

# COMHINE 4: February 2014



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Hard work and dedication generating success

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### **Dear Colleagues**

Success never comes easy. It requires hard work and dedication. The prizes, awards and honours outlined in this issue of the newsletter reflect the effort put in by the recipients. Congratulations to all. Particular congratulations to our new Research Professor - Patricia Kearney.

The work is continuing to develop a new dynamic relationship between the College of Medicine and Health and our nine partner hospitals. We have had important visits to the hospitals in Clonmel, Kerry and Waterford. Professor Geraldine McCarthy, Chair of the Southern Hospital Group visited South Tipperary General Hospital, while the Kerry General Hospital visit saw the opening of the new Medical Assessment Unit and cutting the "Ribbon" of a new education centre by President Michael Murphy. In Waterford, the preparation of a strategic policy document is well underway and we made three exciting new appointments, with formal buy out of sessions, of Dr Sean Leavey, Dr Brian Creedon and Dr George Pope.

We have also identified the major reform issues that we need to see tackled urgently in Waterford.

- 1. Renaming the hospital Waterford University Hospital
- 2. Fast-tracking a series of senior academic consultant appointments
- 3. Establishing the promised 24-hour PCI service

There is lots to do in 2014 - let's go for it!

Kindest regards

John R Higgins

Professor of Obstetrics and Gynaecology Head College of Medicine and Health

## **CoMHnews**



UCC president, Dr Michael Murphy cuts the ribbon at the site of the new UCC Education Centre. (Photograph: Domnick Walsh)





## Development of UCC Education Centre for Medical Education at Kerry General Hospital

Dr Michael Murphy, President UCC, visited Kerry General Hospital on 22nd January.

Gerry O'Dwyer, Regional Director for Performance and Integration in the Southern Hospital Group in conjunction with the Hospital Manager TJ O'Connor, were pleased to announce the development of a UCC Education Centre for Medical Education on the campus of Kerry General Hospital (KGH).

UCC is the academic partner/lead for the new Southern Hospital Group which further strengthens existing links between the two Institutions.

The centre is located in the new extension on KGH and will be developed in the coming months in conjunction with UCC with an anticipated opening in Summer 2014. The President welcomed this important development.

The staff of KGH and the Bons Secour in Tralee presented their research and educational activities to colleagues from the College of Medicine and Health, UCC who were also present.

The President also opened the new Medical Assessment Unit.

## **CoMHnews**

## A VERY SUCCESSFUL CLINICAL FORUM

Clinicians from all the medical specialties and all the professional schools in the College of Medicine & Health met with their clinical partners, in addition to managers and leaders from the hospitals and clinicians from primary care at the recent Clinical Forum. This was the first of many meetings, which was very well attended with 150 delegates present.

The session was opened by the new Chair of the Southern Hospitals Group, Professor Geraldine McCarthy. Presentations were also given by Mr Ian Carter, National Director for Hospitals, HSE, and Mr Pierce Grace, Chief Clinical Director from the University of Limerick Hospitals Group. The Assistant Secretary with responsibility for the Hospitals, Ms Tracey Conroy attended and took part in the discussion. All the different professional groups presented feedback on their "blue sky vision for their specialty regionally, nationally, and internationally over the next ten years.



















Photographed are more of the delegates who met at the recent Clinical Forum.













### Undergraduate College Scholarships, College of Medicine & Health

Congratulations to our College Scholars! The College of Medicine and Health recently awarded scholarships to students who successfully achieved the highest aggregate score (an overall grade of First Class Honours or equivalent) in each degree programme within the College of Medicine and Health.













Pictured above: Some of the award winners receiving their scholarships.

The recipients of the scholarships were as follows:	

