

navigate stories

Welcome to the latest edition of our CoMH Newsletter

1. UCC Transitions Students into Medicine
2. Dr Harry Gijbels retires as Senior Lecturer
3. Dental School & Hospital clinical governance committee
4. Two interns receive awards
5. REACT – Tackling excessive alcohol consumption
6. Recipient of Cork Conference Ambassadors Award

Other News



Prep for Med



Retirement



Clinical Governance



Awards



REACT



Achievements



Dear Colleagues,

This is my first Newsletter as Interim Head of College of Medicine and Health, an acting position that I have accepted with great honour. First, I would like to take this opportunity to thank Professor John R. Higgins for his excellent leadership and contribution as Head of College for the past six years. I wish him every success in his future endeavours as Clinical Director of Maternity Services within the South/South West Hospital Group.

The College is currently undergoing significant developments – from embarking on major capital development projects (outlined in our December 2016 edition) to the creation of the University’s next five-year strategic plan. In our newsletter, we hope to inform you of the broad variety of activities the College engages in as well as include any news-worthy items such as student and staff achievements.

This edition features highlights including the development of the first interdisciplinary research module for Masters students of the College, the appointment of Professor Barry O’Reilly as Director and Clinical Lead at the ASSERT Centre and a number of other notable success stories. The content of this newsletter is a testament to the ongoing hard work by our staff and students who take on new challenges with great energy and focus, and it gives me great pleasure to lead such a dedicated team during these exciting times.

Dr Francis Burke
Head of College of Medicine and Health
University College Cork
Headofcollege-comh@ucc.ie

First Interdisciplinary Research Module for Masters Students of the College of Medicine and Health



Pictured above: Dr Elaine Lehane, Ms Anne Foley, Ms Donna O'Doibhlinn, Dr Helen Mulcahy, Mr Damien Drohan, Dr Vera McCarthy, Dr Siobhan Laoide-Kemp, Dr Colm Tuathaigh, Professor Eileen Savage and students from MSc Nursing Studies, MSc Midwifery, MSc Audiology, MSc Older Person Rehabilitation, and MSc Research in Health Professions Education.

The College of Medicine and Health took a major step in truly achieving interdisciplinary education in 2016 with the completion of an advanced research methods module for Masters students. Fifty-five students across Masters programmes within the College undertook the first interdisciplinary research module for healthcare professionals (MH6014). The module was developed collaboratively by an innovative team of academics from the Schools of Nursing & Midwifery, Medicine, Dentistry, Occupational Sciences, Speech & Hearing Sciences, Pharmacy, Department of Epidemiology and Public Health with support from library and learning technology personnel. This blended learning module represents a genuine opportunity for advancing interdisciplinary health education. The School of Nursing & Midwifery were proud to lead this collaborative programme, drawing on the considerable depth of experience and talent within the college as a whole. Leading the initiative, Dr Elaine Lehane, believes that this approach will prove to be a valuable template for future programmes. It is a first for both the College of Medicine and Health and the School of Nursing and Midwifery. As such it is a wonderful example of collaborative team work in planning and delivering an educational programme to a diverse interdisciplinary cohort of students.

CORK RESEARCHERS ON THE TRAIL OF A NOVEL TREATMENT THAT ‘TAMES’ CANCER CELLS



Pictured above: Dr Sharon McKenna and Professor Mary Cahill pictured in the labs of the Cork Cancer Research Centre. (Photo: Michael Mac Sweeney/Provision)

A Cork-based charity has launched a major campaign to fund-raise for a ground-breaking research project which is hoped to lead to the development of novel treatments for the blood cancer, leukaemia. Former Clare hurler and RTE sports pundit, Ger Loughnane, who is a leukaemia survivor, recently launched the HERO campaign at the Jennings Gallery, UCC.

HERO is an organisation set up in 2011 to provide funding for research projects and education in haematology initiated by university teaching hospitals in Cork. The charity supports research that significantly contributes to scientific knowledge on blood disorders and their treatment.

The research led by Dr Sharon McKenna, a world acknowledged autophagy expert and Principal Investigator at Cork Cancer Research Centre (CCRC), in collaboration with Professor Mary Cahill, a Consultant Haematologist at Cork University Hospital (CUH) and UCC, has shown how cancer cell survival mechanisms can be ‘tamed’ and manipulated to cause early leukaemia cancer cells (called blasts) to grow into more mature, well behaved cells.

www.ucc.ie/en/med-health/news/fullstory-745501-en.html

Professor Barry O'Reilly appointed as Director and Clinical Lead at the ASSERT Centre



Professor Barry O'Reilly is a Consultant in Obstetrics and Gynaecology, who graduated from RCSI in 1991 and later moved to London to commence specialist registrar training based in Guy's and St. Thomas' hospitals. He was awarded a research fellowship to study ATP receptors in overactive bladder which led to the award of MD in 2000. On completion of specialty training he moved to Melbourne, Australia to undertake subspecialty training in Urogynaecology and Pelvic Floor Reconstructive Surgery. Barry was appointed Consultant and Senior Lecturer at the Mercy Hospital for Women and University of Melbourne in 2003. He returned to take up a consultant post in Cork in 2004 and has set up the Centre for Urogynaecology at CUMH. He founded the Continence Foundation of Ireland to improve multidisciplinary care and to encourage closer collaboration between healthcare providers and industry. Barry has previously sat on the public relations, scientific and education committees and is current chair of the e-learning committee of the International Urogynaecology Association. He is on the executive board of the European Urogynaecology Association and is on editorial and review boards of several ob/gyn and Urogynaecology journals. He has a keen interest in minimally invasive and robotic surgery and performed the first robotic gynecological procedure in the British Isles.

