

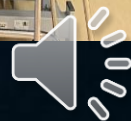
GYM PROJECT 2020

Elaine Ross

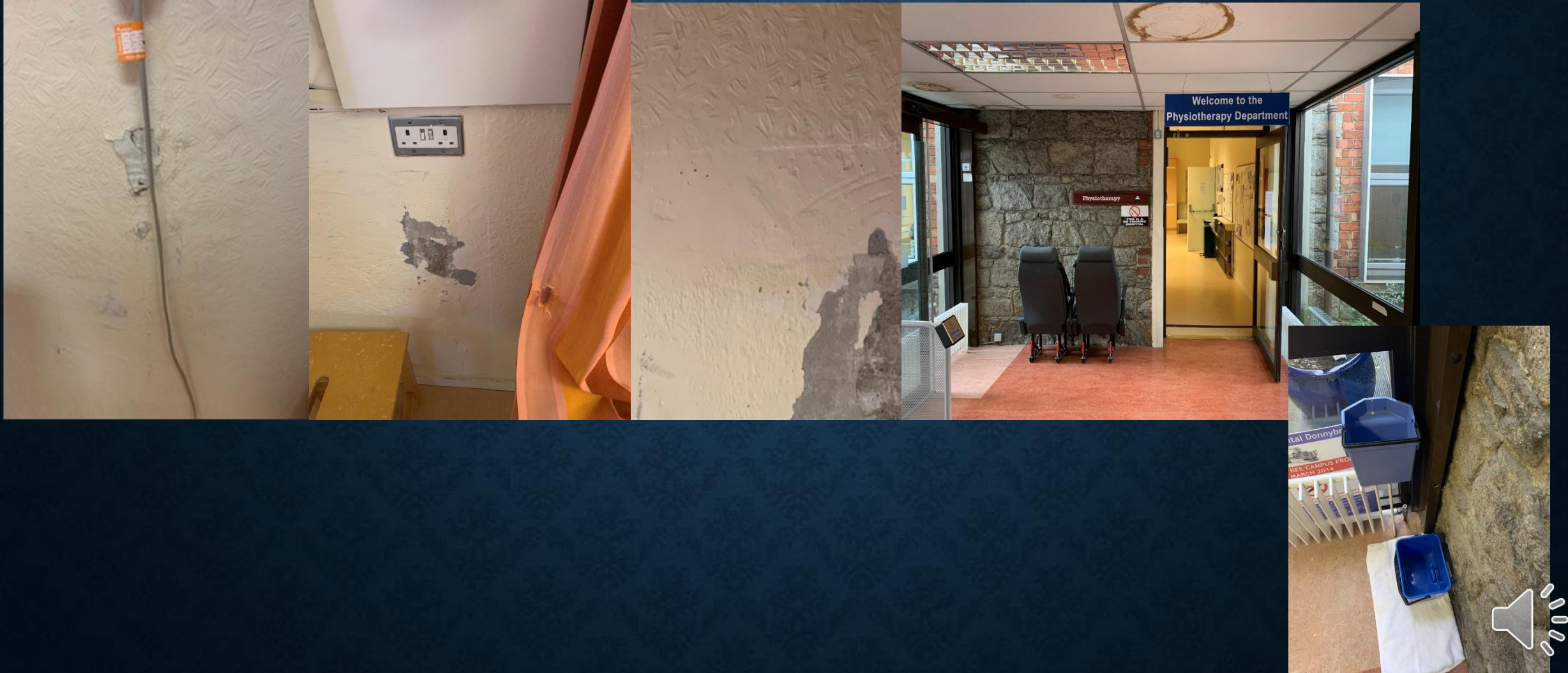
Physiotherapy Manager



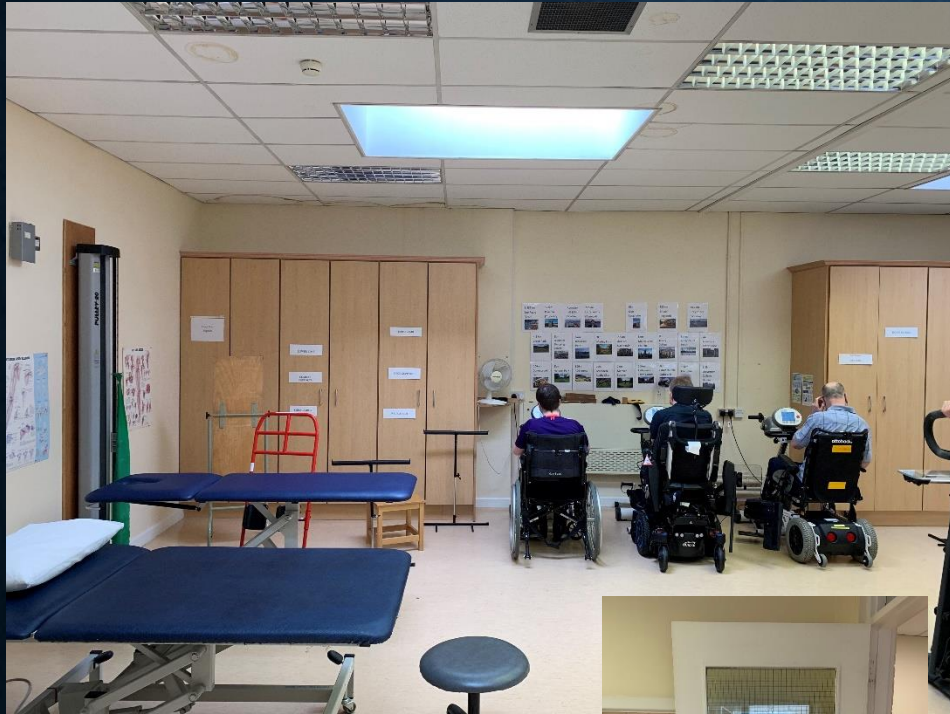
BEFORE-MAIN GYM- CLUTTERED, UNSAFE HANGING STRUCTURE/POOR LIGHT WITH TREES/RUSTY PARARELL BARS/UNSTABLE FLOOR > 30 YEARS OLD/ SLIPPY/ PATIENT QUOTE/ DIRTY TILES/ OLD LIGHTS/OLD GAIT TRAINER NOT FIT FOR PROPOSE- OUT OF SERVICE/NON FIRE COMPLIANT/ NO RELIABLE WIFI/CURTAINS/ SIGNS ON WALLS/



BEFORE MAIN GYM- HYGIENE CONCERNS WITH PAINTING AND SKIRTING BOARDS LACK OF/ TRIP HAZARDS AROUND BUCKETS WITH LEAKING ROOF. TRIP HAZARD WITH DOOR FROM MAIN HALLWAY INTO PHYSIO.



