

EPINews Newsletter of the School of Public Health

October 2017

WELCOME

Dear Colleagues,

This issue is once again packed full with news and updates. Well done to Ms Emily Kelleher who recently submitted her PhD entitled "The implementation of a family-focused lifestyle programme for managing obesity in the community setting in Ireland".

This month marked the end of an era and an exciting new beginning as we welcomed the establishment of the new School of Public Health. The official launch of the School will take place in UCC on November 22nd. Please contact Ms Vicky Murphy for more information.

I encourage you to circulate the EPINews among your colleagues and direct any queries or comments to me at r.dennehy@ucc.ie

Rebecca Dennehy

WELCOME TO THE NEW SCHOOL OF PUBLIC HEALTH

The vision for the School of Public Health is to be at the heart of society's organised efforts to prevent disease and to protect and promote the health and wellbeing of the population. The School will incorporate the National Health Services Research Institute and the HRB funded Centre for Health & Diet Research. It will operate in collaboration and synergy with the National Cancer Registry, the National Suicide Research Foundation, the National Perinatal Epidemiology Centre, the HRB Clinical Research Facility at the Mercy Hospital Cork, UCC's Oral Health Services Research Centre and the Department of Public Health HSE-South.

The School will have an explicit focus on capacity development, research and advocacy in population health, health services and health systems research. The establishment of a dedicated School of Public Health in UCC represents a significant development for health policy and practice in Ireland and an expression of UCC's commitment to scholarship in service of the community at local, national and international level.

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CORE TEACHING PROGRAMMES

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- Postgraduate Certificate in Health Protection (Online)
- MSc in Occupational Health
- PhD Programmes



Dr Birgit Greiner - "A True Leader"

Congratulations to <u>Dr Birgit Greiner</u> on her well-deserved Leadership Award in the 2017 University Staff Recognition Awards. The selection committee determined that Birgit is an exceptional member of staff and demonstrates outstanding leadership and integrity in every aspect of her work. Birgit has built and articulated her academic teaching vision through the development of the MSc in Occupational Health, now accessible internationally as an online programme. The everyday consistent integrity and inspiration which Birgit shows to everyone she comes in contact with, her unwavering personal approach has fostered a positive and



Dr Birgit Greiner

supportive culture of the highest achievable standards, never diluted by other potentially mitigating factors. Birgit is a true leader, who knows her values and what she stands for regardless of any internal or external circumstances she may face. Well done to Birgit from all at the School of Public Health.

Record Student Numbers

The Master of Public Health (MPH) began on the 31st August 2017 with an extremely strong cohort of students from a variety of backgrounds. The new term welcomed a record number of students to the programme. The MPH has its highest ever number of Non-EU students this year. Professor Ivan Perry, Dr Tony Fitzgerald, Mr Christian Gould and many other teaching staff welcomed over 70 students to the programme at orientation. Some of these students were part of other innovative multidisciplinary programmes linked with the MPH, such as the Masters in Dental Public Health, MSc in Older Rehabilitation and M.A. in Health and Society. The second year students of the MSc Occupational Health course returned to UCC on September 14th. In Semester 1 this year, Dr Birgit Greiner, Professor John Gallagher, Mr Michael Muldoon, Ms Colette Cunningham, Dr Karen Matvienko-Sikar and Ms Una Feeney will all teach on the MSc Occupational Health programme.

Student Successes

Congratulations to BSc Public Health student Rian Power on a noteworthy publication. On August 9th the World Health Organisation (WHO) Regional Office for Europe published "On the Road to Health 2020 Policy Targets: Monitoring Qualitative Indicators. An update". Rian co-authored the report while on placement at the WHO in Copenhagen. This is a significant publication for the European Region and it was presented at the 53 Member States' Ministries of Health in September.



