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Dear Colleagues

Summer is a time for rest and relaxation; a time to recharge and re-energise.

Step back from work and focus on life, family and friends. Get it all in perspective and prepare for the year ahead.

Have a wonderful holiday!

John R Higgins
Professor of Obstetrics and Gynaecology
Head College of Medicine and Health



FORMAL RENAMING OF UNIVERSITY HOSPITAL WATERFORD

Waterford Regional Hospital, UCC's academic partner, has been formally renamed 'University Hospital Waterford' (UHW) by the Minister for Health, Dr James Reilly TD.

The formal renaming of University Hospital Waterford marks the significant role of the Hospital as outlined in the Report on the Establishment of Hospital Groups (2013). University Hospital Waterford is one of nine hospitals in the South/South West Hospital Group.

www.ucc.ie/en/med-health/news/fullstory-476302-en.html



Above left: At the unveiling of the plaque to mark the naming ceremony were from left: Mayor Cllr. John Cummins, Dr Rob Landers, Clinical Director, University Hospital Waterford; Professor Geraldine McCarthy, Chair, South/South West Hospital Group; Dr James Reilly, TD, Minister for Health; Professor John Higgins, Professor of Obstetrics and Gynaecology, Head of College of Medicine and Health UCC, and Professor Mary Horgan, Dean School of Medicine, UCC.

Left (l-r): Professor Mary Horgan, Dr Brian Creedon, Professor John Higgins, Dr Sean Leavey and Dr George Pope. (Photos: Aileen Drohan)



IRISH JUNIOR DOCTORS' CAREER PLANS AND PATHWAYS

A recent study investigating the training paths and career plans of junior doctors training on programmes under the Royal College of Physicians of Ireland, found that the 'exodus' of Irish postgraduate medical trainees, which has been at the forefront of national discussion, is more complex than that which has been originally portrayed.

This study was published in the Irish Journal of Medical Science. It was carried out in collaboration between the Royal College of Physicians of Ireland and the Medical Education Unit, University College Cork and led by Deirdre Bennett, Senior Lecturer, School of Medicine, University College Cork.

www.ucc.ie/en/med-health/news/fullstory-476449-en.html



BETTER SAFER TRAINING FOR SURGEONS

The first large-scale study into simulation-based medical training finds that proficiency-based training produces a significantly superior skill-set when compared to a traditional training programme.

The study carried out by the Arthroscopy Association of North America (AANA) was led by Richard L. Angelo, M.D. (Past President, AANA) in collaboration with Richard K.N. Ryu, M.D. (Past President, AANA), Robert A. Pedowitz, M.D., PhD, and Anthony G Gallagher (Professor, ASSERT for Health Centre, University College Cork, Ireland).

The objective of the study was to analyse whether proficiency-based training for a complex minimally invasive arthroscopic surgical procedure produces better surgical skills and an increased margin of safety.

www.ucc.ie/en/med-health/news/fullstory-473254-en.html



MOTHERS WHO BOOK PRIVATELY MORE LIKELY TO HAVE A C-SECTION

A research study into private healthcare coverage and increased risk of obstetric intervention has recently been published in BMC Pregnancy and Childbirth.

This study was carried out by the National Perinatal Epidemiology Centre (NPEC) based in the Department of Obstetrics and Gynaecology at University College Cork.

After controlling for common risk factors mothers who booked privately were 48% more likely to have an elective caesarean delivery, 13% more likely to have an emergency caesarean delivery and 25% more likely to have an assisted delivery (forceps or vacuum). The study highlights that further research is needed to better understand both clinical and non-clinical dynamics contributing to these differences.

www.ucc.ie/en/med-health/news/fullstory-467174-en.html



POSTGRADUATE TRAINING IN IRELAND

The first study investigating the quality of postgraduate medical training in Ireland, using a validated tool, has identified both strengths and weaknesses. This study has demonstrated that the measurement of learning environments at a national level provides useful information for quality assurance and improvement of training.

This study was published in the Irish Journal of Medical Science and is part of a wider programme of research into postgraduate medical training, jointly conducted by the Royal College of Physicians of Ireland and the Medical Education Unit, School of Medicine, University College Cork, led by Dr. Deidre Bennett, Senior Lecturer, School of Medicine, University College Cork.

www.ucc.ie/en/med-health/news/fullstory-476441-en.html

WHY THE SCHOOL OF PHARMACY AT UNIVERSITY COLLEGE CORK ARE GOING LEAN!



