



CoMH eNEWS

College of Medicine and Health, UCC



University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Issue 28 | April 2018

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CoMH eNews is intended for circulation among staff and students of the College of Medicine and Health, UCC. Extracts from CoMH eNews should not be published without the permission of the editor.



Annual Teddy Bear Hospital



Awards



Book Launch



INMED



Partnership



Prep-for-Med





Dear Colleagues,

Welcome you to the spring edition of the College eNewsletter which as usual is packed with the latest news of your achievements in education, research and multiple other domains. I hope you enjoy it.

With the end of the academic year in our sights, it seems like a good idea to take stock of the accomplishments we have had from across the College thus far in 2018.

In particular, I wish to commend the recipients of the NUI Dr HH Stewart Medical Awards. To have such a large cohort of recipients is outstanding and demonstrates the excellence that exists within our student body.

March 8th saw us celebrate females across the globe for International Women's Day. This year's campaign called on us all to 'Press for Progress' and I was honoured to give the opening address at the 'Celebrating Women in Science' event in Brookfield. I wish to extend this celebration to women of all disciplines in the College - whether academic, clinical or administrative, thank you for your hard work and let's continue to Press for Progress!

I am currently visiting all our partner hospitals in my dual role as Head of College and Chief Academic Officer. Strengthening and building on our partnership is vital for the future of our shared vision of an Academic Health Centre. An effective partnership will have benefits for patients, students and staff. Colleagues in our hospitals show tremendous interest in and commitment to our students, sometimes in challenging environments. We are committed to promoting excellent education and research in our clinical sites and developing the infrastructure to support it. Our Director of IT Services is exploring solutions to improve access to eduroam on our sites and to enable remote library access to affiliated staff.

It is not long since we endured the havoc the Beast from the East and Storm Emma brought upon us. The heroic efforts of the staff and students, to maintain continuity of services must be applauded, in particular those who made courageous efforts to travel to continue their essential work during the adverse weather. Your dedication is truly admirable.

As we enter exam season my thoughts are with our industrious students. It can be a stressful time for them and I wish them good luck with their studies. It is also timely to thank all of our committed staff who have diligently educated, organised, assessed and supported our students throughout the year.

Professor Helen Whelton
Head of College of Medicine and Health
University College Cork

A Glance at Professor Helen Whelton's Recent Activities

UCC partners with Cork Opera House

Professor Whelton attended the launch of the partnership between UCC and Cork Opera House on February 20th. This exciting new collaboration is the first of its kind in Ireland. The eight-year cultural partnership programme aims to not only boost Cork's already strong reputation as a city of learning and culture, but also to enhance the student experience in UCC.



Celebrating Women in Science 2018

Professor Whelton gave the opening address at the 'Celebrating Women in Science' event in Brookfield, UCC which honoured International Women's Day on March 8th. The event, organised by Cancer Research at CoMH, included six talks followed by a Panel Discussion. The speakers were:

- Dr Dearbhaile Collins**, Consultant Oncologist, CUH
- Dr Kellie Dean**, Biochemistry & Cell Biology, UCC
- Professor Patricia Kearney**, Professor of Epidemiology, UCC
- Professor Louise Burke**, Consultant Histopathologist, CUH
- Ms Elizabeth Lenihan**, BCNI Early Phase Clinical Trials Nurse
- Professor Leah McClimans**, School of Nursing and Midwifery, UCC.



INMED Conference

On February 8th, Professor Whelton opened the INMED 2018 Annual Scientific Meeting in Brookfield. Here she is pictured at the conference with Dr Dorene Balmer, University of Pennsylvania; Dr Deirdre Bennett, UCC; and Professor Peter Cantillon, NUIG.



Back row (l-r): Mr David Smyth, Dr Mark Doyle, Mr Richard Dooley, Prof Geraldine McCarthy, Mr Gerry O'Dwyer, Prof Helen Whelton, Dr Donal O'Driscoll, UCC President Patrick O'Shea. **Front row (l-r):** Ms Joanne Long, Ms Paula Curtin.

Visit to University Hospital Waterford

Professor Whelton recently visited University Hospital Waterford with President Patrick O'Shea and members of the South/South West Hospital Group. She was pleased to see the huge dedication to teaching and learning in the Hospital as well as a keen interest shown in developing research in a clinical environment.