BEFORE NEURO/QUIET GYM/GR GYM- SIMILAR ISSUES- ROOF LEAKS/ HYGIENE ISSUES/POOR LIGHTENING/LEAKING SKYLIGHTS/POOR FLOORING / CHIPPED WOOD AND PAINT CRACKS/UNEVEN FLOORS AND STAINS/ILL PLACEMENT OF SINKS HYGIENE STATIONS



BEFORE CHANGING ROOMS/TOILETS- LEAKING TOILETS/MILDEW/ WORN SKIRTING BOARDS NO SEAL AND SMELLS/ CRACKED PAINT AND WOOD/RUSTY SIGNAGE/STAINED ROOF TILES/EXPOSED PIPES



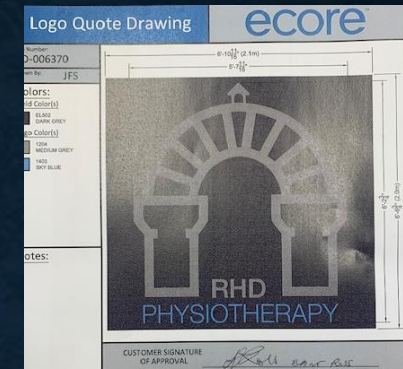
BEFORE REST ROOM- WALLS/FLOORS/CRACKS IN ALL SURFACES AND LEAKS FROM DOOR INTO AREA MULTIPLE TIMES OVER THE YEARS AND ROOF LEAKS INTO AREA



BEFORE OFFICE SPACES-CARPETS/ RUSTY SIGNAGE/ 3 5-6 PERSON/SOCIAL DISTANCE ISSUES/ PAINT/ FLOOR ISSUES/OVER CROWDED SPACES



