



# EPINews

## Newsletter of the School of Public Health

June 2019

### WELCOME

Dear Colleagues,

Welcome to the 20<sup>th</sup> issue of EPINews. It is hard to believe that summer is upon us again. It has been a very busy few months in the School and this issue highlights and celebrates our latest activities and achievements.

Congratulations to Prof Ivan Perry on being elected to the Royal Irish Academy. For more information, go to page 2. Preparations are well underway for the organisation of the Joint Society for Social Medicine and Population Health 63<sup>rd</sup> Annual Scientific Meeting and European Congress of Epidemiology Meeting which will be held in UCC from the 4<sup>th</sup>-6<sup>th</sup> of September. Early career researchers in the school are also busy organising the Early Career Researchers Event which will also be held in UCC on the day preceding the conference (Tuesday 3<sup>rd</sup> of September). For more information on both these events, go to page 7 & 8.

I hope you enjoy this issue and as always, I would encourage you to circulate EPINews among your colleagues and direct any queries or comments to me at [emmy.racine@ucc.ie](mailto:emmy.racine@ucc.ie) or to Niamh at [Niamh.mcgrath@ucc.ie](mailto:Niamh.mcgrath@ucc.ie).

Ms Emmy Racine and Ms Niamh Mc Grath

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### CORE TEACHING PROGRAMMES

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### SCHOOL NEWS

Society for Social Medicine & Population Health  
and  
International Epidemiology Association European  
Congress Joint Annual Scientific Meeting 2019

4th – 6th September 2019  
CORK, IRELAND

ISEA EUROPE

UCC  
University College Cork, Ireland  
Coláiste na hOllscoile Corcaigh

Society for Social Medicine  
& Population Health



## Professor Ivan Perry elected to the Royal Irish Academy

Congratulations to Professor Ivan Perry who has recently been elected to the Royal Irish Academy as a recognition of his excellence in research and leadership in public health. Professor Kennedy, President of the Royal Irish Academy, welcomed 27 eminent scholars as new Members and said that “these individuals have made exceptional contributions in their fields of endeavour. We are delighted to recognise their achievements.” Membership to the Academy is considered the highest academic honour in Ireland. Professor Perry was one of two UCC professors who were admitted to the prestigious Academy. Joining him is Professor Catherine Stanton, Senior Research Officer, Teagasc, Dept. Psychiatry, UCC and Principal Investigator in APC Microbiome Ireland. She was ranked in the top 1% of researchers in the world by Clarivate Analytics in their highly Cited Researchers list 2017 and 2018.



Professor Ivan Perry, School of Public Health and Professor Catherine Stanton, APC Microbiome Ireland have been welcomed as new Members of the Royal Irish Academy

## HRB Summer Student Scholarships

The School would like to extend a warm welcome to two new Summer Students who will be working in the School during June and July.

BSc Public Health Sciences Student Aoife O’Keefe is a HRB TMRN Summer Student working on a project entitled, “Patients’ perspectives on what trialists should communicate to them when being invited to participate in a randomised trial”. Aoife will conduct semi-structured interviews with 30-35 patients in 8-10 randomised trials currently running in Cork University Hospital under the supervision of PI, Dr Frances Shiely.

Higher Diploma in Applied Psychology student Gregory Gorman is a HRB Summer Student working on a project which aims to examine the fidelity of interventions to reduce stress and anxiety from pregnancy to two years post-partum (the first 1000 days). This project is under the supervision of Dr Karen Matvienko-Sikar.



HRB Summer students Aoife O’Keefe and Gregory Gorman

## RECENT PUBLICATIONS

[Efficacy of observational hand hygiene audit with targeted feedback on doctors’ hand hygiene compliance: A retrospective time series analysis.](#) Smiddy, M. P., Murphy, O. M., Savage, E., Fitzgerald, A. P., O’ Sullivan, B., Murphy, C., Bernard, M., Browne, J. P. (2019). *Journal of Infection Prevention*. 2019: April 2. doi.org/10.1177/1757177419833165

[Patient involvement in the implementation of infection prevention and control guidelines and associated interventions: a scoping review.](#) Fernandes Agreli H, Murphy M, Creedon S, Ni Bhuachalla C, O’Brien D, Gould D, Savage E, Barry F, Drennan J, Smiddy MP, Condell S, Horgan S, Murphy S, Wills T, Burton A, Hegarty J. *BMJ Open*. 2019; 9: e025824.

[A leadership perspective on the implementation of guidelines on healthcare associated infections.](#) Hegarty J, Murphy S, Creedon S, Wills T, Savage E, Barry F, Smiddy M, Coffey A, Burton A, O’Brien D, Horgan S, Ni Bhuachalla C, Brennan C, Agreli H, Drennan J. *BMJ Leader*. 2019. In press.

