

Celebrating 30 Years at the Heart of Our Community 1985-2015

2002 – New Coronary Care Unit launched – 2004 – Croí 'Heart Smart' programme launched – 2006 – West of Ireland Cardiothoracic Surgical Unit opened – 2007 – First open heart surgery patient at GUH – 2008 – Ray Rooney, Kieran Daly & Neil Johnson received 'People of the Year' award – 2009 – Croí MyAction Programme, launched – Prof Kieran Daly appointed Chairman – 2009 – Incorporated Stroke into Croí Mission – 2011 – New Cardiology Day Ward at GUH – 2012 – Opening of Croí Heart & Stroke Centre – (first of its kind in Europe) – 2013 – MSc & Diploma in Preventive Cardiology – 2014 – Kevin O'Reilly awarded 'People of the Year' award – 2015 –

2015 | ANNUAL REPORT

www.croi.ie



Fighting Heart Disease & Stroke



Vision

Our vision is to build an organisation which is the leader in providing our community with the ability to prevent, control, and recover from cardiovascular disease. The organisation will also serve as an exemplar of innovation and best practice.

Mission

Our mission is to prevent heart disease and stroke, to save lives and to promote recovery and wellbeing.

Strategic Goals

1. Build healthier communities through education, advocacy and empowerment.
2. Pursue the highest level of cardiovascular health care services.
3. Facilitate, participate and collaborate in vital research.
4. Ensure that Croí is a financially strong institution with a balanced income stream.



Fighting Heart Disease & Stroke

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2015 in Numbers



26,406 Visits to the Croí Heart & Stroke Centre

11,279 Individuals provided with Health Support, or Training and Education programmes across the region



228,889km Distance ran, walked, and cycled by 3,301 people to raise funds for Croí. A collective mileage distance equivalent to 6 times around the world

769 Professional & Academic NIPC members (National Institute for Preventive Cardiology) along with 109 Patient & Public members



131,334
web visits to **www.croi.ie**



6,600
followers on **Facebook**

Message from the Chairman & CEO

Dear Friends,

For 30 years Croi has been at the forefront of transforming the way people throughout the region receive treatment for heart disease and stroke. This anniversary Annual Report celebrates our past, but more than ever, it looks at Croi's impact on the community today. Croi is committed now, more than ever, to preventing the causes of heart disease and stroke and ensuring longer, healthier lives for people in the West of Ireland.

In 1985, the idea of bringing cardiac services to Galway posed an enormous challenge, but Croi rose to the occasion. Over the course of three decades, we have evolved into a multifaceted organisation dedicated not only to providing people of the West with full access to the best hospital cardiac care, but also to delivering stroke and cardiac services through innovative community health and lifestyle programmes. Today, Croi is focusing on how people manage their risk of heart disease, stroke, diabetes and obesity.

As you will see, we have welcomed record numbers to the Croi Heart and Stroke Centre, to our Community Cardiac diagnostic service, to the Courtyard Apartments and to our many programmes that support patients and families in their journey to healthier living and recovery.

Our ability to innovate and to save lives depends on the vital support we receive from our donors, volunteers, corporate sponsors, academic and industry partners. Croi succeeds because it is by the community, for the community.

Please enjoy the 2015 Annual Report and celebrate the stories from our health programmes, supporters and participants.

With best wishes for a healthy year,



Mr Kevin O'Reilly
Chairman



Mr Neil Johnson
Chief Executive



1985

West of Ireland Cardiology Foundation established.



1987

First ultrasound machine and first Angiography lab in the region



1993

Neil Johnson appointed CEO
Croi name and logo launched



1998

Croi Community Nurse programme launched



2002

New Coronary Care Unit – GUH



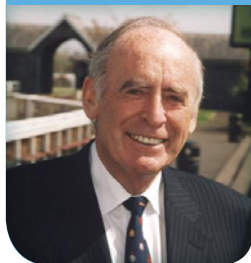
1986-91

First Chairman appointed – Lord Michael Morris Killanin



1991

Raymond J Rooney appointed Chairman



1996

Ireland's first mobile CCU (Croi Ambulance launched)



1998-2004

Supporting Hospital Cardiology and Ambulance Service (Galway-Mayo-Roscommon)



2004

Croi 'Heart Smart' programme launched



Milestones 1985 – 2015



2005

Second Croi ambulance purchased
Second Cath lab funded



2009

Croi MyAction Programme, launched
Prof Kieran Daly appointed Chairman



2012

Opening of Croi Heart & Stroke Centre
(first of its kind in Europe)



2014

Kevin O'Reilly appointed Chairman
National Institute for Preventive Cardiology (NIPC) launched

2006

West of Ireland Cardiothoracic Surgical Unit opened



2008

Ray Rooney, Kieran Daly & Neil Johnson received 'People of the Year' Award



2011

New Cardiology Day Ward at GUH
Incorporated Stroke into Croi Mission



2013

MSc & Diploma in Preventive Cardiology launched with NUIG



2015

More than 25,000 visits to Croi



Health Programmes

A Change of Habit - Interview with David and Cecily Coen



On the 14th of October, 2014, David Coen went to work as he had for decades. Leading his family business in Oranmore was a habit, in early and working late. He had led his business through the downturn and into the recovery. The next generation was by his side and ready for the next half century.

