



# Catherine McAuley School of Nursing and Midwifery UCC

ANNUAL REPORT 2018



# UCC

University College Cork, Ireland  
Coláiste na hOllscoile Corcaigh

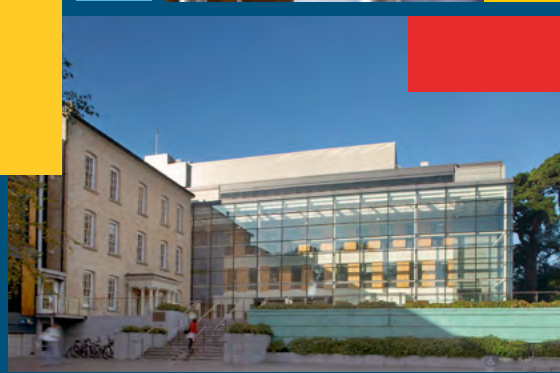
**EXCELLENCE  
ACCOUNTABILITY  
DIVERSITY  
LEADERSHIP  
COLLABORATION**

Catherine McAuley  
**SCHOOL OF  
NURSING  
AND MIDWIFERY**



# 25 YEARS

**1994 - 2019**



## Foreword



**Professor Josephine Hegarty,  
Head of School of Nursing and Midwifery,  
University College Cork, Ireland**

The last year has seen many developments at the Catherine McAuley School of Nursing and Midwifery, University College Cork. This Annual Report provides an overview of the achievements of the School's faculty and students in 2018.

School of Nursing and Midwifery staff have helped students gain a career-relevant education, which unlocks new opportunities for students and ultimately helps to serve the healthcare needs of the wider community.

Although new graduates are always the most important and exciting development for any university, there have been many other noteworthy changes. This report offers stories, statistics, photos, and details that illustrate a wide range of accomplishments. From teaching & learning, to research, to clinical partnerships, to staff recruitment, to wider societal contributions—the sense of momentum at the School is undeniable.

The School has continued to explore opportunities to enhance and support the students experience, diversify the range of research projects, international collaborations and partnerships.

Looking forward, the School of Nursing and Midwifery continues to evolve with the changing face of health care, and from this, creates opportunities for student and faculty growth and achievement.

We are also confident that those who review this report will have a clear picture of a School of Nursing and Midwifery whose staff are dedicated to continuous improvement and are constantly striving toward being recognised as the best provider of quality higher education for nurses and midwives in this region and beyond.

We are looking forward to marking the 25-year history of the School (1994-2019) this year with a celebration on the evening of 27th November 2019 and the launch of a book marking the history of the School and indeed nursing and midwifery in this region. To paraphrase Mr Bob Marley *in this bright future, we can't forget the past.*

The staff of the School of Nursing and Midwifery wish to acknowledge the exemplary leadership of Professor Eileen Savage as Head of School (January 2012 to September 2018).

## 2018 at a Glance

The School of Nursing and Midwifery opened in 1994 with 1 programme and in 2018 has:

**19**  
programmes



**47** 

Up 47 the number of International Students enrolled on our programmes. Increased from 4 to **51** in the past 5 years


**8**   
commissioned  
published reports

**24**   
active grants  
within the school

**€2.2m**   
Over €2.2 Million  
in research funding  
awarded in 2018

**6** the number of conference/major events hosted by the School of Nursing and Midwifery in 2018, with over **1500** delegates from Ireland and internationally visiting our School in 12 months

**810**   
undergraduate  
students across  
6 programmes

 **94**  
peer reviewed  
papers published  
in high ranking  
journals



**275**  
post-graduate  
students across  
22 programmes

**48** Doctorate/  
PhD Students

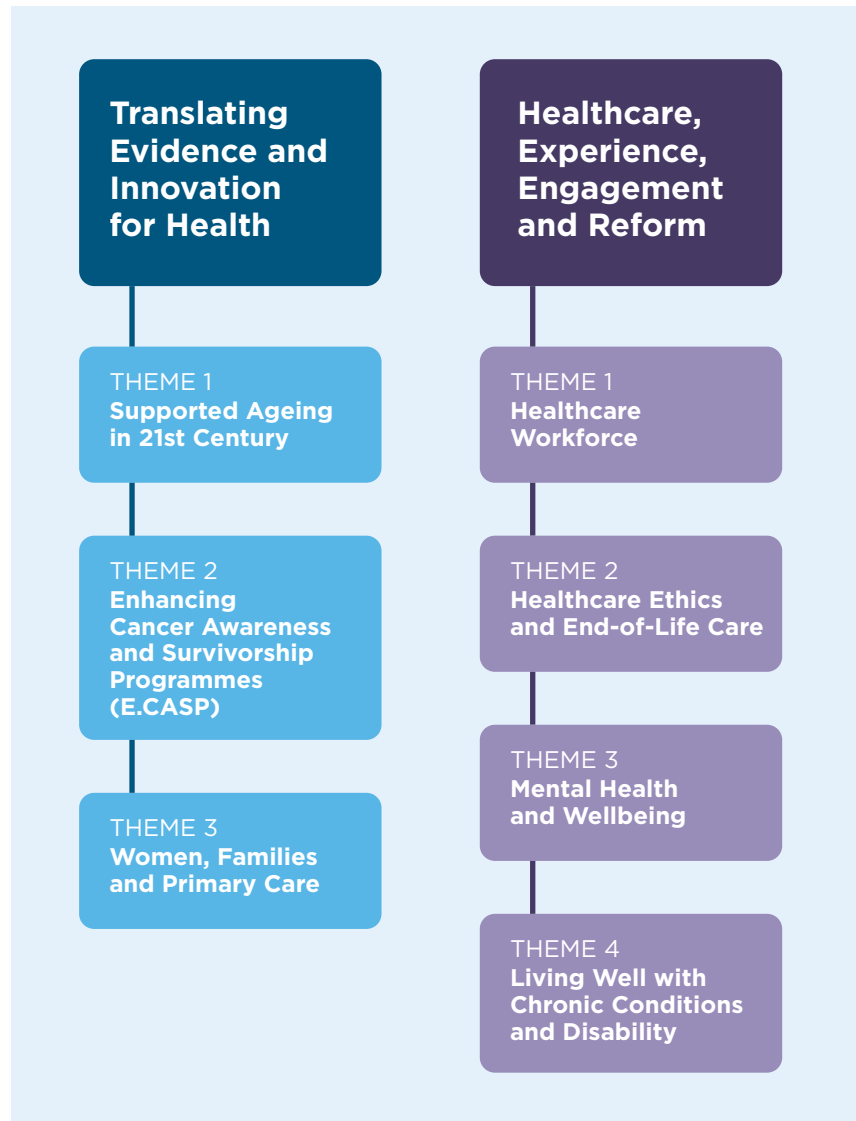
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## Research Clusters

Research at the School of Nursing and Midwifery is world class, attracting funding from competitive national and EU funding bodies and programmes. Our research is conducted under two overarching themes: 'Translating Evidence and Innovation for Health' and 'Healthcare Experience Engagement and Reform'. A brief description of each theme is presented followed by a sample of some of the research stories from 2018. These accounts are featured to exemplify the impact and reach of the work undertaken by staff in the School. It also showcases the expansive collaboration with International Experts/Schools, Government Bodies, Industry, Community and Health Services, Not for Profit Agencies and Funding Bodies.



# Translating Evidence & Innovation for Health

## THEME 1 – Supporting Ageing in the 21st Century

Supported Ageing in 21st Century (SA-C21) is a research group that conduct nationally and internationally applied research to improve the experiences and outcome of older people living with complex conditions including multi-morbidity, frailty or dementia.

The group, led by Professor Corina Naughton and Dr Nicola Cornally brings together academic and clinical partners to address ‘wicket problems’ facing our ageing communities including:

- constrained resources,
- a global shortage of nurses to meet an ageing population demand,
- knowledge deficits in evidence-based interventions:
  - hospital-associated decline during acute care
  - sub-optimum transitions in care
  - community based health promotion
  - case management models for supported ageing in preferred place
  - advanced care planning in acute and community care
  - carer supports including aged carers
  - age attuned environment

The SA-C21 endeavours to improve the quality of life and experience for older people across the ageing life course including death through transdisciplinary and multiagency research. The SA-C21 works in partnership with older people, clinical partners and international collaborators to generate, apply and translate multidisciplinary research into clinical practice across care settings.

The following **five** stories provide examples of some of the work undertaken as part of this research group in 2018.

## EU Joint Programme – Neurodegenerative Disease Research (Jpnd). Scaling Up The Family Carer Decision Support Intervention: A Transnational Effectiveness-Implementation Evaluation.

**The Story:** In 2018, Drs Nicola Cornally and Irene Hartigan were asked to partner in a bid to secure funding from the EU joint programme on Neurodegenerative Disease, led by Professor Kevin Brazil, Queens University Belfast. Following short listing from almost 80 EU consortium applications, the project was selected for funding by the international review panel. This project is part of a six country consortium aimed at up scaling the Family Carer Decision Support (FCDS) Intervention. The FCDS intervention has been designed to inform family carers about end-of-life care options available to a person living with advanced dementia. A multiple case study design will be used where a care home will be the unit of analysis or 'case'. Twelve care homes will be enrolled that provide care for residents living with dementia in six countries, two care homes per country: United Kingdom (Belfast); Republic of Ireland (Cork County); Netherlands (Leiden); Canada (Hamilton, Montreal); Czech Republic (Prague); Italy (Turin).

Further to the implementation of the FCDS in two sites in Ireland the team at UCC in collaboration with All Ireland Institute of Hospice and Palliative Care (AIHPC) are leading on the Knowledge Exchange and Communication work package. At the core of this work package is to support and develop young researchers in dementia and palliative care research. Seven young researchers will be drawn from across the seven participating countries. They will be given the opportunity to work together and with international experts in care planning for end-of-life and dementia palliative care to support learning of transnational practices and explore solutions to challenges in their setting. The School of Nursing and Midwifery, UCC received the portion of the EU funding from the Health Research Board and the project is due to commence in April 2019.

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### PROJECT PARTNERS





**The Team:** Dr Nicola Cornally (partner lead), Dr Irene Hartigan (co-lead), Dr Serena Fitzgerald (co-investigator), Dr Rónán O’Caoimh (co-investigator), Dr Suzanne Timmons (co-investigator), Dr Catherine Buckley (co-investigator), Dr Siobhan Fox (co-investigator), Dr Tony Foley (co-investigator), Dr Catherine Sweeney (co-investigator). PhD student and Post-Doctoral Researcher to be appointed.

**Consortium Partners:** United Kingdom, Kevin Brazil, Queen’s University Belfast (Consortium lead), Canada, Sharon Kaasalainen, McMaster University Netherlands, Jenny Van Der Steen, Leiden University Medical Centre, Czech Republic, Martin Loucka, Center For Palliative Care.

**Collaborators:** United Kingdom, Karen Harrison-Dening, Dementia UK; Italy, Paola Di Gulio, University Of Turin; Netherlands, Minke Kooistra, Alzheimer Nederland (Dutch Alzheimer’s Society); Canada, Mary Schulz, Alzheimer Society Of Canada; Canada, Sharon Baxter, Canadian Hospice Palliative Care Association; Republic Of Ireland, Karen Charnley, All Ireland Institute Of Hospice And Palliative Care; Czech Republic, Iva Holmerova, Charles University & Alzheimer Europe.



**Pictured above:** Dr Siobhan Fox from the Centre for Gerontology and Rehabilitation, UCC, Dr Serena FitzGerald, Dr Irene Hartigan, Dr Nicola Cornally, School of Nursing and Midwifery, UCC.

#### HIGHLIGHTS

Activities developed as part of this project are designed to foster networking and capacity building of future research leaders in Dementia Palliative Care. This cross-population research enhances sustainability of activities beyond the lifetime of the project.

Advance care planning varies internationally and its definition lacks consensus. Legislative frameworks and cultural diversity make it difficult to systematically translate and standardise this type of evidence into practice. Nonetheless, this variation in care delivery and care contexts will enable the exchange of practice and solutions between partner sites. Ultimately, finding the best solution to enhancing end-of-life care decisions making among family members of loved ones with advanced dementia care.

## Implementing Evidence Based Guidance for Dementia Palliative Care

Project commissioned by the Health Research Board

**The Story:** In 2013, the Irish Hospice Foundation embarked on a three-year programme entitled Changing Minds: Promoting Excellence in End-of-life Care for People with Dementia. A suite of guidance documents were developed for healthcare staff to help improve palliative care for people with dementia. The seven IHF guidance documents are designed to support healthcare staff to address specific aspects of dementia palliative care in all care settings. The guidance documents were developed by the IHF in collaboration with researchers at University College Cork to fill an identified gap in practice guidelines for people providing palliative dementia care. To evaluate the impact of three of these guidance documents, the researcher team secured funding from Health Research Board - Applied Partnership Awards 2018. These awards are designed to bring knowledge users and academic researchers together to develop research projects that address a specific need within the Irish health or social care system. Currently, the team are conducting a multi-site participatory action research (PAR) approach underpinned by the Consolidated Framework for Implementation Research (CFIR) to

evaluate three of the guidance documents (guidance for pain, hydration & nutrition and medication management on dementia palliative care). Three Long Term Care (LTC) facilities have been recruited as study sites and one evidence based guidance document will be implemented per site. The proposed approach includes a number of stages, data collected is occurring at three time periods i.e. pre, during and post implementation of the guidance through situational (institutional and stakeholder) analysis. The governance structure includes a Project Management Committee and External Advisory Group with key stakeholders. This research facilitates the translation and application of evidence based guidance for dementia palliative care and will increase staff knowledge and confidence when caring for people with complex needs.

**The Team:** Professor Alice Coffey (Lead Researcher), Dr Nicola Cornally, Dr Irene Hartigan, Dr Elaine Lehane, Dr Catherine Buckley, Dr Suzanne Timmons, Dr. Kathy Mc Loughlin, Ms Marie Lynch.

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### PROJECT PARTNERS



### HIGHLIGHTS

Our research supports healthcare staff to address specific aspects of dementia palliative care in all care settings.