[Part of the solution-an engaged scholarship approach for the sustainable reduction of street pesticides and poisonings.](#) Godsmark CN, Rother, HA. *Global Public Health*. 2019. 2 Feb. Doi: 10.1080/17441692.2019.doi: 1590619

[Solid advice: complementary feeding experiences and use of guidance among disadvantaged parents in two countries.](#) Tully L, Allen-Walker V, Spyreli E, McHugh S, Woodside JV, Kearney PM, McKinley MC, Dean M, Kelly C: *Maternal & Child Nutrition* 2019, e12801.

[‘Sink or Swim’: A Qualitative Study to Understand How and Why Nurses Adapt to Support the Implementation of Integrated Diabetes Care.](#) Riordan F, McGrath N, Dinneen SF, Kearney PM, McHugh SM: *Int J Integr Care*. 2019. 19 (2): 2. Doi: 10.5334/ijic.4215

[Adverse pregnancy outcomes and long-term risk of maternal renal disease: a systematic review and meta-analysis protocol.](#) Barrett PM, McCarthy FP, Kublickiene K, Evans M, Cormican S, Judge C, Perry JJ, Kublickas M, Stenvinkel P, Khashan AS. *BMJ Open*. 2019, 5 May. Doi: 10.1136/bmjopen-2018-027180.

[Behaviour Change Techniques and Theory Use in Healthcare Professional-Delivered Infant Feeding Interventions to Prevent Childhood Obesity: A Systematic Review.](#) Matvienko-Sikar K, Toomey E, Delaney L, Flannery C, McHugh S, McSharry J, Byrne M, Queally M, Heary C, Kearney P. *Health Psychology Review*. 2019. 16:1-18.

[Trait mindfulness & self-reported driving behaviour.](#) Murphy, G. & Matvienko-Sikar K. *Personality and Individual Differences*. 2019. 147: 250-255

[Understanding the impetus for major systems change: A multiple case study of decisions and non-decisions to reconfigure emergency and urgent care services.](#) McHugh S, Droog E, Foley C, Boyce M, Healy O, Browne JP: *Health Policy* 2019. Epub ahead of print.

Visit the school website for a full list of [publications](#)

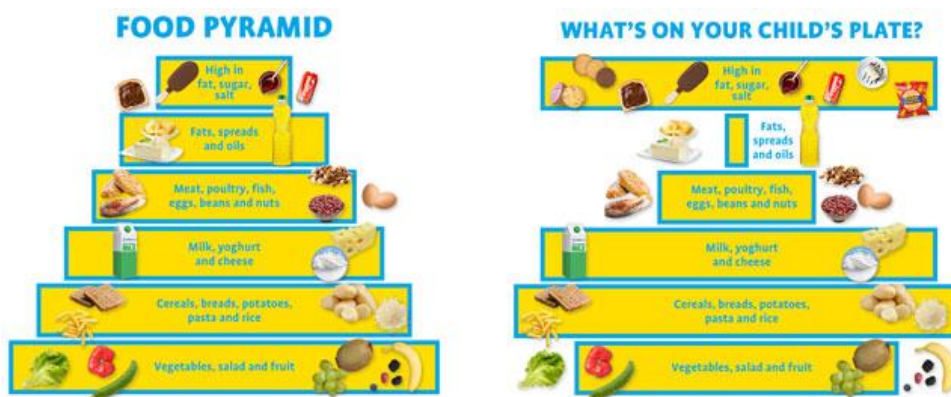
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## New research reveals foods high in fat, salt and sugar are the second-most consumed food group by children

New research carried out under the supervision of Dr Janas Harrington at the School of Public Health revealed that foods like biscuits, crisps, chocolate and sweets are the second-most consumed food group by children. Almost 25% of all meals now include food and drinks high in fat, salt and sugar (HFSS) that are not recommended as part of a healthy diet. The research which was carried out under the supervision by Dr. Janas Harrington also found that 29% of children's afternoon and evening snacks are foods high in fat, sugar and salt. To read the full research report, please click [here](#). This research has informed the START campaign from safefood, the HSE and Healthy Ireland. The START campaign is a five-year public health awareness campaign from safefood, the HSE and Healthy Ireland. The campaign is encouraging families to take the first step towards a healthier lifestyle for their children by supporting them to achieve one daily win, and to persist with the changes, no matter how difficult they become. To find out more about the START campaign and ways to make a healthy, positive start visit the website [here](#).



*The research found that children are not meeting recommended food pyramid guidelines.*

## Traveller Women's Food, Physical Activity & Health Study highlighted by Campus Engage as an exemplar Community Based Participatory Research (CBPR) project.

The recently launched national Campus Engage website features as an example of best practice a Community-Based Participatory Research (CBPR) project by Mary Cronin, Jennifer Russell and Aideen O'Leary of the School of Public Health, UCC which was completed in partnership with the Southern Traveller Health Network, the HSE South's Department of Health Promotion and Improvement and Traveller Health Unit. The goal of the project was to reduce the health inequities experienced by the Irish Traveller community through challenging the dominant 'individual behaviour change' discourse with evidence of the role of the social determinants of health (SDoH) in the creation of Traveller's poor health outcomes.