TIMELINE OF GYM PROJECT



- Nov 2018- management change
- Working Proposal Document Jan 2019- strategic vision/local group/ vision/mission statement/staff engagement/visits to other hospitals/ H&S walkabouts inspired- established wish list
- Friends submission June/ Amendments-Nov 2019 approved- 128,483 euro funding obtained. HMT support secured
- Attendance at PMP course. Local project planning group established and multiple meetings/visits with staff/contractors/design teams/suppliers/service manager/CEO/finance dept
- COVID19 national lockdown March 2020
- Decant plan (declutter/BF) and implementation phase/drawing board
- Roof works June/July 2020
- Ordering of equipment



RESTRUCTURE/SCHEDULE OF WORKS/*RESTRUCTING OF CLINICAL/ADMIN/CHANGING ROOM REST STAFF AREAS

- Phase 1
- Phase 2A
- Phase 2B
- Phase 3
- Phase 3A
- Phase 4
- Phase 5
- Phase 6
- Phase 7

Sept 2020
8.10-15.10.2020
16.10-
26.10.2020
26/27.10
27.10.-30.10
31.10- 9.11
11.11 -25.11
2021

- Pre works maintenance
- Flooring pre works/fireworks*/WiFi
- Moving equipment pre flooring
- FLOORING
- Moving equipment post flooring
- Post floor works
- Painting
- Equipment/ Wall design
- Wish list/finishing works-2021



“To advocate, enable and empower our patients to achieve their optimal wellbeing; To provide excellence in clinical care, through education, training and innovation; To deliver a holistic patient centred approach through collaborative teamwork within our integrated care campus

PT core values in
physiotherapy:
Governance;
Empathy &
Compassion;
Teamwork;
Excellence;
Communication;
Person Centred;
Dignity &
Respect; Quality
& research
focused; Safety
& Professionalism