### Selected References:

Suzanne Timmons, Nicola Cornally, Irene Hartigan, Elaine Lehane, Catherine Buckley, Marie Lynch, Alice Coffey. Implementing Guidance for Palliative Care in Dementia Using Consolidated Framework for Implementation Research (CIFR): Results of a Multisite Situational Analysis, *Age and Ageing*, Volume 47, Issue suppl\_5, September 2018, Pages v13–v60, <https://doi.org/10.1093/ageing/afy140.09>

Hartigan, I., Robinson, S., O’Sullivan, M., McLoughlin, K., Gallagher, P. and Timmons, S. (2016). Palliative Care for the Person with Dementia. Guidance Document 4: Management of Hydration and Nutrition. Dublin: Irish Hospice Foundation. <http://hospicefoundation.ie/wp-content/uploads/2016/11/Final-Guidance-Document-4-Nutrition-and-Hydration-1.pdf>

Cornally, N., McLoughlin, K., Coffey, A., Weathers, E., Buckley, C., Mannix, M., Molloy, D.W. and Timmons, S. (2016) Palliative Care for the Person with Dementia Guidance Document 5: Pain Assessment and Management. Dublin: Irish Hospice Foundation. <http://hospicefoundation.ie/wp-content/uploads/2016/11/Final-Guidance-Document-5-Pain.pdf>

Lehane, E., McLoughlin, K., Mannix, M., O’Caoimh, R., Hickey, M. McCague, P., Coffey, A. and Gallagher, P. (2016). Palliative Care for the Person with Dementia Guidance Document 7: Medication and Dementia – Palliative Assessment and Management. Dublin: Irish Hospice Foundation. <http://hospicefoundation.ie/wp-content/uploads/2016/11/Final-Guidance-Document-7-Medication.pdf>



**Above:** Drs Irene Hartigan, Elaine Lehane and Nicola Cornally.



Guidance Documents

## Independent Evaluation of National Dementia Strategy and the National Dementia Strategy Implementation Plan

Project commissioned by the National Dementia Office-Health Service Executive

**The Story:** The Irish National Dementia Strategy was launched in December 2014, which aimed to have a lasting and life-changing impact for people with dementia and their families. Significant investment from Atlantic Philanthropies, Dept of Health and the Health Service Executive supported the implementation of the strategy. In September 2018, University College Cork and a market research company, IPSOS Mori, were commissioned to evaluate the National Dementia Strategy (NDS) and the National Dementia Strategy Implementation Plan (NDSIP).

A theory driven evaluation approach incorporating a realistic framework was conducted to evaluate the NDS and NDSIP. To achieve the tender objectives and inform the evaluation theory, there were a number of phases to the evaluation process, which entailed a modified multi vocal literature review, key informant interviews, survey questionnaire, multiple embedded case studies and synthesis of context -mechanism-outcome data. This multi-level mixed method evaluation was conducted over 1 year which necessitated over 50 hours of qualitative data and completion of over 600 surveys by key stakeholders (people living with dementia, carers, health and social care professionals, representatives of not for profit organisations). The multiple embedded case studies facilitated spotlighting care provisions nationally and this provided insight with regard to the implementation of the NDS in different regions. The project team have developed a theory to support the evaluation and this is the first of its kind for strategy evaluation

in Ireland. Key learnings from the implementation of the NDS and theory formation are also described. Six broad outcomes have emerged from the report and key health and social care recommendations are provided to demonstrate that Ireland is leading the way in improving life for people living with dementia and their families. The final report is due for April 2019.

**The Team:** Dr Irene Hartigan & Dr Nicola Cornally (Lead Researchers), O'Philbin, L., O'Caoimh, R., O'Connor, K., Drennan, J., Coffey, A., Buckley, C., Naughton, C. O'Regan, N., Rooney, F., Clarke, K.

**External advisers:** Professor Kevin Brazil, Centre for Evidence and Social Innovation, Queens University and Professor Jenny van der Steen University Medical Center, Leiden, Radboud University Medical Center, Nijmegen, the Netherlands.

### HIGHLIGHTS

This evaluation describes the landscape and impact of the national dementia strategy in Ireland. The development of a programme theory as part of this work will help to guide future policy and practice, directing and upscaling initiatives that are known to work well and are impactful.

#### PROJECT PARTNERS



# Dementia and Loneliness Policy Position Paper

Project commissioned by the Alzheimer Society of Ireland

**The Story:** Loneliness is a complex phenomenon that impacts on both mental and physical health. Some studies suggest that the effects of isolation and loneliness on health and mortality are on par with other lifestyle risk factors. Dementia is also a complex condition and coupled with loneliness, it may have severe impact on individuals. In September 2018, the Alzheimer Society of Ireland commissioned a team of researchers from University College Cork to carry out a focused piece of research that would inform current understandings around dementia and loneliness in Ireland. A detailed review of literature in this area was conducted as well as interviews with people living with dementia and in some cases with their respective partner. In addition, a consultation process with stakeholders provided valuable feedback. This is the first study of its kind in Ireland and little research has been carried out internationally in terms of trying to understand the relationship between dementia and loneliness. This sets out the Alzheimer Society of Ireland's position on dementia and loneliness, and how loneliness in dementia can be addressed and alleviated.

**The Team:** Dr Irene Hartigan (Lead Researcher), Gyunghee Park, Dr Suzanne Timmons, Dr Tony Foley, Dr Aisling Jennings, Dr Nicola Cornally, Professor Nicole Müller.

**External adviser:** Loneliness Taskforce, Sage-Support and Advocacy Service, National Dementia Office, HSE & Professor Vanessa Burholt, Centre for Ageing and Dementia Research, Wales.

## Selected References:

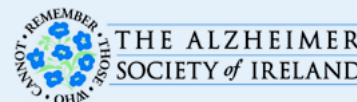
Dementia and Loneliness Policy Position Paper (2019) Available at [https://alzheimer.ie/wp-content/uploads/2019/01/ASI\\_PP\\_DementiaLoneliness.pdf](https://alzheimer.ie/wp-content/uploads/2019/01/ASI_PP_DementiaLoneliness.pdf)

Alzheimers Europe policy watch section-Ireland publishes new policy position paper on dementia and loneliness <https://alzheimer.ie/creating-change/building-a-body-of-evidence/research-studies/>

## HIGHLIGHTS

Our research calls for a public and professional awareness campaign to raise awareness not only of the person living with dementia but also their partner or caregiver who might be quietly suffering from loneliness.

## PROJECT PARTNERS



Dementia and Loneliness Policy Paper

# Evaluation of The Alzheimer Society of Ireland Dementia Adviser Service Report

Project commissioned by the Alzheimer Society of Ireland and Health Service Executive

**The Story:** Navigating a health system in any country can be challenging, this process is further compounded by a diagnosis of dementia. Against this background the role of the Dementia Adviser (DA) was established. The Dementia Adviser, was identified as a resource to guide people with dementia and their families during the post diagnostic stage and beyond. The Alzheimer Society of Ireland (ASI) provides a Dementia Adviser Service (DAS), funded by the Health Service Executive, in eight locations nationally, supporting 1,700 clients. Dementia Advisers (DAs) provide advice for people living with dementia (PLWD) and their families and signpost to other key services available. The operationalisation of their role varies according to the resources and services available within their geographical location.

A mixed method research study underpinned by the RE-AIM organising framework was conducted in 2018 to evaluate the existing DAS in Ireland from the perspectives of all stakeholders (PLWD, Carers, Health and Social Care professionals and Dementia Advisers). Data collection entailed a scoping review, survey methods, key informant interviews and case exemplars. This was the first major evaluation the ASI of Ireland National Dementia Adviser Services. The evaluation provided evidence of overall high levels of satisfaction with the DAS and demonstrated the importance DAS for people living with dementia and their families. However, better integration of the DAS with existing services and greater awareness of the service with wider national coverage is needed. A longitudinal study is recommended to measure the impact of support interventions provided by the DAS over time. The results of this evaluation was instrumental to continuing the provision of funding of the DAS.

**The Team:** Professor Alice Coffey (Lead Researcher), Dr Nicola Cornally, Prof. Josephine Hegarty, Dr Irene Hartigan, Dr Kathy

Mc Loughlin, Dr Rónán O’Caoimh. **Internal adviser:** Professor Jonathan Drennan, University College Cork. **External adviser:** Professor Charlotte Clarke, Edinburgh University

## Selected References:

Coffey, A., Cornally, N., Hegarty, J., O’Caoimh, R., O’Reilly, P., O’Loughlin, C., Drennan, J., Clarke, C., Hartigan, I (2018). Evaluation of The Alzheimer Society of Ireland Dementia Adviser Service. <https://www.lenus.ie/bitstream/handle/10147/623818/Dementia%20Advisor%20Evaluation%20Report%20Sept%202018.pdf?sequence=2&isAllowed=y>

## HIGHLIGHTS

Our research demonstrated the impact of the Dementia Adviser Service and the need to sustain this service for people living with dementia and their families.



Evaluation report

## PROJECT PARTNERS



## THEME 2 – Enhancing Cancer Awareness and Survivorship Programmes (ECASP)

One in two people will develop cancer at some point in their lives. Just under half of these cancers are preventable. Detecting cancer early can effectively reduce the mortality associated with cancer. Two out of three persons diagnosed with cancer survive for five years or longer after diagnosis.

The goal of educators and researchers at the Catherine McAuley School of Nursing and Midwifery, University College Cork is to advance our understanding of and the experiences of cancer awareness and cancer survivorship and thereby, improve health care providers' practice and ultimately individuals' experience of cancer survivorship.

The two major research foci of the group are 1) promotion of cancer awareness and 2) support of individuals on the cancer survivorship journey.

The ECASP group through the conduction of over fifteen studies have highlighted the life altering symptoms experienced by individuals undergoing cancer treatment and have developed two targeted interventions: 1) Educational Intervention focused on Sexuality in Women with Gynaecological Cancer and 2) Virtual Reality intervention for Testicular Cancer awareness.

ECASP members have worked with the Irish Cancer Society to better understanding the impact of health literacy on men's access to cancer prevention information. ECASP members are currently working with the Irish National Cancer Control Programme to scope and map National Cancer Survivorship Services.

Nine doctorate students associated with ECASP have graduated thus building research capacity. An MSc/ Postgraduate Diploma in Nursing (Oncology) was launched in 2015 which facilitates the education of nurses in the specialist area of oncology.

The twitter page for the ECASP is: [https://twitter.com/e\\_casp](https://twitter.com/e_casp)

The following **three** stories provide examples of some of the work undertaken as part of this research group in 2018.

## The E-MAT Intervention; a Novel Virtual Reality Experience Aimed to Enhance Men’s Awareness of Testicular Disorders

**The Story:** Dr Mohamad Saab and a team of researchers from the UCC School of Nursing and Midwifery, Department of Computer Science, and School of Public Health designed and tested a virtual reality intervention aimed to Enhance Men’s Awareness of Testicular disorders (E-MAT) and familiarise them with the normal appearance of their testes. E-MAT is a 3-level virtual reality experience delivered using a virtual reality headset, controller with vibrational feedback, and headphones with voiceover.

A study was conducted to test the feasibility and usability of E-MAT among 15 university students who perceived the intervention as user friendly, humorous, appealing, novel, and informative. A study was then conducted to test the effectiveness of E-MAT among 53 university students who filled a questionnaire before the intervention, immediately after the intervention, and one month following the intervention. It was found that E-MAT was successful in increasing men’s awareness of testicular diseases and improving their willingness to feel their testes and to visit a healthcare professional if they felt any testicular abnormalities.

**Pictured right:** Margaret Landers, Mohamad Saab and Josephine Hegarty

Dr Saab and colleagues are currently seeking research funding opportunities in order to develop E-MAT further and test it among a broader population, with the hope of making it freely and publicly available.

**The Team:** Dr Mohamad M. Saab (Lead Researcher); Dr Margaret Landers; Mr Eoghan Cooke; Mr David Murphy; Dr Martin Davoren; and Prof Josephine Hegarty

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### PROJECT PARTNERS





**Selected References:**

Saab, M. M., Landers, M., Cooke, E., Murphy, D., & Hegarty, J. (2018) Feasibility and usability of a virtual reality intervention to enhance men's awareness of testicular disorders (E-MAT). *Virtual Reality*. <https://doi.org/10.1007/s10055-018-0368-x>.

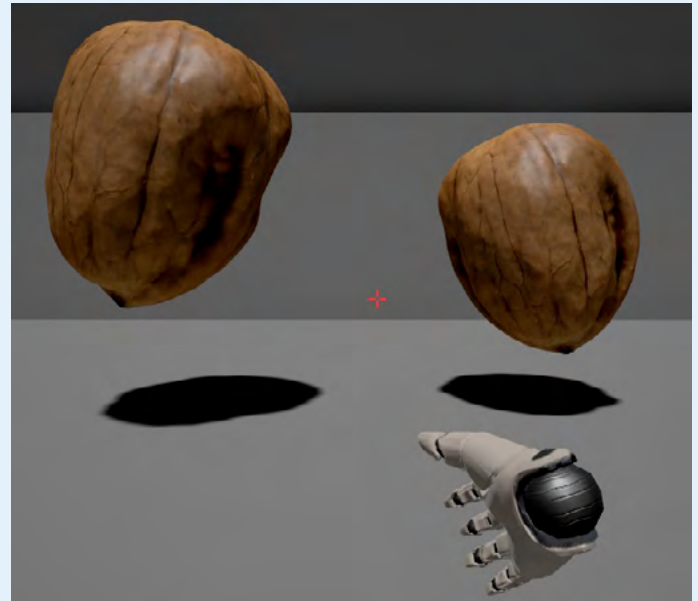
Saab, M. M., Landers, M., Cooke, E., Murphy, D., Davoren, M., & Hegarty, J. (2018). Enhancing men's awareness of testicular disorders (E-MAT) using a virtual reality intervention: A pre-post pilot study. *Nursing Research*, 67(5), 349-358. <https://www.ncbi.nlm.nih.gov/pubmed/30059354>.

The Irish Examiner published an article: <https://www.irishexaminer.com/breakingnews/ireland/ucc-study-shows-virtual-reality-can-make-men-aware-of-testicular-cancer-risk-887914.html>

**HIGHLIGHTS**

E-MAT is a novel and user friendly virtual reality intervention aimed to Enhance Men's Awareness of Testicular Disorders.

E-MAT was successful in improving men's knowledge of common testicular diseases and increasing their willingness to seek help for testicular symptoms.



**Above:** The 3D models used to represent the testes in the first level of the E-MAT intervention

## National Cancer Survivorship Needs Assessment: Research to Scope out and Map Cancer Survivorship Services in the Irish Context

**The Story:** Survivorship rates for cancer have been steadily increasing with over 3.6% of the population having a previous or current diagnosis of cancer, which approximates 2.5 times the capacity of Croke Park; 60-70 individuals per General Practitioner (GP) and 4,000 individuals per oncologist. With cancer survivor numbers increasing, optimising individuals' quality of life is a particular focus for the Irish health care system.

The ECASP group in partnership with the National Cancer Control Programme conducted a National Cancer Survivorship Needs Assessment to ascertain the most suitable model of survivorship health care for use in Ireland.

The research revealed the need for the current systems of care to change in order to respond to the numbers of increased cancer survivors. A survivorship pathway is needed which offers one-to-one sessions with health care professionals at key time-points, a comprehensive patient treatment summary and care plan on treatment completion, access to cancer specific follow up clinics and survivorship specific clinics, engagement with a survivorship programme, easy and rapid access to support and services for the management of symptoms and issue resolution. Health care professionals noted the need for a survivorship pathway underpinned by the key survivorship principles of Assess, Link in, Link out and onward, Inform, Empower, Support and Services abbreviated to the "ALLIES during cancer survivorship".