Campus Engage, based within the Irish Universities Association, is dedicated to supporting Irish higher education institutions to embed, scale and promote civic and community engagement across staff and student teaching, learning and research, to address societal challenges. Currently all 7 Irish universities and the Technological University of Dublin are represented on its steering committee. Mary Cronin is a College of Medicine and Health nominee to the UCC Civic and Community Engagement Committee, which actively supports the initiative within this university.

The best practice case study 'Exploring the social determinants of Traveller women's food choices and physical activity' can be accessed [here](#).

An animated video on the Social Determinants of Health for Traveller Women, inspired by the findings of the study is available [here](#)

A copy of the full Report on the Traveller Women's Food, Physical Activity & Health Study can be accessed [here](#). A copy of the Highlights Report on the Traveller Women's Food, Physical Activity & Health Study can be accessed [here](#).



## Mental Health at Work features greatly in the School of Public Health - Get PSYCHED

While positive mental health recently featured greatly with initiatives at the National Workplace Wellbeing Day on 12<sup>th</sup> April in our School. Staff of the School are also actively engaging in wider workplace wellbeing and mental health initiatives as part of PSYCHED. PSYCHED is an initiative of Healthy Cities and Counties, supported by the HSE, Cork City Council, Cork County Council, community workplace partners and UCC. PSYCHED stands for: **Positive support you have every day.**

The Steering group consists of members from Cork County Council, Cork City Council, the HSE Health Promotion Unit and UCC with representation from Dr Birgit Greiner (School of Public Health), Ms Justina Hurley (NSRF, HSE) and Dr Ultan Sherman (Business School). The objectives of PSYCHED are to motivate initiatives and conversations in the workplace that support a better understanding and de-stigmatisation of mental health, to encourage organisations to promote and protect mental health by setting goals for positive development and to celebrate achievements, good practice and innovation in occupational mental health promotion in the annual PSYCHED awards. Healthy workplaces are those that provide a safe, secure and supportive working environment with opportunities for social interaction and connection and a culture, where mental health supporting behaviours are encouraged. Staff feel able to ask for and receive help during times of poor mental health.

The scientific evidence for the benefits of healthy workplace has now been emerging with evidence that healthy workplaces are associated with a more motivated and engaged workforce, with reduced sickness and absenteeism. Further careful evaluations of interventions are expected to give additional insights into which elements of workplace health promotion strategies and which elements are effective for mental health promotion.

On 8<sup>th</sup> May 2019, we celebrated the achievements award-winning organisations from the Cork area during the annual Psyched awards celebrations with amazing case studies of mental health and wellbeing promotion from private and public organisations and NGOs of all sizes (large multi-national to local micro organisations).



*Psyched Steering group during annual celebration evening in Cork County Hall, 8<sup>th</sup> May 2019.*



*Dr Birgit Greiner facilitating a workshop on workplace mental health promotion at the Cork Lifelong Learning Festival*

Mental health promotion also featured in the Cork Lifelong Learning Festival on 8<sup>th</sup> April 2019 with input from the School of Public Health. Dr Birgit Greiner facilitated a half-day Psyched workshop with the title: 'Promotion of mental health and wellbeing in the workplace - Creating sustainable solutions' with a turnout of over 55 interested life-long learners from all walks of life, some of them being unemployed, others being professionals responsible for workplace health promotion, (HR managers, occupational health nurses, doctors or health promotion officers), others just being interested in the topic from a workers' perspective.

More detailed information about PSYCHED can be found [here](#). The MSc Occupational Health course (online and campus-based) have a particular focus on job stress prevention, psychosocial risk assessment and management and promotion of mental and physical health. If you want to learn more, click [here](#).

## MSc Clinical Trials Programme officially launched by Minister of State Jim Daly

Minister of State for Mental Health and Older people Jim Daly launched the HRB Clinical Research Facility's MSc Clinical Trials Programme in UCC on May 20<sup>th</sup> 2019, to coincide with International Clinical Trials Day. The Masters in Clinical Trials is designed to give a competitive advantage for those wishing to pursue a career in clinical trials in the pharmaceutical, medical device or academic sectors. It is the first such course in Ireland providing a pathway for progression from Postgraduate Certificate Clinical Trials, to Postgraduate Diploma Clinical Trials and ultimately a MSc Clinical trials, and the only course designed and paced for the working professional. There are three 10-week semesters. Each 10-week block has eight teaching weeks in total, with one week in the middle and end to catch up and complete work. Physicians, nurses, managers, scientists, health scientists, researchers and workers in the allied health professions are encouraged to apply.