BDS 1	Yong Yong Foo
BDS 2	Bojana Ivanisevic
BDS 4	Joey Donovan
BSc (Midwifery) 1	Meghan Claire Vaughan
BSc (Midwifery) 2	Rachel Mary Walsh
BSc (Midwifery) 3	Roisin Alice Bradley
BSc (Occupational Therapy) 1	Ellen Therese Coakley
BSc (Occupational Therapy) 2	Ciara Marie Crowley
BSc (Occupational Therapy) 3	Niamh Elizabeth Crowley
BSc (Occupational Therapy) 3	Eva Lyons
BSc (Public Health & Health Promotion) 2	Gillian Mary Maher
BSc (Public Health & Health Promotion) 3	Laura Elaine McCarthy
BSc (Public Health) 1	Kristina Mendelis
BSc (Speech & Language Therapy) 1	Lisa Field
BSc (Speech & Language Therapy) 2	Amy Maura Culloty
BSc (Speech & Language Therapy) 3	Anne Barrett
BSc Nursing (Children's & General) 1	Erinn Antonia O'Connell
BSc Nursing (Children's & General) 2	Jennie Marie O'Mahony
BSc Nursing (Children's & General) 3	Aoife Sheila O'Mahony
BSc Nursing (General) 1	Sarah Jane Moloney
BSc Nursing (General) 2	Sarah Mary Roche
BSc Nursing (Intellectual Disability) 2	Ashling Aoife Carroll
BSc Nursing (Psychiatric) 1	Andrew Martin O'Connell
BSc Nursing (Psychiatric) 2	Barbara Ann O'Brien Howe
BSc Nursing (Psychiatric) 3	Bryan Joseph O'Keeffe
Medicine (Graduate Entry) 1	Eanna Clifford
Medicine (Graduate Entry) 2	Alexandra Brito
Medicine (Graduate Entry) 3	Elaine Nora McCarthy
Medicine 1	Edmond Patrick Morrissey
Medicine 2	Killian John McCarthy
Medicine 3	Robert Patrick McEvoy
Medicine 4	James Alan Donnelly
Pharmacy 1	Patricia Brid Sheehan
Pharmacy 2	Patrick Joseph O'Dwyer
Pharmacy 3	Jacinta Walsh





















Pictured above: More of the award winners receiving their scholarships.

The awards were presented by Professor John Higgins, Head of College of Medicine and Health in the presence of the Heads of Schools, parents and families of the awardees.

At the ceremony, Professor John Higgins said 'Let me congratulate you very warmly; let me urge you to continue on the road you have embarked on when you came to UCC; use your time here to learn good habits and practices of study and critical thought and apply the knowledge you gain to improve your judgement and become an effective team worker at whatever level you find yourself.'

The title of College Scholar was also awarded to all First Class Honours recipients.

For further information on Undergraduate College Scholarships, please see:

www.ucc.ie/calendar/scholarship/sch002.html







Orna Ní Choileáin (left), who graduated in June 2013, receives the Seamus Keating Royal College of Surgeons Award, Best Performance in Oral Health & Development in Final Dental Examination from Mrs Alison Keating. This was the first year this prize was awarded.



Joey Donovan (left) receives the Henry Schein Fourth Year Prize for Best Overall 4th Year Student in Dental Surgery from the Registrar, Mr Paul Giller.

## SUCCESSFUL DENTAL PRIZE GIVING

Cork University Dental School and Hospital held its annual prize giving ceremony recently. Dr Eamon Croke, President, Irish Dental Council and Paul Giller, Registrar & Senior Academic Vice President, University College Cork were in attendance.

The awardees were as follows:

#### **Emily Higgins**

Gold Medal in Restorative Dentistry Overall Highest Mark in Final Year Sponsored by JNH Dental Ltd

#### Orna Ní Choileáin

Colgate - Palmolive Dentistry Prize Best Performance Preventive & Paediatric

#### **Bonolo Odirile**

Ormco- 'A' Co First in Final Year Clinical Orthodontics Exam

#### Ian Mulvey

Orthodontic Society of Ireland Medal First in Final year Orthodontic Exam

#### **Bonolo Odirile**

Kerr Prize in General Dentistry Sustained **Excellence in Restorative Dentistry** 

#### **Gavin Fitzgerald**

American Association of Endodontists Certificate Prize Excellence in Final Year Endodontics

#### **Gavin Nugent**

**British Society Restorative Dentistry** Excellence in final year Restorative

#### **Thomas Murphy**

**Dental Protection Award** 

#### Orna Ní Choileáin

Dr Noel Hayes/Dentsply Prize Best overall in final year Dental Surgery

#### Orna Ní Choileáin

**IDA Best Student Award** Highest Mark in Final year

#### Orna Ní Choileáin

Seamus Keating Royal College of Surgeons Award Best Performance in Oral Health and Development in Final Dental Examination.

