the HSE Nutrition standards for provision of food and beverages to staff and visitors including HSE Vending policy and Calorie Posting policy.		
4.2	Lead the development of a Food, Nutrition and Hydration policy for children and young people in acute paediatric services in both CHI group and other Hospital Groups (Resource Dependant).	HE Lead	2024
4.2.1	Each hospital will implement appropriate screening to ensure the risk of malnutrition among children on admission to hospital is managed in line with HIQA recommendations.	COO, DON, HE Lead	2023-2024
4.3	Each hospital will ensure that all nursing, medical and support staff complete National Healthy Childhood Programme modules – breastfeeding, Healthy START for Toddlers and Healthy Weight for Children.	HRD, HE Lead	2022
4.4	Promote the recording of height, weight and BMI centile in medical records including electronic records. Note: delivery on this action may be dependent on progress at national level re: IT systems.	HRD, CIO	2024
4.5	Display healthy eating materials and START campaign resources in all hospitals and undertake awareness campaigns for staff and patients.	HE Lead	2022
4.6	Support national campaigns/initiatives that promote healthier lifestyles e.g. START health campaign to encourage families on the path to a healthier future.	HE Lead	2021-2022

4b Active Living (AL)

Physical fitness (particularly cardio-respiratory fitness) is a major, independent determinant of overall health and mortality, and can readily be improved with regular physical activity.

No.	Actions	CHI Lead	Completion Date
4.6	All hospitals to promote and support active travel, including provision of adequate facilities for staff arriving to work on foot/ cycle.	AL Lead	2021-2022
4.7	Display information materials and resources in all hospitals and undertake awareness campaigns for staff and patients to increase physical activity and reduce sedentary behaviours.	AL Lead	2021
4.8	All hospitals, as part of Staff Health & Wellbeing plan, to explore potential for developing outdoor/indoor walking routes and spaces that promote physical activity.	AL Lead	2022

5

Staff Health & Wellbeing

Our aim is to implement the work of the National Policy Priority Programmes, using evidence based research, to inform and influence our investments in workplace health and wellbeing interventions. Our Objectives are to raise awareness and identify the issues that are impacting staff health and wellbeing; Support physical and mental wellbeing of staff; Encourage and support staff to plan, develop and maintain a healthy lifestyle; Promote and encourage participation in staff health and wellbeing initiatives; Provide a health and wellbeing communication channel for feedback from staff and implement evidence based interventions that support this feedback.



No.	Actions	CHI Lead	Completion Date
5.1	Share and implement all HSE Staff Health and Wellbeing related polices frameworks and guidelines and all resources and tools produced by HSE to enhance staff health and wellbeing across all hospital sites.	CMO, OHD, Staff Lead	2022-2023
5.2	Build on opportunities to promote evidence based workplace wellness programmes led by external providers such as Sport Ireland, the Local Sports Partnership Network, the NTA Smartertravel workplaces, Irish Heart Foundation, Healthy Cities and Counties.	CMO, HRD, Staff Lead	2022-2023
5.3	Implement and support current and future HSE staff focused health and wellbeing initiatives across all hospitals, e.g. Minding Your Wellbeing, Stress Control, Staff HWB Webinars, Steps to Health, Love Life Love Walking, HSE Choirs.	CMO, Staff Lead	2022
5.4	Promote walking, intermittent standing and active travel as a strategy to reduce sedentary behaviour by displaying and communicating key messages to staff.	Staff Lead	2022
5.5	CHI to nominate a resource to provide leadership and direction for staff health and wellbeing throughout the hospital group.	COO, HRD	2022
5.6	CHI to establish a Staff Health and Wellbeing committee (a sub-group of the HI Steering Group).	HRD, Staff Lead	2022
5.7	CHI to develop an annual Staff Health and Wellbeing plan for implementation across all Hospitals.	Staff Lead	2022-2023
5.8	CHI to participate in the HSE' National Staff Practitioner Network.	Staff Lead	2022
5.9	Each hospital to promote increased uptake of the flu vaccine in line with targets in annual operational plans.	CMO, OHD, Staff Lead	2022-2023
5.10	Implement HSE Healthy Workplace Framework.	CEO, COO, CMO	2022
5.11	Ensure all staff are aware of all HSE services in place to support their staff wellbeing, such as the Employment Assistance Programme (EAP) services.	Staff Lead	2022-2023
5.12	Support staff as they age to maintain, improve or manage their physical and mental health and wellbeing at home and in the community.	CHI Lead: HRD, Staff Lead	2023-2024