Antonia Harold-Barry

Antonia Harold-Barry (left) was awarded the College of Medicine and Health Summer Undergraduate Research (SURE) Award. Working with

Dr Janas Harrington and Dr Lana Kairey, Antonia investigated food portion sizes and the proportion of different food groups eaten by children in Ireland. MPH graduate Lindsay Black published a systematic review conducted with Dr Karen Matvienko-Sikar and Professor Patricia Kearney which looked at the association between childcare arrangements and risk of overweight and obesity in childhood. Also, MPH Online graduate Olivia Wall published a paper with Ms Maura Smiddy entitled "Factors that influence hand hygiene practice amongst occupational therapy students"



Walsh K, Dennehy R, Sinnott C, Browne J, Byrne S, McSharry J, Coughlan E, Timmons S. Influences on Decision-Making Regarding Antipsychotic Prescribing in Nursing Home Residents With Dementia: A Systematic Review and Synthesis of Qualitative Evidence. J Am Med Dir Assoc. 2017 Oct 1;18(10):897

Matvienko-Sikar K, Byrne M, Kelly C, Toomey E, Hennessy M, Devane D, Heary C, Harrington J, McGrath N, Queally M, Kearney PM. <u>Development of an infant feeding core outcome set for childhood obesity interventions: study protocol</u>. Trials 2017 18:463

Racine E, Hurley C, Cheung A, Sinnott C, Matvienko-Sikar K, Smithson WH, Kearney PM. 'Study within a trial (SWAT) protocol. Participants' perspectives and preferences on clinical trial result dissemination: The TRUST Thyroid Trial experience'. Contemporary Clinical Trials 2017 7:163-165

Philips CM, Shivappa N, Hebert JR, Perry IJ. Dietary inflammatory index and mental health: A cross-sectional analysis of the relationship with depressive symptoms, anxiety and well-being in adults. Clinical Nutrition (2017)

Riordan F, McHugh SM, Murphy K, Barrett J, Kearney PM. <u>The role of nurse specialists in the delivery of integrated diabetes care: a cross-sectional survey of diabetes nurse specialist services</u>. *BMJ Open* 2017;7(8)

Kelleher E, Harrington J, Shiely F, Perry I, McHugh S. <u>Barriers and facilitators to the implementation of a community-based, multidisciplinary, family-focused childhood weight management programme in Ireland: a qualitative study. BMJ Open. 2017;7(8).</u>

Visit the School of Public Health website for a full list of <u>publications</u>

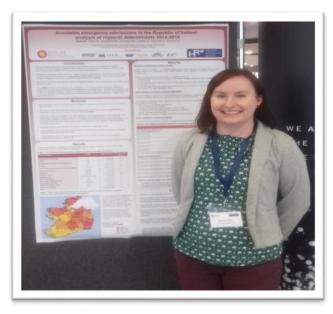
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Society for Social Medicine Annual Scientific Meeting 2017 The Annual Scientific Meeting of the Society for Social Medicine was held at the University of Manchester from September 6-8th. The Society aims to promote the development of scientific knowledge in social medicine. This covers a range of subjects including epidemiology, the medical and health needs of society, the provision and organisation of health services and the prevention of disease. The School of Public Health was well represented by PhD Students at the meeting who showcased their work in the areas of public health, health systems and health services research. Ms Ailbhe Spillane, National Suicide Research Foundation, delivered an oral presentation on the physical and psychological health effects of suicide bereavement on family members and Ms Fiona Riordan discussed her research on the experience of community-based clinical nurse specialists in supporting the delivery of integrated diabetes care. In addition to these oral presentations, SPHERE Scholars, Ms Brenda Lynch, Ms Caragh Flannery and Ms Sarah-Jane Flaherty presented posters related to avoidable emergency admissions, physical

activity and lifestyle management during pregnancy and healthy eating mobile applications respectively. As in previous years, the abstracts for the Annual Scientific Meeting will be published in a supplement of the <u>Journal of</u>



SPHeRE Scholar Ms Brenda Lynch at SSM 2017

Contemporary Drug Problems Conference

Epidemiology and Community Health.

The fourth Contemporary Drug Problems Conference took place this year in Helsinki, Finland from 23rd to 25th August. Attending and presenting at this year's conference was PhD student at the School of Public Health, Ms Susan Calnan, who is engaged in the area of alcohol research. At the conference, Susan presented an abstract on a recently undertaken discourse analysis of the debate around Ireland's proposed Public Health (Alcohol) Bill – an analysis which underlines the divergent and competing discourses around alcohol and its control in Ireland at present. The conference – organised by the international *Contemporary Drug Problems* journal team in conjunction with its host institution – is a unique event which provides a platform for a more critical analysis of alcohol and other drug issues. This year's conference theme centred around a re-thinking of drugs/alcohol and their effects as constituted in various forms of practice. The annual conference attracts leading researchers and practitioners from a wide range of disciplines encompassing anthropology, epidemiology, public policy, sociology and related disciplines. A particular highlight of this year's conference was the attendance of its two key-note speakers – Carol Bacchi, Emeritus Professor from the University of Adelaide, and Dr Cameron Duff from RMIT University in Melbourne.