This day was a bit different, though. He was unusually tired on the way into work and he nearly fell in the door. When he reached his office, he slept until 1:00 p.m. when his son came in and took him out to lunch. For this hard-working gentleman, something was not right. He went home complaining of headaches.

Luckily, his wife, Cecily, took charge and brought him to the family GP, and just in time, because he now had problems with his speech along with weakness in his left leg and arm. These, of course, are classic signs of a stroke and David was off to University Hospital Galway. He remained there for two weeks followed by another two weeks of rehabilitation at Merlin Park Hospital. From his wife, Cecily, to the family doctor to the hospital, David received great care at the right time. But recovery is not a point in time; it is instead a journey. For stroke survivors, this is especially true.

David and Cecily joined Croí's My Action twelve-week course in changing habits as part of his road to recovery. Cecily remarked to David, "Once you started

at Croí, you were a different person". The course focused on known risk factors for heart disease and stroke, such as family history, smoking, raised cholesterol, blood pressure and type-2 diabetes.

The intensive lifestyle programme includes sessions on living a healthy lifestyle (smoking cessation, healthy food choices and increasing physical activity levels) as well as management of cholesterol and blood pressure.

David and Cecily appreciated the mix of private and group sessions. "It sunk into me, what Croí said", offered David. "Listening to the people, what you take and what you don't. They were very good to me. I picked things up", David laughed. He was going home for a lean lamb dinner with lots of fruit and veg.

"He walks twice a day, too", added Cecily. "I'm an active person myself and I loved the exercises and talks, as well. Now he's out walking two miles a day". David only has the slightest limp, good strong arms and nearly perfect speech. Doctors, family and medical specialists played a huge role, but David himself is making the changes that will last thanks to the Croí programme.



MyAction reached 1,267 patients and partners over the past five years.



MyAction

Croí has developed nationally recognised expertise in cardiovascular disease prevention through the delivery of the European Society of Cardiology (ESC) endorsed MyAction Programme. The Croí MyAction Programme is a gold standard intensive risk factor management and lifestyle modification programme driven by specific protocols designed to achieve the latest ESC Guidelines. MyAction targets high-risk individuals - i.e. those at high risk of heart attack, stroke, and diabetes - with a 12-16 week intervention and 1-year follow-up. Established in 2009, this flagship community-based prevention model has reached over 1,100 individuals. Year on year, this nurse-led, multidisciplinary programme has achieved outstanding and measurable improvements in cardiovascular health which have been widely published, including the "European Journal of Preventive Cardiology" and the "British Journal of Cardiology".



In 2015, 115 people completed the Croí MyAction programme showing measurable improvements in their lifestyle and well-being.

CLANN

The Croí CLANN (**C**hanging **L**ifestyle through **A**ctivity and **N**utrition) programme is a dynamic 10-week intensive lifestyle intervention targeting individuals referred from the hospital bariatric services at Galway University Hospital. The programme works with participants who, with their physician, are seeking life-saving changes in their weight and lifestyle. This programme is the first of its kind in Ireland.

MyBalance & iBalance Programme

The **Croí MyBalance Programme** is an 8 week intensive lifestyle modification programme with follow-up at 3, 6 and 12 months. Delivered by highly specialised dieticians, the programme aims to reduce cardiovascular risk factors including overweight and obesity in the general population. The main emphasis of the programme is on lifestyle modification, namely healthy food choices, portion control, weight reduction, physical activity and stress management.

The **Croí iBalance Programme** is a 6 week intensive lifestyle modification programme. The programme provides a condensed version of the MyBalance Programme.

In 2015, 196 people completed the **MyBalance/ iBalance Programme** showing measurable improvements in cardiovascular risk factors including significant weight reduction.



Exercise and Fitness

Physical activity helps to reduce the risk of cardiovascular disease and is an important element of rehabilitation following a cardiac event or stroke. Croí offers exercise and fitness programmes which do not require physician referral and which suit every level of fitness.

Taking exercise can be a real challenge for many and we're proud of everyone who stepped up to our diverse range of exercise opportunities.

- Back to Fitness – suitable for all members of the community
- Active Hour - a physiotherapy led class for those with limited mobility
- Yoga - including chair based and programmes designed for stroke patients
- Walking Football
- Walking Group



In 2015, there were 6,397 visits for Exercise and Fitness classes in the Croí Heart and Stroke Centre.