Publication in Cancer Nursing Journal

Dr Mairin O'Mahony, lecturer at the School of Nursing and Midwifery, provides a deeper understanding of the emotional aspects of women's experience around breast symptom discovery through her recent publication in the Cancer Nursing Journal. She highlights the tension between the discourses of "emotion" and "rationality" which further informs our understanding of women's help-seeking behaviour following self-discovered symptoms. Dr O'Mahony is an active member of the Enhancing Cancer Awareness and Survivorship Programmes (E.CASP) research group.

BOOK LAUNCH: The Psychobiotic Revolution

A new book, 'The Psychobiotic Revolution', by Professors John Cryan and Ted Dinan, UCC, and US science writer Scott C. Anderson, was recently launched in the Staff Common room by UCC President, Professor Patrick O'Shea.

The book is being heralded across the world as a game changer in the field of biomedicine. It reveals that our brain health and state of mind are intimately connected to our gut bacteria (microbiome). The discoveries could help change the way we treat conditions such as depression and anxiety. The authors suggest that a diet rich in oily fish and fibre-rich vegetables could help improve mood and avoid conditions such as depression and anxiety.

Pictured above: Authors Professor John Cryan and Professor Ted Dinan at the launch of 'The Psychobiotic Revolution'.

Pictured right (l-r): Professor Caitriona O'Driscoll, Professor John Cryan and Professor Ken O'Halloran also at the launch.





BOOK LAUNCH: **Hello in There**

'Hello in There' is a stunning collection of poetry written by Cathal Cregg and photography taken by Jackelina Pando Kelly and the UCC medical students during their trips to the Andes, Perú. Jackelina, who is half Peruvian, half Irish, is currently a Clinical Lecturer at the Department of Paediatrics & Child Health in UCC and works in the Out-Patients Paediatric Department at Cork University Hospital. Cathal began to help Jackie with fundraising in 2008 after they met as volunteers with the Irish Pilgrimage Trust. Cathal has written personal and spiritual poetry to accompany the photographs. 'Hello in There' was launched on Thursday, 15th March in UCC. The guest speaker on the night of the launch was Seán Óg Ó hAilpín. All funds raised from the sale of the book will go directly towards the running of Mama Ashu Hospital, in the rural town of Chacas, Perú.

Physical Activity of Nurses

Research conducted at the School of Nursing and Midwifery, UCC found older nurses (40 years and over) were significantly less likely to report engaging in recommended physical activity levels at work than younger nurses. The study carried out by Dr Vera Mc Carthy, Dr Teresa Wills and Ms Sharon Crowley, with a sample of qualified nurses recruited from two hospitals in the Southern part of Ireland, was published in Applied Nursing Research earlier this year. Recommended physical activity levels at work and at leisure were defined as 150 minutes or more a week. Forty one percent of nurses reported engaging in recommended physical activity levels at work but this was substantially lower at leisure (9%). Nurses with high quantitative demands were over twice as likely to meet recommended levels of physical activity at work and at leisure. Engaging in recommended levels of physical activity at work was not associated with leisure-time physical activity reports. Nursing, as a profession, demands a level of physical activity to meet the needs of patients. Recognition of this is particularly important for older nurses and their employers in order to preserve nurses' physical health and length in employment.



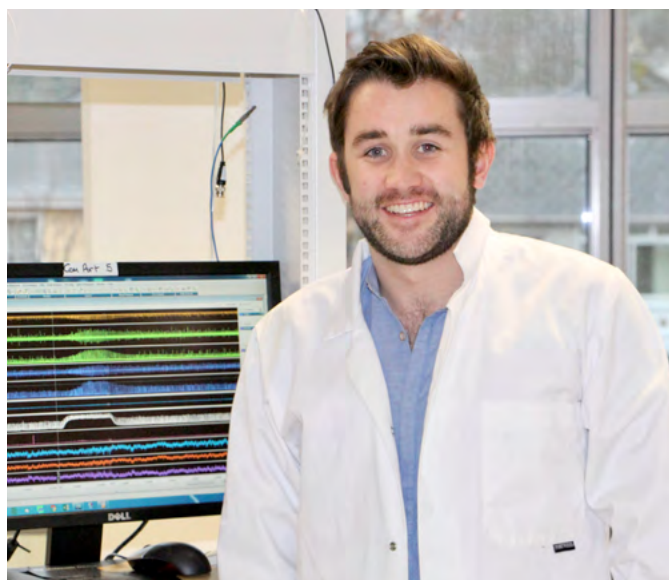
Pictured (l-r):
Dr Vera McCarthy,
Ms Sharon Crowley,
Dr Teresa Wills.