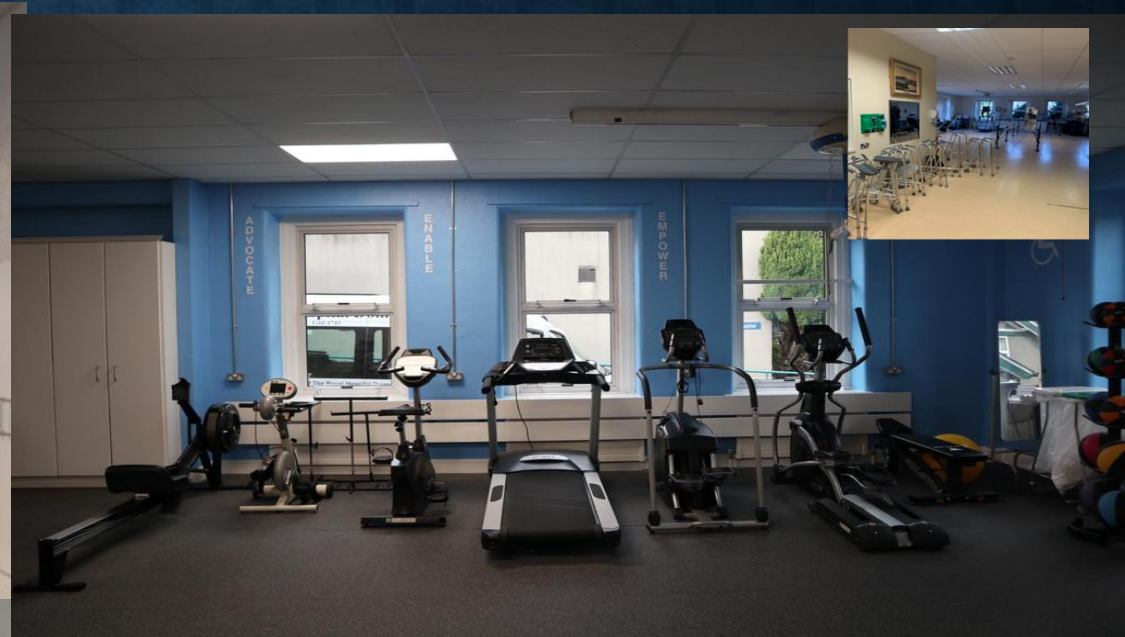
**THE
ROYAL
HOSPITAL
DONNYBROOK**



**PHYSIOTHERAPY
DEPARTMENT**



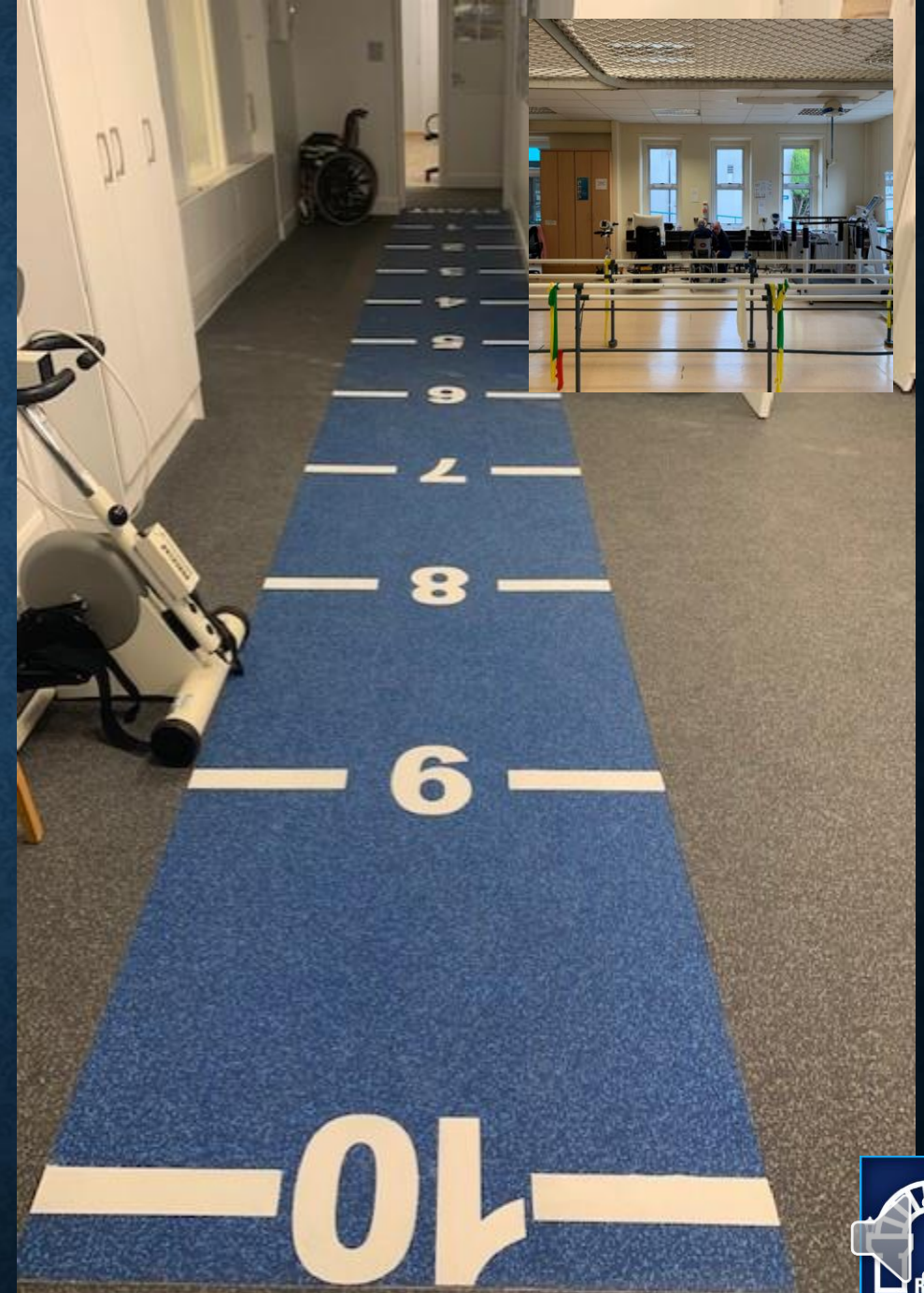