Barry is delighted to be given an opportunity to lead the newly completed world-class ASSERT centre whose vision is to become the premier centre in Europe for medical and surgical simulation based training over the next 5 years.



DR EANNA FALVEY ANNOUNCED AS HEAD OF MEDICAL FOR THE BRITISH & IRISH LIONS 2017 TOUR

Dr Eanna Falvey from the School of Medicine, UCC, has been announced as Head of Medical for the British & Irish Lions 2017 Tour to New Zealand. Dr Falvey is Senior Lecturer in Sports & Exercise Medicine in UCC and Director of Sports Medicine at the Sports Surgery Clinic in Dublin. He has been involved in the medical care of elite athletes for more than 15 years, working in rugby, football, boxing and Australian Rules football. Part of the medical team in Australia in 2013, Dr Falvey was team doctor to the Ireland rugby team from 2009 to 2015 and doctor with Munster Rugby for four years from 2003 to 2007.

Dr Falvey was the Irish Amateur Boxing Association high performance unit physician from 2009 to 2015 during a period of unrivalled success for Irish boxing, maintaining a link to his own sporting past where he was National Amateur Heavyweight and Super Heavyweight boxing champion, representing Ireland at the 2001 AIBA World Senior Boxing Championships. He is a member of the World Rugby Concussion working group.

www.ucc.ie/en/med-health/news/fullstory-744610-en.html



INFANT appoints Professor Declan Devane as new PI

INFANT, the Irish Centre for Fetal and Neonatal Translational Research, has announced that Professor Declan Devane will join the Centre as a Principal Investigator. Declan is Professor of Midwifery at NUI Galway and Director of the Health Research Board - Trials Methodology Research Network (HRB-TMRN). Declan has a particular interest in the implementation and evaluation of models of maternity care, and on methods of fetal monitoring. He is an expert in conducting randomised trials, systematic reviews and meta-analyses. He has published over 110 papers including numerous Cochrane systematic reviews predominantly in the field of fetal assessment. Professor Devane's appointment marks an exciting time of expansion in the centre.

www.ucc.ie/en/med-health/news/fullstory-746921-en.html



UCC Pharmacy Graduate Intern at GSK



Pharmacy students have many and varied career options open to them, and the range is growing ever broader. The pharmaceutical industry in Ireland employs over 24,500 people in Ireland across a range of disciplines, including pharmacy. One of these employees is our very own Damien Hurley, graduate of UCC's School of Pharmacy who is working in the Quality Department of GSK in Dublin. We took some time to sit down with Damien to hear what it's like working with GSK, one of Ireland's largest employers in the pharma industry.

Q: Tell us a little bit about yourself?

My name is Damien Hurley, I'm 23 and I'm from West Cork. I graduated from UCC with a Bachelor of Pharmacy in 2015 and I am currently working with GSK on an internship for my Masters programme.

Q: What made UCC your final choice after your Leaving Certificate?

UCC's School of Pharmacy is a new facility and has some fantastic resources available. Aside from that, a scenic campus and the fact that a lot of my friends would have gone there as well made it an easy choice for me.

Q: Tell us a little bit about what you are doing with GSK at the moment?

I'm currently working in the Quality Department in GSK's commercial office in Citywest. The overall function of the quality department is to maintain oversight of product from manufacture, through the supply chain and eventually to the patient in the Irish market to ensure that it meets all required standards. My main responsibilities include handling customer feedback and complaints,

tracking them and coordinating investigations. I also help with the day to day activities of the quality department and act as an assistant to my tutor Barry Downey (QA Manager and Responsible Person) and Gillian Mortimer (Quality Executive).

Q: Do you think that this time with GSK makes UCC's School of Pharmacy stand out?

In UCC there was definitely a heavy emphasis on pharmaceuticals which piqued my interest in the pharmaceutical industry. I also had the opportunity to complete my final year project on a pharmaceuticals related topic which cemented my interest in this career choice. It is also worth noting that there are fantastic facilities available including state of the art lab equipment and a sterile compounding lab.

Q: What have your highlights been to date?

In my placement there has been a big emphasis in gaining experience in as diverse a range of disciplines as possible for the six months that I'm here. Everyone has been more than happy to talk me through their role and responsibilities. My highlights have been the opportunities to visit a manufacturing site and shadow a Medical Science Liaison Manager on a trip to a Hospital. I feel it has been a great help to guide any career decisions I might make.

GSK is a corporate partner to the College of Medicine and Health. If your company is interested in opportunities for collaboration, please contact Eimear Keohane, Head of Development, eimear.keohane@ucc.ie or 021 420 5666.