#### **Emma Franks**

Straumann Award

#### HENRY SCHEIN FOURTH YEAR PRIZES

#### Joey Donovan

Best overall 4th year Student in Dental Surgery

#### Maria O'Brien

Best Performance in Oral Health & Development

#### Joey Donovan

Highest overall mark in Restorative





**TJ Horgan** (left) receives his award offered by the Dental Council, Medicine & Surgery (4th year) for highest mark in Oral Surgery from Dr Eamon Croke, President of the Irish Dental Council.



**Emily Higgins** receiving the Gold Medal in Restorative Dentistry for overall highest mark in Final Year from the Registrar, Mr Paul Giller. Sponsored by JNH Dental Ltd.

#### T. J. Horgan

Morris Dental Award Best Student in Fixed Prosthodontics

#### **Anand Iyer & Patrick McDonough**

Anne Wilson/Dentsply 3rd Year Prize Best Performance Written Exam & Continuous Assessment in Parmacology

#### Jeremiah O'Callaghan

J. Creaven Prize Highest Mark in Restorative Dentistry 3rd Year Sponsored by 3M Ltd

#### **Catherine Eager**

Academy of Operative Dentistry Prize: for outstanding performance in Operative Dentistry 3rd Years

#### Gabrielle O'Donoghue

W&H UK Ltd. Prize: for consistent excellence in practical and clinical Operative Dentistry in 3rd Year

#### **Jack Coffey**

DP Medical Systems Ltd Award 3rd Year Excellence in Endodontics

#### Deirdre Ní Dhonnchadha

Best Performance in Behavioural Science (Learning Log Presentation) the 2nd year BDS Perpetual Trophy Award

#### PRESENTATION OF DENTAL COUNCIL AWARDS

#### Jeremiah O'Callaghan

Conservative Dentistry (3rd Year) Highest Mark in Restorative Dentistry

#### **Elstan Lim**

Prosthetic Dentistry (3rd Year) Highest Mark in Practical Clinical Examination

#### T. J. Hogan

Medicine & Surgery (4th Year) Highest Mark in Oral Surgery

#### **Anne Marie Flannery**

Colm O'Sullivan Gold Medal Highest Mark over the two years of the Dental Hygiene Diploma

IRISH DENTAL ASSOCIATION OF IRELAND, PRESENTATION OF DENTAL HYGIENE AND DENTAL NURSING AWARDS.

#### Siobhan Walsh

Sensodyne Award Highest Mark in 2nd Year Dental Hygiene Exam

#### Anna Rose Drumm

Henry Schein Award Best Clinical Examination in 2nd Year Dental Hygiene

#### **Anne Marie Flannery**

Oral B Best Award Proctor & Gamble UK Best Project 2nd Year Dental Hygiene

#### Lenka Jurgosova

Dentsply Award Best Project 2nd Year Hygiene

#### **Anna Rose Drumm**

Molar Ltd Award Second Year Student with Highest Standard

#### **Evelyn Llewellyn**

Colgate-Palmolive Hygiene Award Student with Highest Mark in First Year Dental Hygiene

#### Siobhan Walsh

Pat Jones Award Highest Mark in Oral Medicine Question in Summer Paper



Pictured (I-r): Miriam Crowley, Irish Senior International Hockey Player; Clare Fitzgerald, Irish Senior Champion in Shot Putt and Discuss; Conor Lehane, Cork hurling star; and Josh O'Shea, soccer player at the UCC Sports Scholarships 2013/2014 (Pic Daragh McSweeney/Provision).

## Miriam Crowley

Congratulations to 5th year Dentistry student Miriam Crowley from Bishopstown, Cork who plays for the Irish Senior International Ladies Hockey team on her achievement in receiving a sports scholarship recently.