Mayo Action on Heart Disease & Stroke



**Mayo Action
on Heart Disease
& Stroke**

'Mayo Action on Heart Disease & Stroke' is a project co-funded between Croi and Mayo PCCC focusing on reducing the impact of heart disease and stroke on families in Mayo. The community-based programme works with both individuals and the greater population to reduce risk factors that lead to heart disease and stroke through programmes as diverse as the development of community-based cardiac rehab; healthcare professional education; school initiatives; rolling out the Croi weight management programmes; and cardiac risk factor screening.



*In 2015, Mayo Action on Heart Disease and Stroke directly engaged with **4,170 people** across a range of education programmes, risk factor screenings and community-based cardiac rehab.*

In 2015, Mayo Action on Heart Disease & Stroke delivered:

- Heart Attack Awareness Campaign
- Annual Stroke Campaign – Atrial Fibrillation detection and management
- Hypertension Awareness and Management
- Women at Heart' Campaign
- CPR awareness and training
- Mapping of defibrillators in a pilot area
- Group and public meetings

Cardio Check - Diagnostic Service

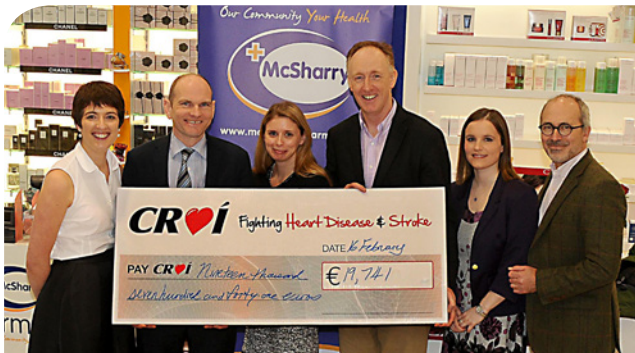
In 2015 the Croi Community Cardiac Diagnostics Programme was extended to Mayo. This unique service provides rapid access to Cardiac Diagnostic tests such as: Echocardiograms, BP & Holter monitoring and ECGs. This service was developed in response to the long waiting lists in the public hospital system and is delivered primarily in community health centres. Patients are referred by their GP and are seen within 5 to 10 days.



*In 2015, the Cardio Check Team delivered **2,306 diagnostic tests** throughout Co Galway and a further **500 tests** in Co Mayo.*

Awareness, Advocacy and Public Engagement

Women at Heart



Women at Heart Campaign cheque presentation at McSharry's Pharmacy, Knocknacarra. (Left to right): Mairead Woolley; Ray McSharry and Caroline Murray; Neil Johnson of Croí; Karen Kelly, McSharry Pharmacy and Chris Massi, Croí.

Migrant Women from the Imo Region of Nigeria living in Galway teamed up with Croí and Galway County Council for a free health promotion event in April 2015.

This event was part of Croí's 'Women at Heart' campaign which aims to raise awareness that heart disease is the biggest killer of women in Ireland. However, women seem largely unaware of the significant differences between the sexes when it comes to symptoms, age of onset and need for medical care. This campaign educated women on their risk of cardiovascular disease and empowered them to take action. This is a particularly important message for migrant women who have a higher risk of heart disease.



Local Pharmacy Group, McSharry Pharmacy have a strong commitment to their local community and in 2015 they organised numerous fundraising events in their stores network across the West of Ireland in aid of Croí. Among the fundraising efforts of McSharry Pharmacy was participation in and completion of the New York Marathon by McSharry Group Owner Ray McSharry and his son Daniel.

Empowering women to Know their Numbers was the 2015 focus of our campaign to raise awareness of the high risk of heart disease among women. During the year, Croí provided free blood pressure and pulse checks to women across the West.

A Woman's Story

On 25 January 2015, Hazel Gunn went running with one of her sisters as she did nearly every day. Hazel, a mother of five children aged 5-14, was in good shape, a non-smoker and a non-drinker – the model of good health. That morning, however, Hazel felt a sharp pain in her chest during her run and she had to stop. Runners get stitches and it was probably nothing. She bent over and complained about her pain. Her sister is a lab tech at the Mater and they stopped for a couple of minutes and walked back the five minutes to her house. She felt fine, or so she thought, so it was off to the do the grocery shopping with her three little girls.