New Horizons Medical Conference 2016

Pictured left: Louise Daly, New Horizons Oral Presentation Winner 2016.

The annual New Horizons Research Conference recently took place in the Western Gateway Building, UCC. The conference showcased the diverse range of translational research from Postgraduate Research, Post-Doctoral Research and Clinical Research.

The day was divided into 3 sessions. Each session encompassed a stimulating mixture of oral presentations and lectures by prominent clinician scientists and academic staff. There was also a moderated poster session with 94 posters.

The conference concluded with a Prize-giving ceremony, with awards being distributed for the best posters and overall prize for the best oral presentation. The poster prizes were awarded to Rachel Furlong, School of Biochemistry and Cell Biology, Melissa Hänni, Department of Anatomy and Neuroscience Department, and Ashley Sullivan, APC Microbiome Institute. The Oral Prize was awarded to Louise Daly, School of Food and Nutritional Sciences.

www.ucc.ie/en/medical/news/fullstory-727909-en.html

16th Annual Nursing & Midwifery Research Conference

The 16th Annual Nursing & Midwifery Research Conference recently took place in Brookfield Health Sciences Complex, UCC. The conference was a great success with over 120 delegates attending. The theme of the conference was 'Patient Safety and Quality Improvement'. Key note speakers included Professor Jonathan Drennan, Professor of Nursing & Health Services Research, School of Nursing & Midwifery, UCC, Dr Peter Griffiths, Chair of Health Services Research, University of Southampton, and Dr Philip Crowley, National Director, Quality Improvement Division, HSE. The prize for best poster presentation went to Mr Mohamad Sabb for his poster entitled 'It's Like Trying to Find a Lump in a Bag of Lumps': Symptoms Among Men Who Self-Identify as Heterosexual, Gay, and Bisexual'.





Mzuni's Department of Nursing and Midwifery visits UCC

Mr Masumbuko Baluwa and Mr Baxter Griffin Chirambo from the Mzuzu University's (Mzuni) Department of Nursing and Midwifery in Malawi visited UCC in November 2016 – just a few months after Dr Patricia Leahy-Warren from UCC's School of Nursing and Midwifery and Dr Rosarii Griffin from the Office of the Vice-President for Teaching & Learning visited Mzuni. The two Universities are collaborating on a capacity building project, and the aims of Mzuni's trip to UCC were to further explore areas of collaboration, make peer to peer partnerships in nursing and midwifery curriculum development and research, and to strengthen the relationship between the two institutions.



The visit included a tour of UCC and the School of Nursing & Midwifery, meetings with staff members from across the School and other parts of the University, as well as a joint UCC-Mzuni presentation titled 'Exploring Areas for Capacity development in the Areas of Patient Safety and Quality Improvement within Nursing, Midwifery and the Health Sciences: A collaborative Partnership between UCC and Mzuni' at the 16th annual Nursing and Midwifery research conference.

Pictured top: Masumbuko Baluwa and Baxter Griffin Chirambo with (l-r) Dr Joanne O'Leary (Fullbright Scholar from Minneapolis, USA), Dr Patricia Leahy-Warren, Dr Tom Andrews (School of Nursing & Midwifery), Ms Colette Cunningham (Department of Epidemiology & Public Health), Ms Maeve O'Connell and Dr Rosarii Griffin.

Pictured above: Mr Masumbuko Baluwa, Professor Eileen Savage and Mr Baxter Griffin Chirambo.

At the end of the trip, Mr Baluwa and Mr Chirambo were invited to dinner with Professor Eileen Savage, Head of School of Nursing & Midwifery, Professor John O'Halloran, UCC Vice-President for Teaching & Learning, Emeritus Professor Patrick Fitzpatrick, Dr Rosarii Griffin and Dr Patricia Leahy-Warren to celebrate the collaboration between Mzuni and UCC.

MSc in Technology Enhanced Learning for Health



The ASSERT MSc in Technology Enhanced Learning for Health (TELH) was successfully launched in September 2016 and is inviting applications for new entrants for 2017/18. The aim of this programme is to enable successful graduates to have a good understanding of how the learning and practice of modern healthcare can be facilitated and augmented with the use of simple and advanced technologies.


The programme provides participants with appropriate learning opportunities and tools to acquire the knowledge and skills for Technology Enhanced Learning (TEL) and a critical understanding of TEL in a healthcare context from research based practice. This MSc will enable graduates to successfully design, develop, implement and evaluate

effective healthcare education, particularly incorporating the use of simulation techniques, supported by the appropriate application of TEL.

The MSc in TELH is delivered using a blended learning approach of e-learning and participation in workshops demonstrating the design and implementation of training, together with the assessment of training.

This programme is aimed at healthcare professionals (of all disciplines), educators, technicians and administrators from education and industry who have responsibility for the commissioning, design or implementation of 'learning' courses for healthcare workers. Applications will be considered from graduates of all disciplines.

FOR MORE INFORMATION PLEASE VISIT

 **+353 21 420 5605**
Professor Anthony G. Gallagher or Dr Patrick Henn

 <https://www.ucc.ie/en/ckx44/>

 <https://www.youtube.com/watch?v=Pm7mpRd-urc>

 tracy.ahern@ucc.ie

“The course offered me the opportunity to learn how to develop an effective training programme which will allow me to bring a new area of expertise to my company and provide the missing piece of the “complete product package” and most importantly ensure our devices are used safely and effectively”.