**The Team:** Josephine Hegarty (PI), Ashling Murphy, Louise Mullen, Terry Hanan, Mairin O' Mahony, Margaret Landers, Bridie McCarthy, Elaine Lehane, Brendan Noonan, Serena Fitzgerald, Mary Reidy, Mohamad M. Saab, Mark Corrigan

### Selected References:

Hegarty J, Murphy A, Mullen L, Hanan T, O' Mahony M, Landers M, McCarthy B, Lehane E, Noonan B, Fitzgerald S, Reidy M, Saab MM, Corrigan M (2018) National Cancer Survivorship Needs Assessment: Research to Scope out and Map Cancer Survivorship Services in the Irish Context Report prepared for the National Cancer Control Programme.

### HIGHLIGHTS

Individuals have many and varied needs on the cancer survivorship journey.

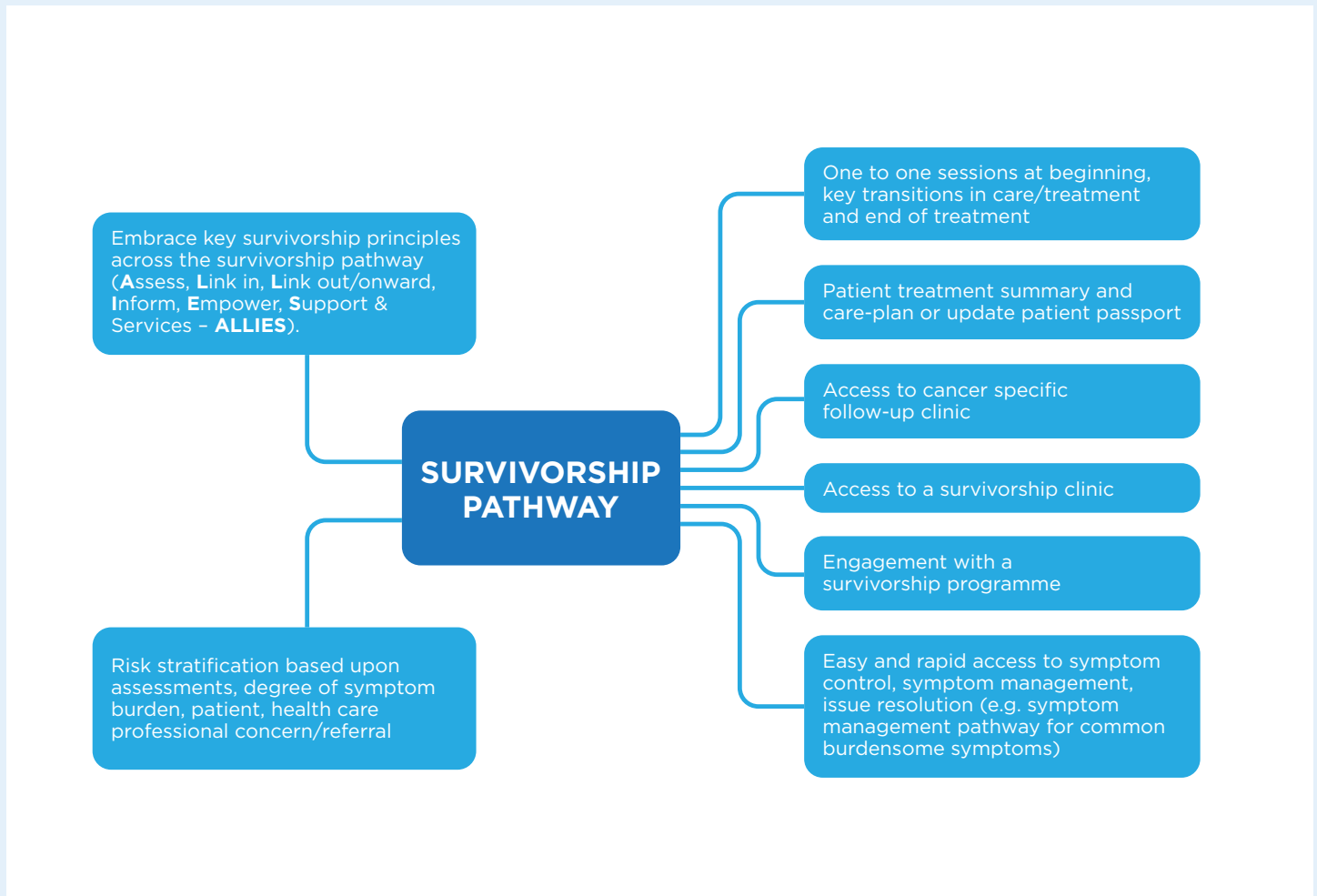
Need for a formalised cancer survivorship pathway.

### PROJECT PARTNERS



Office of the  
Nursing & Midwifery  
Services Director





**Figure:** Outline of the proposed Cancer Survivorship Pathway as elucidated through the mixed methods study.

## A Head and Neck Cancer Concerns Inventory that puts the Patient at the centre of the Consultation

**The Story:** In March 2017, a small group of researchers and clinicians in the South Infirmary-Victoria University Hospital (SIVUH) led by Dr Brendan Noonan aimed to explore the feasibility of using a previously validated Head and Neck Cancer Patient Concerns Inventory (H&N PCI) in the outpatient setting. The H&N PCI containing 57 items, is a site specific previously validated holistic needs assessment tool. The items were generated through the synthesis of issues covered in HRQoL questionnaires and discussions with various multi-disciplinary teams, developed in partnership with patients and carers and has been successfully trialled among head and neck cancer patients in the UK.

The feasibility study had a number of key objectives, namely, to elicit the patient's assessment of H&N PCI as a tool to identify their concerns more effectively during consultation; to elicit surgeon opinion about the usefulness of the PCI during clinical consultation and to assess nursing staff perceptions of PCI administration during the patient

registration process. Findings indicated that the H&N PCI is easy to adopt in clinic with minimal disruption to the routine out-patient consultation. It targets symptoms, facilitates referral and improves patient care. It makes the consultation more 'patient centred and holistic' and helps patients raise issues that otherwise tend to be missed. Moreover, it increases patient satisfaction with consultations. Patients, surgeons and nurses all found the H&N PCI to be a feasible tool to use in the outpatient setting. In October 2018, the H&N PCI was formally implemented as part of standard care delivery in the SIVUH for patients post head and neck cancer treatment.

**The Team:** Dr Brendan Noonan (Lead Researcher), Ms Deirdre Callanan; Ms Ruth Lernihan; Professor Josephine Hegarty and the clinical team at South Infirmary Victoria Hospital Cork (SIVUH).

### HIGHLIGHTS

The H&N PCI can be easily sustained & integrated in clinical practice as part of current & future service delivery plans.

The H&N PCI ensures services are timely & provided in line with patient needs.

## THEME 3 – Maternity, Families and Primary Care (MF&PC)

### **Aim:**

The aim of the Maternity, Families and Primary Care research team is to lead and collaborate in developing multidisciplinary research. The purpose of our research is to support women, children, fathers and families throughout the perinatal period from preconception to the early years of a child's life in diverse social community settings.

### **Specific Objectives:**

- To Improve the Health and Wellbeing of women, men, children and their families.
- To engage in research which reflects international and national policy ensuring research projects positively influence public health priorities.
- Promote research areas of expertise of team members and attract Post Graduate students to study in these areas to build research capacity in specific contexts to provide evidence based knowledge that will influence policy and practice.
- To provide an opportunity for collaborative multidisciplinary research reflecting complexity of care for families in the community, ensuring excellence in evidence base translational health outcomes.
- To conduct research that will influence and promote better health for women, men, children, mother/father infant dyads and families.
- To advance nursing and midwifery knowledge and expertise that contributes to international clinical best practice

- To work in a co-operative manner with Health Service Providers to provide empirical findings to guide the care and support of women, new mothers, fathers and families, through all stages of the perinatal period.

### **Focus of Research:**

The MF&PC research team are qualified research-experienced nurses, midwives, public health nurses, an epidemiologist, and a statistician committed to improving the bio-psychosocial health of women, mothers, fathers and their children. The context of the research reflects the diverse clinical care settings from hospital wards, out-reach community clinics, primary care centres to people's own homes. Research areas of expertise include midwifery led care, public health nursing care, transition to motherhood, fatherhood and parenthood, perinatal mental health, parental concerns in relation to child growth and development, parental/infant attachment, nurse/client relationships, working with vulnerable families, social support, the experience of pregnancy after pregnancy loss, maternal parental self-efficacy, postnatal depression, tocophobia, infant feeding including breastfeeding, social support, kangaroo care, preterm parenting, and many others.

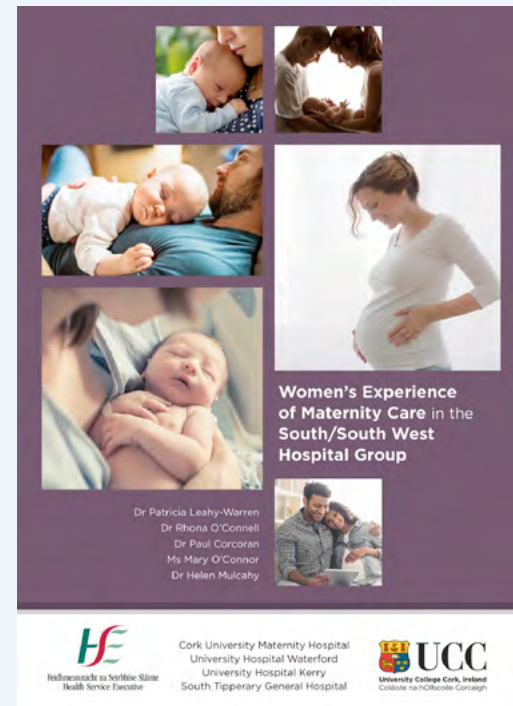
The following **two** stories provide examples of some of the work undertaken as part of this research group in 2018.

## Women's Experience of Maternity Care in the South/South West Hospital Group

**The Story:** The aim of this study was to examine women's experiences of maternity care in the South/South West Hospital Group. A survey was carried out in 2017 where data for Survey One were collected on the postnatal wards of the 4 hospitals. Survey Two questionnaire was posted to participants, to be completed at 12 weeks after the birth of their baby and returned in a stamped addressed envelope provided. The usable response rate for Survey 1 was 71.9% (n=1277) and 46.7% (n=596) for Survey 2. The report was launched in Spring 2019 and key findings were presented in the Ultra newsletter in December 2018 (below).

Leahy-Warren, P., O'Connell, R., Corcoran, P., O'Connor, M., Mulcahy, H (2018) Women's Experience of Maternity Care in the South /South West Hospital Group. School of Nursing & Midwifery: University College Cork

The main findings of the survey were positive, women's satisfaction levels with the services were high in relation to their antenatal, intranatal and postnatal care. Women received information about their pregnancy and had access to a range of services. They were treated with respect and their concerns were generally listened to. Issues of concern were the lack of choice in relation to models of care, such as continuity of care models and the lack of HSE facilitated antenatal classes. Despite the lack of a perinatal mental health service in the area, 80% of women reported being asked about their emotional and mental health however 15% were found to be at risk of postnatal depression. Another area of note was the number of women who in pregnancy, plan to combine breast and formula feeding. A dissemination plan for the project has been devised and a number of peer review papers and presentations are planned.



**The Team:** Dr Patricia Leahy-Warren (PI), Dr R. O'Connell (co-PI), Dr P. Corcoran, M. O'Connor, Dr H. Mulcahy,

### Selected References:

Leahy-Warren, P., O'Connell, R., Corcoran, P., O'Connor, M., Mulcahy, H (2018) Women's Experience of Maternity Care in the South /South West Hospital Group. School of Nursing & Midwifery: University College Cork.

## Women's experience of maternity care in SSWHG

by Dr P. Leahy-Warren (Principal Investigator), Dr H. Mulcahy, Dr R. O'Connell, Ms M. O'Connor, School of Nursing & Midwifery and Dr P. Corcoran, NPEC, UCC

In 2017 a survey took place across the South/South West Hospital Group (SSWHG) to examine women's experiences of maternity care in this region. The primary aim was to examine satisfaction with the services at a time of significant evolution and restructuring of maternity services in the South/South West region. Key findings are summarised below, and the full study will be made available by the end of 2018. Thanks to the women who completed the survey, the nursing and midwifery managers, and the staff and research assistants at all four maternity units who helped facilitate this survey.

- **Profile:** 70% of women were in their 30s and the majority were public patients.
- **Antenatal:** At antenatal visits, the majority (79%) of women reported that they always had sufficient time to ask questions to discuss their pregnancy.
- **Skin-to-skin:** The majority of women (81%) reported having skin-to-skin contact with their infant after delivery.
- **Cord clamping:** 48% of women reported that the cord was clamped and cut immediately after the birth and 45% reported that this took place after a minute or more.
- **Infant feeding:** Most women stated that they had decided how to feed their baby before they became pregnant (58%), 18% made the decision in early pregnancy, and 9% did not decide on the method of infant feeding until after the birth.
- **Solid food:** The majority of women (93.5%) discussed introducing solid food with a Public Health Nurse.

- **Breastfeeding:** Two thirds of women (61%) reported breastfeeding for as long as they had planned, but 29% reported that they did not.
- **Public Health Nurse:** More than three quarters of women (78%) reported that they saw their PHN often enough, with nearly 20% wanting more visits and only a small portion wanting less (3%).
- **Mental health:** The majority of women (80%) reported being asked about their emotional and mental health by a health professional, but one fifth (20%) indicated they were not.



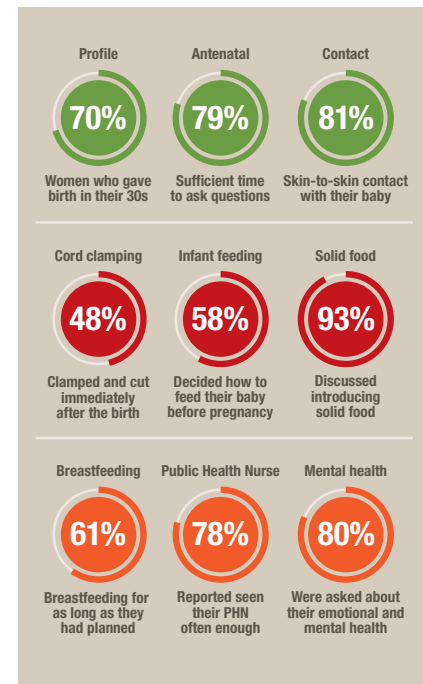
### AREAS OF GOOD EXPERIENCE

- More than 90% of women stated that they felt well supported by the staff and 93% stated that the staff communicated with them well in labour.
- The majority (94%) of women reported they always felt they had confidence and trust in the staff caring for them during labour.



### AREAS NEEDING IMPROVEMENT

- A small proportion of women (6%) had previously met all the midwives providing care in labour.
- 29% of women indicated being offered a choice in relation to midwifery-led antenatal care, with significant differences between hospitals.