**"MOVEMENT IS MEDICINE
FOR CREATING CHANGE
IN A PERSON'S
PHYSICAL
EMOTIONAL
AND MENTAL
STATES"**





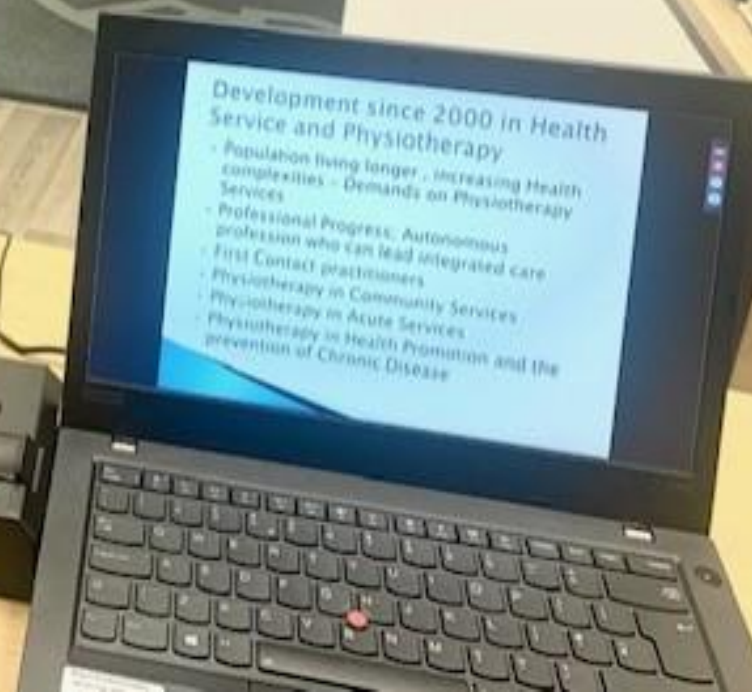
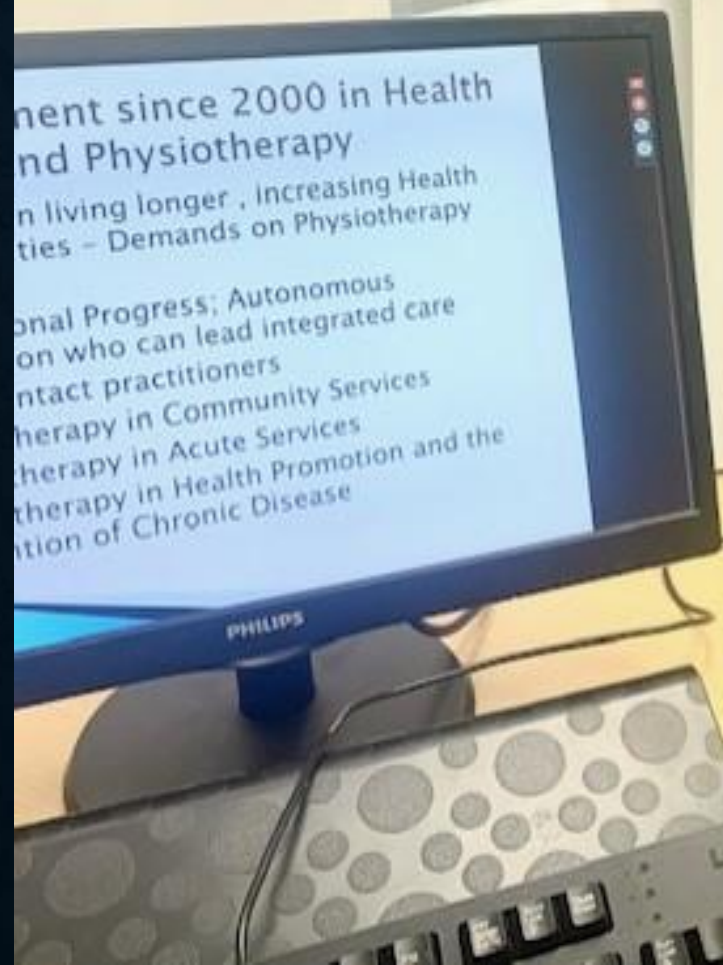