Elaine, Advanced Quality Engineer R&D.

“The program will help me establish new approaches in education and implement a robust framework for measurement of performance of trainees and those participating in the

education programs that would be offered...”

Chitra, Educational Strategy Officer.

“The course is designed for the working professional, with online, on-demand learning and accessible professors – allowing the course to be worked into my day (not the other way round!!)

Elaine, Director of Physicians Skills Training.

“The course has forced me to question some traditional methods of training that I would have employed in the past

but it has also provided me with the evidence to back up other practices that we always felt were effective”.

Alan, Programme Co-ordinator and Lecturer.

“The MSc. in TELH is a program where education meets science to ensure proficient skills acquisition. The training approach developed by Prof. Gallagher should inspire any organization interested in providing measurable quality in health care delivery.”

Jorio, Education Manager in Cardia Arrhythmias Management.



Diploma in Military Medical Care Conferring 2017

The Conferring Ceremony for the Diploma in Military Medical Care recently took place in the Aula Maxima, UCC. The graduates, all serving members of Defence Forces Ireland, completed modules in Emergency Medical Technician, Medical Practices Enhancement and Military Healthcare Practice. The programme was offered in conjunction with Defence Forces Ireland and the Academy of Emergency Care, Emergency Medicine Department, CUH. In total 24 students received their parchments.

The Outstanding Graduate of the Year award was presented to Paul Mellamphy. Paul conscientiously applied himself and displayed characteristics which were a credit to himself, his family and Defence Forces Ireland. Congratulations to all recipients!

www.ucc.ie/en/medical/news/fullstory-738494-en.html

School of Medicine Prize-Giving Ceremony

The annual School of Medicine Prize-Giving Ceremony recently took place in Brookfield Health Sciences Complex. The ceremony was well-attended by a large number of prize-winners, their families and friends and School of Medicine colleagues. In total 22 students received prizes in recognition of their outstanding achievements in the 2015/2016 academic year, 14 students received certificates in recognition for their outstanding research work, and 12 students were commended for having received the Dr HH Stewart prize.

www.ucc.ie/en/medical/news/fullstory-720392-en.html





Pictured above: Ms Evelyn O'Sullivan, Manager, Cork Convention Bureau, Dr Abina Crean, School of Pharmacy, UCC, Ms Ciara Gallagher, Manager, Meet In Ireland.

DR ABINA CREAN RECIPIENT OF CORK CONFERENCE AMBASSADORS AWARD

Congratulations to Dr Abina Crean, Lecturer in Pharmaceutics, School of Pharmacy, who recently received a Conference Ambassador Award at Cork Convention Bureau & Meet In Ireland Conference Ambassador Awards.

PhD in nursing student wins the best poster award at the 9th Irish Research Nurses Network Conference

Mohamad Saab, a final year PhD student in the School of Nursing and Midwifery presented his PhD work titled 'Developing an Interactive Intervention to Raise Men's Awareness of Testicular Disorders and Symptoms: The E-Mat Study' at the 9th Irish Research Nurses Network conference that recently took place in the Gibson Hotel in Dublin. Mohamad won the Best Poster Award based on the vote of the conference attendees. Eoghan Cooke from the Department of Computer Science in UCC, helped with the design of the intervention. Mohamad is hoping to test the intervention before the completion of his PhD studies.

www.ucc.ie/en/nursingmidwifery/news/fullstory-727180-en.html



Pictured left: Mohamad Saab receiving the Poster Prize from the IRNN Chair, Deirdre Hyland.



Pictured above: Ms Geraldine McNamee, South Intern Network Administrator, Dr Paul Ryan, Dr Jeffery Mulcaire and Professor Paula O'Leary, South Intern Network Coordinator.

DR PAUL RYAN AND DR JEFFREY MULCAIRE

Two Interns, Dr Paul Ryan and Dr Jeffery Mulcaire, both from the UCC/South Intern Network were recently awarded prizes at the Royal Academy of Medicine in Ireland (RAMI) Intern Study Day which was recently held in RCPI. Dr Paul Ryan won an award for his Oral Presentation (Clinical Research). His abstract was titled 'Ryan P and Falvey E - Assessment of existing lay person knowledge on the role and use of an Automated External Defibrillator in amateur sports clubs'. Dr Jeffery Mulcaire won an award for his Poster Presentation (Clinical Research) His abstract was titled 'Mulcaire J and Luke C - A Study of Clinical Presentation to an inner city resuscitation room'.