*L to R: Dr Frances Shiely, Director of Education HRB CRF-C, Minister Jim Daly, Professor Joe Eustace, Director of HRB CRF-C and Professor Helen Whelton, Head CoMH.*

Director of the Programme, Dr Frances Shiely commented, "The rapid development of the clinical trial environment in Ireland over the last 10 years has exposed substantial limitations in the prevalent knowledgebase and the numbers of clinical and support staff with the necessary expertise in the design and conduct of clinical trials. The MSc Clinical Trials programme will remedy this deficit and provide the essential knowledge and skills required to design, conduct and analyse trials. It is targeted at potential clinical trial investigators, staff and the wider healthcare audience." Registration is now open [here](#). To seek further information, please email [clinicaltrials@ucc.ie](mailto:clinicaltrials@ucc.ie)

## Congratulations to Dr Linda O'Keefe and Dr Eve Griffin!

Congratulations to Dr Linda O'Keefe and Dr Eve Griffin who both recently received HRB Emerging Investigator Awards.

Dr Linda O'Keefe, Research Fellow at the University of Bristol, School and SPHeRE alumnus and currently visiting Research Fellow at the School of Public Health has received funding to carry out a programme of research on sex differences in cardiovascular risk across life course transitions (The SCaRLeT Project). Her work aims to improve understanding of sex differences in cardiovascular risk with a view to informing prevention opportunities. The work brings together a team of researchers from UCC (Professor Patricia Kearney, Dr Tony Fitzgerald and Dr Darren Dahly), University of Oxford and University of Bristol and will involve the use of advanced epidemiological methods in several world-leading cohort studies. Linda will be officially joining the School in August and is very much looking forward to the new post!

Dr Eve Griffin, National Suicide Research Foundation has received funding to carry out a programme of research entitled 'PRoviding Improved care for Self-harM: a mixed-methods study of intervention, economic and implementation outcomes from a national clinical programme' (PRISM). This project will examine how routine management of self-harm in acute settings impacts on patient outcomes, with regards repeat self-harm, suicide and premature mortality. It will evaluate if the introduction of a national clinical programme for self-harm in Irish hospitals has led to improved outcomes for individuals as well as cost savings. The project will also identify the barriers and facilitators to implementing services in Ireland, in order to inform and optimise service delivery. Eve is looking forward to getting started!



*Dr Linda O'Keefe (above) and Dr Eve Griffin (below) were both awarded HRB Emerging Investigator Awards.*

## Open Science in Irish Health Research

Dr Karen Matvienko-Sikar was recently involved in the Open Science in Irish Health Research introductory workshop for Early Career Researchers in NUI Galway on April 11th and 12th. The workshop formed part of the first Open Science week in an Irish University. Karen delivered an invited talk on the role of Core Outcome Sets in Open Science and Citizen Science. She also facilitated a work-shop on pre-registration with Dr Hopin Lee from the University of Oxford.



Dr Karen Matvienko-Sikar presenting at the Open Science workshop.

## European Congress on Obesity 2019

Dr Karen Matvienko-Sikar was awarded a European Association for the Study of Obesity travel award to present at the European Congress on Obesity in Glasgow in April 2019. Karen's research was on development of a core outcome set for infant feeding interventions to prevent childhood obesity, and Developing, implementing and evaluating the CHERISH Intervention to prevent childhood obesity. Abstracts are published in Obesity Facts, available [here](#).

## Congratulations to Ms Emmy Racine!

Ms Emmy Racine was recently awarded an Irish Research Council Government of Ireland Postgraduate Scholarship Award. The award will fund the third and final year of her PhD research which focuses on the methods and impact of Patient and Public Involvement (PPI) in trials. The award programme is highly competitive, with an average success rate of 19% over the last five years.



Ms Emmy Racine who was recently awarded an IRC Government of Ireland Postgraduate Scholarship Award

## Dr Christie Godsmark published an RTE Brainstorm article

Dr Christie Godsmark recently wrote an article which was published on RTE Brainstorm. The article which was titled 'Climate change is bad for your health- and everything else' makes the point that every policy decision made by the government should consider the implications for climate change and health. RTE Brainstorm is a unique partnership between RTE and Irish third level institutions which provides an online platform for the academic and research community to contribute to public debates, reflect on what's happening in the world around us and communicate fresh thinking on a broad range of issues. It has been described as a 'home for new ideas and insights on Ireland and the world'. To read the article, please click [here](#).

## Correctly Reporting your Clinical Trial Workshop

On the 28<sup>th</sup> June, the UCD Clinical Research Centre and the HRB Clinical Research Facility-Cork (CRF-C) will be hosting a HRB TMRN workshop on 'Correctly Reporting your Clinical Trial'. This one workshop will be held in University College Dublin. For more information and to register for the workshop, please click [here](#).

A poster for a workshop titled 'Correctly reporting your clinical trial'. The poster features the HRB TMRN logo (Health Research Board, Translational Medical Research Network) and the UCD logo. It lists the location as Catherine McAuley Lecture Theatre, University College Dublin Clinical Research Centre, and the date as Friday June 28th 2019. The text describes the workshop content: 'Human clinical trials require a unique level of reporting that not only adheres to best practices, but also to legal guidelines. During this workshop you will learn about clinical trial registration and results reporting on the EU clinical trials register (EudraCT) and the USA register (Clinicaltrials.gov). You will also learn about pre-registration of clinical trial protocols in scientific literature and on how to write a succinct clinical trial results manuscript. Finally, we will discuss reporting methods to enhance the transparency and reproducibility of clinical trials.'