Future-Proofing Youth Mental Health

The International Association for Youth Mental Health held the 4th International Conference on Youth Mental Health in Dublin from September 24-26th. The theme was *Future-Proofing Youth Mental Health*. The conference brought together researchers, practitioners and young people from around the world, leaders who are dedicated to creating positive change in youth mental health. Young people were at the centre of the conference and youth engagement was encouraged at every possible level. In attendance were <u>Dr Eve Griffin</u> and <u>Dr Elaine McMahon</u> from the <u>National Suicide Research Foundation</u>. Dr Griffin gave a presentation entitled "*Emerging trends in hospital*-

treated self-harm among children, adolescents and young adults". Data from the National Self-Harm Registry Ireland shows that since 2007, there has been an increase in rates of self-harm among young people by 21%, a trend not reflected in the general population. Dr McMahon gave a presentation entitled "Mental health difficulties and suicidal behaviours among young migrants: a multi-centre study of European adolescents". She discussed findings from the SEYLE Study (Saving and Empowering Young Lives in Europe) which found elevated prevalence of suicide attempts and behavioural difficulties among young migrants compared with their non-migrant peers. Also in attendance was SPHeRE Scholar Ms Rebecca Dennehy. Rebecca discussed implementing a rights-based approach in conducting cyberbullying research with young people during the table-top presentation session. This involved presenting eight times for 10 minutes at a time to small groups of delegates seated at round tables. This novel format encouraged discussion and immediate interaction with peers and experts in the field of youth mental health.



Renowned Riverdance Composer Bill Whelan discussing the impact of music on his life at the opening of the IAYMH Conference

29th IASP World Congress

From 18th-22nd July 2017, the 29th IASP World Congress was held in Kuching Malaysia. Prof Maniam Thambu from the National University of Malaysia hosted the congress and Prof Ella Arensman was involved as co-host in her position as IASP President. Prof Arensman was involved in the congress with the support of the National Suicide Research Foundation and she was awarded a travel bursary from the College of Medicine and Health. The congress attracted at least 650 delegates from 50 countries and provided a platform for knowledge sharing, networking and strengthening suicide prevention activities globally. The conference delivered an exciting scientific programme, providing up-to-date findings on research, training and educational needs applicable to academics and practitioners working in suicide prevention internationally. A major outcome of the conference was the commitment by Chief Minister of Sarawak to increase the funding allocation to the Ministry of Welfare, Community Well Being, Women, Family and Childhood Development for future suicide prevention campaigns. The congress was endorsed by the World Health Organization, and WHO also endorsed the launch of the new IASP Special

Interest Group on National Suicide Prevention Strategies. During the congress, Ella Arensman worked with colleagues from Australia to establish the Ireland-Australia Consortium on Socio-ecological and Geospatial Research into Suicide and Self-Harm Clustering. She also presented a keynote address on Clustering and Contagion of Suicide and Self-Harm and three Symposium presentations. Ailbhe Spillane presented at two Symposia on the outcomes of her PhD research into the impact of suicide bereavement on family members and on a systematic review examining physical and psychosomatic health outcomes suicide following bereavement. During the General Assembly, after four years of having fulfilled the role of President of IASP and four years Vice-President. Ella Arensman handed over the Presidency to Prof. Murad Khan, Aga Khan University, Karachi, Pakistan.

National Self-Harm Registry On Wednesday 27th September 2017, the National Suicide Research Foundation published the 2016 annual report from the National Self-Harm Registry Ireland. The report was launched in conjunction with the HSE's National Office for Suicide Prevention's 2016 annual report, by Minister of State for Mental Health and Older People Jim Daly at an event in Dublin. The Registry continues to highlight groups at risk for self-harm and suicide, and in 2016/2017 two publications on the involvement of alcohol in self-harm presentations to hospital have been published. The 2016 report and all publications can be found on: www.nsrf.ie.