## A Skills based programme of education for the provision of breastfeeding support

**The Story:** Breastfeeding is widely considered the best option in terms of maternal and infant health both for short and long term health outcomes for the infant. Despite the international evidence of benefits to public health, rates in Ireland remain one of the lowest in Europe. The current effectiveness of breastfeeding education for Health Care Professionals (HCP) is unknown. Empirical evidence suggests that there is poor breastfeeding competence and confidence among HCPs. Therefore, it was timely to examine systematically the provision of breastfeeding education, review the underpinning pedagogy and develop its curriculum to meet the needs of the population. Therefore, the purpose of this project was to develop a level 3 skills based programme of education for the provision of breastfeeding support relevant to nurse/midwives, public health nurses, practices nurses and community medical

doctors. The project had 3 phases: analysis and synthesis of empirical research; collation of national data including telephone interviews with key stakeholder breastfeeding educators on current skills based education. The third and final phase was a combination of both phase 1 & 2 to inform and develop an evidence-based curriculum.

The skills education package is separated in this report for teaching, learning and assessing reasons into cognitive, affective and psychomotor skills. The proposed education programme was presented at a national workshop setting attended by breastfeeding experts and those previously involved in delivering training. The final curriculum is currently being considered by the National Office for Breastfeeding including the National Breastfeeding Co-ordinator. Once signed off, it is envisaged that this curriculum will be embraced nationally by all educators who provide skills based education and thus provide a standardised approach to National breastfeeding skills education.

**The Team:** Dr Patricia Leahy-Warren and Dr Helen Mulcahy

### Selected References:

Mulcahy H, O'Connor M, Leahy-Warren P (2017) A Pilot educational initiative to enhance student public health nurses' breastfeeding support competence. *Internal Medicine Review*. 3 (10) 1-9

Mulcahy, H., Leahy-Warren, P. (2019) 'Developing an evidence-based breastfeeding skills curriculum' Poster to be presented at 21st congress of the Nordic Federation of Midwives to be held in Reykjavik 2-4th May 2019

### PROJECT OUTLINE



**PHASE 1:** systematically search and review literature for breastfeeding skills education.

- Conduct a review of empirical literature to examine best practice in skills based breastfeeding training for Health Care Professionals, informed by PRISMA.
- Conduct a focussed review of grey literature informed by national breastfeeding experts and reported using PRISMA.



**PHASE 2:** Identify, describe and collate national existing breastfeeding skills training programmes. Access public and private providers. Focus on facilitator qualifications as well as skills, teaching strategies & assessment.



**PHASE 3:** Collate findings from empirical and grey literature review, informed by consultation with key stakeholders to develop an evidence-based curriculum.



# HealthCare Experience, Engagement and Reform

## THEME 1 – Healthcare Workforce

Healthcare Workforce is a research group, established to test the implementation of the “Framework for Safe Nurse Staffing and Skill-Mix in acute adult medical and surgical wards”. The Department of Health recently published this document and made a number of recommendations to ensure that the staffing of hospitals was safe and effective; that is to ensure the right number of nurses are in the right place at the right time and with the right skills to deliver care. This research intends to measure the extent to which the recommendations in this report impacts on patients and staff in hospitals and emergency departments (EDs). The research also examines how much the recommendations cost to implement. We measure a number of factors that we know are related to nurse staffing. These include missed care, which is looking at work that nurses may not have had time to complete, as well as how satisfied patients are with their care. We will look at whether changes in staffing will impact on the experience of patients in EDs, such as the length of time waiting for care. Based on our findings, we will make a number of recommendations to improve the staffing of wards and emergency departments in Ireland.

This is an interventional study using a pre-post-test design. There are four aims of the study:

- Measure the impact of implementing the pilot of the Framework (specifically Nursing Hours per Patient Day (NHPPD)) on nurse sensitive patient outcomes measures, staff outcome measures and organisational factors.
- Measure the economic impact of implementing the Framework using appropriate economic evaluation techniques.
- Using implementation science, provide an evidence-based assessment of the adoption and implementation of the Framework in practice to guide future national rollout decisions.
- Determine the extent to which the Framework delivered on its intended outcomes, including: stability of the nursing workforce and appropriate staffing and skill-mix to meet patient need.

The following **three** stories provide examples of some of the work undertaken as part of this research theme.

## Programme of Research on Safe Nurse Staffing and Skill Mix

Research funded by the Health Research Board and the Department of Health

**The Story:** Determining safe and appropriate nurse staffing levels, that is ensuring that the right nurse is in the right place at the right time, can be challenging and, for many years, decisions on nurse staffing in the Irish healthcare system were based on historical need and legacy issues rather than using a systematic, evidence based approach. Previous research has identified that failings in care and poor nurse staffing can result in adverse patient outcomes including mortality and failure to rescue as well as outcomes affecting nursing staff such as increased staff turnover, burnout and decreased job satisfaction. To address these issues, the Department of Health published the Draft Framework for Safe Nurse Staffing and Skill Mix in General and Specialist Medical and Surgical Care Settings in Adult Hospitals in Ireland (Department of Health 2016). This report set out for the first time in Ireland an evidenced based approach to determining safe nurse staffing and skill mix levels across general and specialist medical and surgical in-patient care settings in acute hospitals. The recommendations in the Framework included: the Clinical Nurse Manager (CNM) - grade 2 role is fully 100% supervisory (that is, they carry no patient caseload), and that a 'systematic...evidence based approach to determine nurse staffing and skill mix requirements is applied' (Department of Health 2016: 9). The research team are testing the implementation of this evidence based approach to safe nurse staffing in medical and surgical wards and acute floor settings (emergency departments, local injury units, acute medical assessment units). To date the results from pilot sites have demonstrated that the implementation of the Framework in medical and surgical settings has resulted in a number of positive outcomes including a reduction in adverse patient events, a reduction in missed care, a reduction in

agency use, an increase in staff levels of job satisfaction and an increase in staff perceptions that wards are adequately staffed and resourced. The research has now been expanded and data continues to be collected in medical and surgical settings; results from the research in emergency departments will be published later this year. The results from the research team at UCC were central to the publication of a major policy document by the Department of Health, a Framework for Safe Nurse Staffing and Skill Mix in General and Specialist Medical and Surgical Care Settings in Ireland 2018. This outlines for the first time in Ireland the process to ensure that wards are safely staffed to meet patient need and to ensure their safety.

### **The Team:**

**Programme Lead:** Professor Jonathan Drennan (UCC).

**Co-applicants:** Professor Anne Scott (NUIG); Professor John Browne (UCC); Professor Christine; Duffield (University of Technology Sydney); Dr Aileen Murphy (UCC); Professor Peter Griffiths (University of Southampton).

**Collaborators:** Professor Eileen Savage (UCC); Professor Josephine Hegarty (UCC); Professor Jane Ball (University of Southampton); Professor Cathy Pope (University of Southampton).

**Research Team (UCC):** Dr Noeleen Brady (Post-doctoral Researcher); Dr Ashling Murphy (Post-doctoral Researcher); David Gilligan (PhD student); Ms Clare Fitzgerald (Research Assistant); Ms Grainne McKenna (Research Assistant); Ms Shauna Rogerson (Research Assistant).

**Selected References:**

Drennan J., Duffield C., Scott AP, Ball J., Brady NM., Murphy A., Dahly D., Savage E., Corcoran P., Hegarty J., Griffiths P. (2018) A protocol to measure the impact of intentional changes to nurse staffing and skill-mix in medical and surgical wards. *Journal of Advanced Nursing*. <https://doi.org/10.1111/jan.13796>

Drennan J., Brady N., Duffield C., Scott AP, Ball J., Brady NM., Murphy A., Dahly D., Savage E., Corcoran P., Hegarty J., O’Connell S., Gilligan D., Gannon L., Griffiths P. (2017) Evaluation of the ‘Pilot Implementation of the Framework for Safe Nurse Staffing and Skill-Mix’. University College Cork <https://health.gov.ie/wp-content/uploads/2018/07/Safe-Staffing-Final-Report-June-2017.pdf>

Department of Health (2018) Framework for Safe Nurse Staffing and Skill Mix in General and Specialist Medical and Surgical Care Settings in Ireland 2018. Department of Health, Dublin. <https://health.gov.ie/wp-content/uploads/2018/07/Nursing-Taskforce-Report.pdf>

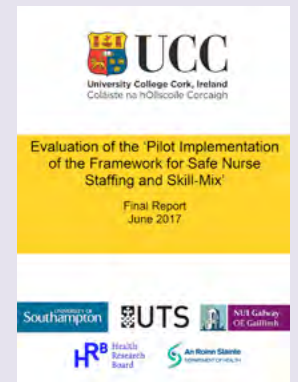


**Pictured above:** Members of the Research Team with Minister Simon Harris, Minister of Health, on the launch of the Research Report on the Framework for Safe Nurse Staffing.

PROJECT PARTNERS



An Roinn Sláinte  
Department of Health



The Framework for Safe Nurse Staffing and Skill-Mix and the Accompanying Research Report

## Teaching Evidence Based Practice to Health Care Professionals in Ireland and the development of a competency framework for clinical effectiveness education

Project commissioned by the National Patient Safety Office, Department of Health Ireland.

**The Story:** Evidence Based Practice is a cornerstone of delivering clinically effective care for improved patient/service user outcomes and is increasingly recognised as a foundation for healthcare education across disciplines and international borders. The acquisition of EBP and clinical effectiveness competencies begins during an individual's professional training. To this end, healthcare education programmes must design curricula that target these competencies. In Ireland these competencies are nascent and require development. Our interprofessional research team conducted a multi-phase project which involved the completion of 2 structured reviews on EBP & clinical effectiveness education, individual interviews with experts in EBP teaching from the UK, Canada, Australia and New Zealand and 13 focus groups with national stakeholders involved in the education, professional training and regulation of 14 healthcare professions. We determined the national baseline data on the current provision of EBP education in Ireland and developed the first international competency framework for clinical effectiveness education. The research team have disseminated this work through the Department of Health website and information forums, national and international conferences, peer review publications and professional networking forums to optimise awareness and application of this research into educational practice. Specifically, the framework assists educators in

designing and reviewing curricular content in relation to clinical effectiveness competencies in both academic and clinical settings. The ultimate translational aim is to embed a clinical effectiveness culture within healthcare services in Ireland to promote high quality and safe care.

**The Team:** Dr Elaine Lehane (Lead Researcher)

**EBP Team:** Dr. Cliona O'Riordan, Dr. Patricia Leahy Warren, Professor Eileen Savage, Professor Jonathan Drennan, Dr. Colm O'Tuathaigh, Dr. Michael O'Connor, Professor Mark Corrigan, Dr. Francis Burke, Dr. Martina Hayes, Dr. Helen Lynch, Dr. Laura Sahm, Dr. Elizabeth Heffernan, Ms. Elizabeth O'Keefe, Dr. Catherine Blake, Professor Frances Horgan, Professor Josephine Hegarty

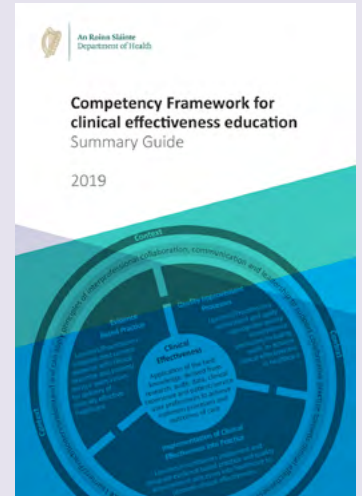
**Clinical Effectiveness Team:** Dr Heloise Agreli, Ms Simone O'Connor, Professor Josephine Hegarty, Dr Patricia Leahy-Warren, Dr Deirdre Bennett, Professor Catherine Blake, Dr Francis Burke, Professor Mark Corrigan, Professor Jonathan Drennan, Dr Martina Hayes, Dr Elizabeth Heffernan, Professor Frances Horgan, Dr Helen Lynch, Dr Joseph McVeigh, Professor Nicole Müller, Ms. Elizabeth O'Keefe, Dr Colm O'Tuathaigh, Dr Laura Sahm, Professor Eileen Savage.

**Selected References:**

Lehane, E., Leahy Warren, P., O’Riordan, C., Savage, E., Drennan, J., O ‘Tuathaigh, C., O’Connor, M., Corrigan, M., Burke, F., Hayes, M., Lynch, H., Sahn, L., Heffernan, E., O’Keefe, E., Blake, C., Horgan, F, Hegarty, J. (2017) Research on Teaching of Evidence Based Practice in Ireland - to Health Care Professionals and Healthcare Students. Report prepared for Department of Health, Clinical Effectiveness Unit.  
<https://health.gov.ie/wp-content/uploads/2018/01/Teaching-of-EBP-in-Ireland-Summary-report-Oct2017.pdf>

Lehane E, Leahy-Warren P, O’Riordan C, Savage, E., Drennan, J., O ‘Tuathaigh, C., O’Connor, M., Corrigan, M., Burke, F., Hayes, M., Lynch, H., Sahn, L., Heffernan, E., O’Keefe, E., Blake, C., Horgan, F, Hegarty, J. (2018). Evidence-based practice education for healthcare professions: an expert view BMJ Evidence-Based Medicine Published Online First: 15 November 2018. doi: 10.1136/bmjebm-2018-111019

Lehane, E., Agreli, H., O’Connor, S., Hegarty, J., Leahy-Warren, P., Bennet, D., Blake, C., Burke, F., Corrigan, M., Drennan, J., Hayes, M., Heffernan, E., Horgan, F., Lynch, H., McVeigh, J., Müller, N., O’Keefe, E., O’Tuathaigh, C., Sahn, L. and Savage, E. (2018). Development of a Competency Framework for Clinical Effectiveness Education in Ireland. Report prepared for Clinical Effectiveness Unit, National Patient Safety Office, Department of Health, Ireland.  
<https://health.gov.ie/wp-content/uploads/2019/02/Competency-Framework-clinical-effectiveness-education-Dec-2018.pdf>

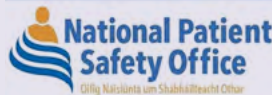


Summary Guide – Competency Framework for Clinical Effectiveness Education

PROJECT PARTNERS



An Roinn Sláinte  
Department of Health



HIGHLIGHTS

Our research provides the educational bedrock for fostering a clinically effective culture for the promotion of high quality and safe care.

## LEARNING to live: Improving the Quality of Life for Vulnerable Migrant Students through Integrated Digital Technology Enhanced Support and Transformative Action in Higher Education

**The Story:** The LEARNING to Live project was awarded funding through the Erasmus + strategic partnership funding for higher education. This project aims to develop a suite of technological and non-technological resources for vulnerable migrant students in a higher education context and challenge the barriers to achievement and success. An action research methodology is planned which will include the contribution of “experts by experience” and the co-production of all resulting resources. The main outputs will include (A) An integrated digital literacy and language toolkit, (B) A multi-media web-hub and (C) Associated mobile applications.