## REGISTRATION IS NOW OPEN!

### Joint Society for Social Medicine and Population Health 63<sup>rd</sup> Annual Scientific Meeting and European Congress of Epidemiology Meeting 2019

Registration is now open for the Joint Society for Social Medicine and Population Health 63<sup>rd</sup> Annual Scientific Meeting and European Congress of Epidemiology Meeting 2019. The event will take place at University College Cork from the 4<sup>th</sup>-6<sup>th</sup> September 2019.

The event is a three-day academic and professional conference with a mix of high quality, peer reviewed oral presentations, posters and workshops and ample opportunity for networking. The SSM Annual Scientific Meeting is a placeholder in many academic diaries and this year the meeting joins with the International Epidemiology Association's European Congress. The meeting is renowned for its social activities as well as its science and the city of Cork has much to offer delegates.

More details are provided on the [conference website](#), but highlights include:

- Plenary lectures by **Margaret Whitehead** (Professor of Public Health at the University of Liverpool; delivering our Cochrane Lecture), **Kenneth Rothman** (Distinguished Fellow at RTI International, delivering our Pemberton Lecture) and **Valerie Beral** (Professor of Epidemiology at the University of Oxford; delivering the IEA plenary)
- A choice of **five exciting workshops** on a range of topics including: data harmonisation, demystifying public engagement, influencing food policy, synthesising findings without meta-analyses, and teaching Epidemiology.
- 108 oral presentations, 48 rapid-fire presentations and up-to 100 posters presenting **high-quality research on a diverse range of topics** in population health and health services research from across Europe.
- A range of social activities, including our civic reception at the Glucksman Art Gallery and **the promise of an authentic Irish ceilidh at our gala dinner**



### Society For Social Medicine & Population Health 63rd Annual Scientific Meeting & European Congress Of Epidemiology 2019

4th – 6th September 2019 in University College Cork

KEYNOTE SPEAKERS

REGISTRATION IS NOW OPEN



#### The End of Statistical Significance Questing

**Kenneth Rothman**  
Distinguished Fellow  
Research Triangle Institute



#### "Barely Believable" or Nakedly Truthful: what is the point of doing research on child poverty and health?

**Margaret Whitehead**  
WH Duncan Professor of Public Health  
University of Liverpool



#### The power of collaborative research in epidemiology

**Valerie Beral**  
Professor of Epidemiology,  
Co-Director of Cancer Epidemiology Unit,  
University of Oxford

The School of Public Health, University College Cork, are proud to host the joint IEA & SSM Annual Scientific Meeting. The conference is returning to Cork for the first time since 2007.

Delegates, who would like to register for the conference, are invited to do so on the following conferencing [website](#).

Registration is open from-  
**MAY – AUGUST 2019**



Society for Social Medicine  
& Population Health



@socsocmed  
#SSMEuroEpi19

**Click [here](#) to register now.**

## Early Career Researchers Workshop 2019

Registration is now open for the Early Career Researchers Workshop which will be held on Tuesday the 3<sup>rd</sup> of September, a day before the Joint Society for Social Medicine and Population Health 63<sup>rd</sup> Annual Scientific Meeting and European Congress of Epidemiology Meeting 2019. This year's workshop focuses on developing ECRs' careers in research. We will address challenges and explore mechanisms to maximise opportunities within academia. We will also be navigating to career paths in changing markets with insights into alternative routes beyond academia. To wrap up the day, we invite you to join us for the ECR dinner in Cork city centre. Registration is free and there are a number of accommodation bursaries available to support your attendance. [Click here to register.](#)

3<sup>rd</sup> September 2019, University College Cork



### EARLY CAREER RESEARCHERS EVENT

Developing your career in  
research:

Challenges and opportunities in a  
changing market.



## HRB Open Research Blog

In recent months, Dr Brendan Palmer (HRB Clinical Research Facility Cork) and Ms Emmy Racine (School of Public Health) have both written separate blog posts for the HRB Open Research Blog. In March, Brendan wrote a blog post about FAIR data management where he reflected on his experience of participating in the GO-FAIR training programme and the value gained by data stewardship among the research community. To read Brendan's blog post, please click [here](#).

In recognition of International Clinical Trials Day on the 20<sup>th</sup> May, Emmy wrote a blog post on the importance of Patient and Public Involvement (PPI) in clinical trials and how trial results should be disseminated to trial participants. In the article she spoke about the results of her research which have been previously published on the HRB Open Research platform. To read Emmy's blog post, please click [here](#).

The HRB Open Research provides all HRB-funded researchers with a place to rapidly publish any results they think are worth sharing. All articles benefit for immediate publication, transparent peer review and the inclusion of all source data.