Pictured (l-r): Professor Stephen Byrne, Head of School of Pharmacy; Prof John Higgins, Head of College of Medicine & Health; Joe Aherne, CEO of the Leading Edge Group; Pat Field, Network Performance Leader, Pfizer; Deirdre Lynch, Chief Pharmacist, Cork University Hospital and President of the Hospital Pharmacists Association of Ireland; Caroline Reidy, Hospital Key Account Manager, Pfizer Healthcare

The School of Pharmacy at UCC is embarking on a unique initiative in Ireland using the concept and principles of Lean Management.

The Lean concept was developed by Toyota and supports the identification of wasteful activities in a healthcare process that does not enhance the patient experience, and provides a means to remove or reduce them. The School of Pharmacy are hosting this Lean based educational and consulting programme for all pharmacies across the South/South West Hospital Group to be delivered by the international healthcare improvement organisation, the Leading Edge Group. The objectives of the programme is to educate and empower pharmacists and pharmaceutical technicians in the use of techniques and methodologies that will not only improve their pharmacy processes within their hospitals but deliver better care to their patients.

www.ucc.ie/en/pharmacy/news/fullstory-467467-en.html



First IMPROVED Baby Born

Congratulations to Catriona and Damien, parents of baby Aisling, first baby born on the IMPROVED study. The IMPROVED study, UCC and CUMH, aims to develop a blood test for the early detection of pre-eclampsia.

Above: Baby Aisling with Mum Catriona McCarthy and Dad Damien Hennessy. (Photo: Rivendell Photography)



THE ESSI PROJECT - SCHOOL OF NURSING & MIDWIFERY

In February 2014, staff and students from the School of Nursing and Midwifery participated in an innovative Erasmus Intensive Programme (IP) in Finland. The programme focused on learning about empowering patients and service users through support and involvement in their chronic illness management; **Empowering Service** users through **Support** and **Involvement** became known as 'ESSI'. The educational programme took place in Savonia University in Kuopio, Finland from 16th of February to the 1st of March 2014. The project involved lecturers and students from Bulgaria, Ireland, Finland, and Wales. The ESSI IP was coordinated by Savonia University of Applied Sciences, Unit of Health Care (Finland).

The ESSI programme involved a number of strands of work that ultimately culminated in an exhibition of the students' work in Savonia University on the final day of the two-week programme. The first strand related to an educational course on the highly important subject area of chronic disease management and the Chronic Care Model. Secondly, the students worked in international teams and each team was introduced to a local Finnish service user; **an expert by experience**. Interviews with these experts on the topic of empowerment contributed to the students' work. The final strand of the programme explored the use of empowering photography which can be used as a powerful tool in terms of the development of empathetic skills.

A number of papers, jointly authored by the lecturers from the four universities, are currently being coordinated that will examine the effectiveness of this programme from a number of perspectives, including the very significant cultural learning that was gained through the programme.



HEARING VOICES: UCC HOSTED A LECTURE ON HEARING VOICES

UCC has hosted a public talk on young people who hear voices as part of a plan to develop local mental health services in this area.

Voice Collective, a London-based project supporting children and young people who hear voices, came to Cork to work with local mental health services to develop peer support groups for children and young people who hear voices.

To support this initiative, Rachel Waddingham, project manager, gave a free public talk, 'hearing voices in childhood and adolescence', hosted by The School of Nursing and Midwifery and The Irish Institute of Mental Health Nursing.

www.ucc.ie/en/news/fullstory-466603-en.html



Above: Dr Susan Joyce and Dr Cormac Gahan

CORK RESEARCHERS FURTHER UNDERSTANDING OF HOW GUT BACTERIA REGULATE WEIGHT GAIN

Researchers at the School of Pharmacy and Alimentary Pharmabiotic Centre in University College Cork have discovered how gut bacteria communicate with their host to specifically regulate weight gain and serum cholesterol levels.

The research, funded by Science Foundation Ireland, has implications for the rational selection and design of probiotics for the control of obesity, high cholesterol and diabetes.