By 2:30 p.m., there was just a niggling pain, but it didn't feel right. She felt some pain in both arms, though there wasn't any chest pain, so she sat down. Though the pain was barely worth remarking, she decided to ring the on-call doctor. Just before the call rang out, a nurse came on the line. Hazel remembers the response very clearly, "Doesn't sound cardiac." That said, they offered to send an ambulance, but Hazel lives in the country, so she decided to drive with her sister. The pain was increasing but by the time they reached Sligo in the car, she felt a little better. *Continued next page >*



From the car to the hospital door was a different matter. The pain started again with the walk up to the hospital doors of Sligo General and when she reached the triage nurse, she was out of breath. With a wheelchair push to the ER and a blood thinner, she was feeling better, but the nurse was persistently asking for emergency contact information – an alarming sign.

At Sligo General, the doctor started talking about a helicopter to Galway, in his words, a “Centre of Excellence”. The helicopter was not available, so two “fabulous paramedics” made haste to Galway in the ambulance. Hazel went straight into the Cardiac Catheterisation Lab. Consultant Cardiologist, Dr. Pat Nash, was there waiting. Hazel had her first angiogram in the Angiography unit funded by Croi.

Consultant Cardiac Surgeon, Dave Veerasingam, came in to explain that she needed a double by-pass. The surgery turned out to be more serious with a quadruple by-pass. Her artery was tearing.

It was touch and go with a 10 ½ hour surgery and the family was called to her bedside to say good-bye. In their time of need, Hazel’s family stayed in the Croi Courtyard Apartments. Little by little and against the odds, she stabilised and ten days later, she woke up. Three weeks later, she was discharged. Her awareness of her own health had saved her. As of this past November, Hazel is running again, 3 ½ kilometres daily and 5k on the weekends – and she’s organised a Fun Run in support of Croi. Hazel is also an advocate for the Women at Heart campaign inspiring women of all ages to look after their heart health.

Croi was there for Hazel’s family and Hazel is there for Croi now.

Courtyard Apartments

In their third full-year of operation, the three Courtyard Apartments at The Croi Heart and Stroke Centre played a crucial role in supporting families from across Ireland and, indeed, from around the world. In 2015,

- 112 families stayed at the Courtyard Apartments – almost 250 individuals
- Many stayed for 2 or 3 nights, so apartments were in constant use
- Families came from Donegal to Cork, the UK and US

Public Engagement

In 2015, 1,051 people attended public talks in the Croi Heart and Stroke Centre on topics such as living with ICDs, preventing and managing diabetes, and heart disease and stroke.



Resources You Can Use

Being able to sort the fact from the fiction is important when making informed decisions about your cardiovascular health and wellbeing. Croi offer a range of freely available resource materials which provide easy to read guidance and up-to-date information across a range of heart and stroke-related issues including medication, surgical procedures, and how to lower your risk factors.



Croi welcomed 131,334 visits to the Croi website including the Healthy Recipes, Cholesterol, Blood Pressure, Heart Medication booklets and more.

In collaboration with Safefood, Croi have launched a series of online healthy supermarket tour videos which can be accessed via the Croi website.



Becoming a Survivor



Michael Griffin gives his time to encourage other stroke survivors to participate in rehabilitation and like so many survivors, he turned into a leader. Through his participation in the Stroke Study Day, he focuses on imparting valuable knowledge to healthcare professionals who work with Stroke patients. Michael's willingness to share his experience is invaluable to Croí – it gives hope to other stroke survivors and their families.

On the 6th of April 2009, Michael Griffin was sharing breakfast with his wife when he offered her a scone. When he offered a second time, it was, in his words, "gibberish". He was having a stroke. Fortunately, his wife knew the signs and he went straight to hospital.

It was a serious stroke – he couldn't speak and his right side was affected. He couldn't swallow, nor could he read or write. He was a relatively young man and he was reasonably fit, so a stroke was very unexpected, but he also possessed great determination and a strong family network. His excellent care began at Galway University Hospital, but there was still so far to go. Fortunately for Michael (and the West of Ireland) Croí's network includes great speech and language therapists like Libby Kinneen.

Strokes are major life-changing events, but Michael had more changes coming. His first child, Stephen, was getting married and though Michael could now walk, eat and drink, he couldn't speak at his son's wedding. Later, Michael's second son, Ian, announced his wedding and the young man requested that his father try to say a few words. It was a struggle and after months of practice, he managed just that – a few words.

The Turning Point

Then, the turning point – his daughter, Maria, announced her wedding and she convinced her father to give a speech. Thanks to family support, great determination – and speech therapy at Croí – Michael spoke for 15 minutes at his daughter's wedding. Michael is not a stroke patient; he is a stroke survivor. In 2015, he still joins us at Croí's Stroke Support Group sessions and he speaks to both health professionals and fellow survivors.

Stroke Support Group

Each year in Ireland, 10,000 people are admitted to hospital with stroke symptoms. Many face a challenging journey toward recovery and, for some, they must learn to adapt to new limitations. Croí Stroke Support groups offer people affected by stroke – survivors, loved ones and carers – opportunities to come together and share their experiences, to engage in social outings and to gather advice and techniques to improve recovery.