The event, which took place in the Mardyke Pavilion, Mardyke Sports Grounds (UCC), is organised annually by the Department of Sport & Physical Activity, UCC. UCC's new Director of Sport, Declan Kidney, presented the awards with Dr Ian Pickup, Head of Student Experience. This year, 20 club sports were recognised with kickboxing, table tennis & swimming making a welcome return. Other sports honoured with UCC Sports Scholarships include Rowing, Ladies Gaelic Football, Sailing, Rugby, Soccer, Ladies Soccer, Hurling, Golf, Ladies & Men's Hockey, Gaelic Football, Camogie, Basketball, Athletics, Orienteering, Ladies Rugby, Tae Kwon Do and Triathlon.

www.ucc.ie/en/news/fullstory-410192-en.html



Pictured above (I-r): Meadhbh Hayes, Ellen Fitzgerald and Ruth Kingston from Sacred Heart Secondary School, Clonakilty. (Photo Donagh Glavin)



# A First for Prep-for-Med

The excitement was palpable at UCC's fourth Prep-for-Med day held on Friday 24th January at UCC Medical School and Cork University Hospital.

Almost 100 Transition Year students and 50 teachers from schools all over Munster attended the Prep-for-Med programme which gives an insight into life as a medical student and medicine as a career.

The morning programme included a session in UCC's state-of-the-art FLAME Anatomy laboratory and clinical skills sessions where students learned how to measure blood pressure, take blood samples, stop bleeding, check pulses, perform CPR, and bring the most advanced Human Patient Simulator (METI-HPS), back to life.

The afternoon programme took place at Cork University Hospital and included 'CSI Cork', by Professor Margot Bolster, Assistant State Pathologist, Emergency Medicine scenarios (Jason Van de Vries) and medical ethical dilemmae (Surgeon Louise Kelly).

The highlight of the day, however, was seeing a baby being born by Caesarian Section on live videolink from Cork University Maternity Hospital. The students broke into spontaneous applause as a beautiful baby girl entered the world – a first for Prep-for-Med!

www.ucc.ie/en/news/fullstory-417712-en.html









More students enjoying the Prep-for-Med day.







Professor Patricia Kearney

## Professor Patricia Kearney, new Research Leader appointed by the Health Research Board (HRB)

Professor Patricia Kearney, Research Professor at University College Cork, is one of six new HRB Research Leaders, appointed by The Health Research Board (HRB). The investment of €9 million will address strategic gaps and leadership capacity in population health and health services research in Ireland.

All of the research programmes are specifically focused on delivering relevant and timely evidence that can be used in health care decision-making and are designed in consultation with leading healthcare decision makers.

Working in partnership with the National Clinical Care Programme in Diabetes, Professor Kearney aims to improve patient care and reduce the preventable clinical, financial and societal burden of Diabetes.

According to Professor Kearney, 'Diabetes is a common, disabling and deadly condition. In Ireland it is estimated that nearly one in 10 adults have diabetes, many of whom are undiagnosed. Currently diabetes costs the state almost €580 million per annum and this will rise significantly in coming decades. Given the stated changes to move more care of diabetes into primary care, this programme of work will address specific gaps by determining the real prevalence and incidence of diabetes in Ireland, define the costs of current care models and develop a lifestyle intervention for prevention of diabetes during pregnancy'.

www.ucc.ie/en/med-health/news/fullstory-415337-en.html







Above (I-r): Dr Roisin Cheshire, Scientific Programme Manager, SFI; Professor Caitriona O'Driscoll, UCC; Cian Hughes, Director of Operations, ITLG; Ann Horan, CEO, Ryan Academy.



Above: (I-r) Dr Roisin Cheshire, Scientific Programme Manager, SFI; **Dr Anne Moore**, UCC; Cian Hughes, Director of Operations, ITLG; Ann Horan, CEO, Ryan Academy.

## Congratulations to two staff members on winning the Science Foundation Ireland (SFI) TIDA Entrepreneurship training course prize

recently took part in a Get Started Venture Tech- ipants from: UL, UCD, DCU, NUIG, TCD, RCSI and nology programme which is an entrepreneurial Tyndall and both won their pitching events. This skills programme for University Researchers de- will lead to a visit by both staff to Silicon Valley for signed to equip participants with relevant knowl- one week, hosted by the Irish Technology Leaderedge and skills to assist them to commercialise ship Group (ITLG) to meet venture capitalists and their research, product or service.

4 months. Topics included: Innovative Mindset; tablished in October 2007 and is headquartered Marketers Mindset; Project Management; Finance; in Silicon Valley. ITLG is a non-profit organization Venture Capital; IP & Copyright; Technology Sales. comprised of high-level global technology lead-The programme was delivered by the DCU Ryan ers who are Irish or Irish-American. The Group in-Academy in Citywest, Dublin and is funded by cludes senior executives from some of the world's Science Foundation Ireland (SFI) as a result of leading corporations, each of whom are comparticipants (from various universities/Institutes) mitted to promoting the technology connection applying for feasibility funding.