INFANT Researcher Wins Prestigious International Prize

Dr Andriy Temko, INFANT Researcher, has won a prestigious international competition, the Kaggle Challenge, for his work in predicting seizures in the human brain through long-term EEG recordings. Together with data scientists from Ornon, France, Curitiba, Brazil, and Minneapolis, US, Dr Temko developed an artificial intelligence solution that showed the highest accuracy among nearly 500 competing teams from around the world. The aim of the Kaggle event was to develop seizure forecasting systems with the potential to help patients with epilepsy lead more normal lives. The challenge was organised and sponsored by the National Institute of Health, American Epilepsy Society and Melbourne University.

www.ucc.ie/en/about/uccnews/fullstory-746777-en.html



School of Nursing and Midwifery Staff receive the Marie Keating Foundation Health Promotion Bursary

Dr Serena Fitzgerald, Ms Stephanie Lawrence, and Mr Mohamad Saab received the Marie Keating Foundation Health Promotion Bursary to promote cancer awareness in secondary schools as part of the SPHE (Social Personal and Health Education) curriculum. The focus of the programme is on cancer prevention through healthy lifestyle while using the campaign 'Your Health Your Choice' developed by the foundation. A three-hour 'Train the Trainer' workshop recently took place in the School of Nursing and Midwifery and was facilitated by staff from the Marie Keating Foundation, including Ms Liz Yeates, Chief Executive

Officer, Ms Helen Forristal, Director of Nursing Services, and Ms Maeve Fitzgerald, Community Information Nurse. Professor Eileen Savage, Head of the School of Nursing and Midwifery welcomed the trainers and highlighted the importance of the bursary in meeting the school's strategic plan in terms of community outreach and end-user engagement.

Pictured above: Ms Liz Yeates, Mr Mohamad Saab, Dr Serena Fitzgerald, Ms Stephanie Lawrence, Professor Eileen Savage, Ms Helen Forristal, and Ms Maeve Fitzgerald.



DR STELA LEFTER

Dr Stela Lefter was conferred with an MD degree in 2015 for her thesis titled 'A Population-Based Epidemiologic Study of Adult Neuromuscular Disease in the Republic of Ireland', as part of her two year Clinical and Research Neuromuscular Fellowship. She was supervised by Dr Aisling Ryan (PI), Consultant Neurologist at Cork University Hospital and UCC Clinical Senior Lecturer and Professor Orla Hardiman, Consultant Neurologist at Beaumont Hospital, Dublin. The project was part funded by Genzyme with contribution from Muscular Dystrophy Ireland.

This National Epidemiological study generated for the first time country-wide prevalence rates for all adult inherited and acquired neuromuscular diseases in Ireland and showed that the prevalence of neuromuscular conditions in Ireland is relatively high when compared with other chronic neurologic disorders. The project generated invaluable data which can be used as a necessary framework for service planning, a platform for the development of disease specific registries for potential participation in future clinical trials and for comparative analysis across different countries. The seminal paper of this research was recently published in the premier peer-reviewed journal "Neurology" - the official journal of the American Academy of Neurology, along with several other papers as part of her thesis, which is a significant achievement.

Dr Lefter is a Consultant Neurologist (completed Higher Specialist Training in Neurology in Ireland, July 2016) and is currently undergoing further training in Clinical Neurophysiology at Cork University Hospital.



Aine Majella Blake



Kate Goold

STUDENT PERSPECTIVES BY DR HH STEWART AWARD RECIPIENTS

In November 2016, 19 students from the College of Medicine and Health across all five Schools received Dr HH Stewart Awards. Here two students from the College tell us a bit more about their experience:

AINE BLAKE

In November 2016 I was awarded the Dr HH Stewart Medical Award in Occupational Therapy by the National University of Ireland at a ceremony in the Royal Kilmainham Hospital. Over one hundred and thirty students from across Ireland and overseas received awards on the day for their studies in areas including language, humanities, medicine, science and mathematics. The undergraduate scholarship was awarded based on the results of a written exam which I sat during the summer. I was thrilled to have been selected and to receive two medals - the first being the HH Stewart Medal, and the second a special commemorative medal for the centenary of the 1916 rising. It was an honour and a privilege and I enjoyed the occasion.

KATE GOOLD

I was awarded the 2nd prize in Speech and Language Therapy in the Dr HH Stewart NUI Medical awards for 2016. I received this award based on my final year dissertation titled "The Association between Falls and Hearing Function in Community-Dwelling Older Irish Adults". As part of my research project I conducted quantitative analysis on data originally collected by TILDA (The Irish Longitudinal Study on Ageing) on over 3,000 participants.



Breakthrough Cancer Research is calling on the public to make small changes in their lifestyle to help dramatically reduce their cancer risk.

The 'My Small Change' campaign, launched by Breakthrough Cancer Research, aims to highlight evidence-based information about how eight small lifestyle changes can make a big difference to our cancer risk. While it is well known that giving up smoking and being sun smart can help prevent cancer, Breakthrough want to highlight that many small

lifestyle changes in our nutrition and physical activity can also help lower our risk of developing cancer, with up to a third of cancers being preventable through diet and lifestyle changes. During February, Cancer Prevention month, Breakthrough encouraged people across Ireland to commit to one small change they can make to help lower their cancer risk and share it on social media with the hashtag #MySmallChange.

The Eight Key Recommendations from the World Cancer Research Fund (WCRF) are:

- (1) Be as lean as possible without becoming underweight
- (2) Be physically active for at least 30 minutes every day
- (3) Limit consumption of high calorie foods and avoid sugary drinks
- (4) Eat more grains, vegetables, fruit and beans
- (5) Limit consumption of red meats and avoid processed meats
- (6) Limit alcohol consumption
- (7) Limit consumption of salty foods and foods processed with salt
- (8) For cancer prevention, don't rely on supplements

Breakthrough have also launched a video about Cancer Prevention for people to watch and share to learn more about how they can lower their cancer risk.