The team led by Dr Cormac Gahan and Dr Susan Joyce has analysed a bacterial protein that modifies bile acids (a major component of bile secretions) in the gut. This protein, bile salt hydrolase, is commonly made by gut bacteria and functions to change the chemical properties of bile acids in the gut. The research team has shown that specifically increasing levels of this protein reduces serum cholesterol levels and weight gain in mice. The group are currently exploring the relevance of these findings to humans.

www.ucc.ie/en/pharmacy/news/fullstory-473509-en.html



2014 RECIPIENT OF THE MEDICAL SCHOOL MEDAL

Congratulations to Dr Daniel J. Penny, winner of the 2014 Medical School Medal! "The Medical School Medal was inaugurated in 2001, and was created to honour those who have made exceptional contributions to Medicine and Society". The medal was presented to Daniel at the pre-graduation dinner on the 28th May.

www.ucc.ie/en/med-health/news/fullstory-478113-en.html



Top left: Professor John Higgins, Professor Mary Horgan, Professor Daniel J. Penny and Dr Liam Plant at the UCC Medical School Awards. Top right: Brian Hanley, Sadhbh Hurley, Oisín O'Corragain, Rachel Barry, Dean Moore and Jenny Gannon. Above left: Professor Stephen Cusack, Rachael Cusack, Dr Liam Plant and Sinead Plant. Above right: Frances O'Mahony, Lena Houlihan, Alan Quinn, Susan McGrath and Daniel Hussey. (Photos: Donagh Glavin)



Alexandra Brito

ALEXANDRA BRITO

Alexandra Brito has been awarded the MSD Prize in Ophthalmology, UCC as a result of achieving the highest combined mark in the ophthalmology components of her continuous assessment, end of year exams, and the Duke Elder exam. The Duke Elder exam is an ophthalmology exam, set specifically for medical students by the Royal College of Ophthalmologists in London. Alexandra also obtained the 15th position out of over 550 candidates for the Duke Elder prize, which is the best result achieved by any UCC student in a long time.

Alexandra says, “Based on my research focus and career goals it may seem that I don’t have an interest in ophthalmology. However, because my educational background is in cell and developmental biology, I’ve always thought of the eyes as the parts of your brain that sit outside your head, because developmentally, apart from the lens, that’s exactly what they are. I’ve always found neuroscience fascinating, and I believe that you can make a very strong argument for ophthalmology really being a sub-specialty of neurology and neurosurgery. On top of that, I’m a big fan of the visual arts (Art School was my back-up plan if I couldn’t get into a pre-med programme), and clearly vision and interpretation of visual stimuli in the brain is incredibly important in perception of art.”



JOEY DONOVAN WAS AWARDED DECARE

Congratulations to Joey Donovan, BDS, who was awarded the DeCare/Irish Faculty of Primary Dental Care Undergraduate Bursary.

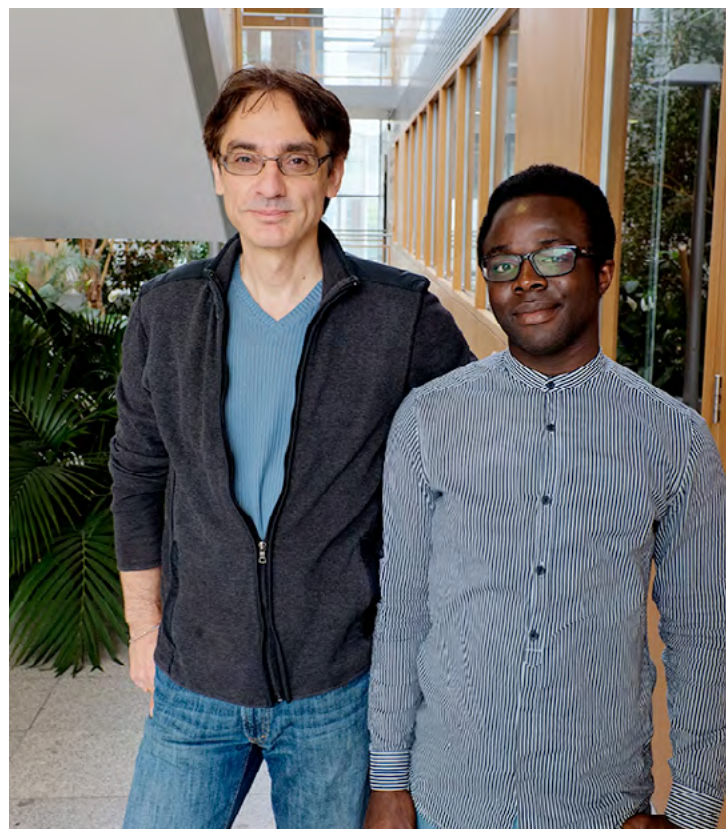
Pictured are: Joey (centre) with Dr Frank Ormsby (left), Chairman of the Irish Faculty of Primary Dental Care, and Dr Gerry Gavin (right), Chief Dental Officer, DeCare Dental insurance