The project team aims to publish and disseminate project outputs through peer review publications and presentations at relevant conferences. The first international meeting of the

group was hosted in UCC in November 2018. The project runs from September 2019-September 2022. This award builds on the collaboration’s 2017 Erasmus + strategic partnership for the Sim-Verity project.

**The Team:** UCC team - Nuala Walshe (UCC lead) Ms. Carol Condon, Dr Angela Flynn and Dr Patricia O’Regan. International collaborators - England (University of Bradford-Project lead), Finland (Savonia University of Applied Sciences), Spain (Universitat Rovira I Virgili) and Slovenia (University of Maribor). Dr Karl Kitching (Director of Equality, Diversity and Inclusion UCC) will act as an expert panel advisor to the project.



**Pictured left:** Members of the consortium during the first international meeting in UCC. Picture Credit: Mr Tony Archer, Chief Technical Officer, Audio Visual support.

## THEME 2 – Healthcare Ethics and End-of-Life Care

### **Aim:**

To develop excellence in research related to the ethical challenges that arise in clinical practice, especially, in relation to the treatment and care of dying patients and their families. Our interests include: ethical decision-making frameworks; end-of-life care and its impact on vulnerable individuals; nursing and midwifery ethics; feminist ethics; moral distress of health professionals.

### **Specific Objectives:**

- To develop knowledge, educational and organisational interventions that support ethically and legally sound nursing and midwifery practices in hospital and community healthcare settings.
- To undertake research in end-of-life treatment and care that contributes to the improvement of patients', families' and health workers' experiences of death and dying.
- To conduct research on the role of health professionals and carers in supporting vulnerable people e.g. with an intellectual disability and/or dementia at end of life
- To support the expansion and translation of research on end-of-life decision making and advance care planning to enable healthcare staff and family to deliver care consistent with the values and preferences of the patients towards and at end of life
- To collaborate locally, nationally and internationally in order to share knowledge, build interdisciplinary and global networks and advance the field of healthcare ethics and end-of-life care.

The following **four** stories provide examples of some of the work undertaken as part of this research theme.

## School Hosts Prestigious International Nursing Ethics Conference and International Human Rights and Nursing Awards Ceremony

**The Story:** The School of Nursing and Midwifery, UCC, in collaboration with the International Care Ethics Observatory, University of Surrey, organised and hosted the 19th International Nursing Ethics Conference and 4th International Ethics in Care Conference on September 1-2, 2018.

Bioethicists and nursing ethicists of international renown addressed 130+ delegates from 20 countries including Austria, Australia, Belgium, Canada, England, Finland, Germany, Iran, Ireland, Italy, Japan, New Zealand, Norway, Poland, Scotland, Spain, Sweden, Switzerland, Tasmania, United States. Keynote speakers included Prof. Hilde Lindemann, (US), Professor Marsha Fowler (US), Prof. Ann Gallagher (UK) and Prof. Anne Scott (IE). They addressed topics including narrative ethics, nursing values and professional education and the role of nurses in clinical ethics committees and healthcare organisations. Parallel sessions considered a range of issues e.g. Ethics in End-of-Life Care; Feminist Ethics; Ethics and Dementia Care; Older Adult Ethics; Global Justice; Ethics and Children; Matters of Conscience

The International Human Rights and Nursing Awards Ceremony held on Saturday, 1 September, also honoured two nurses from Ireland and Switzerland, Alice Leahy and Miriam Kasztura, in recognition of their outstanding commitment to human rights and their contribution to nursing professional practice.

**The Team:** Dr. Joan McCarthy, UCC (co-chair), Prof. Ann Gallagher, University of Surrey (co-chair)

**Conference Organising Committee:** Mr Tony Archer, Dr. Tom Andrews, Ms Carol Condon, Ms Una Cronin, Dr. Angela Flynn, Dr. Aoife Lane, Dr. Helen Mulcahy, Dr. Margaret Murphy, Ms Siobhan Murphy, Ms Caroline Dalton O'Connor, Ms Caroline O'Shea.



**Pictured above (l-r):** Ms Una Cronin, Dr. Aoife Lane, Ms Carol Condon, Ms Siobhan Murphy, Dr. Tom Andrews, Dr. Margaret Murphy, Dr. Angela Flynn, Ms Caroline O'Shea, Ms Caroline Dalton O'Connor, Dr. Joan McCarthy (missing from picture, Mr. Tony Archer and Dr. Helen Mulcahy)

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PROJECT PARTNERS





## HIGHLIGHTS

On Saturday 1 September, Miriam Kasztura from Switzerland and Alice Leahy from Dublin were presented with International Human Rights and Nursing Awards.

**Irish Times, Mon, Sep 3, 2018**

“Alice Leahy receives international human rights award for her work. An extraordinary nurse-led service that offers respite, shelter, recognition’ to homeless. Presented by the International Care Ethics Observatory, at the Catherine McAuley School of Nursing and Midwifery, University College Cork, the awards were announced during the 19th International Nursing Ethics Conference there.” The IT announcement was tweeted by President of Ireland, Michael D. Higgins, the following day. He said: “May I send my congratulations to Alice Leahy and Miriam Kasztura on being presented with the 2018 Human Rights and Nursing Awards. Alice Leahy’s work for homeless people and Miriam Kasztura’s work for MSE is worthy of our recognition and grateful appreciation.”

## HIGHLIGHTS

The conference organisers were pleased with the range of extremely positive evaluations e.g.

“Just a quick email to congratulate and thank you for the fantastic ethics conference last weekend. It was so diverse and interesting. It was an honour for me to be able to make a presentation there and it gave me the opportunity to meet some fascinating people from all over the world.” (Cora Chambers, PG Gerontology)

“Thank you very much for an exceptionally well organized international 2019 Nursing Ethics conference. I chose to attend the conference this year for my annual continuous professional development session, and I can gladly say that I am not disappointed that I did so. From the keynote addresses and the plenary sessions, I learned a lot about Nursing Ethics relationship to and intersection with Social Justice and Care as presented in the diversity of subject topic areas and themes. The presenters did a great job.” (Dr. E. Aries, Canada)

## Improving advance care planning for people with Chronic Obstructive Pulmonary Disease: The CONCORDAT (inCORporatiNg ACP into Routine COPD mAnagement) research group

**The Story:** Chronic Obstructive Pulmonary Disease (COPD) entails gradual deterioration in health over a long course of illness allowing and necessitating adequate planning of future care. Studies have shown that Advanced Care Planning (ACP) has a significant impact on place of death and patient satisfaction with care. To facilitate ACP in patients with COPD, healthcare professionals (HCPs) need knowledge, confidence and competence. The CONCORDAT project is a collaboration between University College Cork (UCC), Respiratory Medicine at Mercy University Hospital (MUH), Marymount University Hospital and Hospice, COPD Support Ireland, Irish Hospice Foundation (IHF), All Ireland Institute of Hospice and Palliative Care (AllHPC) and Hospice Friendly Hospitals Programme St James' Hospital Dublin. The group was set up to address the knowledge and skill gap of HCPs regarding the palliative care needs of people with COPD with the support of a medical education grant from GSK Ireland. The CONCORDAT group aims to design, deliver and evaluate an evidence based educational guidance document and online module for HCPs. To ensure these tools address the educational needs of HCPs, an educational needs assessment (ENA) was conducted together with a cross-sectional national survey of GPs, respiratory and palliative care nurses/physicians and physiotherapist.

Two workshops were held in October 2018, in Cork and Dublin facilitated by Dr Karen Detering, a respiratory physician, ethicist and international authority on advance care planning in COPD, the workshops were attended by over 40 HCPs.

At present there are three peer review publications being processed and three posters presentations: UCC New Horizons Research Conference 2018, the Irish Association for Palliative Care Conference 2018 and the 7th International Advance Care Conference in Rotterdam on the 13th March 2019. The learning module and associated guidance document will be available to HCPs from Spring 2019 and will be hosted, primarily on the AllHPC learning hub.

**Name of Lead Researcher:** Dr Nicola Cornally

**The Team:** Dr. Tony Foley (GP (Kinsale) and Lecturer, Department of General Practice, UCC), Professor Terry O'Connor (Consultant Respiratory Physician, Mercy University Hospital, Cork), Dr. Marie Murphy (Consultant in Palliative Medicine, Marymount University Hospital and Hospice, Cork), Dr. Fiona Kiely (Consultant in Palliative Medicine, Marymount University Hospital and Hospice, Cork), Dr. Catherine Sweeney (Lecturer, Medical Education Unit, UCC, GP and Medical Director, Services for Older People, Marymount University Hospital and Hospice, Cork), Ms. Bettina Korn (End-of-Life Care Co-ordinator, St James Hospital, Dublin), Ms. Deirdre Shanagher (Healthcare Programmes, Irish Hospice Foundation, Dublin), Dr. Mary Rabbitte, Programme Manager, AllHPC, Dr Elaine Lehane & Professor Eileen Savage (School of Nursing and Midwifery, UCC), Ms. Karen Charnley (Head of Institute, All Ireland Institute of Hospice and Palliative Care). Prof. Colin Bradley (Head of Department) Department of General Practice, UCC).

**Expert International Advisor:** Dr. Karen Detering Respiratory Physician & Clinical Ethicist, Medical Director of Advance Care Planning Australia

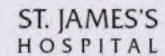
**Post-Doctoral Researchers:** Dr Ruth Hally & Dr Elaine Meehan

**Student project as part of the CONCORDAT group:** Claire Kelly (MSc Nursing Student). Thesis: Nurses’ Understanding and Perspectives of Advance Care Planning in COPD (Supervisor Dr Nicola Cornally). Art Burgess (Final Year Medical Student). Final Year Project: Addressing the educational needs of Health Care Professionals regarding Advance Care Planning in COPD: An E-Delphi Education Needs Analysis (Supervisors Dr Catherine Sweeney & Dr Nicola Cornally)

**HIGHLIGHTS**

Providing education tools to healthcare professionals will help facilitate and improve advance care planning discussions for people with COPD, ultimately ensuring that the care we provide towards and at end of life is consistent with their beliefs, wishes and preferences.

PROJECT PARTNERS



## Living Well with the Dead in Contemporary Ireland

**The Story:** Dr. Joan McCarthy is a collaborator and an active member of the research team on a university wide project which aims to develop a medical humanities network to research changing Irish social imaginaries of living well with the dead. Rooted in a recognition of the inadequacies of biomedical imaginaries of the dead, transdisciplinary dialogue and synthesis of theory and methods are crucial to our search for a new vocabulary, questions and ways of researching social imaginaries of living well with the dead. The project which was funded by Wellcome Small Grant in Humanities and Social Science from June 2018-2019 consists of five workshops and a concluding ‘thinkery’, in addition to some exploratory archival and ethnographic work. We are using University College Cork as an initial study site..

Our aim is to find new ways of thinking about, researching and responding to contemporary public disquiet in Ireland about uncared-for dead bodies. We have decided to focus on two particular populations of the dead. The first of these are the confined dead, which includes those in the poor houses and asylums of old, but also in more recent times, the dead babies and children of women confined in so-called mother and baby homes.

**The Team:** Dr. Orla O’Donovan, Dept. Applied Social Studies (PI); Dr. Joan McCarthy, School of Nursing and Midwifery (CB); Dr. Roisin O’Gorman, Dept. Theatre (CB); Dr. Robert Bolton, Dept. Applied Social Studies (Researcher); Dr. Vittorio Bufacchi, Dept. Philosophy (CB); Professor Mary Donnelly, School of Law (CB); Prof. Deirdre Madden, School of Law (CB); Dr. Barra Ó Donnabháin, Department of Archaeology

(CB); Professor Nancy Scheper-Hughes, Anthropology Department, University of California, Berkeley (CB); Professor Margrit Shildrick, Linköping University (CB); Ms. Oonagh Kearney, Independent Film-maker (Cork); Dr. Siobhain O’Mahony, Department of Anatomy and Neuroscience (CB).

Relevant Links (Study website): <https://livingwithdead.wixsite.com/website>



**Pictured above:** Members of the Research Team with presenters for Workshop 1 in UCC.L-R Dr. Joan McCarthy, Dr. Barra Ó Donnabháin, Dr. Richard Bolton, Prof. Thomas Laquer, Dr. Órla O’Donovan, Dr. Róisín O’Gorman, Prof. Nancy Scheper-Hughes, Dr. Niamh McCullagh, Prof. Margrit Shildrick.

## HIGHLIGHTS

**Workshop 1: Social Imaginaries of the Dead**

The first of five workshops held on September 19th 2018 explored how un/cared-for dead bodies have been variously conceptualised and researched in the medical humanities and social sciences. It focussed on forensic archaeology, cultural history, militant anthropology and feminist and post-humanist social theory. Presentations to a packed room were made by Prof. Margrit Shildrick (Stockholm University), Prof. Nancy Scheper-Hughes (University of California Berkeley), Prof. Thomas Laqueur (University of California Berkeley) and Dr. Niamh McCullagh (Independent Consultant Forensic Archaeologist).

## HIGHLIGHTS

**Workshop 2: Remnants, Revenants, and Remembrances**

The second of five workshops held on October 31st 2018 began with a paper presented by Prof. Margrit Shildrick (University of Stockholm) which proposed a response informed by Derridean hauntological ethics to the current public disquiet in Ireland about the dead from so-called Mother and Baby Homes, who are not resting in peace. It was followed by a highly illustrated presentation by Prof. Richard Gough (University of South Wales) that sought to tease some skeletons out of the closet with regard to performance and death; refocusing a late 20th century obsession with 'live performance' to a reconsideration of 'dead performance' and the performances of the dead. He also considered the memorialization of life in granite, metal and marble, and the revisioning of history, the regime changes, revolution and repudiation, that bring about the dismantling and destruction of monuments that embody the dead, that have out-lived their moment.

## Evaluation of the Irish Hospice Foundation Design and Dignity Programme

**Project partners:** The Evaluation of the Design and Dignity Programme Report was commissioned by All Ireland Institute of Hospice and Palliative Care in collaboration with the Irish Hospice Foundation

**The Story:** The Design & Dignity Programme was launched in 2010, in collaboration with the Irish Hospice Foundation (IHF) and Health Service Executive (HSE). This programme funded the development of over 30 end of life care spaces for both patients and their families. These spaces included family rooms, mortuaries, bereavement suites and family support rooms in the maternity services. The aim of our project was to independently evaluate the Design and Dignity programme with a focus on establishing the impact of Design and Dignity projects on patients, their families and acute hospital staff. Our research team conducted a multiphase study using a post occupancy evaluation framework. We conducted 18 clinical site visits collecting data on facility documentation, physical dimensions (meters), light (lux) and noise (decibels), IHF audit tools and field notes. An in-depth case study evaluation was also undertaken in five key hospital sites (Roscommon Hospital, Mater Misericordiae University Hospital Dublin, Beaumont Hospital Dublin, St. James's Hospital Dublin and St. Luke's Hospital Kilkenny) which was informed by focus groups with staff (n=18), interviews (n=4) and real-time comment cards. The organisational and design specific recommendations from this report will impact on future builds of design and dignity facilities, providing stakeholder

guidance on key challenges and the lessons learned. In November 2018, members of the research team presented the findings of the evaluation at the 18th Annual Nursing and Midwifery Conference in UCC and were awarded 1st prize in the oral presentation category. This report is due to be launched on March 26th 2019 in the Royal Irish Architecture Institute, Dublin.