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 28 students received prizes in recognition of their outstanding achievements in the 2016/2017 academic year, 12 students were highlighted for exceptional achievements, and 13 students were commended for their success in the Dr HH Stewart Awards.

Pictured (clockwise from top left): Prize winners, Mr Wen Wei Chionh (r); Mr Benedict Blake (r); Ms Fatima Sorefan-Mangou (r); Mr Séan Whelan (r); Dr Maeve O'Brien (r). (Photos: Donagh Glavin)



PhD Trainee selected to attend Lindau Nobel laureate Meeting

Congratulations to David Burns, PhD trainee at the Department of Physiology, who has been selected to attend the 68th Lindau Nobel Laureate Meeting (24-29 June) on the Island of Lindau, Germany. The meeting is dedicated to physiology and medicine and is a gathering of emerging talented scientists and leading Nobel Laureates. During his time as a PhD trainee under the mentorship of Professor Ken O'Halloran, David has fostered collaborations with international scientists in the UK, USA and Canada, completing research visits abroad together with collaborations closer to home.

A recent study published in *The Journal of Physiology* by David and colleagues received by *The Physiological Society* (UK and Ireland), highlighting the significance of the research, which points to newly described deficits and potential therapeutic strategies in muscular dystrophy. In recognition of the research, David received a prestigious award from the American Physiological Society in 2017. Later this year, David will commence post-doctoral training at the Mayo Clinic, USA, where he will continue his work on the neural control of breathing in health and disease.



Deirdre O'Connor: Dr HH Stewart Medical Scholarship Awardee

Congratulations to Deirdre O'Connor who was recently awarded the Dr HH Stewart Medical Scholarship in Occupational Therapy. The award was presented by the Chancellor of the National University of Ireland, Dr Maurice Manning, during a ceremony held in the Royal Kilmainham Hospital in Dublin. Over one hundred and thirty students received awards for their studies in areas including humanities, medicine, languages, science and mathematics. As a result of achieving the highest

overall grades in her year, Deirdre was nominated to participate in this competition by her lecturers. Deirdre completed a written exam in UCC during the summer break. Her chosen essay topic regarded Occupational Therapy's role in enabling people with dementia to remain living at home. The essay detailed the existing Occupational Therapy evidence base and current Irish policy regarding this issue. Deirdre said, "It was both an honour and a privilege to receive this award and I thoroughly enjoyed the occasion."

NUI Dr HH Stewart Medical Scholarships and Prizes 2017

Numerous students from the College of Medicine and Health, UCC were successful at the NUI Dr Henry Hutchinson Stewart Medical Scholarships and Prizes 2017. The award ceremony took place in Dublin on 14th of November 2017. The awardees from the College of Medicine and Health are listed opposite:



| | |
|--------------------------------|--------------------|
| Anatomy | |
| Scholarship (1st Prize) | Sumitha Pandiaraja |
| 3rd Prize | Rachel Hart |
| Commendation | Wen Wei Chionh |
| Biochemistry | |
| Scholarship (1st Prize) | Colm Hannon |
| General Practice | |
| 2nd Prize | Amy Kelliher |
| Ophthalmology | |
| 2nd Prize | Aine Hurley |
| Paediatrics | |
| 3rd Prize | Anna Powell |
| Pharmacology | |
| Scholarship (1st Prize) | John Kehoe |
| Physiology | |
| Scholarship (1st Prize) | Wen Wei Chionh |
| Psychiatry | |
| 2nd Prize | Eoin Roche |
| Surgery | |
| 2nd Prize | Kenneth Thornton |
| Public Health | |
| Scholarship (1st Prize) | Patrick Leahy |
| 2nd Prize | John David Kehoe |
| 3rd Prize | Wanyi Kee |
| Dentistry | |
| Scholarship (1st Prize) | Andrew Irvine |
| 2nd Prize | Trishna Prashar |
| Nursing & Midwifery | |
| Scholarship (1st Prize) | Hazel O'Sullivan |
| 2nd Prize | Amy Fitzgerald |
| 3rd Prize | Daniel Cahill |
| Pharmacy | |
| Scholarship (1st Prize) | Fiona O'Regan |
| 2nd Prize | Radek Zuk |
| Clinical Therapies | |
| Scholarship (1st Prize) | Deirdre O'Connor |

Congratulations to all recipients!



College of Medicine and Health Spring Conferings

Congratulations to our most recent graduates from the College of Medicine and Health who recently graduated at UCC's Spring Conferings.