BDS IV STUDENT AWARDED COSTELLO MEDAL

Nana Ansong 4th Year BDS represented the Dental School and Hospital UCC at the Irish Dental Association Annual Conference in Kilkenny. Nana presented a poster titled “Based on current evidence how often should an individual visit their dental practitioner for a dental examination?” and won the Costello Medal. His work was supervised by Dr Martina Hayes.

Left: Nana Ansong BDS IV and Dr Peter Gannon, President of the IDA



PHARMACY STUDENT IS AWARDED A SCHOLARSHIP FROM THE HEALTH RESEARCH BOARD

Third year pharmacy student Ezebuchi Nwafor received an HRB Summer Student Scholarship for a research project he will conduct with his mentor Dr Christian Waeber.

Stroke is the 3rd leading cause of death in the world. However, the only available drug, which is used to dissolve the clot and restore blood flow to the affected area, is only used in ~4% of patients. Effective therapies are therefore needed. Ezebuchi’s project will focus on preconditioning, which is a process whereby a stimulus below the threshold of damage is applied, leading to tissue resistance to the same, or different stimuli given beyond damage threshold.

www.ucc.ie/en/pharmacy/news/fullstory-480978-en.html

Left: Dr Christian Waeber and Ezebuchi Nwafor

ONLINE MASTERS IN PUBLIC HEALTH



The deadline is approaching for applications for Ireland's first Online Master's in Public Health commencing in September 2014.

The Online Master's in Public Health can be completed either full-time over a year or part-time up to five years. This internationally-focused programme will provide individuals from a range of different professional backgrounds with the academic and experiential skills in the theory and practice of Public Health – Epidemiology, Biostatistics, Health Promotion and Health Protection.

Professor Ivan J Perry, MD, PhD, Professor of Public Health, Head of Department of Epidemiology & Public Health, tells us a bit about Public Health and the Online MPH:

“Public health is an exciting discipline which operates at the intersection of biology, behaviour and the environment. Public health skills are core to tackling the major challenges facing our planet in the 21 Century, including the global obesity crisis, tobacco control, the health effects of climate change, the effects of social injustice on health and the control of infectious disease in hospitals and in the community in both developed and developing countries. UCC's Online MPH builds on a decade of experience of designing and delivering internationally competitive campus based programmes in public health at undergraduate and post-graduate level. It is designed to provide an internationally recognised masters level qualification in Public Health from a major university, ranked in the top 2% of universities worldwide. It will recruit students from a wide range of academic backgrounds in the biological, behavioural, social and environmental sciences together with health care professionals in medicine, nursing, dentistry and the allied health professions.”

For further information on the programme, please click the link below.

www.ucc.ie/en/epid/postgrad/mphonline/



MSc IN OCCUPATIONAL HEALTH

The deadline is approaching for applications for the Master's in Occupational Health commencing in September 2014.

The MSc in Occupational Health is a two-year part-time taught programme that provides a multidisciplinary approach to occupational health and safety management in the workplace including Occupational Medicine, Risk Assessment, Psychology, Public Health and Epidemiology, Law and Training and Development. The programme consists of three elements; formal course work, self-directed learning using case studies, and project work.

For further information on the programme, please click the link below:
www.ucc.ie/en/epid/postgrad/masters-occupation-health/

MSc IN OBSTETRICS AND GYNAECOLOGY



The Department of Obstetrics and Gynaecology at Cork University Maternity Hospital, together with University College Cork is now seeking candidates for Masters of Science (MSc) in Obstetrics and Gynaecology commencing in September 2014.