In Galway and Mayo, the Stroke Support Groups meet monthly. In Galway, the Stroke Yoga Group meets weekly.

Leadership in Understanding Heart Disease & Stroke

The National Institute for Preventive Cardiology was established by Croí to lead important research and education initiatives in the areas of cardiovascular disease prevention and rehabilitation. The vision is that Croí, through the NIPC, will serve as an exemplar of innovation and best practice. Since it was launched in 2014, the NIPC has become Ireland's largest healthcare professional CVD prevention organisation.

In 2015, Croí with the NIPC hosted an international meeting of Heart Failure Patient Organisations which took place in the Croí Heart & Stroke Centre. This 'Heart Failure Patient Organisations Capacity Building Academy' was supported by Novartis. Given that Heart Failure Patients worldwide face similar challenges in the areas of prevention, diagnosis, treatment and care, Croí aims to strengthen the patient voice through collaborative initiatives such as this meeting. The event facilitated networking, encouraged and inspired organisational growth and development and provided a platform to share experiences and learn from one another.

The global conference at Croí featured delegates from:

Canada	Mexico
Czech Republic	Portugal
Egypt	Romania
Germany	Slovenia
Hungary	Spain
Ireland	United Kingdom
Italy	USA
Malaysia	

Conferences

Members of our specialist health team presented research and programme outcomes at:

EuroHeart Care Conference - Dubrovnik, Croatia June '15; Oral presentation; Best Presentation

European Congress on Obesity - Praque, Czech Republic May '15; Oral and poster presentation

Health and Social Care Professions Research Meeting - Dublin, Ireland April '15; Poster presentation

The International Society for Behavioral Nutrition and Physical Activity - Edinburgh, Scotland, June '15; Poster presentation

Health Promotion Conference – National University of Ireland, Galway June '15; Poster presentation

The Irish Association of Cardiac Rehabilitation Annual Conference – Dublin, Ireland, February '15; Poster and Oral presentation

The Irish Society for Clinical Nutrition and Metabolism (IrSPEN) conference – Dublin, Ireland, March '15; Poster presentation

Annual Congress of the European Society of Cardiology – London, September '15; Oral presentation

JA CHRODIS Conference – Lithuania, November '15; Poster presentation.

Research Publications

Croí CLANN

BMC ENDOCRINE DISORDERS

Effects of an eight-week supervised, structured lifestyle modification programme on anthropometric, metabolic and cardiovascular risk factors in severely obese adults.

Catherine Crowe, Irene Gibson, Katie Cunningham, Claire Kerins, Caroline Costello, Jane Windle, Paula M. O'Shea, Mary Hynes, Brian McGuire, Katriona Kilkelly, Helena Griffin, Tim O'Brien, Jenni Jones and Francis M Finucane

MyAction

JOURNAL OF DIABETES RESEARCH

Can the Onset of Type 2 Diabetes Be Delayed by a Group-Based Lifestyle Intervention in Women with Prediabetes following Gestational Diabetes Mellitus (GDM)? Findings from a Randomized Control Mixed Methods Trial

Angela O'Dea, Marie Tierney, Brian E. McGuire, John Newell, Liam G. Glynn, Irene Gibson, Eoin Noctor, Andrii Danyliv, Susan B. Connolly, and Fidelma P. Dunne

MyAction: 5 Years of Positive Patient Outcomes (Published 2015)

Awards

Croí received national recognition for the fifth consecutive year at the Irish Medical Times Healthcare Awards

Winner

Student Project of the Year

Commendation

Patient Organisation of the Year

The Student Project of the Year category related to research on 'The evaluation of the impact of a public awareness campaign on knowledge of heart attack signs, symptoms and actions among the farming community in the West of Ireland'. This public health awareness campaign was led by Ailish Houlihan and her Croí colleagues as part of the Mayo Action on Heart Disease and Stroke programme.

The commendation in Patient Organisation of the Year category was for the Walking Football initiative which is coordinated by the Croí physical activity team.



Award for CLANN

A health programme aimed at tackling obesity, developed and delivered by Croí, in collaboration with the Bariatric Services at Galway University Hospital scooped a top European research award at a Conference in Croatia, attended by over 500 healthcare professionals.

Research from the Croí CLANN Programme (Changing Lifestyle through Activity and Nutrition) was awarded the "CCNAP Best Abstract 2015" at the EuroHeartCare congress in Dubrovnik, Croatia, the official annual meeting of the Council on Cardiovascular Nursing and Allied Professions (CCNAP) of the European Society of Cardiology (ESC). The Galway project was selected as the overall winner in a competition of over 200 abstracts from 40 countries.