**The Team:** Dr Nicola Cornally (PI), Dr Serena FitzGerald (Co-PI), Ms Olivia Cagney (Research Assistant); Co-Applicants: Dr Aileen Burton (School of Nursing and Midwifery, University College Cork), Dr Alice Coffey (School of Nursing and Midwifery, University Limerick), Ms Caroline Dalton (School of Nursing and Midwifery, University College Cork), Dr Irene Hartigan (School of Nursing and Midwifery, University College Cork), Dr Jim Harrison (Cork Centre for Architectural Education), Dr Margaret Murphy (School of Nursing and Midwifery, University College Cork), Dr Daniel Nuzum (Pastoral Care, Marymount University Hospital and Hospice Department of Obstetrics and Gynaecology, University College Cork), Ms Yvonne Pennisi (Occupational Science and Occupational Therapies, University College Cork), Professor Eileen Savage (School of Nursing and Midwifery, University College Cork), Dr Catherine Sweeney (School of Medicine University College Cork & Marymount University Hospital and Hospice), Dr Suzanne Timmons (Centre for Gerontology and Rehabilitation, University College Cork), Dr Patricia Leahy Warren (School of Nursing and Midwifery, University College Cork).

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### PROJECT PARTNERS



**Selected References:**

Cornally, N., Cagney, O., Burton, A., Coffey, A., Dalton, C., Hartigan, I., Harrison, J., Murphy, M. Nuzum, D., Pennisi, Y., Savage, E., Sweeney, C., Timmons, S., Leahy Warren, P., & Fitzgerald, S. (2019). Evaluation of the Irish Hospice Design and Dignity Programme. Irish Hospice Foundation. Health Service Executive: Dublin. [https://hospicefoundation.ie/wp-content/uploads/2019/03/DD\\_Evaluation\\_Report\\_Final\\_2019.pdf](https://hospicefoundation.ie/wp-content/uploads/2019/03/DD_Evaluation_Report_Final_2019.pdf)

Cornally, N., Cagney, O., Burton, A., Coffey, A., Dalton, C., Hartigan, I., Harrison, J., Murphy, M. Nuzum, D., Pennisi, Y., Savage, E., Sweeney, C., Timmons, S., Leahy Warren, P., & Fitzgerald, S. (2019). Evaluation of the Irish Hospice Design and Dignity Programme (2018). Oral Presentation. 18th Annual Nursing and Midwifery Conference, UCC.

News Release:

<https://www.irishexaminer.com/breakingnews/ireland/report-finds-family-rooms-should-be-the-norm-in-all-new-hospital-builds-913406.html>



**Pictured above:** Olivia Cagney, Nicola Cornally, Serena FitzGerald.

**HIGHLIGHTS**

Design and dignity facilities should be the norm, not a luxury. Such facilities should be included in the planning of all new builds, closely involving architects with an interest in this field from the outset.

Establishment of multi- disciplinary end-of-life care committees, as well as the development and implementation of staff education programmes on the use of these facilities is a key requirement in acute hospital settings.



**Pictured above:** Cathy Payne, Karen Charnley, Marie Lynch, Serena FitzGerald, Mary Lovegrove, Nicola Cornally (Steering Committee for Design and Dignity Project).

## THEME 3 – Mental Health and Well Being

This research cluster aims to conduct national and international collaborative research that enhances the mental health and wellbeing of individuals, communities and families. We are particularly interested in young people's mental health, e-health, addiction nursing, early onset dementia, practice development, recovery, and co-production.

Our Specific Objectives are:

- To enhance knowledge and understanding of mental health and wellbeing
- To develop participatory methodologies in mental health and wellbeing research
- To generate and disseminate research that is relevant to clinical practice and communities
- To promote the mental health and wellbeing of young people.

The following story provides an example of some of the work undertaken as part of this research theme in 2018.



## COMMUNE – Evaluation of Co-production of Mental Health Nursing Education with Experts by Experience

**The Story:** Learning about mental health from the perspective of experts by experience (EBE) is widely recognised as best practice within mental health nursing education. The Erasmus+ funded Commune project, aimed to co-produce a blended learning module entitled ‘exploring human distress with experts by experience’ between nursing academics and EBE’s across six countries (Ireland, Australia, Finland, the Netherlands, Norway and Iceland). All aspects of the project were co-produced, for example grant writing, data collection and analysis and module content. The content and learning outcomes were informed by a review of the literature and focus group interviews with those who have used the mental health services. The module was delivered by EBE lecturers and evaluated with both students and lecturers using mixed methods. The project has resulted in the embedding of EBE lecturers within the School of Nursing and Midwifery. Findings indicated that the experience had a profound effect on how students viewed those who experience mental distress, resulting in less stigmatising, open and non-judgemental attitudes. It improved their recovery literacy and increased their positivity toward mental health nursing as a career. Internationally the project has resulted (thus far) in a large number of conference presentations and peer reviewed publications (sample below), with three further publications currently under review.

**The Team:** Dr Aine Horgan (PI)

**UCC Team:** Fionnuala Manning, Rory Doody, Sonya Greaney, Moira O’Donovan, Dr Stephen Bradley, Claire Dorrity, Prof. Eileen Savage, Johnny Goodwin.

**International Project Lead:** Prof Pall Biering, University of Iceland.



**Pictured left:** Dr Aine Horgan, Fionnuala Manning and Rory Doody, University College Cork, presenting at the European Conference on Mental Health, Berlin, Germany.

### Selected References:

Horgan, A., Manning, F., Bocking, J., Happell, B., Lahti, M., Doody, R., Griffin, M., Bradley, S., Russell, S., Bjornsson, E., O'Donovan, M., MacGabhann, L., Savage, E., Pulli, J., Goodwin, J., van der Vaart, K., O'Sullivan, H., Dorrity, C., Ellila, H., Allon, J., Hals, E., Sitvast, J., Granerud, A., & Biering, P. (2018). To be treated as a human': Using co-production to explore experts by experience involvement in mental health nursing education – The COMMUNE project. *International Journal of Mental Health Nursing* doi: 10.1111/inm.12435

Happell, B., Platania-Phung, C., Scholz, B., Bocking, J., Horgan, A., Manning, F., Doody, R., Hals, E., Granerud, A., Lahti, M., Pulli, J., Vatula, A., Koski, J., van der Vaart, K J., Allon, J., Griffin, M., Russell, S., MacGabban, L., Bjornsson, E., Beiring, P. (2018). Nursing students' attitudes toward people with diagnosed with mental illness and mental health nursing: An international project from Europe and Australia. *Issues in Mental Health Nursing* <https://doi.org/10.1080/01612840.2018.148992>

Happell, B., Platania-Phung, C., Scholz, B., Bocking, J., Horgan, A., Manning, F., Doody, R., Hals, E., Granerud, A., Lahti, M., Pulli, J., Vatula, A., Koski, J., van der Vaart, K J., Allon, J., Griffin, M., Russell, S., MacGabban, L., Bjornsson, E., Beiring, P. (2018). Changing attitudes: The impact of Expert by Experience involvement in Mental Health Nursing Education: An international survey study. *International Journal of Mental Health Nursing* doi: 10.1111/inm.12551

Happell, B., Platania-Phung, C., Scholz, B., Bocking, J., Horgan, A., Manning, F., Doody, R., Hals, E., Granerud, A., Lahti, M., Pulli, J., Vatula, A., Koski, J., van der Vaart, K J., Allon, J., Griffin, M., Russell, S., MacGabban, L., Bjornsson, E., Beiring, P. (2019). Nursing student attitudes to people labelled with 'mental illness' and consumer participation: a survey-based analysis of findings and psychometric properties. *Nurse Education Today* (in press)

### HIGHLIGHTS

Co-production of research and education between academics and experts by experience allows for the hierarchy of knowledge development to be challenged.

The delivery of mental health education by experts by experience can lead to increased recovery literacy, development of self-awareness and reduction in stigmatising attitudes toward those experiencing mental distress in students.



**Above:** Commune Partners visiting University College Cork.

## THEME 4 – Living Well with Chronic Conditions and Disability

**Aim:** The aim of this research programme is to conduct national and international collaborative research that will contribute to new knowledge toward promoting and maintaining physical, emotional, and social health and wellbeing among individuals and families living with chronic conditions and/or disability.

**Core concepts:** Adherence, habit formation, behaviour change; self-management and self-management support; health and wellbeing; sexuality, and communication.

**Projects:** A number of projects are underway including academic members of this themes and PhD students. Examples of projects, in broad terms, relate to communicating with individuals with profound intellectual disability, resilience among family caregivers of people with 22q11, preferences of patients with asthma & COPD for self-management support; primary healthcare reform in Saudi Arabia; depression and anxiety among adolescent and adults with cystic fibrosis and their caregivers.

The following **two** stories provide examples of some of the work undertaken as part of this research theme in 2018.

## Making Every Contact Count: Behavioural Change Training for Future Professionals

**The Story:** This work involves the development and implementation of a National Undergraduate Curriculum for Chronic Disease Prevention and Management: Making Every Contact Count for Behaviour Change. This curriculum represents a landmark in higher education in Ireland because it is the first time that a collaborative approach across all healthcare disciplines in all higher education institutes in Ireland has been undertaken along with a collaboration with the Health Service Executive (HSE). This manual is intended to be a comprehensive resource to support the education of undergraduate students across all healthcare disciplines in chronic disease prevention and management through brief intervention training to promote healthy lifestyle behaviour changes. The disciplines include dentistry, nursing, medicine, midwifery, occupational therapy, pharmacy, physiotherapy, public health, social work, and speech and language therapy.

The large numbers of healthcare students graduating from undergraduate programmes in Ireland offers a critical mass for targeted education. The potential of an educated critical mass cannot be underestimated in terms of making a real difference to chronic disease prevention and management in healthcare services. This national curriculum is directly relevant to and part of Ireland's national framework for action to improve health and wellbeing (Healthy Ireland). Students therefore will be equipped with knowledge, skills, and attitudes to become competent healthcare professionals in responding to current national healthcare priorities which

in this case relates to lifestyle behaviour changes for chronic disease prevention and management.

**The Team:** Professor Eileen Savage (PI UCC), Dawn Sinclair (Project Manager), Anthony O Reilly, Selena Hans (Research Assistants) in collaboration with all healthcare disciplines across Higher Education Institutes in Ireland, and the HSE. Anna O Leary is UCC champion for MECC.



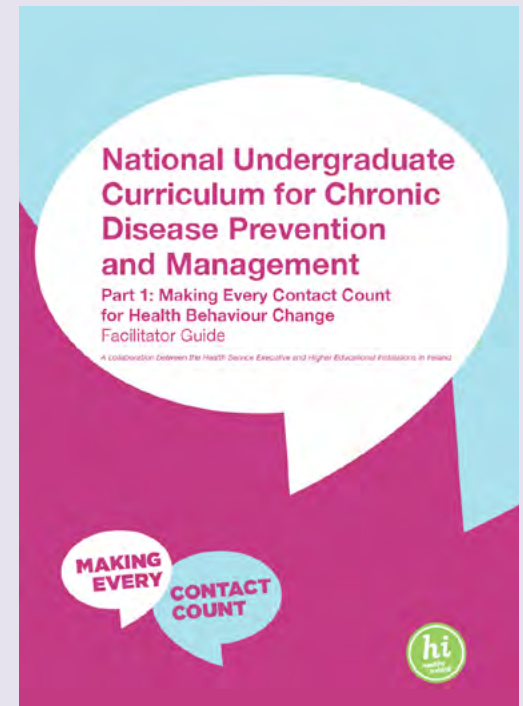
**Pictured above (l-r):** Dr Orlaith O'Reilly, HSE, Professor Eileen Savage, Dawn O'Sullivan & Anna O'Leary (UCC).

**Selected References:**

O'Brien M, O'Reilly OJ, O'Sullivan D, Gleeson M, Killeen M, Savage E, et al.. Developing a National Undergraduate Curriculum for Health Professionals in Ireland on health behaviour change (Making Every Contact Count). *International Journal of Integrated Care*. 2017;17(5):A160. DOI: <http://doi.org/10.5334/ijic.3468>

Further details are available at:  
<https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/national-undergraduate-curriculum-for-chronic-disease-prevention-and-management-part-1/curriculum/>

The curriculum was launched by Catherine Byrne, junior Minister for Health in November 2018 at Farmleigh House, Dublin. Minister Byrne said that: this new curriculum, which is a collaboration between healthcare and education professionals, is a very positive example of what can be achieved by working together. It will prepare newly qualified health professionals with the skills needed to engage with patients and encourage them to make healthier choices and reduce their risk of chronic disease. We want to support our healthcare staff in making every contact with their patients count to ultimately improve their health and wellbeing. Through Sláintecare and Healthy Ireland, we are creating a more sustainable approach to the provision of health and social care services. In changing behaviours we will achieve a healthier Ireland for all of us and for future generations”.



## Linking Mental and Physical Health in the Care of Patients with Cystic Fibrosis

**The Story:** Cystic fibrosis (CF) is a chronic life-shortening illness, although increased survival into adulthood is now expected because of treatment advances. To date, most research has focussed on the most promising treatments to improve the physical aspects of the disease such as lung function and dietary management. There has been less research on the psychological impact of having CF. CF-DAP (Prevalence of Depression and Anxiety in patients with CF and impact on Physical Health and Quality of Life) is a national study completed in 2018. It was jointly funded by the Health Research Board and the Cystic Fibrosis Ireland. Similar studies have been conducted in over 20 countries across Europe and the USA as part of an international collaboration. The study found that symptoms of anxiety and depression increase with age. Depression and anxiety negatively impact on lung function in adult patients and on quality of life in both adult and adolescent patients. They also experienced more hospitalisations over a 12-month period than patients who did not have depression or anxiety. Of those who experience mental health problems, only two thirds seek help.

The main impact of this study is that it demonstrates that mental and physical health are interlinked and that mental health assessment/screening needs to become routine practice in the care of patients with CF. This will facilitate early intervention for mental health problems which in turn will contribute to better physical health and quality of life.

**The Team:** Professor Eileen Savage (PI), Dr Jennifer Cronly, Dr Aine Horgan, Dr Elaine Lehane, Barbara Howe, School of Nursing & Midwifery; Professor Ivan Perry & Dr Tony Fitzgerald School of Public Health; Dr Muireann Ni Chronin Department of Paediatrics Cork University Hospital; Professors Alistair Duff (Leeds University UK, & Kirstin Riekert, John Hopkins University, USA).