Professor Ella Arensman (left) and fellow delegates at the 29th IASP World Congress, Kuching Malaysia



L-r Anne O'Connor, National Director Mental Health HSE, Jim Daly Minister of State for Mental Health and Older People, John Meehan Assistant National Director, National Office for Suicide Prevention HSE, and Dr Eve Griffin, Manager of the National Self-Harm Registry Ireland

HRB Research Leaders Network Meeting, UCC

The HRB Research Leaders Network held its fourth annual meeting on Friday, 29th September. This was the first time that the meeting was held in UCC and it was hosted by UCC's current HRB Research Leaders, Professors Ella Arensman and Patricia Kearney. The meeting was supported by the National Suicide Research Foundation, the HRB and the School of Public Health. Eight of the nine Leaders from five Universities and their research teams attended the meeting. The mission statement of this group is 'To promote a coordinated and collaborative approach to research leadership in public health and health services research in Ireland'. Common benefits across the different research programmes are research innovation, capacity building, impact of research on policy, and facilitating networking among PhD - and Postdoctoral researchers in public health and health services research. However, there are also a number of challenges, including sustainability of the research programmes in the long term and increasing competition when applying for funding from external funding sources and agencies. Professor Ivan <u>Perry</u> opened the day and <u>Professor John Cryan</u> from the UCC Department of Anatomy and Neuroscience, presented a lecture on Stress, Anxiety & Depression-Thinking Outside the (Brain) Box.



The HRB Research Leaders Network was hosted by UCC's current HRB Research Leaders Professor Patricia Kearney and Professor Ella Arensman (front centre)

Centre for Health and Diet Research Awarded HRB KEDS Grant

The launch in 2016 of "A healthy weight for Ireland", the Government's National Obesity Policy and Action Plan, 2016-2025 represents an important milestone in Ireland's response to ongoing epidemic of overweight and obesity in children and adults. Researchers in the HRB Centre for Health & Diet (CHDR) https://www.hrbchdr.com/generated key evidence which informed the development of the Obesity Policy and in the policy document the CHDR has been tasked with: i) developing an annual bulletin or score card on progress in relation to the Obesity Policy and ii) conducting a mid-term review of the policy. Recently, the CHDR were awarded a Knowledge, Exchange and Dissemination (KEDS) grant from the HRB to address these tasks. Working in consultation with national stakeholders and international food policy experts and drawing on an internationally validated food policy tool (Food-EPI), the CHDR will create a score card to benchmark the National Obesity Policy and Action Plan. Specifically, the CHDR will: i) establish a national Expert Panel on food policy with a specific focus on the Obesity Policy; ii) host a workshop with input from international food policy experts to finalise and agree the details of the score card and international benchmarks; iii) using the score card, compile evidence on the extent of implementation of the policy in 2016 and 2017; iv) validate this evidence with the Department of Health and thereby establish a framework for the ongoing evaluation of the Obesity Policy from 2018-2025. The work which will be led by Dr Janas Harrington and Progress-Persents an exciting knowledge exchange and dissemination opportunity for the CHDR.

Transparency in Trials

The HRB-TMRN held its third trial methodology symposium in Dublin on October 20th. The theme was transparency in trials. The impressive line-up included speakers such as Dr Ben Goldacre and Dr Trish Groves. There was a great contingent from the School of Public Health in attendance. Ms Caroline Hurley presented her work on the implementation of risk based monitoring in academic-led clinical trials. HRB-TMRN summer student, Ms Ciara Griffin presented a poster on work on developing an infant feeding core outcome set. Ciara was supervised by Dr Karen Matvienko-Sikar. HRB-TMRN student, Mr Patrick Leahy presented a poster on research which designed a discrete choice experiment to untangle the use of incentives for recruitment in clinical trials. This was a pilot study of people aged 65 and over.



L-r Caroline Hurley, Emmy Racine, Karen Matvienko-Sikar, Kate OʻNeill, Fiona Riordan, Ciara Griffin

Diabetes in Primary Care

The 10th annual Diabetes in Primary Care Conference was held in Cork on September 20th. The 2017 conference theme was "The Heroism of Incremental Care". Members of the <u>ESPRIT</u> Research team disseminated their research on diabetes and provided delegates with an overview of their ongoing research.