Throughout the programme participants learned technology opportunities. how to "Tell their Story" in a final pitching event. Participants pitched to a panel of industry experts, Both Professor O'Driscoll and Dr Moore are very all of whom have start up experience and expe-

Professor Caitriona O'Driscoll and Dr Anne Moore O'Driscoll and Dr Moore competed against particleading technology companies. This is a unique opportunity for both academic staff to promote The programme took place 2 days per month over commercialization of their research. ITLG, was esbetween Ireland and Silicon Valley, and helping Ireland address the challenges of embracing new

grateful to Science Foundation Ireland for the rience with University spin-outs. Both Professor generous sponsorship of this visit to Silicon Valley.

www.ucc.ie/en/pharmacy/news/fullstory-403783-en.html



## DEMENTIA CARE AUDIT PUBLISHED

The first Irish national audit of the quality of dementia care in Ireland's acute hospitals shows that Ireland does not yet have standardised care for dementia in acute hospitals.



In 2013, the Irish National Audit of Dementia audited 35 acute hospitals in the Republic of Ireland, interviewing the senior hospital managers and geriatricians; directly observing the environment/interviewing the clinical nurse manager of 77 wards, and reviewing 660 healthcare records of people with dementia who had been admitted to the hospitals. The Irish National Audit of Dementia comprises The Centre for Gerontology and Rehabilitation, University College Cork, The Centre for Ageing, Neuroscience and the Humanities, Trinity Centre for Health Sciences, Tallaght Hospital Dublin and the HSE Quality and Patient Safety Directorate.

The audit showed differences in the access to dementia-relevant services between hospitals, with poor access to many diagnostic and support services. There was inadequate assessment of cognition, delirium, mood, and behavioural and psychological symptoms, in people with dementia during their admission, and where assessed and discovered, issues were not highlighted on discharge. People with dementia admitted from nursing homes were least likely to have cognitive and social assessments and had the shortest length of stay in hospital. 35% of people with dementia admitted from home were discharged to nursing homes, and these patients had particularly long lengths of stay in hospital.

www.ucc.ie/en/news/fullstory-417423-en.html



## Tanya Mulcahy BSc., PhD.

Tanya has recently taken up the position of Manager of the Health Innovation Hub. She brings with her, a wealth of experience in the public and private sector; her most recent role was Manager of the College of Science, Engineering and Food Science, UCC. She has an honours degree in Biochemistry and a PhD in Cancer Genetics from UCC. She has conducted postdoctoral research in population based Neuropsychiatric Genetics at Trinity College Dublin and has over 10 years' experience in biotechnology based research and development industries – Schering Plough (NJ, USA) and start-up Biotechnology company Orchid Biosciences (Princeton, NJ). Dr Mulcahy returned to Ireland from the USA in 2006 and worked as a Programme Manager with Science Foundation Ireland before joining UCC in 2009. Tanya is a member of the Executive Management Board of Eureka Centre for inquiry based Education in Science and Mathematics. She is co-ordinator of the BioInnovate programme at UCC. Tanya is married to Kevin Dalton who also works in UCC and has three active boys.

'I'm really excited about this new role and the potential of the Health Innovation Hub to support innovative ideas that will positively impact the healthcare sector, create jobs and support creativity. The key to the success of the Health Innovation Hub lies with our network of clinical teams; the most significant issue encountered by new companies is that they need to test their products in a real world clinical environment but they don't know who to contact or how to go about it, this is where we come in. We have already supported six companies and we are in the process of selecting new projects for 2014. It promises to be an exciting year for the Health Innovation Hub. For more information on the Health Innovation Hub go to www.hih.ie. We've also established a LinkedIn Group where members can share ideas on innovations and advances in healthcare and medical technologies- so if you want to get involved in the HIH, please join.'