## National Suicide Research Foundation Update

### WHO consultation on implementing and strengthening suicide prevention activities in Russia

In late March, Professor Ella Arensman attended a 2-day consultation in Moscow on implementing and strengthening suicide prevention activities in Russia, organised by the World Health Organisation. Ella presented on two topics: (1) Implementing national suicide prevention programmes, addressing the international evidence base, including the template of Connecting for Life and (2) WHO tools for strengthening suicide and self-harm monitoring and surveillance, based on WHO resources and the National Self-Harm Registry Ireland.



*Prof. Ella Arensman with colleagues attending the WHO consultation.*

### 2019 Suicide Prevention Summit

In April, Professor Ella Arensman delivered a live webinar as part of the 2019 Suicide Prevention Summit, one of Australia's largest online suicide prevention events. Watch Ella's presentation on 'Suicide Prevention in an International Context: Progress and Challenges' [here](#).

### Preventing Suicide: A resource for establishing a crisis line

Also in April, the World Health Organisation published a booklet on 'Preventing Suicide: A resource for establishing a crisis line'. The NSRF, a WHO Collaborating Centre for Research Surveillance and Research in Suicide Prevention, provided expert input to the resource, which provides essential information on ethical guidelines, standards for staff recruitment, training and supervision, with practical examples and tools.

### New literature review on 'Suicide Bereavement Support'

The National Suicide Research Foundation in collaboration with HSE Mental Health, have just published a new literature review on 'Suicide Bereavement Support'. Co-authored by Dr Eve Griffin and Dr Elaine McMahon, the report reviewed literature relating to suicide bereavement support with an emphasis on evidence-based interventions and identifying examples of current suicide bereavement support practice in Ireland and internationally. The report findings provide an important evidence base for *Connecting for Life*, Ireland's National Strategy to Reduce Suicide, 2015-2020, in particular Goal 3: *To target approaches to reduce suicidal behaviour and improve mental health among priority groups*. The report can be accessed [here](#).

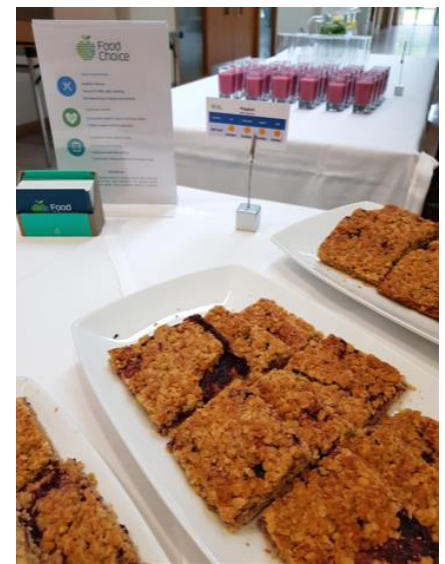
### 3rd International Association for Suicide Prevention Caribbean Regional Symposium

In May, Professor Ella Arensman attended the 3rd International Association for Suicide Prevention Caribbean Regional Symposium in Trinidad and Tobago. Ella facilitated two workshops on Surveillance and National Strategies with Dr Aiysha Malik from the World Health Organisation and presented on the following topics:

- Self-Harm and suicide in young people: Associated risk – protective factors and evidence based interventions
- An Enhanced Psychological Autopsy Approach Towards Examining Suicide and Supporting Families Bereaved by Suicide

## Food Choice at Work design menus for Blood Cancer Ireland Conference

Food Choice at Work designed the menus for the Blood Cancer Ireland Conference which was held in the Western Gateway Building on Thursday the 23<sup>rd</sup> and Friday the 24<sup>th</sup> of May. Delegates were treated to a tasty and nutritious menu designed by Food Choice at Work in collaboration with the Blood Cancer Network and KSG. Breakfast included options such as mixed berry smoothie shots, homemade fruit flapjacks and fruit granola pots. At lunch delegates got to choose from a selection of canapés and salads including salmon with baby capers served on a homemade health loaf, vegetable crudité's with hummus and Mediterranean bean salad. Fresh fruit was available throughout the day. All items displayed traffic light labelling.



*Some of the delicious and nutritious foods served to delegates at the conference*

## A Focus on Alcohol & Health in Cork and Kerry

'A Focus on Alcohol and Health in Cork and Kerry - A Report of the Director of Public Health 2019' is the first annual report of the new Director of Public Health, Dr Augustine Pereira. The report focuses on the worrying trends in alcohol consumption and harm to health with a focus on some less known effects and the services that support people struggling with problem drinking patterns. Several members of the School contributed to the report including Professor Ella Arensman, Dr Zubair Kabir, Dr Eve Griffin, Dr Peter Barrett and Susan Calnan. The launch of the report took place on the 29<sup>th</sup> May at Vertigo which is located on the 17<sup>th</sup> Floor of the Cork County Hall. There was a great turnout at the launch with over 50 delegates and contributors in attendance.