Pictured top left: Graduates of the Masters in Pharmaceutical Technology Quality Systems (l-r): Fiona Hughes, Eanna Loughlin, Denise Reilly, Brendan Gildea, Gary McTernan, Clare Cronin, Sara Bonavia, Katie Cullinan, Orla McCarthy.

Above: Dr Mutahira Lone who was conferred with a PhD in Anatomy. **Left:** Dr Marsha Tracey (centre) who was conferred with a PhD in Public Health. **Far left:** MSc Clinical Pharmacy Graduate, Sadhbh Ní Cheallaigh, who also received the prize for achieving the highest aggregate score in the programme for the class of 2015-2017.



Dr Don O'Leary Retirement

Congratulations to Dr Don O'Leary on his retirement after 39 years' service from the Department of Anatomy and Neuroscience. Don joined the Department of Anatomy in 1978 as a research technician working with Professor John Fraher. His work involved mainly electron microscopy and the associated techniques involved in the study of the ultrastructure of the developing nervous system. Don worked closely with Professor Fraher and a number of research students over the years providing technical assistance for many research projects and co-authoring several papers.



Best Poster Prize at SPHeRE Conference

Congratulations to School of Pharmacy PhD Student, Kieran Walsh for winning best poster prize at the 4th SPHeRE (Structured Population and Health Services Research Education) Network Annual Conference on Thursday 11th January.

Kieran presented an overview of his research in a poster entitled: *Development of the Rationalising Antipsychotic Prescribing in Dementia (RAPID) Intervention using the Behaviour Change Wheel, with Public and Patient Involvement.*



Winner of CommBeBiz 2018 Photo Competition

A photograph by Kevin Egan, Postgraduate Student in the APC Microbiome Institute, has won the CommBeBiz 2018 Photo Competition. Kevin's photo shows bacteriocin producing colonies of *Lactococcus lactis* and inhibiting vancomycin-resistant enterococci (VRE), a hospital-acquired superbug. This year's competition attracted more than 75 individual photographic entries from researchers based across Europe, each capturing a unique aspect of the researcher's work. The annual competition was organised by CommBeBiz to demonstrate to researchers that strong images can help communicate the relevance and impact of their bio economy research.



Funding Support for Young Cancer Researchers Networking 2018

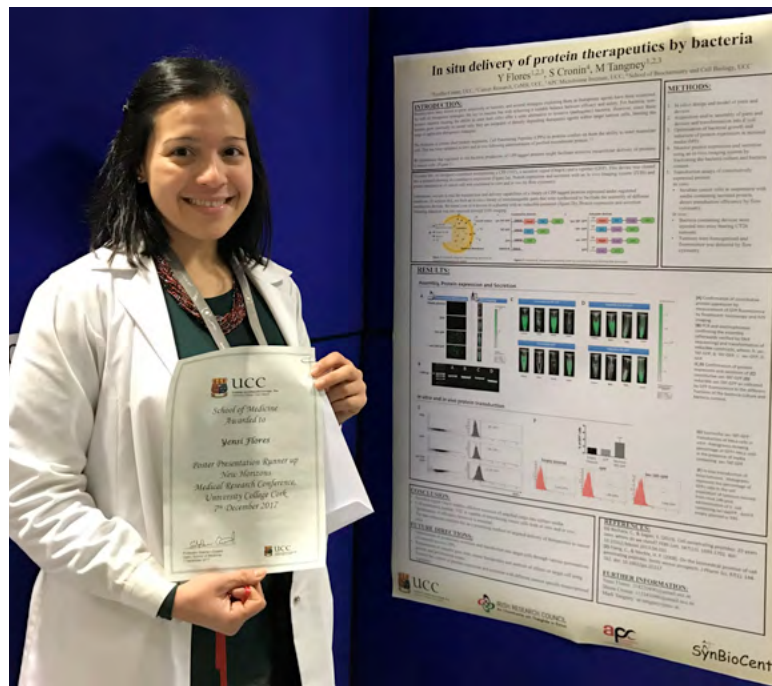
Congratulations to Professor Mary Cahill on securing funding support for the "Young Cancer Researchers Networking 2018" under the SFI Conference & Workshop Programme. This funding will serve as a contribution towards invited speakers' travel and accommodation costs, best presentation prizes, and general costs of an event.



BDS Student finalist in Dental Skills Competition

Congratulations to BDS V student Shannon Godfrey who was a finalist in the RCSEd Dentsply-Sirona Skills Competition which was held in Edinburgh on Thursday 8th March. The competition saw Dental students from across the UK and Ireland showcase their clinical skills. Shannon was one of the top 18 finalists in the Grand Final.