Brendan Murphy, Consultant Neonatologist, Cork University Maternity Hospital (CUMH), along with John Higgins, Professor of Obstetrics and Gynaecology, CUMH and Head of College of Medicine and Health, University College Cork, drop-by to acknowledge and support Joanne. Included in the photo is Joanne's four-month-old daughter, Liadan. (Photograph: Gerard McCarthy)



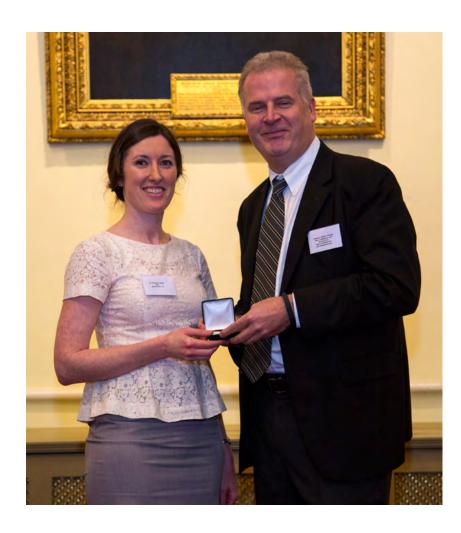
## The 12 Marathons of Christmas, Guinness World Record attempt in aid of Neonatal Research at Cork University Maternity Hospital

Congratulations to Joanne Fearon who completed her record breaking 12 Marathons of Christmas and in the process raised €12,000 in donations.

Joanne ran 12 marathons (42.2km), one each day, on a treadmill in Maher Sports on Oliver Plunkett Street, Cork to raise funds for Neonatal Research at Cork University Maternity Hospital and in the process she also set a Guinness World Record.

John Higgins Professor of Obstetrics and Gynaecology, Head of College of Medicine and Health UCC said 'Neonatal Research at Cork University Maternity Hospital is a multidisciplinary team of clinicians, scientists, nurses and engineers, with an overall aim to improve the long term health outcomes of newborn babies. It is through the tremendous efforts of people like Joanne Fearon that donations are received. Donations will be used to purchase research equipment for the neonatal intensive care unit and will help employ research staff with the specific expertise necessary to conduct research in this area. On behalf of my colleagues at CUMH may I take the opportunity to sincerely thank Joanne.'

Left: Joanne handing over the donation to the Neonatal Research Team at CUMH



## RAMI WINNER Dr VANESSA COLLINS, UCC

Congratulations to Dr Vanessa Collins from the UCC Intern Training Network who recently won the Royal Academy of Medicine Ireland bronze medal, for her Clinical Research abstract titled 'A Descriptive Study of Cause of Death in Homeless Adults in Cork' at the RAMI Intern Study Day on 18th January 2014.



### IRISH PHARMACY NETWORK'S DYNAMIC 100

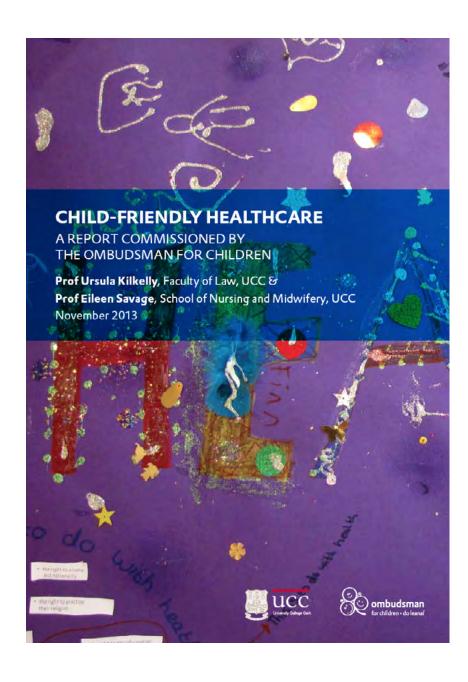
Five of our academics from the School of Pharmacy are included in the IPN's Dynamic 100 list. The list features some of the most innovative personalities in the pharmacy industry. The individuals presented demonstrated the determination to contribute and help shape Irelands' pharmacy industry through innovation and dynamic attitudes. The Dynamic 100 have been nominated by their peers, colleagues and those who these individuals inspired. They are:

Professor Stephen Byrne
Dr Abina Crean
Dr JJ Keating
Dr Anne Moore

**Professor Caitriona O'Driscoll** 

issuu.com/pharmacynewsireland/docs/ipn\_dec\_2013 (page 58)





## Child-Friendly Healthcare -A Report Commissioned by the Ombudsman for Children

This report which was recently published is the result of research undertaken by an inter-disciplinary research team at University College Cork on behalf of the Ombudsman for Children. The four members of the research team were:

- Professor Ursula Kilkelly, Faculty of Law, University College Cork (PI)
- Professor Eileen Savage, School of Nursing and Midwifery, University College Cork (PI)
- Professor Jonathan Hourihane, Department of Paediatrics and Child Health, University College Cork
- Dawn Farrell, School of Nursing and Midwifery, University College Cork.