6

Tobacco Free Ireland

Tobacco use and exposure to second-hand smoke are responsible for almost 6,000 deaths each year in Ireland and smoking is the leading cause of our chronic disease burden. Tobacco Free Ireland (2013- 2025) is Ireland's national policy on tobacco control and has set a target for Ireland to be smoke free (i.e. a smoking prevalence of <5%) by 2025. The actions outlined below are focused on supporting Tobacco Free Ireland, including Tobacco Free Campus Policy, delivery of Smoking Cessation Services and relevant training for staff.

Staff who smoke or who are affected by tobacco related chronic disease will be supported within the actions through the provision of a smoke free environment and access to smoking cessation services including free nicotine replacement therapies and pharmacotherapy.



No.	Actions	CHI Lead	Completion Date
6.1	Each hospital to assign a nominated tobacco lead from senior management to support monitoring and implementation of the Tobacco Free Campus Policy locally.	Tobacco Lead, DON, HRD	2022
6.2	Each hospital will develop a quality improvement action plan to progress the implementation and on-going monitoring of the HSE Tobacco Free Campus Policy. <i>As part of this plan:</i> <ul style="list-style-type: none"> • An annual quality improvement action plan will be developed; • Each hospital will implement the Global Network for Tobacco Free Healthcare Services Quality Standards and complete a yearly online self-audit; 	CMO, Tobacco Lead, Site Leads	2022-2023
6.2.1	CHI HG will oversee an audit process to validate their individual hospital tobacco free campus self-audits and support local initiatives to ensure implementation of the Tobacco Free Campus Policy.	Tobacco Lead	2022
6.2.2	CHI HG will co-ordinate the supply of implementation and monitoring data to the Tobacco Free Ireland Office.	Tobacco Lead	2022-2023
6.3	Each hospital will display Tobacco Free Campus signage, local Stop Smoking Service and QUIT information and communication materials in appropriate areas.	Tobacco Lead, Site Leads	2022-2023
6.4	Each hospital will in their service plans provide access for parents/guardians/carers of children attending the hospital to a dedicated stop smoking service , and the development of a comprehensive referral pathway in conjunction with the local services.	Tobacco Lead, Site Leads	2023-2024
6.5	Staff smoking supports:	CMO, Tobacco Lead	2022
6.5.1	Each hospital to actively assess staff smoking prevalence.		
6.5.2	Each hospital to offer referral to intensive cessation services and offer free or reduced-cost pharmacotherapy for staff.		
6.6	The CHI HG should engage with the Tobacco Free Ireland Programme to assist in the implementation of national stop smoking clinical guidelines.	Tobacco Lead	2022-2023
6.7	Each hospital will support the implementation of the Health Behaviour Patient Management System (QuitManager & e-referral to quit services).	CMO, Tobacco Lead, Site Leads	2023

7

Alcohol

The HSE National Alcohol Programme has responsibility for developing, planning and overseeing an Action Plan in line with the Report of the Steering Group. Raising awareness of the harms caused by excessive alcohol consumption within the services of the HSE is essential. Harmful drinking patterns have become the norm in Ireland while awareness of the significant risks remains low. Building capacity with services to address this is essential.



No.	Actions	CHI Lead	Completion Date
7.1	Participate in the HSE Alcohol Communication campaign to increase knowledge of alcohol risk and aspects of alcohol harm.	Alcohol Lead	2022
7.1.1	<p>Display relevant campaign and educational materials and resources in all hospitals and undertake awareness campaigns for staff and patients.</p> <p>For the Children’s Hospital, this would include the leaflet ‘<i>Your Family and Alcohol</i>’,</p> <p>‘<i>Hidden Harm Parent’s Guide</i>’ leaflet.</p> <p>Facilitate ED staff to attend suicide awareness and intervention training, deliberate self-harm training and other suicide prevention and intervention training programmes and to monitor and document the strong links to harmful use of alcohol/drugs.</p>	HRD, COO, Alcohol Lead	2022-2023
7.2	Review and document local alcohol service referral pathways and continue the development of linkages with adolescent community drug and alcohol services.	Alcohol Lead	2023-2024
7.3	Support the role of the alcohol liaison nurse in each hospital (resource dependent).	Alcohol Lead	2024-2025
7.4	Undertake audits and research to assess alcohol related attendances and admissions in all hospitals.	COO, Alcohol Lead	2023-2024
7.5	Promote awareness of the HSE low risk drinking guidelines among in-patients across the group.	DON, Alcohol Lead	2023