### Selected References:

The output from this study is five peer reviewed publications. Cronly JA, Duff AJ, Riekert KA, Fitzgerald AP, Perry IJ, Lehane EA, Horgan A, Howe BA, Ni Chronin M, Savage E. (2018). Health-Related Quality of Life in Adolescents and Adults With Cystic Fibrosis: Physical and Mental Health Predictors. *Respir Care*. 2018 Sep 25. pii: respcare.06356. <https://doi.org/10.4187/respcare.06356>

Cronly, J., Duff, A. J., Riekert, K. A., Perry, I. J., Fitzgerald, A. P., Horgan, A., Lehane, E., Howe, B., Ni Chronin, M., Savage, E. (2018). Online versus paper-based screening for depression and anxiety in adults with cystic fibrosis in Ireland: a cross-sectional exploratory study. *BMJ open*, 8(1), e019305. doi:10.1136/bmjopen-2017-019305

Additional publications are accepted for 2019 and are now available as epub ahead of print. These relate to: Positive mental health among adolescents and adults <https://www.sciencedirect.com/science/article/pii/S0022399918309668?via%3Dihub> and Anxiety and depression in parent caregivers of children with cystic fibrosis <https://link.springer.com/article/10.1007/s10826-019-01349-0>



Professor Jonathan Drennan

**Jonathan Drennan** currently holds the Chair of Nursing and Health Services Research at the School of Nursing and Midwifery, University College Cork; prior to that he was Professor of Healthcare Research at the University of Southampton. He has undertaken research in Ireland and the UK on non-medical prescribing, emergency care, the abuse and neglect of older people in community and residential settings, cancer information services, the development of priorities for nursing research and safe nurse staffing. He is the co-author of a Cochrane review on hospital nurse staffing models and staff and patient outcomes as well as systematic reviews on safe nurse staffing in medical/surgical wards and

## RESEARCHER SPOTLIGHT

emergency departments. He presented to and advised the National Institute for Health and Care Excellence (NICE) Safe Staffing Advisory Committees in the UK on safe nurse staffing in medical and surgical wards and accident and emergency departments in the UK. He is also a member of the Department of Health advisory team involved in the development of guidelines for safe nurse staffing and skill mix in the healthcare sector. He is currently leading a Health Research Board funded study on safe nurse staffing in medical, surgical and, emergency settings.

In 2016, Professor Drennan was awarded funding to carry out a pilot study of Safe Nurse Staffing and Skill-Mix in Ireland in medical and surgical wards across three hospital sites. The outcomes from this pilot research demonstrated a positive impact on staff and patient outcomes and the working environment, leading to the stabilisation of the nursing workforce in the research sites. The results from the study informed the publication of the policy document “A Framework for Safe Nurse Staffing and Skill-Mix in Medical, Surgical and Specialist Settings in Ireland”; this outlines an evidence

based approach to ensuring that wards are safely staffed. Following this, the Health Research Board released a second funding call to expand the research in medical and surgical settings and the acute floor, including emergency departments. Professor Drennan was successful in obtaining this funding, one of the largest research grants awarded in Ireland to study the nursing workforce. The research on safe staffing is being undertaken in 36 medical, surgical and specialist wards in three hospitals and in emergency departments and one local injury unit in another four hospitals nationally. The research team are examining the impact of stabilising the nursing workforce on a number of outcomes including patient outcomes (mortality, adverse events, patient experience), nursing care (missed care, quality of care), nurse outcomes (job satisfaction, burnout, intention to leave) and organisational outcomes (staff turnover, retention and recruitment). Overall, this research is providing an evidence base for healthcare managers, clinicians, researchers and policy makers in determining safe nurse staffing levels on hospital wards and in emergency care settings.

## Impact Stories: The Broader Context

### The “Dichotomy of Athena SWAN in Nursing and Midwifery” Workshop

**The Story:** The full-day workshop took place on September 28th and was organised by the School of Nursing and Midwifery, Queen’s University Belfast. The workshop was attended by delegates from Ireland and the UK and encompassed three key sessions. The morning session addressed challenges influencing gender equality in nursing, such as the under-representation of men in nursing, the impact of motherhood and maternal leave on nurses’ career, and gender stereotyping. During the second session, the Athena SWAN Equality Charter Adviser went over the requirements for the award application, shared a number of samples of successful applications, and provided tips on how to write a successful application. After which, presenters from various universities shared their experiences of applying for and obtaining the Athena SWAN Bronze and Silver Awards. The final session included examples of innovative action plans taken by two universities in order to advance from Bronze to Silver and Gold Awards e.g. campaigns in schools in order to attract more male nursing students. Each of the three sessions was followed by thought-provoking discussions and a series of questions and answers.

This workshop was of great benefit to the delegates from the UCC School of Nursing and Midwifery, who are currently working on the application for the Departmental

Bronze Award, which will be submitted in November 2019. If successful, this award will encourage and recognise the School’s commitment to addressing and ensuring gender equality among its staff as well as students.

**The Team:** Dr Aine Horgan (Chair), Dr Mohamad Saab, Dr Angela Flynn, Dr Vera McCarthy, and Dr Noeleen Brady attended a workshop entitled: “The Dichotomy of Athena SWAN in Nursing and Midwifery.”

**Pictured right (l-r):** Dr Mohamad Saab, Dr Angela Flynn, Dr Aine Horgan (Chair), Dr Noeleen Brady, and DR Vera McCarthy.





## The Department of Health launches an implementation guide and toolkit to support those involved in the development and implementation of national clinical guidelines

**The Story:** The National Clinical Effectiveness Committee and National Patient Safety Office in the Department of Health in partnership with the Centre for Effective Services launched an implementation guide and toolkit to support those involved in the development and implementation of national clinical guidelines. The launch took place at the School of Nursing and Midwifery, University College Cork on September 19th, 2018. A half-day seminar on implementation science and theory was hosted in parallel with the launch. Professor Carl May of The London School of Hygiene & Tropical Medicine; Prof Dinah Gould from Cardiff University and Professor Josephine Hegarty, University College Cork spoke to the importance of implementation science and theory in realising the full potential of clinical guidelines.

Implementation science is an evolving field of science, which seeks to facilitate the conversion of confirmed evidence into practice by patients, providers and health systems in real world situations. Professor Hegarty explained that ultimately the focus is on 'getting science and evidence into real world clinical practice which requires working with busy clinical teams, different clinical environments and with diverse patient groups'. Implementation science provides the tools to assist such a process.

The implementation guide identifies the best practices based on the current evidence and provides the steps and tools for each stage of implementation of guidelines in the clinical practice setting. Professor Karen Ryan, Chair of the National Clinical Effectiveness Committee welcomed the Implementation Guide, stating, "This is a very practical and useful resource. Implementation focuses on operationalising a plan – it is about 'how' something will be carried out, as well as 'what' will be carried out". In the end, real change is more likely

to happen when we provide those at the centre of the change process the necessary tools to facilitate the change process.

**Link to tool kit:** <https://health.gov.ie/wp-content/uploads/2018/09/NCEC-Implementation-Guide-2018.pdf>



**Pictured above (l-r):** Prof Dinah Gould, Dr Maura Smiddy, Professor Carl May, Dr Heloise Agreli, Fiona Barry, Professor Josephine Hegarty, Dr Sarah Condell, Dr Ashling Sheehan, Professor Eileen Savage, Dr Niamh O'Rourke, Dr Sile Creedon.

### HIGHLIGHTS

The integration of best evidence into clinical practice promotes healthcare that is up to date, effective and consistent.

Implementation science is an evolving field of science, which seeks to facilitate the conversion of confirmed evidence into practice.



An Roinn Sláinte  
Department of Health



## The Implementation of National Clinical Effectiveness Committee Clinical Guidelines Relating to Health Care Associated Infections in Irish Healthcare Organisations: multiple perspectives

**The story:** When patients and their families come in contact with the Irish healthcare system, they expect treatment and care that is evidence-based, effective, safe, and of high quality. One approach to meeting these expectations is the implementation of clinical practice guidelines for use by healthcare professionals across disciplines.

The National Clinical Effectiveness Committee (NCEC) published the “National Clinical Guideline No. 2 Management and Prevention of Methicillin-resistant Staphylococcus aureus (MRSA)” and “National Clinical Guideline No. 3 Surveillance, Diagnosis and Management of Clostridium difficile Infection” in December 2013 and June 2014 respectively. The objectives of introducing such national guidelines were to improve patient care, minimise mortality and morbidity, minimise and control MRSA and C. difficile spread, and to help contain healthcare costs.

Our research aimed to explore the complex reality of implementing these guidelines in a variety of contexts.

The three-phased study allowed the team to gain an in depth understanding of implementation of the guidelines and provides insights that could improve guideline implementation. Overall, symbolic implementation of guidelines is shaped by the sense making of staff and confirms the existence of a dissonance between infection prevention and control guidelines and the practical realities of working in healthcare. This perceived dissonance is reinforced by (and reinforces) a challenging context for changes, in which staff and service users may feel discouraged from embedding and sustaining infection prevention and control guidelines. The lack of regular procedures for monitoring implementation of these guidelines plays an important role in feeding back into the sense of meaningfulness of guidelines, accentuating the sense of dissonance and reinforcing the symbolic implementation of guidelines in many instances.

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### PROJECT PARTNERS



An Roinn Sláinte  
Department of Health



**NATIONAL  
CLINICAL  
EFFECTIVENESS  
COMMITTEE**



**The team:** Heloise Agreli H, Michael Murphy, Sile Creedon S, Clíodhna Ní Bhuachalla, Deirdre O’Brien, Dinah Gould, Eileen Savage, Fiona Barry, Jonathon Drennan, Maura Smiddy, Sarah Condell, Sinead Horgan, Siobhan Murphy, Teresa Wills, Aileen Burton, Josephine Hegart (PI)

This research was funded by the Department of Health and the Health Research Board. Applied Partnership Awards, APA-2017-002 Award.

### References:

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Agreli H, Murphy M, Creedon S, Ni Bhuachalla C, O’Brien D, Gould D, Savage E, Barry F, Drennan J, Smiddy MP, Condell S, Horgan S, Murphy S, Wills T, Burton A, Hegarty J (2018) A corporate leadership and management perspective in the implementation of guidelines on healthcare associated infections [Poster Presentation], Healthcare Infection Society Conference, Liverpool. (Awarded a Rosette)

### HIGHLIGHTS

Research aims to explore the complex reality of implementing guidelines in clinical practice contexts.

## Omega Epsilon at-Large Chapter becomes Sigma Theta Tau's first in Ireland and seventh in the European region

**The Story:** Five years on after two lecturers from UCC met nurse leaders Drs. Patricia Yoder-Wise, Karren Kowalski at an International Conference and agreed that Sigma Theta Tau International (Sigma) should have an Irish Chapter, the Omega Epsilon at-Large Chapter was officially chartered on Thursday, 29 November 2018. The chapter became Sigma's first in Ireland and its seventh in the European region. The chartering ceremony was livestreamed across the globe and more than 40 nurses and midwives were inducted. Sigma is an International Society that has Chapters in over 90 countries and is a long established global organisation with 135, 000 nursing and midwifery members.

In February 2014, Nicola Cornally, and Elizabeth Weathers first discussed the benefits of establishing a Sigma chapter in Ireland, a steering committee was formed and the process set in motion. One year later, members of the steering committee were elected to the future chapter's first board of directors, and the developing HONOR SOCIETY, known as the SIA Honor Society of Nursing and Midwifery Ireland (SIA Society), began completing requisite steps for achieving Sigma chapter status. One of those steps—the SIA Society's first member induction—took place in November 2016. Another important step was securing financial backing. That support came from three universities—University College Cork, Ireland (UCC); Institute of Technology, Tralee (ITT); and

Waterford Institute of Technology (WIT)—and the Nursing and Midwifery Planning and Development Unit Cork/Kerry (NMPDU). Further progress was made when leaders of the new society presented at the Nursing and Midwifery Values in Practice Conference in Dublin, Ireland, in May 2017 and Sigma's biennial convention in Indianapolis, Indiana, USA, in October of that year. At the latter event, SIA Society President Elizabeth Weathers, PhD, RGN, and Vice-President Nicola Cornally, PhD, RGN, informed Sigma members about the development of the SIA Society and its goal to become an official Sigma at-large chapter by the end of 2018. That goal became a reality on Thursday, 29 November.

Members of the board, recognizing that no chapter of Sigma existed in Ireland, were keen to establish one as it would provide a forum for recognizing and celebrating Irish nursing and midwifery achievements across clinical practice, policy, and academic settings. By nurturing a culture of support and solidarity within the nursing and midwifery professions, the chapter would encourage preservation of staff morale, promote leadership development, and advance health research and policy in the Irish Health Service. Such a culture would build a strong foundation for forging links between clinical practice, policy, and academic organizations, thereby promoting future development of the profession.

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### PROJECT PARTNERS



As part of the society's development, members of the board held information sessions at several nursing and midwifery conferences across Ireland. They have also spoken about the society at various seminars and information sessions. At every available opportunity, the board has distributed surveys to current and potential members to ascertain their professional backgrounds and associated needs.

Prof. Bridie O'Sullivan, Chief Director of Nursing and Midwifery for the South/South West Hospitals Group (SSWHG) feels the society will: *"provide enormous opportunity for professional development, peer engagement and collegial support which is critical to the ongoing advancement of the profession of nursing."*

**Board of directors, Omega Epsilon at-Large Chapter:** Elizabeth Weathers, president & co-founder (Royal College of Surgeons Bahrain); Nicola Cornally, vice president & co-founder (UCC); Catherine Buckley, secretary (St. Luke's Northridge House Education Centre); Dawn Farrell, treasurer (ITT); Alice Coffey, chair of the Governance Committee (University of Limerick); Suzanne Denieffe, member of the Governance Committee (WIT); Gerardina Harnett, member of the Governance Committee (WIT); Ruth Lernihan, chair of the Activities/Research Committee (South Infirmary Victoria University Hospital); Claire O'Gorman, chair of the Public Relations Committee (WIT); Lisa Herrity, member of the Public Relations Committee (ITT); Fiona Willis, chair of the Leadership Succession Committee (NMPDU); and Agnes Sheehy, chair of the Awards/Philanthropy Committee (ITT).

**Relevant Links:** Weather, E., Cornally, N et al. (2018). Developing an Irish Chapter of Sigma Theta Tau. Reflections on Nurse Leadership

<https://www.reflectionsonnursingleadership.org/features/more-features/sigma-charters-ireland-chapter-ceremony-to-be-livestreamed>

<https://www.sigmanursing.org/>



**Pictured above:** All inductees



Carmel Buckley, Mark White, Mary Wynne



Dawn Farrell, Irene Hartigan

#### IMPACT

Becoming part of Sigma—one of the largest and most successful nursing organizations in the world—gives Irish nurses and midwives access to professional supports, enabling them to transcend boundaries and have a voice in the national and international communities of their peers, all of whom are working toward the goal of improving health care through knowledge, scholarship, and service.