The MSc in Obstetrics and Gynaecology is a two-year cyclical part-time programme, comprising taught modules, clinical attachments and a dissertation. Modules consist of formal teaching material, lectures and course work, individual assignments including case studies, debates and journal reviews, clinical skills teaching and practical exercises.

For further information on the programme, please click the link below:
www.ucc.ie/en/ckx12/



SURGEON NOONAN STUDENTS OFF TO AFRICA

After a year of fundraising, 34 UCC fourth year medical students have jetted off to Africa with the Surgeon Noonan charity. By fundraising throughout the year, they have raised an astounding €114,000, which will be divided amongst 11 hospitals in four African countries. The students will be travelling to Tanzania, Zambia, Malawi and Ghana, bringing with them medical supplies kindly donated by local hospitals and businesses and the money raised. Events throughout the year included 51 flag day collections in shopping centres and towns throughout Cork and Kerry, pub collections over Jazz Weekend and St Patricks weekend, table quizzes and our annual Surgeon Noonan Ball, held in Rochestown Park Hotel. The students would once again like to take this opportunity to thank the people of Munster, who supported these events and without whom none of this would be possible. Every donation, big and small, was greatly appreciated.

LIVE Q&A ON FACEBOOK

The first ever live peer to peer Q&A Facebook campaign took place in the School of Clinical Therapies in the College of Medicine and Health, UCC. It focused on the recruitment of non-EU students considering becoming Occupational Therapy or Speech and Language Therapy professionals. The Q&A allowed interested students to direct their questions concerning the programmes on offer and the prospect of living in Ireland at international student ambassadors from Brunei, Barbados and India, who have gained first-hand experience in studying in Ireland. Professor Fiona Gibbon, Head of School, also provided answers to enquiries.

To access the Facebook page, please click the link below.
www.facebook.com/UCC.QA.ClinicalTherapies?fref=ts





ALUMNI

The generosity of our wonderful Alumni supporters is well-acknowledged within the College of Medicine and Health. These individuals give much appreciated support to our college, helping us develop our healthcare education to achieve our goal of making families, communities and our country healthier. Our Alumni have had interesting career paths and numerous different experiences, showing how diverse the field of Medicine can be. They also offer invaluable advice to their younger peers, something that young healthcare students and professionals would find beneficial to listen to.

DR CON MURPHY

Dr Con Murphy (Class of 1973) is an Alumnus and active Supporter of UCC's College of Medicine and Health. 2009 Con received the Alumnus Award for Voluntary Service to UCC.

In addition to supporting the College of Medicine and Health, Con has for many years actively been involved in the UCC GAA teams. He is currently the president of the Gaelic Football club at UCC, and his long-term commitment has made him a highly valued member of the club.

Con's interest in GAA has also led him to a life-long involvement with the GAA Cork teams. His service within the GAA extends to almost 40 consecutive years, which can be traced back

to when he was still a junior doctor in 1976, when he for the first time served as the doctor for the Cork Hurling team in a game of the Munster Hurling Championship. After that he also became a doctor for the football team. Con has in total participated in 26 All-Ireland finals, including both hurling and football. Thus, Con has been able to combine his passion for sports with his profession.

As advice to his younger peers, Con encourages all healthcare professionals to get engaged in sports, especially team sports. Apart from health inspired reasons for exercising, it gives you something to talk about with the patients, making them more comfortable. Con also

highlights how a team sport teaches you skills where you have to get along with other people. This is needed in e.g. hospital medicine where you are involved with teams.

Individuals like Con are highly regarded within the College of Medicine and Health at UCC. His solid expertise combined with his kind nature and cooperative behaviour makes him a truly unique doctor that serves as a brilliant role model for our future healthcare practitioners.

If you are interested in supporting the College of Medicine and Health, please contact Paul McCarthy – paul.mccarthy@ucc.ie



COLLEGE OF MEDICINE AND HEALTH CONFERRING

Congratulations to our Graduates from the College of Medicine and Health, who graduated with various disciplines at UCC's Summer Conferring 12th June 2014.