Welcoming the award, Dr Francis Finucane, Consultant Endocrinologist at GUH and Clinical Lead for the Programme said: "The Croí CLANN programme demonstrates the effectiveness of applying an integrated care approach to the management of obesity. The uptake and completion rates are remarkable, exceeding 80%. Moreover, this programme shows that applying an evidence-based approach to health behaviour change achieves impressive objective improvements in health outcomes in carefully selected high risk groups of patients".

National Institute for Preventive Cardiology

Mission: To produce a new generation of scholars and leaders in cardiovascular health and disease prevention.

The NIPC provides a portfolio of educational and training programmes in the prevention and control of heart disease, stroke, diabetes and obesity. This portfolio includes programmes designed specifically to meet healthcare workforce development needs and provides continuous professional development including a range of formal postgraduate qualifications.

The NIPC addressed research priorities in 2015 through the MyAction Programme, an exemplar demonstrating CVD prevention in practice. As the research and education hub, the NIPC brings together health professionals for exceptional training and education, including:

- Masters and Postgraduate Diploma in Preventive Cardiology
- Postgraduate Certificate in Health Promotion - Approaches to Cardiovascular Health and Diabetes Prevention
- Masterclass in Lifestyle and Medical Risk Factor Management
- Motivational Interviewing
- Demystifying the ECG. 1-day Interactive ECG Workshop

- A Masterclass in Physical Activity Programming
- Dietary Approaches to Obesity and Risk Factor Modification



NIPC hosted the National Prevention Conference 2015 which was attended by over 200 delegates at the Croí Heart and Stroke Centre.

The NIPC Alliance brings together healthcare providers, institutions, and industry in preventive action. The NIPC Alliance also offers patients and members of the public a platform for information exchange and discovery with the aim of empowerment and self-care.



In 2015, the Alliance has:

- 769 Professional & Academic Alliance members
- 109 Public Alliance members

Advisory Council:

Professor Tim O'Brien (Chair)

Dean of the College of Medicine, Nursing and Health Sciences, NUI Galway

Dr Stephanie O'Keefe

National Director of Health and Wellbeing (HSE)

Professor Kieran Daly

National Clinical Lead for the ACS Programme

Professor Ken McDonald

National Clinical Lead for Heart Failure

Professor Peter Kelly

National Clinical Lead for Stroke

Dr Ronan Canavan

National Clinical Lead for Diabetes

Professor Ian Graham

Chair Council on CVD Prevention, Irish Heart Foundation

Dr Nazih Eldin

Department of Health Lead for Obesity

Professor Fidelma Dunne

Specialist in Gestational Diabetes

Professor Martin O'Donnell

Specialist in Stroke

Professor Ivan Perry

Specialist in Public Health

Dr Francis Finucane

Specialist in Obesity

Dr Diarmuid O'Donovan

Specialist in Public Health

Dr Jim Crowley

Croí Medical Director

Dr Liam Glynn

Specialist in Primary Care

Dr Gerard Flaherty

Director of the MSc/PG Dip in Preventive Cardiology

Dr Jenni Jones

Executive Director, NIPC



Training & Education with the National Institute for Preventive Cardiology

Croi delivers a range of short courses and conferences within the speciality of preventive cardiology under the auspices of the National Institute for Preventive Cardiology (NIPC). In 2015, the NIPC:

- Welcomed over 100 expert guest speakers, both national and international for MSc, short courses, conferences, and public health events.
- Held 58 Centre for Lifesaving training events
- Taught a Master/Postgraduate Diploma in Preventive Cardiology to 24 students, producing a new generation of scholars and leaders in cardiovascular health and disease prevention.
- Brought together almost 1,000 healthcare providers, educators and researchers through the NIPC Alliance
- Delivered a suite of educational and training programmes in locations throughout Galway, Mayo, Roscommon, Dublin:
 - 17 short courses attended by over 300 healthcare providers
 - 8 conferences attended by over 680 people
 - 6 public talks for over 1,050 people.
- Mentored students from NUI Galway, DCU, Sligo IT participating in work placements, Internships and special study modules in the areas of Nutrition, Sports Science and Health, Physiotherapy, Nursing, and Preventive Cardiology.
- Facilitated a 7-week residential placement for Brazilian medical students taking part in the NUIG Science without Borders Programme.
- Delivered 17 short courses in the areas of Motivational Interviewing, Diabetes, Mindful Eating and Nutrition, Dietary Approaches to Diabetes and Risk Factor Management,

Lifestyle and Medical Risk Factor Management, and Physical Activity to 305 healthcare professionals.

Postgraduate Education

Croi collaborated with the National University of Ireland, Galway on a number of postgraduate programmes which include Masters in Preventive Cardiology and the Postgraduate Certificate in Health Promotion – Approaches to Cardiovascular Health and Diabetes Prevention.