The video can be viewed at:

<https://www.youtube.com/watch?v=CeP4AKUDsUw>

Further information can be found at:

www.breakthroughcancerresearch.ie/cancer-info/



Pictured top: Ms Mary Moloney, Professor Martin Kinirons, Ms Siobhan Lynch, Dr Christine McCreary, Dr Una Geary, Dr Catherine Gallagher. **Pictured centre:** Dr David Monohan, Dr Sue Boynton, Ms Siobhan Lynch, and Dr Christine McCreary. **Pictured left:** Mr Jerry Kelly, HRD Training, Dr Christine McCreary, Ms Siobhan Lynch.

Clinical Governance Day

Cork University Dental School & Hospital have a very active clinical governance committee. This committee meets regularly during the year and have established a number of sub committees that feed into clinical governance including Patient Safety Improvement Group, Medical Records Committee, Health and Safety and Practice Development. Away days are held periodically to deliver some useful presentations to the staff of the hospital and school. The latest away day was recently held in Bru Columbanus and proved to be very successful with positive feedback being received from all disciplines of staff. Speakers included:

- Dr Christine McCreary, 'Clinical Governance Update'
- Dr Una Geary, 'Positive approaches to Patient Safety' - Director of Quality & Safety Improvement, St James Hospital
- Dr Michael Byrne, 'How to Manage Vulnerable and Problematic Students' - Head of Student Experience
- Dr Sue Boynton & Dr David Monohan, 'Managing Difficult Interactions', Dental Protection Limited
- Ms Siobhan Lynch, 'Health & Safety Update' - Dental School & Hospital Manager
- Mr Jerry Kelly, 'Managing on the Front Line' - HRD Training.



Baseline Celebration Evening

On 31st January, four of the Principal Investigators of the BASELINE Irish birth cohort study came together in the Aula Maxima at UCC to discuss what had been learned after finishing all the five-year assessments for the children enrolled in the study. The aims of BASELINE were to explore the prevalence of food allergy and eczema, investigate maternal and neonatal Vitamin D status, examine the metabolic and developmental effects of IUGR, and build a foundation for studying the cohort through childhood and into adulthood.

The study is a collaboration project amongst five centres including, UCC's School of Food and Nutritional Sciences, Department of Obstetrics & Gynaecology, Department of Paediatrics & Child Health, Neonatal Brain Research Group, and TCD's Dermatology, Department of Clinical Medicine. The study was funded by the National Children's Research Centre.

www.infantcentre.ie/article/2017/2/6/baseline-celebration-evening-whats-next

A celebration of the Irish contribution to healthcare in the UK at the Embassy of Ireland in London

The London Chapter of the UCC Alumni Association recently organised a special event hosted by the Embassy of Ireland in London in partnership with UCC. The focus of the event was a celebration of the Irish contribution to healthcare in the UK. Speakers included H.E. Dan Mulhall (Irish Ambassador to the UK), Dr Michael Murphy (former President of UCC), Professor Mary Sheppard (Leading Clinical Academic Pathologist at St George's Hospital) and Dr Sarah Walsh, (Consultant Dermatologist, King's College Hospital NHS Foundation Trust). The event was led by Dr Áine Merwick and Mr Mark Horne of UCC's London Chapter and took place at the Embassy of Ireland in London.

www.ucc.ie/en/med-health/news/fullstory-721132-en.html



Pictured above are the speakers (Dr Aine Merwick, Dr Sarah Walsh and Professor Mary Sheppard) with Ambassador Dan Mulhall and former President of UCC, Dr Michael Murphy.



Scientific Seminar: Healthy Aging – Focus on Caregiver Stress and Cognition

Caring for a relative with dementia comes with an underappreciated cost to the health of the caregiver. This important and unpaid work may contribute considerable stress to the caregiver.

The health impacts of caregiving were the focus of a Scientific Symposium recently held at UCC. The symposium provided an increased understanding of caregivers' stress and looked at ways in which to counteract the problem.

The Symposium was hosted by UCC's Department of Psychiatry & Neurobehavioral Science and Centre for Gerontology and Rehabilitation, together with the APC Microbiome Institute. The Health Research Board (HRB) supported the symposium through a Knowledge Exchange and Dissemination Award which aims to maximize the uptake of research findings into policy and/or practice.

www.ucc.ie/en/med-health/news/fullstory-721173-en.html



President of the SIA Chapter
Dr Elizabeth Weathers

Launch of Ireland's own SIA Society: Celebrating Nursing Excellence

The newly established SIA Society recently held their very first Inaugural Induction Ceremony at Brookfield Health Sciences Complex, UCC.

The SIA Honor Society of Nursing and Midwifery is a prelude Chapter of Sigma Theta Tau International (STTI) Honor Society of Nursing and is the first of its kind in Ireland. STTI is a long established global organisation for nursing and midwifery leaders with members in over 90 countries.