NEW HORIZONS RESEARCH CONFERENCE 2017



The annual New Horizons Research Conference recently took place in the Western Gateway Building. 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 84 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:

- Poster Prize: Yvonne Kiernan, School of Medicine; Shauna Wallace Fitzsimons, APC Microbiome Institute; Yensi Flores and Shona Cronin, Cork Cancer Research Centre and SynBio Centre.
- Oral Prize: Roseanne Tobin, Department of General Practice.

www.ucc.ie/en/medical/aboutus/gallery/photos/newhorizons2017/

INMED Conference



The INMED Annual Scientific Meeting took place recently and was this year hosted by the Medical Education Unit at UCC. The event is Ireland’s largest conference for health professional educators. Topics addressed included novel approaches to clinical and educational supervision applicable to teachers at all levels and in all disciplines.

Pictured (clockwise from far left): Anne T. Morgan, Sam Maher and John Hayden; Deirdre McEnroy and Lenin Patrick Ekpotu; Emer McCormack and Mary Rowland; Emily O’Dowd and Richael Ní Riordain. (Photos: Tomas Tyner)

CPD Seminar for Dental Nurses and Dental Hygienists

The biennial Seminar for Dental Nurses and Dental Hygienists took place recently in the Cork University Dental School & Hospital. Dr Christine McCreary, Dean, opened the proceedings and welcomed all delegates. The programme was entitled 'Growing with our Smile' and commenced with a very informative presentation by Dr Jennifer Kearney, entitled 'Does Periodontal Disease Affect Systemic Health?' This was followed by an insightful presentation by Dr Catherine Gallagher entitled 'Changing Faces'. Dr Ann Twomey, gave a thought provoking presentation entitled 'Integrated Care is Best Care'. Following this, Dr Deirdre O'Neill, presented on 'Oral Health Care Guidance for Children and Adolescence'. The final lecture of the day was presented by Dr Fiona McSweeney, who gave a very hands on and humorous presentation on a very important topic entitled 'Bystander CPR, Where do you Stand? A very enjoyable and educational day was had by all.





Science for All Competition

The science communication competition now in its 14th year, challenges young scientists to share the excitement of their research with the general public in an easily understandable manner, without using jargon.

Two APC PhD students, Tom Sutton and Sofia Cussotto, talked about their research on a selection of diverse topics at the final of the UCC Science for All Competition on Thursday, 22nd March.

Congratulations to Tom, who was crowned the winner of the competition after his presentation entitled 'fighting fire with fire: using viruses to stop superbugs!'

The competition is organised jointly by UCC College of Science, Engineering and Food Science and the SFI Research Centres APC Microbiome Institute and the Irish Photonic Integration Centre.





Dr André Toulouse secures SFI funding for Biosciences Imaging Centre upgrade

Dr André Toulouse, Director of the Biosciences Imaging Centre and Lecturer in the Department of Anatomy and Neuroscience has received major funding from Science Foundation Ireland Infrastructure programme.

The funding will be used to complete important upgrades to the Centre's Multiphoton and Laser-scanning confocal microscopes. In addition, 4 fluorescence microscopes will receive major upgrades to their image acquisition components, expanding the facility's capacity in fluorescence, bright field and phase-contrast microscopy.

MSc in Physiotherapy

The new full-time MSc in Physiotherapy will commence in September 2018. This is an accelerated pre-registration programme for students with a relevant primary degree in a subject other than physiotherapy. The programme uses learning and teaching methods that best support students to develop the knowledge, skills and professional attributes commensurate with physiotherapy practice and aims to provide students with an excellent education experience both in academic and clinical environments.



The MSc Physiotherapy is now open for applications

Apply online via the Postgraduate Applications Centre (PAC)

Further information:
www.ucc.ie/en/ckx23

Masters in Health Professions' Education

A new 2-year part-time taught masters (MSc) in Health Professions' Education was recently launched at Brookfield. The programme is led by the Medical Education Unit in a collaborative venture with the Schools of Pharmacy, Nursing and Midwifery and the Department of General Practice. The programme aims to support healthcare professionals from across the disciplines to develop skills in the areas of teaching and education research, leadership and innovation. The launch was attended by Professor John O'Halloran, Professor Helen Whelton, Professor Stephen Cusack, Dr Marian McCarthy and Professor Stephen Byrne, as well as staff from across CoMH. Dr Deirdre Bennett and Dr Catherine Sweeney, who co-direct the programme,

thanked all who had supported and contributed to the development of this College-wide initiative. The programme will commence with a fully online Postgraduate Certificate in September 2018 and aims to recruit 30 students in its first intake. This will be followed by a blended learning Postgraduate Diploma and Masters in September 2019. The PG Certificate is now open for registration. Further details and a link to registration is available at www.ucc.ie/en/cku16/