- 13 students graduated with MSc/PG Dip in Preventive Cardiology.
- 14 students enrolled in the MSc in Preventive Cardiology for the 2015/16 academic year.
- 19 students graduated with PG Cert in Health Promotion – Approaches to Cardiovascular Health and Diabetes Prevention
- 14 students enrolled in the PG Cert 2015/16



You Bring Croí to Life

Medtronic

What are you doing with your extra life?

That's the question from Medtronic co-founder, inventor and philanthropist Earl Bakken that inspired the Bakken Invitation. He acknowledges that his pacemaker, insulin pump and heart stents have given him "extra life," time he uses to support causes he cares about. Earl knows the gift of extra life is powerful. And while each person chooses how to use their extra time, it is his enduring hope they consider how to give back, in big or small ways.

Inspired by Medtronic co-founder and philanthropist, Earl Bakken, the Bakken Invitation celebrates and connects people who, with the help of medical technology, have overcome health challenges and are now making a difference in their communities.

Empowering patients to better manage their health is a key element in Medtronic Philanthropy's approach to expanding healthcare access to the underserved. By sharing and celebrating stories of patients from all over the world, the Bakken Invitation is designed to not only provide valuable information and inspiration to others, but also foster a global movement of people who "Live On. Give On." This year, the Bakken Award – an international recognition – for the first time went to an Irish recipient, Vincent Browne.

Vincent had his first heart attack in 1989, which was treated with angioplasty and a triple bypass. Following his second heart attack, he was fitted with three coronary stents – and then three more after his third heart attack. He has volunteered for the past 18 years with Croí to help us raise money to bring heart disease prevention and recovery to tens of thousands of people in Ireland.



Vincent's Story

"I've had three heart attacks and have six stents in addition to undergoing angioplasty and triple-bypass surgery.

"Without the coronary stents, I wouldn't be here today. Thanks to these stents, I can spend time with my family and friends, and I can also give back to the community. My charity of choice is Croí, the West of Ireland Cardiac Foundation.

"With Croí, I am working to make heart disease prevention and recovery viable across the West of Ireland. I have volunteered with Croí for 18 years, and I know that this has opened doors for many others to live longer, fuller lives.

"I collect money for Croí at church gates, through Flag Day fundraising and counting the coins in collection boxes. I believe I have raised thousands of euros, but what I find gratifying is that when I started, we were just raising money for one of the first cardiac devices at Galway's hospital.

"Croí continues to go from strength to strength and it's hard to believe that this started with just standing at the church gate."

How our Work is Funded

Since 1985, Croi has been at the forefront of transforming the way people throughout the region receive treatment for heart disease and stroke. The overwhelming support of our friends has made great change possible from the improvement of cardiac care in the West to improving the quality of life for all through prevention and control of heart disease. You – our volunteers, donors, event participants, and our corporate and educational partners – are saving lives.

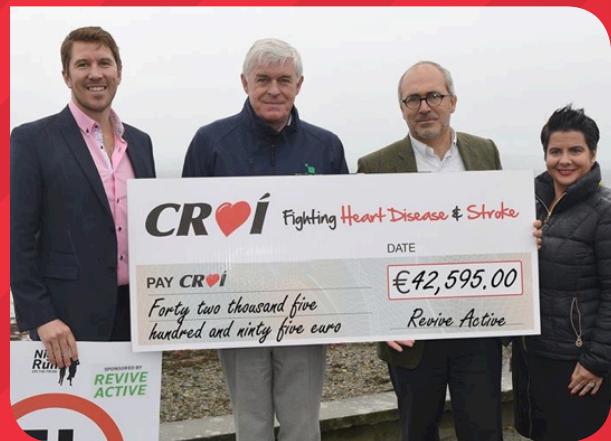
As part of the community, we are committed to ensuring that your contribution of time, resources, knowledge and money are deployed where they are needed – with the people who need the services that Croi provides. Croi uses money carefully and effectively.

This year, our multidisciplinary team of 31 worked across the areas of Nursing, Physiotherapy, Exercise and Fitness, Dietetics and Nutrition, Diagnostics, Education and Training, Fundraising, and Programme Administration. Each year, our staff engage with thousands of individuals one person at a time from Courtyard Apartment guests to healthcare professionals, collaborative partners, policy makers and patients. We serve you.

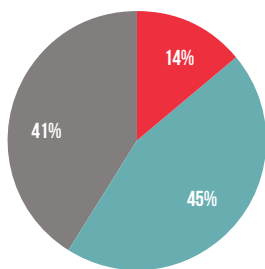
Our ability to innovate and to save lives depends on the vital support we receive from you, and we are grateful for this.