8

Wellbeing and Positive Mental Health

The vision for Mental Health Services is to support the population to achieve their optimum mental health. Promoting positive mental health and wellbeing forms an important strand of this plan. The statistics of our patient populations are stark, with 1 in 5 of us likely to experience a mental health problem in our lifetime.



No.	Actions	CHI Lead	Completion Date
8.1	Contribute to the implementation of the HSE Mental Health Promotion Plan and the forthcoming cross-governmental National Mental Health Promotion Plan.	PMH Lead, COO, DON	2022-2024
8.2	Support the mental health and wellbeing of patients, parents and staff by promoting programmes that promote positive mental health.	PMH Lead, Org. Health, OHD	2023
8.3	Implement arts and creativity initiatives as a means of promoting positive mental health of patients, parents and staff.	Arts & Health, PMH Lead	2022-2023
8.4	Enable staff to promote the mental health and wellbeing of children and their guardians through the use of training resources and other resources as they become available.	PMH Lead, MECC Lead, COO, DON	2024
8.5	Provide access to spaces that promote relaxation and wellbeing including green spaces, which have an important role to play in supporting wellbeing for patients, parents and staff.	CEO, PMH Lead, Staff Health Lead,	2023
8.6	Promote National Mental Health campaigns such as: #LittleThings and Green Ribbon campaigns.	Org. Health, PMH Lead	2022

9

Sexual Health

The Sexual Health and Crisis Pregnancy Programme is a national programme with responsibility for implementing Ireland's first national framework for sexual health and wellbeing (National Sexual Health Strategy 2015-2020). The focus is to develop a healthy attitude to relationships and sexuality throughout childhood and adolescence building on this foundation for positive sexual health and wellbeing into adulthood and older age.



No.	Actions	CHI Lead	Completion Date
9.1	Encourage staff to familiarise themselves with the wide range of print and online sexual health information available from the HSE and to utilise same when working with service users. The resources are freely available to download from www.sexualwellbeing.ie and to order from www.healthpromotion.ie . They cover a range of subject areas including puberty and adolescence, contraception; sexually transmitted infections; HIV etc.	SH Lead	2022
9.2	Facilitate the release of staff to undertake the HSE Foundation Programme in Sexual Health Promotion and/or other appropriate training, which would build the staff's capacity to support healthy sexuality development with patients as appropriate. See: sexualwellbeing.ie/for-professionals/training/	HRD, DON	2022-2023
9.3	In consultation with parents, consider the Relationship and Sexuality Education needs of long-stay, child and adolescent patients, within their education programme. See: sexualwellbeing.ie/for-parents/resources/ and sexualwellbeing.ie/for-professionals/supports/resources/	SH Lead	2023-2024
9.4	Encourage staff to complete the LGBT+ Awareness Training module that is available on HSE LanD and to adapt practice accordingly. This might involve displaying LGBT+ friendly posters and health information where available; adapting documentation to acknowledge LGBT+ identities, promoting the use of inclusive language among colleagues during interactions with service users etc.	CEO, HRD	2022

10

Arts in Health

CHI aligns with the Arts Council of Ireland's 2010 definition of arts in health as “the generic term that embraces a range of arts practices occurring primarily in healthcare settings, which brings together the skills and priorities of both arts and health professionals.”

Through the development of our Arts in Health Programme, we aim to place arts, creativity and imagination at the heart of children's and young people's experience of CHI. Through our work we offer children and young people attending CHI, their families, and our staff regular access to planned, high quality arts experiences.