If you have any questions please contact School of Medicine CPD cpdschoolofmedicine@ucc.ie



The Masters in Health Professions' Education is now open for applications

Apply online via the Postgraduate Applications Centre (PAC)

Further information: www.ucc.ie/en/cku16

NEW POSTDOCTORAL PROGRAMME LAUNCHED

APC has just launched a new international postdoctoral fellowship programme. Co-funded by the European Union's Marie Skłodowska-Curie programme, APEX (APC Postdoctoral Excellence), is an innovative, inter-sectoral and trans-disciplinary training, career development and mobility programme, which focuses on the research area of the microbiota and its role in human health and disease.

The aim of APEX is to develop the next generation of international scientific leaders who will gain hands-on experience, and develop cross-disciplinary and entrepreneurial skills through individual research projects with a mandatory secondment to a non-academic research partner during their two years of fellowship. The programme will bring 20 international researchers to Ireland.



Above (l-r): Dr Sally Cudmore, Manager, APC; Ms Oonagh Cahalane, APC; Dr Jill Haynes, APC; Professor Helen Whelton, Head of College of Medicine & Health; and Professor Fergus Shanahan, Director of APC.



DENTAL SCHOOL AND HOSPITAL BANS DISPOSABLE COFFEE CUPS

The Dental School and Hospital has now banned the use of disposable coffee cups. This environmentally friendly initiative came into effect on Monday, 12th February and is a welcomed step towards reducing waste and becoming greener.



Teddy Bear Hospital 2018

The Teddy Bear Hospital recently took place in the Aula Maxima, UCC and was this year visited by 500 pupils from nine schools from Cork city and nearby towns. The hospital is annually run by the UCC Medical Society (MedSoc) as a community outreach activity. It aims to reduce the fear that many children have when they visit the doctor and allows them to bring their sick teddies to medical students who will diagnose and treat them with commonly used medical instruments and procedures. This friendly and entertaining clinical environment allows children to have a better idea of what to expect on their next visit to their GP or hospital.

(Photos: Clare Keogh)



Prep-for-Med 2018

107 school children from across Ireland attended 'Prep-For-Med' in the School of Medicine.

This hugely popular programme allows transition year pupils from across Ireland to experience both the life and the facilities available to Medical students' in UCC's School of Medicine, and witness a live Caesarean Section via video link.

Accompanied by 50 Career Guidance counsellors, the transition year students visited 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. The event allowed them to gain first-hand experience of how medical skills are taught and delivered.

(Photos: Clare Keogh)



Keeping It Simple

John Cronin is a Lecturer in The Cork Institute of Technology (CIT) and part-time Lecturer in UCC. He is a Master Plasterer, with 38 years' experience, working on conservation and restoration projects.

John's favourite medium is plaster. The majority of the pieces on display are finished using this medium. The exhibition gives John the opportunity to demonstrate some of the recipes used traditionally by plasterers which are rarely used today. These traditional methods are shown in the Scagliola bowls, frescoes and the frames which surround the collections currently on display. The exhibition will run until the 9th May 2018.



(Photos: Gerard McCarthy)



In Memory of Elizabeth Shorten, SRN: 1924 – 2015

Born in Clonmel in 1924, Elizabeth, like so many of her contemporaries, went to London to undertake studies in Nursing in the Dolly Hill Hospital, where she graduated in 1946. With her husband Bill she worked in the UK and joined the NHS from its inception.

She returned to Ireland with Bill in 1972 and joined St. Finbarr's Hospital as the Ward Sister in charge of the Cardiothoracic Ward, joining her legendary colleague, Mr Maurice Hickey, the first cardiothoracic surgeon to be appointed in Ireland. They became a formidable team and all Nurses trained under her were left with a great grounding in the elements of nursing with the patient's care as the number one priority.

Her influence continues long after her death not only by her good example, contributions to nursing training and standards of care and the development of data collection registries, but also by the donation of her estate to the Cork University Foundation, development of education, research and clinical care at her beloved Cork University Hospital, underlining her appreciation of the importance of the University affiliation to CUH.