*Mr David Lane, Co-ordinator of the Drug and Alcohol Service, HSE South spoke at the launch.*



*Dr Zubair Kabir and Dr Eoin Coughlan attending the launch.*

## Meet & Greet

The School of Public Health and the National Suicide Foundation organised a joint Meet & Greet event on Wednesday the 5<sup>th</sup> of June. The event, which was held on the fourth floor atrium of the Western Gateway Building was a great opportunity for all staff to come together. A special thanks to those of you who brought baked good and to Bobby and Emer for organising!



*Gregory Gorman, Eve Griffin, Brendan Palmer, Eunice Phillip, Holly McGrath and Karen Matvienko-Sikar.*



*Bobby Henderson, Karen Mulcahy, Emily Lynch and Declan Whelan-Curtin.*



*Sukainah Alkhalaf, Ella Arensman, Patricia Kearney, Birgit Greiner and Christie Godsmark.*



*Aileen Callanan, Paul Beirne, Frances Shiely, Aoife O'Keefe, Aoife Quinlan.*

## Exciting new podcast series to highlight public involvement in School of Public Health Research.

Congratulations to Ms Emmy Racine and Ms Samantha Dick (under the supervision of Dr Sheena Mc Hugh) who were successfully awarded an IRC Government of Ireland 'New Foundations' funding award to record an exciting new podcast series. The podcast series is called 'Listening to the Voice of Experience (LIVE): Stories about Public Involvement in health research'. The aim of the series is to bring together researchers and Public Involvement (PI) partners (from the Improving Diabetes Eye-Screening Attendance (IDEAs) and the MiUse study) to tell the story of the important work being done by our PI partners and educate members of the public on different aspects of the research process and their potential role in it. The podcast will be recorded in collaboration with UCC98.3Fm radio and a public event to launch the podcast will be held in the school in December. More details to follow!

## Knowledge translation training in Toronto

Ms Susan Calnan recently participated in a one-week training course on knowledge translation, hosted by the Hospital for Sick Children's (SickKids) Learning Institute in Toronto, Canada from 3<sup>rd</sup>–7<sup>th</sup> June. The five-day professional development programme focused on the core competencies of knowledge translation work, leading to a Knowledge Translation Professional Certificate (KTPC), which is fully accredited by the Continuing Professional Development Office at the University of Toronto's Faculty of Medicine.

Ms Calnan attended the training as part of her new role on the HRB-funded CHERISH (Choosing Healthy Eating for Infant Health) study (led by Professor Patricia Kearney), which seeks to develop capacity in the area of knowledge translation and to develop a knowledge exchange strategy for CHERISH. Knowledge translation is defined as the complex set of activities involved in advancing knowledge generated from research into effective changes in health practice or policy. Ms Calnan looks forward to sharing the knowledge gained from this training with her CHERISH colleagues and to developing capacity in this burgeoning field within the School in the future.

## Congratulations to Dr Treasa Kelleher!

Congratulations to MPH student Dr Treasa Kelleher who recently won the Zachary Johnson medal for the best oral presentation at the Summer Scientific Meeting of the Faculty of Public Health Medicine held in the RCPI in Dublin on the 29<sup>th</sup> May. Her presentation was titled '*Protective factors for incident depression in older adults with multimorbidity: results from The Irish Longitudinal Study on Ageing*'. The work was conducted as part of her MPH thesis and was supervised by Professor Patricia Kearney and Dr Kate O' Neill. Well done Treasa!



*Dr Treasa Kelleher being presented with the Zachary Johnson medal by Dr Howard Johnson and Professor Emer Shelley*



*Dr Niamh Bambury presenting her work at the International Symposium of the Diabetic Foot 2019*

## International Symposium of the Diabetic Foot 2019

Dr Niamh Bambury recently presented her work at the International Symposium of the Diabetic Foot which was held at the World Forum, The Hague, Netherlands from the 22<sup>nd</sup> to the 24<sup>th</sup> of May. Her oral presentation which was titled '*Trends in lower extremity amputation in people with and without diabetes in Ireland 2005-2015*' examined trends in lower extremity amputations in people with and without diabetes in Ireland between 2005 and 2015. The work was carried out as part of the ESPRIT team (led by Professor Patricia Kearney) and found that there was significant average decrease in lower extremity amputations over the 11 year period in both males and females with and without diabetes. A stabilisation of minor amputations over the 11 year period was observed with no significant change in the rate of minor lower extremity amputations over this time period.

## Save the Date!

### Developing and Evaluating Complex Primary Care Interventions: Introductory Course



**Save the date!**

**Two day introductory course; Developing and evaluating complex primary care interventions**

School of Public Health, University College Cork  
Monday 4<sup>th</sup> and Tuesday 5<sup>th</sup> November 2019

The ESPRIT (Evidence to Support Prevention Implementation and Translation) Research Group are delighted to host the DECIPHer (Development and Evaluation of Complex Interventions for Public Health Improvement) two-day introductory training course and a half-day focused workshop on Developing and Evaluating Complex Primary Care Interventions. Participants may attend the two-day course and/or the half-day workshop. The 2-day course will be delivered by DECIPHer who are experts in the development and evaluation of multi-level, complex public health interventions and will take place in University College Cork on Monday 4<sup>th</sup> and Tuesday 5<sup>th</sup> November 2019. The aim of the course is to provide attendees with a working knowledge of; the key theories, frameworks and methodologies used to design and evaluate complex multi-level interventions (e.g. socio-ecological theory); intervention development processes and developing intervention logic models; how to involve key stakeholders in intervention development; process evaluation and; feasibility and pilot studies.