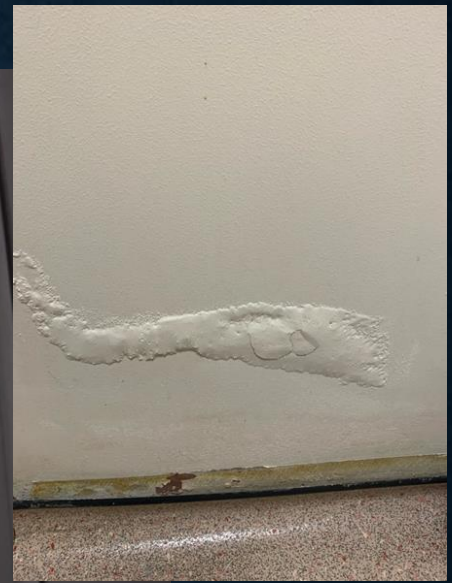




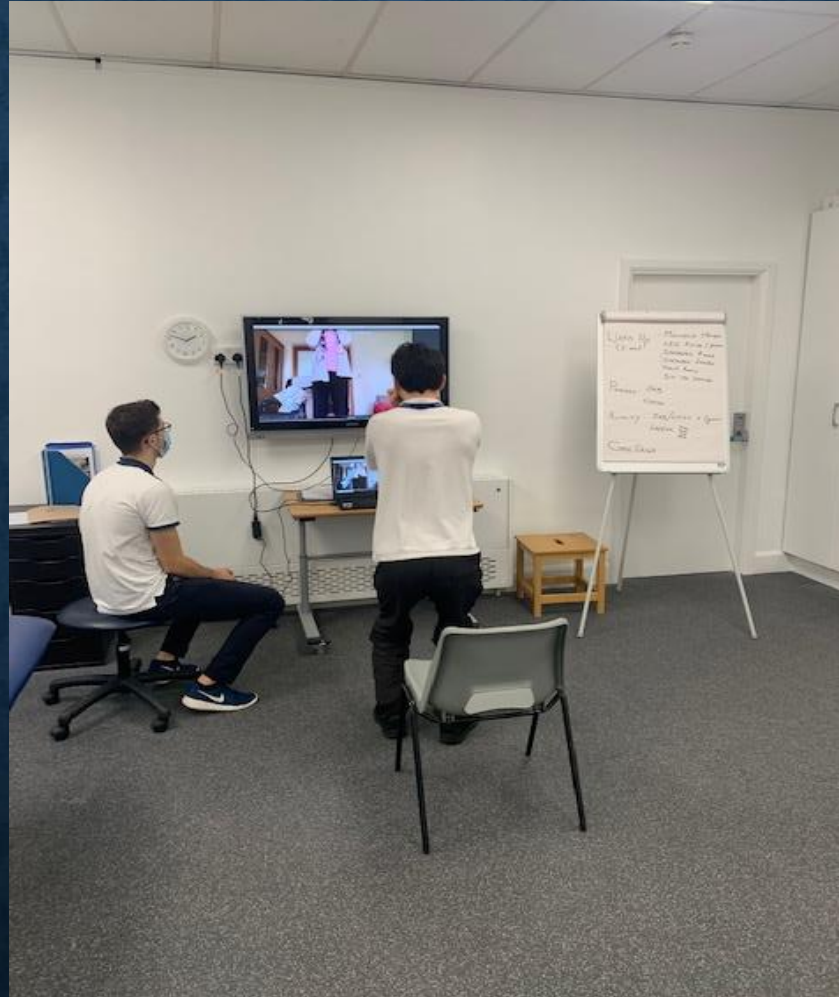








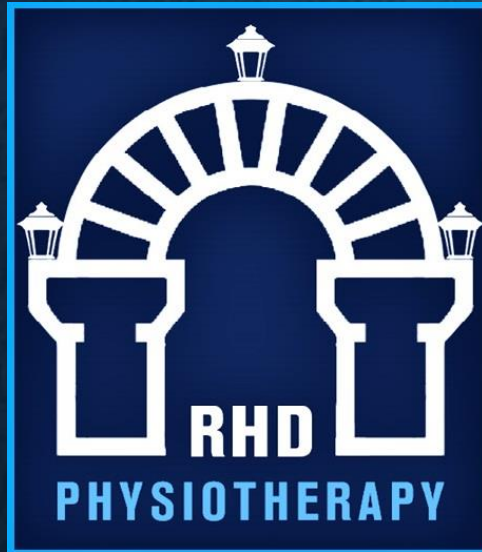
SMALL GYM PICS- NEW FLOOR/WIFI AND TELEHEALTH NEW LAPTOP/ ADAPT FOR COVID 19 PROTOCOL



CONCLUSION



- Environment of hope, enablement and potential, compared to previous traditional, outdated, impersonal clinical gym setting.
- Higher profile as a rehabilitation hospital
- More prepared for changing strategic plans and service users' needs
- Equipment, Environmental design, specialized flooring will go a long way to creating our future mission and vision for the physiotherapy department
- Provides a physio space/hub centered on our patient's needs and bring us into the 21st century.



Thank you

Staff

Friends

Board

HMT

Fire workers

IT support

Patient and residents

Patient donations/ support