This SIA Honor Society initiative involves collaboration between Schools and Departments of Nursing and/or Midwifery in UCC, Waterford Institute of Technology, the Institute of Technology in Tralee, as well as the Nursing and Midwifery Planning and Development Unit of the Cork/Kerry region.

Over 50 new members were invited to join the Society in a well-attended evening of celebration. This society plans to provide support to its members by holding Master Classes, providing networking opportunities, career development opportunities and conferences throughout the year.

www.ucc.ie/en/med-health/news/fullstory-721490-en.html



PROFESSOR MARY HORGAN VISITS THAILAND

Professor Mary Horgan, Dean, School of Medicine and Mr Gearoid McCarthy, UCC ASEAN Development Manager, recently visited Thailand to discuss collaboration with the Faculty of Medicine Siriraj Hospital, Mahidol University, specifically discussing student elective exchanges.

Professor Horgan and Mr McCarthy were hosted by the Dean of Medicine, Professor Prasit Watanapa. Siriraj Hospital is the oldest and largest hospital in Thailand. With a capacity of more than 2,000 beds and more than one million outpatient visits per year, Siriraj is one of the biggest and busiest medical centres in Southeast Asia.

A Siriraj delegation, led by Professor Watanapa, visited UCC's School of Medicine in June, 2016.



Above left: Professor Horgan and Professor Prasit Watanapa exchange gifts having had successful discussions on UCC/Mahidol collaboration. **Above right:** Professor Horgan signing the Book of Condolences at Siriraj Hospital for His Majesty Bhumibol Adulyadej of the Kingdom of Thailand. **Opposite:** Professor Horgan and UCC ASEAN Development Manager, Gearoid McCarthy, at the Siriraj Medical Library with Deputy Dean of International Relations, Professor Chirayu Auewarakul (right).



Dr Aine Horgan and Mr Rory Doody attend Kick Start Meeting for COMMUNE

Dr Aine Horgan and Mr Rory Doody from UCC's School of Nursing & Midwifery recently attended the kick start meeting for the European funded project on Co-production of mental health nursing education in Utrecht. The project will run until 2018 and will involve the co-production of a mental health recovery module with mental health service users to be delivered by service user educators in all European partner sites.

Above: Dr Aine Horgan and Mr Rory Doody with colleagues from Iceland, the Netherlands, Norway, Finland and DCU.



Doctor for a day – UCC Transitions Students into Medicine



School children from across Ireland recently visited UCC's School of Medicine to attend 'Prep-for Med.' This hugely popular programme allows transition year pupils to experience both the life and the facilities available to medical students in the School of Medicine and to witness a live Caesarean Section via video link.

Accompanied by 50 career guidance councillors, the transition year students were guided through Brookfield Health Sciences Complex and the FLAME anatomy laboratory, before being put through their paces in multiple teaching stations covering areas such as resuscitation, laboratory testing and anaphylaxis, allowing them to learn first-hand how skills are taught and delivered. In the afternoon the group moved to Cork University Hospital where Dr Margaret Bolster discussed the forensic examination of a crime scene, Dr Jason Van der Velde from West Cork Rapid Response Unit discussed Emergency medicine, and Dr Matt Hewitt performed a live C-Section, which was broadcast from Cork University Maternity Hospital.



Photos: Gerard McCarthy

www.ucc.ie/en/med-health/news/fullstory-745864-en.html



Dr Harry Gijbels retires as Senior Lecturer from the School of Nursing and Midwifery

Dr Harry Gijbels retired from his post as Senior Lecturer in the School of Nursing and Midwifery in January 2017, after 18.5 years' of service at UCC. Harry was the first Director of Undergraduate Education, lead a variety of projects, and was an integral member of the School Executive Committee, contributing to the School's many developments.

Harry is perhaps best known for his work in the area of critical psychiatry and mental health. With Lydia Sapouna, Lecturer in the School of Applied Social Studies, he organises the annual Critical Perspectives Conference. An outcome of these conferences has been the formation of the Critical Voices Network Ireland (CVNI). In 2011, Harry and Lydia were jointly awarded the UCC Exceptional Citizen Award. Harry has also played a central role in setting up the Hearing Voices Network Ireland (HVNI) and is a Director of Sli Eile Housing Association. In September 2016, Harry was awarded a Human Rights and Nursing Award by the University of Surrey's International Care Ethics (ICE) Observatory.

Harry is without a doubt a valued colleague in the School of Nursing and Midwifery and will be greatly missed by staff, students and our colleagues in the health services.

www.ucc.ie/en/nursingmidwifery/news/fullstory-746101-en.html

REACT to harmful drinking among Irish third-level students



A new pilot initiative aimed at tackling excessive alcohol consumption among third-level students across Ireland has been launched in UCC. REACT (Responding to Excessive Alcohol Consumption in Third-level) is the first-ever national award and accreditation scheme which will recognise third-level institutions' efforts to reduce excessive drinking among their students. The scheme has been developed following a rigorous review of previous efforts to reduce excessive alcohol consumption across 3rd level institutions, and includes a comprehensive range of evidence-based action points which have been designed to tackle harmful drinking amongst students. In total, the REACT Award has eight mandatory and eighteen optional action points. These action points include training relevant staff in brief intervention, implementing a student alcohol policy and setting up a dedicated REACT steering committee in order to implement the programme. Optional action points include providing alcohol-free accommodation and social spaces for students as well as providing late-night transport to student accommodation.