Registration and further details will be announced in September 2019. The event is funded by the HRB Primary Care Clinical Trials Network Ireland and the HRB Trials Methodology Research Network, and is being organised by the ESPRIT Research Group. Please contact Fiona Riordan (Fiona.riordan@ucc.ie) or Niamh McGrath (niamh.mcgrath@ucc.ie) for more information.

## MEET...

## Ms Claire Collins



Claire holds a B.A. (Geography/Religions and Global Diversity) and a Master of Public Health, specializing in Health Promotion. She has worked in the School since she finished her MPH in Autumn 2015. Claire has worked with Prof. John Browne in a variety of different roles including: research assistant on the SIREN project, research assistant for the National Health Services Research Institute (NHSRI), administrator for the SPHeRE Programme and she is currently the Assistant Director for Networks and Knowledge Translation for the SPHeRE Programme. Claire just organised her first successful national SPHeRE Conference which was held on 26<sup>th</sup> February in the Royal College of Surgeons in Ireland, Dublin.

### Did you know?

Claire has won numerous gold medals at County, Munster and All-Ireland levels for high jump, having competed for both her club West Waterford A.C. from a young age and for UCC while she was in college. Her personal best was a jump of 1.77m. She is 'retired' from high jump now but still loves running and keeping fit.

## UPCOMING EVENTS &amp; TRAINING

## June 2019

[International Society of Behavioural Nutrition and Physical Activity \(ISBNPA\)](#),  
4<sup>th</sup> – 7<sup>th</sup> June,  
Prague, Czech Republic.

[2019 Annual Health Promotion Conference](#),  
13<sup>th</sup> June,  
Galway, Ireland.

## July 2019

[Society for Academic Primary Care](#), 3<sup>rd</sup> – 5<sup>th</sup> July, University of Exeter, England

## August 2019

[Global Conference on Addiction and Behavioural Health](#) 22<sup>nd</sup> – 24<sup>th</sup> August, London, UK

[31<sup>st</sup> Annual Conference of the International Society for Environmental Epidemiology](#), 25<sup>th</sup> – 28<sup>th</sup> August, Utrecht, The Netherlands

## September 2019

[33<sup>rd</sup> Annual Conference of European Health Psychology Society](#)  
3<sup>rd</sup> – 7<sup>th</sup> September,  
Dubrovnik, Croatia.

[Early Career Researchers Workshop](#),  
3<sup>rd</sup> September,  
Mardyke Pavillion, UCC.

[Joint Society for Social Medicine and Population Health 63<sup>rd</sup> Annual Scientific Meeting and European Congress of Epidemiology Meeting 2019](#),  
4<sup>th</sup> - 6<sup>th</sup> September 2019,  
Cork, Ireland.

[6<sup>th</sup> UK Congress on Obesity](#),  
12<sup>th</sup>-13<sup>th</sup> September,  
Leeds England.

[Society for Implementation Research Collaboration Conference](#),  
13<sup>th</sup>-14<sup>th</sup> September,  
Seattle, USA.

[55<sup>th</sup> Annual Meeting of the European Association for the Study of Diabetes](#)  
16<sup>th</sup> – 20<sup>th</sup> September,  
Barcelona, Spain.

[30<sup>th</sup> World Congress of the International Association for Suicide Prevention](#).

17<sup>th</sup>-21<sup>st</sup> September,  
Derry, Northern Ireland.

[International Forum on Quality and Safety in Healthcare](#),  
18<sup>th</sup> – 20<sup>th</sup> September,  
Taipei, Republic of China.

[Euro-Global Conference on Paediatrics and Neonatology](#)  
23<sup>rd</sup> – 25<sup>th</sup> September,  
London, UK.

## October 2019

[EU Safety](#), 3<sup>rd</sup> – 4<sup>th</sup> October, Luxembourg, Luxembourg

[25<sup>th</sup> Annual Qualitative Health Research \(QHR\) Conference](#), 25<sup>th</sup> – 29<sup>th</sup> October, Vancouver, Canada

## November 2019

[12<sup>th</sup> European Public Health Conference](#),  
20<sup>th</sup> – 23<sup>rd</sup> November, Marseille, France

## CONTACT US:

School of Public Health, 4<sup>th</sup> Floor,  
Western Gateway Building, Western  
Road, University College Cork, Cork,

TEL: +353 (0)21 420 5500

EMAIL:  
[SCHOOLPUBLICHEALTH@UCC.IE](mailto:SCHOOLPUBLICHEALTH@UCC.IE)