No.	Actions	CHI Lead	Completion Date
10.1	Explore and research best practice models of arts in health in collaboration with the national programme.	Arts in Health Programme Curator	2024
10.2	Test and trial high quality arts in health practice through our Wildfires Artist in Residence Project (2022) and other planned activities. Develop original research based on outcomes and findings.	Arts in Health Programme Curator	2024
10.3	Offer children and young people the opportunity to take the lead on the decisions we make about our programme, through our ‘What If?’ creative consultation project and the development of a children and young people’s charter for arts in health in CHI.	Arts in Health Programme Curator	2022
10.4	To offer CHI staff the chance to come together as one CHI team through regular, planned and high quality access to arts in health projects.	Arts in Health Programme Curator, Arts in Health Public Art Curator	2024
10.5	To provide a staff choir to CHI staff across all sites.	Arts in Health Programme Curator	2024
10.6	To develop a long-term strategy for the CHI Arts in Health Programme as we transition to the NCH and satellite centres, to ensure there is a sustainable planned programme available for children and young people, their families and staff.	Arts in Health Programme Curator, Arts in Health Public Art Curator	2024
10.7	To provide a series of ambitious bespoke artworks in the NCH and satellite centres, which respond to the needs and wants of children and young people and ensures that CHI is a child-friendly environment.	Arts in Health Public Art Curator	2024
10.8	To respond to the needs of children and young people, families and staff by providing ongoing support to enhance the CHI environment through high quality, appropriate and considered art and design interventions across all CHI sites.	Arts in Health Public Art Curator	2024

11

Climate Action and Sustainability

Climate change is recognised as the greatest threat to public health in the 21st century.

The Government of Ireland identified climate change as a threat to health, with the declaration of a climate and biodiversity crisis in 2019. This was supported by the publication of the 'Climate Action Plan' and the 'Climate Change Sectoral Adaptation Plan 2019-2024 for the Health Sector'. The 'Healthy Ireland Strategic Action Plan 2021-2025' prioritises the implementation of the 'Climate Action Plan' over the next two years to protect the health of the Irish population.

Children are at a greater risk of climate change related health impacts due to prolonged exposure and a greater susceptibility to the stressors of environmental dysregulation. As such the climate crisis is also being recognised as a children's rights crisis. As a paediatric healthcare provider CHI recognises having a moral, as well as legislative, responsibility to protect the future health of our patient population.

As a public sector body, CHI is mandated by Irish legislation in the 'Climate Action and Low Carbon (Amendment) Bill 2021' to reduce emissions by 51% by 2030, and to be Net Zero by 2050. For successful implementation sustainability must underpin every activity and policy developed within CHI. Every member of staff will need to take personal responsibility for their role in addressing the climate crisis.



No.	Actions	CHI Lead	Completion Date
11.1	Legislative Responsibility		
11.1.1	CHI will implement the ‘Climate and Low Carbon Act 2021’, and commit to being Net Zero by 2050 through energy reduction campaigns and projects.	FM, Green Lead, Green Campus Steering Group, COO	2022-2023-2024
11.1.1	CHI will develop a comprehensive ‘Sustainability and Carbon Management Operations Policy’.	FM, BRE	2022
11.2	Key Stakeholder Engagement		
11.2.1	CHI will invest in role development to ensure governance and accountability for the implementation of the ‘Climate and Low Carbon Act 2021’ and transformation to Net Zero by 2050	CEO, COO, HSE	2022
11.2.1	The organisation will engage with all key stakeholders including the Youth Advisory Council (YAC). CHI recognises how passionate children are about addressing the climate crisis and is supportive of the Fridays for Future campaign.	Green Lead	2022
11.2.2	CHI will be an active member of national and international sustainable healthcare groups i.e. Healthcare Without Harm	Green Lead Green Campus Steering Group	2022
11.3	The Sites		
	The New Children’s Hospital will be a sustainable building built with BREEAM certification. ‘BREEAM In-Use’ will be implemented once the New Children’s Hospital is operational.	NDB, BREEAM, FM	2023-2024
	CHI will work with An Taisce to become a ‘Green Flag’ campus through proactive changes in waste, water and energy management.	Green Lead, Green Campus Steering Group, FM, Estates	2022-2023
	CHI will develop green spaces on each site to increase carbon sequestration, and encourage biodiversity.	Estates, FM, Green Lead	2022-2023