Our total income for 2015 was €2.112 million. We are not a state-funded organisation and in the past year, we generated almost 90% of our income from donations, sponsorship, and fundraising activities and events. The only state funding Croi received in 2015 was through co-funded HSE Section 39 grants totalling €220,000.

We fulfil our obligation to ensure that all income is used effectively and in support of our mission and goals. Croi adhere to the Code of Governance for Charities and have adopted the Statement of Guiding Principles for Fundraising. Each year, the organisation undergoes an independent audit and files accounts with the Companies Registration Office (CRO).



How Our Work is Funded:

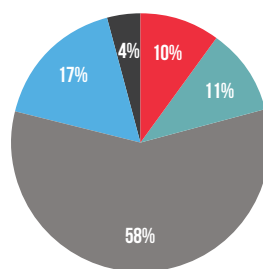


Total Income €2.112 million

- Programme grants
- Fundraising Activity & Donations
- Earned income

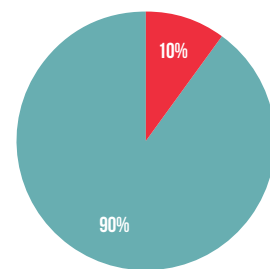
* Programme grants include €220,000 in HSE Section 39 grants

Your Money at Work:



- Cost of Income Generation, Management, Administration & Governance
- Community Diagnostics
- Prevention and Recovery, Programme Delivery
- Research, Training and Education
- Patient and Family Support Accommodation

For every €1 Spent:



- 90% supported our core mission to prevent cardiovascular disease, save lives, and promote recovery and well-being.
- 10% was invested in income generation, management and governance.



Alice Briscoe Card Game



Tour de Lough Corrib Cycle



Annaghdown Friends Group

We Save Lives



Ballygar Truckin



Kenny Family proceeds from Cycle





Because of You



Every year, hundreds of individuals, community groups and corporate sponsors support Croí. Our friends organise and participate in fundraising events big and small. We appreciate each and every gift because every donation affects our ability to deliver programmes to individuals and families throughout the region. Croí is part of the community.

Here are just a few of the fundraising activities from 2015. To see more, make sure to 'Like' Croí on Facebook where we post great photos almost every day!

Thank you!

Collaborative Partners



Educational Partners



Company Information

Mr Kevin O'Reilly, Chairman

PRINCIPAL, BEECHDALE CONSULTING

Dr Jim Crowley, Medical Director

CONSULTANT CARDIOLOGIST, GALWAY UNIVERSITY HOSPITAL

Patricia Orme, Company Secretary

DIRECTOR, KPMG

Dr Catherine Caulfield

CHIEF OPERATING OFFICER, OVAGEN GROUP LTD.

Mr Mark DaCosta

CONSULTANT CARDIOTHORACIC SURGEON, GALWAY UNIVERSITY HOSPITAL

Mr Eugene Dalton

CEO, CORRIB OIL

Mr Terry Fahy

PRINCIPAL, YEATS COLLEGE

Mr Mark Gantly

MANAGING DIRECTOR, HP GALWAY

Ms Bridget Howley

FORMER GENERAL MANAGER, GALWAY UNIVERSITY HOSPITAL

Dr Briain MacNeill

CONSULTANT CARDIOLOGIST, GALWAY UNIVERSITY HOSPITAL

Mr Kieran Murphy

SOLICITOR, KIERAN MURPHY SOLICITORS

Prof Martin O'Donnell

PROFESSOR OF TRANSLATIONAL MEDICINE, NUIG

Mr Pádraig Ó Céidigh

ENTREPRENEUR

Mr David Toohey

CEO AND FOUNDER, SYNCROPHI SYSTEMS LIMITED

Registered Charity **CHY 7500**

Company Number **118373**

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Croi adhere to the Code of Governance for Charities and have adopted the Statement of Guiding Principles for Fundraising. Each year the organisation undergoes an annual independent audit and files accounts with the Companies Registration Office (CRO).

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The 2015 Directors Report and Financial Statements are available on www.croi.ie



Fighting Heart Disease & Stroke

1987 – First Chairman appointed – Lord Michael Morris Killaninices
1986-1991 – First Chairman appointed – Lord Michael Morris Killaninices
1991 – Raymond J Rooney appointed Chairman – 1991 – Raymond J Rooney
1993 – First Chairman appointed – Lord Michael Morris Killaninices
1996 – Ireland's first mobile CCU (Croí Ambulance launched) – 1996 – Ireland's first
1998 – Croí Ambulance launched) – 1998 – Croí Community Nurse programme launched
1998-2004 – Supporting Hospital Cardiology and Ambulance Service (Gal
2002 – New Coronary Care Unit – GUH – 20
2004 – Croí 'Heart Smart' programme
2005 – Second C

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Fighting Heart Disease & Stroke