Above: Visually impaired Jessica Ní Mhaoláin (BSc Public Health) with Sean Mullins. Jessica says: "Throughout the 4 years of the BSc Public Health, I received a lot of support from both the Disability Support Service and my lecturers which has made all the difference to me. I was just recently accepted into the MBS Government Masters here in UCC which I'm very excited about taking on next year, a decision which was partly influenced by the quality and level of support I received while studying here. Career-wise, I would hope to work in an advocacy setting or within some level of government in the future."



Above left: Justin Lam, TJ Horgan, Richard Fitzgerald, Gerry McKenna, Jack Coffey, Conor O'Meara, Conor Carroll, Ian Murphy and Paul Hennessy (all BDS in Dental Surgery). Above: Mairead Harding and Sorcha Harding (BDS (Hons)). Left: Zoe Murphy (BSc (Hons)). (Photos: Gerard McCarthy)

Above left: Mary Hughes Kenny (PhD) with her twins Roisin and Ruairi. Above right: Michael O'Mahony, Kieran O'Mahony, Ann Marie O'Mahony (PhD) and Anya O'Mahony



MEDICAL CONFERRING

Congratulations to our recent School of Medicine Graduates, who graduated at the Medical Conferring 30th May 2014 with an Honours Degree of Bachelor of Medicine, Bachelor of Surgery, Bachelor of Obstetrics (MB, BCh, BAO Hons).



Above: Margaret Gleeson, Leanne Cussen, Rita McMorrow, Niamh Reidy, Jennifer Mulhall, Tracy O'Neill and Shona Meagher

Top left: Rachael Cusack with family. Top right: Leo, Lucas and Emily Carroll. Above left: Vinitha Prabhakaran, Lena Mary Houlihan and Huizhuang Xie. Above right: Dr Liam Plant, Sinead Plant and Sheila O'Neill. (Photos: Gerard McCarthy)



JENNINGS GALLERY 'THE ART OF MAKING' EXHIBITION

How does making art impact on health? First Year Occupational Therapy students offered their own answers to this question at a recent art exhibition in UCC's Jennings Gallery.

The print and textile exhibition, titled 'The Art of Making', seeks to highlight the importance of the relationship between the maker and the object. The art of making is a journey that is personal, shared and a celebration of who we are.

The exhibition, organised by the Department of Occupational Science and Occupational Therapy and the Jennings Gallery, UCC, is the culmination of six weeks work by the students, who worked in tandem with the Cork Printmakers and Frances Leach of Cork Textiles Network, to create this unique take on our working world.



Staff and Students at opening night: Top left: Sarah Jane Mooney and Peter Noonan. Centre left: Sinead Holly. Bottom left: Aisling Hahessy, Miriam O'Callaghan and Julie Sexton. Above left: Bridget Maher, Eithne Hunt, Erin Riley, Jeanne Jackson, Fiona Gibbon, Karen McCarthy, Michael Hanna and Frances Leach. Above centre: Aoife Buggle and Laura Keane. Above right: Shannon Brown, Ellen McAuliffe and Lucy Hunt. (Photos: Clare Keogh)



SNIPPETS FROM THE DIARY OF THE HEAD OF COLLEGE OF MEDICINE AND HEALTH	
16 May 2014	Unveiling of UHW plaque in Waterford by James Reilly
19 May 2014	Opening of Orthopaedic Theatre Complex and Pain Management Unit (SIVUH)
22 May 2014	Health Innovation Hub - National Project Team Meeting in Dublin
22 May 2014	Meeting with Ambrose McLoughlin, University Presidents, and Heads of Colleges (Hawkins House - Dublin)
23 May 2014	CUMH Grand Rounds "Prevention of Fetal Alcohol Spectrum Disorder" Dr Mary O'Mahony (Specialist in Public Health Medicine)
30 May 2014	College of Medicine and Health, School of Medicine Conferring
3 June 2014	Meeting re. Collaboration between UCC and Clinical Microbiology Service (CUMH)
4 June 2014	Chaired conference on Shoulder Dystocia/Erb's Palsy (Hayfield Manor)
6 June 2014	Perinatal Ireland Steering Committee Meeting
6 June 2014	PROMPT (in house training)
12 June 2014	College of Medicine and Health Conferring
18 June 2014	College of Medicine and Health Annual Research Day
18 June 2014	Opening of Jennings Gallery
19 June 2014	Galway BioInnovate team - Mark Bruzzi and Paul Anglim from NUIG