World Congress of Epidemiology

The 21st International Association of Epidemiology (IEA) World Congress was held in Saitama, Japan in August. The School of Public Health was well represented with Prof Ivan Perry, Dr Janas Harrington and Ms Kate O'Neill travelling to Japan. The World Congress of Epidemiology is held every three years. Dr Janas Harrington led Ireland's bid to host the World Congress of Epidemiology in 2023 with a fantastic presentation at the IEA Business Meeting, showcasing all that Ireland has to offer. Our competitors include Vancouver, Dubai and Goa. The vote will take place in spring 2018 so keep an eye out! Ms Kate O'Neill presented her work on the impact of sugar sweetened beverage consumption on type 2 diabetes incidence in Ireland.

Society of Academic Primary Care

Aisling Jennings presented an oral presentation at this year's Society of Academic Primary Care (SAPC) conference. Her presentation focused on her qualitative work that examined the challenges GPs experience managing dementia. Aisling is the SAPC regional ambassador please contact her if you have interest in hearing more about this society. Next year's SAPC conference will be in London on 11th and 12th of July and the abstract deadline for the conference is 18th of February 2018.





L-r Siobhan Boyle, Kate O'Neill, Emmy Racine and Fiona Riordan at Diabetes in Primary Care



L-r Kate OʻNeill, Ivan Perry and Janas Harrington in Saitama, Japan

European Health Psychology Conference

The 31st annual conference of the European Health Psychology Society was held in the charming town of Padova in Italy from August 29th to September 2nd. Ms Caragh Flannery and Dr Karen Matvienko-Sikar were in attendance to present their work related to the conference theme "Innovative Ideas in Psychology". Caragh presented her PhD work "Enablers and barriers to physical activity in pregnancy: drawing on the TDF and COM-B model" as part of a symposium entitled 'Developing and evaluating interventions to promote physical activity issues in special settings and populations'. Karen presented her research "Parental experiences and perceptions of infant complementary feeding: a qualitative evidence synthesis". This presentation was given as part of a symposium 'Maximising the value of qualitative methods in the development and evaluation of behaviour change interventions'. Karen also presented a poster "Developing an evidence-based pilot infant feeding behaviours intervention for childhood obesity in primary care". The next European Health Psychology Conference will be held in Galway 21st – 25th of August 2018. The conference theme is 'Health Psychology Across the Lifespan: Uniting Research, Practice and Policy'. More information can be found here.

New SPHeRE Scholar

Congratulations to Ms Niamh McGrath who was recently successful in attaining a place on the **SPHeRE** (Structured Population Healthservices Research Evaluation) PhD programme for the 2017 intake. SPHeRE is an innovative and ambitious research programme in population health and health services research funded by the Health Research Board. SPHeRE is also a network: a system for academics, practitioners and public policy makers to converse, collaborate and learn from each other. Niamh's background is in mental health psychology. She joined the School of Public Health in February where she worked with Dr Karen Matvienko-Sikar and then joined Professor Patricia Kearney's HRB Research Leader Award in Diabetes. Her PhD is planned to focus on psychological services for people receiving diabetes care in Ireland. Niamh will be based in the School of Public Health and her supervision team will be led by Professor Patricia Kearney. Niamh joins 9 other SPHeRE Scholars based in University College Cork.

Keep an eye on the <u>SPHeRE Blog</u> to keep up to date with discussion on topical issues. The blog focuses on a range of issues from public health policy formation and deliberation to health services practice and population health research. The blog has a range of contributors from across the SPHeRE network.



Ms Niamh McGrath

The Children's Research Network Prevention and Early Intervention Research Initiative

<u>Dr Karen Matvienko-Sikar</u> has been awarded funding from the <u>Children's Research Network</u> to conduct research on the effects of parental stress, depression, and self-esteem on feeding practices at 18 months. An MPH student, Ms Sarah Buggy, will work on this research.

ICGP Career Research Grant 2017

Aisling Jennings was awarded the Irish College of General Practitioners Career Research Grant. This grant is awarded annually to a practising General Practitioner who is conducting research in General Practice. Aisling was awarded a three year grant of a total of €45,000 to support her PhD research entitled; "The Development and Implementation of an Intervention to improve the Management of Behavioural and Psychological Symptoms of Dementia".