Health and healthcare are essential to children, their development and their well-being. Implementing children's rights in healthcare is essential to a system of healthcare that meets children's needs and takes account of their specific circumstances.

The challenges of promoting child-friendly healthcare must be met by a series of complex strategic and operational initiatives, many of which are already underway in Ireland in 2013. Based on the UN Convention on the Rights of the Child, the challenge of mainstreaming the child-friendly healthcare approach must be led by identifiable champions and advocates, including the many healthcare professionals that work daily with children as well as children themselves. The 'building blocks' offered in this report are recommended as the 'next steps' towards child-friendly healthcare in Ireland.

'We would like to thank the Ombudsman for Children's Office - especially Ombudsman for Children, Emily Logan and her colleagues Karen McAuley and Nikki Gallagher - for the opportunity to undertake this research and for the support we received in bringing it to publication', Professor Eileen Savage.

www.oco.ie/assets/files/publications/ResearchCommisbyOCO/ChildFriendlyHealthcareOCO.pdf







## Mary Lucey's Operation Transformation

One of the stars of Operation Transformation at UCC has been our Occupational Therapy student Mary. Another great week for Mary who looks on course for some really amazing results. Mary tell us a little about herself below.

My name is Mary Lucey and I'm twenty years of age, twenty-one in May. I suppose like many other people, trying to keep my weight down has always been a battle. I am a second year Occupational Therapy student and I think by studying a health-care and medical programme, it became clearer than ever the danger that being overweight can do to your health. I've pretty much tried it all, juice diets, detox diets, Unislim, WW and can never stick to anything. As a student, the temptations of going out for the night or taking a trip to the nearest fast food place are far greater than a trip to the gym. I definitely need support and a push in the right direction and Operation Transformation is helping me do just that. I have been provided with a dietician, GP, personal trainer and life coach, not to mind the remarkable support from my fellow Operation Transformation leaders, college peers and the wider UCC community. The benefits of all these services are beginning to show. I am now nearly three weeks into the program and the positive mental and physical changes are becoming evident. I have always felt defeated by my weight but now I am excited, energetic and enthusiastic about being in the process of making positive changes to my life. I have finally embarked on the journey of making a happier and healthier me.



## **GP CONFERENCE**

## 17th Annual Scientific Meeting of the Association of Departments of General Practice in Ireland

The Department of General Practice in University College Cork are delighted to host the 2014 Annual Scientific Meeting of the Association of Departments of General Practice in Ireland. In a change of format the conference will be held over a day and a half on Thursday 6th and Friday 7th March 2014.

The Thursday half day has been designated for workshops on research and education topics to be determined on the basis of submitted abstracts. On the Thursday evening delegates are encouraged to join us for a meal at the award-winning Glucksman Gallery in the grounds of UCC.

Our keynote speaker for Friday morning is Professor Robert (Bob) Bollinger, Director of the Johns Hopkins Centre for Global Health Education. Professor Bollinger is a professor of infectious diseases and public health medicine specialist. The Centre for Global Health Education, which he heads, develops and provides clinical education to healthcare providers in resource limited settings around the world. He has also been a leader in the development and use of distance learning and mHealth technology.

www.uccconferencing.ie/product/association-university-departments-general-practice-ireland-annual-scientific-meeting-06032014-07032014/



#### 2014 Bioinnovate Fellowship

## Bioinnovate Ireland is now recruiting for the 2014 Fellowship programme.

Are you interested in:

- identifying unmet clinical needs?
- identifying commercial needs in the medtech sector?
- learning a structure and process that fosters innovation?
- learning how to evaluate potential commercial opportunities?
- building a network of clinical, business and financial professionals?

To register your interest please visit:

www.bioinnovate.ie/signup

and a programme representative will contact you.