No.	Actions	CHI Lead	Completion Date
11.4	Waste Reduction		
11.4.1	CHI will proactively work to reduce its waste through education campaigns, additional recycling bins, procurement review and collaborative work with Infection Prevention and Control (IPC).	Green Lead, IPC, Procurement Lead, Portering, Estates	2023
11.4.2	CHI will reduce its food waste through the launch of a collaborative project between the dietetics and catering departments 'What's on the Menu'	Project Lead, Project Manager, Catering, Dietetic Lead	2024
11.5	CHI will continue to support the Green Campus Steering Group in introducing projects to improve the organisations sustainability efforts	CEO, COO, Green Lead, FM	2022
11.6	Education		
11.6.1	As a teaching hospital CHI will educate students on the impacts of climate change and health and contribute to research on climate resilient healthcare	Green Lead	2022-2023
11.6.2	Education sessions will be provided at all induction programmes for new staff/students on correct waste segregation and climate-smart healthcare.	Green Lead	2023
11.7	Transportation		
11.7.1	CHI will support and encourage active transportation of staff and families to each of its sites in line with the NTA SMART travel initiatives.	FM, Estates, Comms	2022

References; (i) Watts, N., Amann, M., Arnell, N., Ayeb-Karlsson, S., Belesova, K., Boykoff, M., Byass, P., Cai, W., Campbell-Lendrum, D., Capstick, S. and Chambers, J., 2019. The 2019 report of The Lancet Countdown on health and climate change: ensuring that the health of a child born today is not defined by a changing climate. *The Lancet*, 394(10211), pp.1836-1878. (ii) The Climate Crisis is a Child Rights Crisis: Introducing the Children's Climate Risk Index. New York: United Nations Children's Fund (UNICEF), 2021.

12

Research Health Intelligence

Research generates critical evidence to inform decisions and ensures best practice when developing, planning and implementing positive health and wellbeing changes.



No.	Actions
12.0	Commitment to support the HSE Research and Development function by cooperating in the gathering and dissemination of research related information as well as to the implementation of governance arrangements at local level for the research activity as per future national guidelines.

13

Communicating clearly

We will ensure that all Healthy Ireland communications and materials are produced in plain English using the HSE Communicating Clearly Guidelines (www.hse.ie/communicatingclearly).



Appendices

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Abbreviations

AL	Active Living	HRD	Human Resource Director
BMI	Body Mass Index	HWB	Health and Wellbeing
BRE	BRE Group	HSE	Health Service Executive
CHI	Children’s Health Ireland	IT	Information Technology
CHO	Community Healthcare Organisation	KPI	Key Performance Indicator
CHPDO	Child Health Programme Development Officers	LGBT+	Lesbian, Gay, Bisexual, Transgender transsexual people and all other identities
CIO	Chief Information Officer	MECC	Making Every Contact Count
CMO	Chief Medical Officer	NCH	Listed under Arts in Health
Comms	Communications	NTA	Natioanl Transport Authority
COO	Chief Operations Officer	OHD	Occupational Health Department
CTO	Listed under MECC actions	PHN	Public Health Nurse
DOH	Department of Health	PMH	Positive Mental Health
DON	Director of Nursing	POPD	Paediatric Outpatients
ED	Emergency Department	RCPI	Royal College of Physicians of Ireland
FM	Facilities Manager	SH	Sexual Health
IPC	Infection Prevention and Control	SMS	Self-Management Supports
HC	Healthy Childhood	UCC	Urgent Care Centres
HE	Healthy Eating	WHO	World Health Organisation
HEAL	Healthy Eating and Active Living	WTE	Whole Time Equivalent
HG	Hospital Group		
HI	Healthy Ireland		

Frameworks and Policy Documents

1. Department of Health. The Healthy Ireland Framework 2013-2025. Dublin: Department of Health 2013.

2. Committee on the Future of Healthcare Sláintecare Report May 2017

3. Healthy Ireland Strategic Action Plan 2021-2025

4. Healthy Ireland in the Health Service Implementation Plan and progress report

5. Healthy Ireland at Work A National Framework for Healthy Workplaces in Ireland 2021–2025

6. Health Services People Strategy 2019-2024

7. National Sexual Health Strategy 2015-2020

8. Tobacco Free Ireland 2013-2025

9. ‘A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 – 2025

10. Get Ireland Active – the National Physical Activity Plan

11. HSE Breastfeeding Action Plan (2015-2021)

12. Government of Ireland Climate Action Plan.

13. Health: Climate Change Sectoral Adaptation Plan 2019-2024

14. Add HSE Mental Health Promotion Plan 2022 – 2027



Children's Health Ireland



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