www.ucc.ie/en/med-health/news/fullstory-719335-en.html

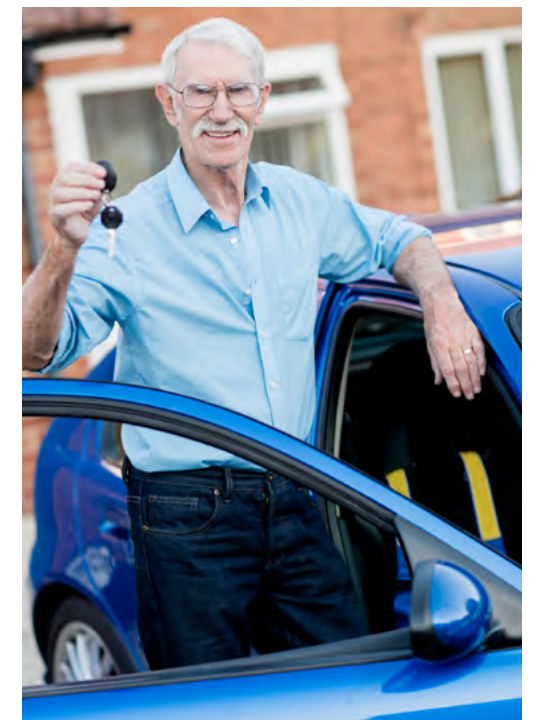
Pictured left: Judith Mulcahy, Research Assistant, REACT, Dr Martin Davoren, Post-Doctoral Researcher, REACT, Dr Micheal Byrne, PI on REACT and Acting Head of Student Experience at UCC, and Susan Calnan, PHD Student, REACT. (Photo: Diane Cusack)

Calling all GPs

Driving facilitates independence and social engagement, contributing to quality of life and wellbeing. However, with 11.3% of Irish adults over 50 years living with cognitive impairment, there are issues for many around continuing to drive. GPs are responsible for driving assessment, in accordance with guidelines set out in Sláinte agus Tiomáint. Often, the most challenging situation for the GP is when a person presents with a questionable or mild cognitive impairment/dementia as Dr Carol Sinnott, PI explains "given the importance of driving, discussions between GPs and patients on fitness to drive can be fraught - with research showing that up to one in five people changing GP when driving licence health certification is not approved".

In addition, guidelines on fitness to drive offer little direction regarding how to communicate with patients on this sensitive topic, which may lead to clinicians' reluctance to tackle the issue.

The Department of General Practice, funded by the Road Safety Authority is conducting research to develop evidence-based material to support essential communication between GPs and people with cognitive impairment, including dementia, regarding fitness to drive. They are inviting GPs to take part in this important research study by sharing their experience of talking about fitness to drive in practice. If you would like to take part or would like more information please contact Dr Kathleen McLoughlin Kathleenmcloughlin@ucc.ie





CURRENT EXHIBITION

‘Edge’

**Exhibition by Sheila Kingston
9th February - 20th April 2017**

The theme of “Edge” has its roots in Sheila’s family history as one of sailors, sea captains and boat builders. Having been drawn to the sea by nature and nurture, the artist finds it impossible to separate it from the innermost part of her being. It appears as a thread running throughout her art, ever recurring as the tide itself. Implicit in a relationship with the sea is the understanding of its impact on an Island nation; the tension between land and water, the gift of it and the dependence on it, living as we are on the edge of a continent. This tension, prevails in the play of nature’s elements and in the play of all human interaction. It is this connection that is perfectly captured and illustrated in this exhibition.



Artist Sheila Kingston
(Photo: Gerard McCarthy)

www.ucc.ie/en/med-health/news/fullstory-747037-en.html



PREVIOUS EXHIBITION

‘Elements’

Exhibition by Helena O’Neill
10th November 2016 – 26th January 2017

Helena O’Neill is a native of County Wexford, moving with her family in her early teens to live in County Wicklow. Here she commenced her Fine Art training under Breton Sculptor and artist Jean Renard Coulet where Helena received her Art Teachers Certificates. A qualified Occupational Therapist Helena completed her postgraduate degree in Higher Education and Research at Trinity College, Dublin. Occupational Therapy provided the opportunity to travel and work extensively in Australia, Saudi Arabia, USA and in the UK and Ireland.

On returning home her solo exhibition of Australian works was opened by the Australian Embassy in Wicklow. In 2005 Helena was invited by Claude-Hughes Pissarro as part of an Irish group to exhibit at the Salon de la Rochelle, France.

Helena is an elected member of the Pastel Society of Ireland and is also a member of Cork Arts Society. To date her work is hanging in public buildings in Ireland, privately in Australia, USA and the UK, notably in the Australian embassy in London. Her work may be seen in the Boathouse Gallery, Kinsale, Co. Cork.

www.ucc.ie/en/jennings-gallery/past/10nov2016-elements/



Artist Helena O’Neill
(Photo: Diane Cusack)