MEET...



Dr Lana Kairey

Dr Lana Kairey

Lana is a qualified Dietitian from Australia currently working on a *Safefood* funded research project on *'food portion sizes and the proportion of different food groups eaten by children on the island of Ireland'*. Lana has worked in both clinical, research and academic roles within the fields of Dietetics and Public Health. She was awarded a nationally competitive scholarship by the National Health and Medical Research Council to complete her PhD in 2014 at the University of Sydney on the *'prevention and management of weight gain in young adults'*. She and her co-investigators were awarded the Dietitians Association of Australia Award for Innovation for a mobile phone-based intervention program developed for young adults as part of her PhD. Lana worked for many years as a Research Dietitian for the Prevention Research Collaboration at the University of Sydney - a specialised research group conducting research to inform policy and practice in public health.

Lana's research interests centre on food and nutrition policy in relation to consumer food and nutrition behaviour as well as medical nutrition therapy.

Did you know? Lana is a certified Yoga Teacher, has a secret jar of Vegemite in the press, loves hiking and has been to Torres del Paine in Patagonia, and often speaks German at home with her husband... (who is from Germany).

UPCOMING EVENTS & TRAINING

November

<u>10th European Public Health</u> <u>Conference - Sustaining resilient and</u> <u>healthy communities</u>, 1-4th November 2017, Stockholm, Sweden

<u>International Bullying Prevention</u>
<u>Association</u> 5-7th November 2017.
Nashville

European Scientific Conference on Applied Infectious Disease Epidemiology 6-8th November 2017, Stockholm

<u>Irish Hip Fracture Database National</u>
<u>Conference</u> 8th November 2018, Dublin

Obesity and Reproduction: The cradle of the Epidemic, 9 – 10th November 2017, Leuven, Belgium

<u>27th European Childhood Obesity</u> <u>Group Annual Congress</u>, 15-17th November 2017, Rome, Italy

Leadership Workshop for Doctorate Students 16th November 2017. Contact mailto:molly.tynan@ucc.ie

Webinar: An introduction to qualitative evidence synthesis and its utility for understanding designing and evaluating trials 21st November 2017

6th Childrens Research Network for Ireland and Northern Ireland Conference 29th & 30th November 2017, Dublin

December

New Horizons in Medical Research 7th December 2017, UCC, Cork

<u>Timberlake Stata Winter School</u> 11-16th December 2017, London

January
SPHeRE Network 4th Annual
Conference 11th January 2018, Dublin

February

<u>Centre for Behaviour Change</u> <u>Conference</u> Feb 21st-22nd 2018, London

<u>Diabetes Ireland Conference and</u>
<u>Exhibition 2018</u> 23rd February 2018,
Dublin

March

<u>20th International Conference on</u>
<u>Occupational Health and Safety</u> 12-13th
March 2018, Miami

April

Society for Behavioural Medicine 39th Annual Scientific Meeting and Sessions 11th -14th April 2018, New Orleans

<u>32nd International Congress on</u>
<u>Occupational Health - ICOH 2018</u> 29th
April – 4th May 2018, Dublin

May

<u>16th Qualitative Methods Conference</u> 1st -3rd May 2018 Banff, Alberta, Canada

International Forum on Quality and
Safety in Healthcare 2nd-4th May 2018,
Amsterdam

The Inaugural IBTN Summer School:

Developing Behavioural Interventions
and Conducting High-Quality Trials
21st-26th May 2018, Montreal, Canada

25th European Congress on Obesity, 23-26th May 2018, Vienna

June

<u>International Society of Behavioural</u>
<u>Nutrition and Physical Activity</u>
(<u>ISBNPA</u>) 3-6th June 2018, Hong Kong

11th International Conference on Workplace Bullying and Harassment 5th-8th June 2018, Bordeaux

July

The 47th Annual Scientific Meeting of the Society for Academic Primary Care 11-12th July 2018, London

August

32nd Annual Conference of European <u>Health Psychology Society</u> 21st – 25th August 2018, Galway

Ongoing
Stata courses
Stata training
Qualitative Research Methods
Behaviour Change

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