## The UCC School of Nursing and Midwifery's 18th Annual Nursing and Midwifery Research Conference Celebrates Diversity

**The Story:** *"Delivering excellent healthcare in a globalised world: challenges and opportunities"* was the theme of the UCC School of Nursing and Midwifery's 18th Annual Nursing and Midwifery Research Conference which took place on November 29th 2018.

The recently rebranded conference coincided with two other major events at the UCC School of Nursing and Midwifery, namely the Three-Day International Networking Event and the SIA Honor Society of Nursing and Midwifery Ireland/Omega Epsilon at-Large Chapter Chartering Ceremony. As a result, this year's conference recorded one of the highest number of delegates representing different countries including Ireland, Sweden, Finland, Portugal, Norway, and the United States of America.

Diversity was also evident among the speakers and in the topics covered. Keynote speakers included Dr Siobhan O'Halloran (Chief Nursing Officer), Professor Jonathan Drennan (Professor of Nursing and Health Services Research), Dr Beth Tigges (President of Sigma Theta Tau International), and Professor Josephine Hegarty (Head of School).

During this year's conference, academics, service users, and students showcased their work and presented on various topics including safe nurse staffing, mental health services, maternity services, paediatrics and adolescent services, cancer support services, care of the older person, chronic disease management, and palliative care.

**The Team:** Dr Mohamad M. Saab (Lead Organiser); Dr Geri McLoughlin (Co-Organiser); Ms Therese Ahern; and Ms Gemma McCarthy.

### Selected References:

The full conference programme and book of abstracts can be found at the following link: <https://www.ucc.ie/en/nursingmidwifery/conferences/>



Conference morning session presenters and chairs.

**Pictured (l-r):** Prof Josephine Hegarty; Dr Heloise Agreli; Prof Corina Naughton; Prof Jonathan Drennan; Dr Siobhan O'Halloran; Dr Geri McLoughlin; Dr Mary Forde; and Dr Owen Doody.

### HIGHLIGHTS

*"Delivering excellent healthcare in a globalised world: challenges and opportunities"* was the theme of UCC's 18th Annual Nursing and Midwifery Research Conference.

Academics, service users, and students presented about various topics.

## Activism Award at ‘Gay and Grey Conference’, Millennium Hall, City Hall, Cork, 17 May 2018

**The Story:** “CORK City LGBTI+ Awareness Week, held a very special event this year, which was the first of its kind. A ‘Being Gay and Grey’ conference looked at the issues that the older LGBT community face and will face in the future. There was also a very special award ceremony held to recognise the veteran LGBT activists who paved the way for the younger generation. ‘It is the 25th anniversary of the year of decriminalisation of homosexuality. The law reform had a huge impact on the LGBT community and this week we acknowledged three men and three women for the work that they had done at that time and since and their place in our community.’ Ms Kate Moynihan (one of the conference organisers from LINC, Cork) emphasised the honour of the award and the great work these six individuals did: Arthur Leahy, Kieran Rose, Cathal Kerrigan, Helen Slattery, Toni Burgess and Joan McCarthy were all recognised for their activism work. ‘Their work has made things easier for young members of the LGBT community. Their courage has had

a huge impact on LGBT people and their families. It is an acknowledgement of them and what they have achieved.’ “ (Evening Echo, Roisin Burke, 21/05/2018)

**Link:**

<https://www.echolive.ie/corknews/LGBT-awareness-week-celebrates-25th-anniversary-of-decriminalisation-of-homosexuality-6ce4be97-7131-40b6-a78a-6afecd12eb04-ds>



**Pictured left:** Dr. Joan McCarthy receiving her LGBT+ Activism 2018 Award from Deputy Lord Mayor, Cllr Fergal Dennehy, at Millenium Hall, City Hall, Cork, 17 May 2018.

### HIGHLIGHTS

**Echolive.ie, Roisin Burke, 21/05/2018**

“Ms Moynihan said that the work of these six activists helped to carve an easier path for family members who go through a process when a loved one identifies as LGBT. ‘We all have families, mothers, fathers, brothers, sisters, cousins, children and it also impacts on them, inclusion impacts on them.’”

**Echolive.ie, Roisin Burke, 21/05/2018**

“Joan McCarthy, aged 58, is a lecturer at the College of Nursing and Midwifery at UCC and was also involved in the development of the lesbian and feminism community in Cork. According to Joan ‘It means a lot to me to be recognised by my community. I suppose a lot of people see themselves as part of a neighbourhood or a town but for lesbian and gay people, I think our community is important, so to be recognised by your peers for making that community stronger and more visible is validating, encouraging and motivates me.’”

## Dr Patricia Leahy-Warren was awarded a travel research grant to visit Internationally renowned Maternal and Infant Research Centres in Australia

**The Story:** Patricia's first place to visit was the School of Human Sciences, in University of Western Australia. Included in the visit was an examination of a PhD thesis with a focus on evaluating the feasibility of a 'Mummy Buddy Program'. This involved working with External examiner Dr Karen Wynter from Deakin University, Melbourne, Australia whose research expertise is examining the role of fathers in the perinatal period. Both had mutual research interests in the perinatal well-being of parents and subsequent infant and parental outcomes. A seminar was organised where Karen and Dr Leahy-Warren presented to a delegation of researchers and clinicians engaged in perinatal maternal and paternal health. Discussion was generated on the challenges of postnatal care in particular clinicians discussed domestic violence as providing and contributing to maternal mental health concerns in the perinatal period. Continuing from this visit is the preparation of a joint systematic review publication on social support interventions for perinatal maternal mental health.

Patricia then moved on to Sydney and her first place to visit was the Research Centre for Midwifery, Child and Family Health (CMCFH) in the University Technology Sydney (UTS). Here she met with midwifery researchers Vanessa Scarf, Georgia Brown, Alison Cummins and Christine Catling. Vanessa is visiting Ireland this summer and it is expected that she will be available to meet with our research group during her visit.

Patricia then moved to visit the Mother Infant & Family Health Research Network (MIFam) in Western Sydney University. This is a vibrant collaborative research network that has a number of nationally funded research projects that impact positively on health outcomes for women in pregnancy and birth, for infants and children, their parents through the early years. The Mother Infant and Family Health Research Network (The MIFam\* Network) is led by Professors Virginia Schmieid and Hannah Dahlen.



Patricia outside the Centre



This MIFam\* Network works closely and has a strong presence within Sydney's west community, working with women, families, health and community groups as well as with national and international researchers. While visiting the centre Patricia engaged in focus groups with immigrant women establishing their child health needs within the community.

An international delegation from China was also visiting while Patricia was at the Centre and a seminar workshop was organised. Both Patricia and Prof Ling Ling, School of Nursing, Sun Yat-sen University, Guangzhou, China presented on social support for new mothers in the postnatal period.

There is continuing engagement with this research centre which includes a number of collaborative papers with a view to research grant proposals; return academic visits from Prof Schmied and Dr Elaine Burns.



**Pictured above:** from left: Prof Ling Ling; Prof Virginia Schmied; Dr Patricia Leahy-Warren; Dr Athena Sheehan and Dr Christine Taylor.



**Pictured above:** from left standing: Prof Hanna Dahlen (2nd); Dr Patricia Leahy-Warren (5th) and Prof Virginia Schmied (7th), Dr Athena Sheehan (8th), Dr Elaine Burns (10th) and PhD students.

## 10th Annual Critical Perspectives' Conference, held on 14 and 15 November 2018 in Brookfield Health Sciences Complex, UCC

**The Story:** Critical Perspectives on and Beyond 'Recovery': Ten Years On.

A series of annual critical perspectives conferences have been organised by the Schools of Applied Social Studies and Nursing and Midwifery since 2009. These conferences aim to provide a broader platform to discuss and debate mental health systems and share new initiatives and approaches. Now at its tenth year the conference is considered one of the most significant events of its kind nationally and internationally, attracting speakers and delegates from across the continents. The critical perspectives conference is unique as it is free for all delegates and, as a result, involves people from diverse backgrounds (self-experience, survivors, professionals, academics, carers) presenting, discussing and debating critical and creative perspectives in mental health. The Critical Voices Network Ireland (CVNI) emerged out of these deliberations as a coalition of service users, carers, professionals, academics, national campaigning and advocacy groups, all looking for a mental health system not based on the traditional bio-medical model. Donations come from delegates, the respective organising schools, and the Irish Institute of Mental Health Nursing (IIMHN). Key note speakers travelling from Europe receive a small contribution towards their expenses, with those travelling from outside Europe a larger sum. All speakers (keynote and concurrent) receive a €10 coffee and luncheon voucher. The annual budget is around €2000. Rooms are free, as the conference is free, and no sponsorship is received. There is a dedicated website, [www.cvni.ie](http://www.cvni.ie)

**Conference Theme:** At the first critical perspectives conference, in 2009, recovery principles and practices were debated and discussed with a considerable optimism about their potential to radically change mental health care. With the conference now in its 10th year, it is timely to take another critical look at recovery and in particular the adoption of so-called strategies of inclusion (e.g. co-production, community engagement, and the employment of peer support workers) by mainstream institutions. The conference considered whether such strategies have led to a recovery-focused mental health care where service users have choices, control and authority, or whether these strategies constitute an act of appropriation and co-option servicing primarily the interests of the mental health establishment.

**Conference Programme:** The conference was organised around 6 keynote and 39 concurrent presentations across the two days. Speakers came from Canada, USA, South Africa, Germany, UK, and Ireland. The speakers came from various backgrounds, including people using mental health services, experts by experience, mental health care providers, practitioners, support workers, academics, researchers, reflecting the overall ethos of the CVNI.

**Attendance:** Over 600 people were registered across the two days. Some were registered for both days, some for one day. Registration is through email. Attendance on Wednesday 14 November was around 450, and on Thursday 15 November around 350. As with the speakers, the delegates came from diverse backgrounds. The conference is part of the curriculum

for MSc Mental Health Nursing students, BSW and MSW students and OT students. ITT 4th year MHN students also attended as well as a number of UCC BSc MHN students, who registered individually.

*'In a long career, it stands out as one of the most inspiring, challenging and important conferences I have attended and spoken at. The range and diversity of both delegates and contributors and the quality of the presentations and debate both really stood out for me. The issues we covered are of growing importance, not just because a mental health perspective is so crucial, but because the whole field of mad studies bears witness to and illuminates so many of the challenges we face – as a society, as human beings. It was an honour to take part and I look forward to next year and many more years'.*

**The Team:** Lydia Sapouna, School of Applied Social Studies and Harry Gijbels (retired), Catherine McAuley School of Nursing and Midwifery, University College Cork, Ireland, in association with Critical Voices Network Ireland (CVNI).

**Pictured right:** Students and staff in the M.S Ramaiah Institute of Nursing Education & Research (Dr. S. Kelleher 2nd from left)

## Potential for International Research collaborations

Following a recent visit to India in Jan 2019 by Dr. Seán Kelleher, new possibilities for potential research collaborations with the M.S. Ramaiah Institute of Nursing Education & Research, Bangalore (affiliated to Rajiv Gandhi University of Health Sciences, Karnataka) are being explored, particularly in the area of Chronic Illness and Mental Health. The M.S. Ramaiah Institute of Nursing Education & Research are recognised as one of the pioneers and leaders in the field of nursing education in Karnataka since its inception in 1987.

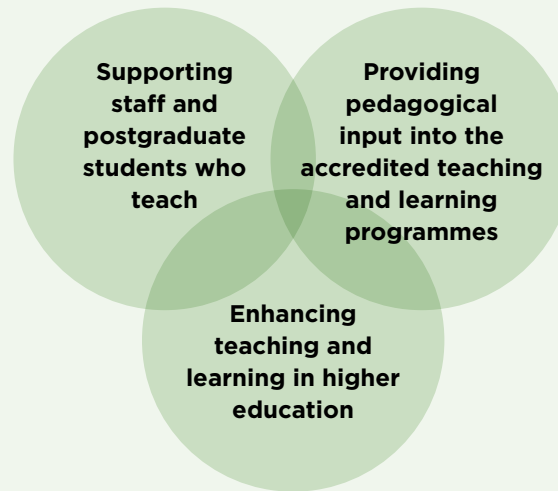
<http://www.msriener.com/>



## CIRTL Fellow fostering teaching & learning across the University

**The Story:** As part of the MATLHE alumni, Dr Serena FitzGerald was invited to become a Centre for Integration of Research, Teaching & Learning (CIRTL) fellow for a 3-year period, which began in the 2018 academic year. This role involves the application of both a pedagogical and research focus to harness opportunities for students and lecturers who teach in higher education. Dr FitzGerald provides pedagogical input into accredited postgraduate teaching and learning programmes delivered in UCC. As part of this role she will support CIRTL research activities and the development of research applications aligned with CIRTL research priorities.

Impact of a CIRTL fellow at a glance:



**Pictured right:** Dr Serena FitzGerald graduated from a Master's in Teaching and Learning in Higher Education (UCC) in June 2018. **Far right:** CIRTL staff and fellows discussing the redesign of postgraduate teaching and learning programmes in UCC.



# Student Awards

## NUI Dr H H Stewart Medical Scholarships



Held in the Mansion House, Dawson Street, Dublin 2 on Tuesday 13th November 2018. The recipients were:

- 2018 NUI Dr H H Stewart Medical Scholarship in Midwifery (1st): Claire Cronin
- 2018 NUI Dr H H Stewart Medical Scholarship in Nursing (3rd): Sarah Ann Twomey
- 2018 NUI Dr H H Stewart Medical Scholarship in Children's Nursing (1st): Bronagh Nevin

Well done to the staff and teams involved- this demonstrates the calibre of students exiting our programmes.

## School of Nursing & Midwifery Student Awards 2018

The School of Nursing and Midwifery Student Award Ceremony 2018 was held on Thursday, April 26th. All students within the school are winners, however the ceremony marked the outstanding achievements of a small number of the School's undergraduate and postgraduate students. The celebratory evening highlighted the exceptional work and talent of each student and their engagement in various activities within the school, college, clinical practice and the community.

### **Undergraduate student of the year 2018 - Mark Harman (2nd Year BSc Mental Health Nursing)**

Mark has been described as a determined and hardworking nursing student. He began the BSc in mental health nursing in 2015 following a career as Sub Lieutenant in the Irish Naval Services. His lecturers have highlighted that he excels in all aspects of his study. He is always present in class and demonstrates a genuine interest in his studies, his contributions are always thoughtful and well-articulated. He has also been commended on clinical placement for his empathetic and considerate engagement with those experiencing mental distress. Within the classroom, Mark has demonstrated leadership skills putting his name forward to assist anyone who needs it.

### **Postgraduate student of the year 2018 - Anju Menon (MSc in Nursing Studies)**

Anju has been described by her supervisor as hardworking, determined and enthusiastic. She engaged extremely well with the MSc supervision process and was always open to advice and guidance taking any feedback offered in a positive way. During her time in UCC she has demonstrated the development of academic and linguistic perspectives and mastered the technique of qualitative content analysis, completing her study effectively and efficiently. Anju was awarded joint first prize at a School research conference for her poster presentation titled "An Exploration of Body Image in Women following a Mastectomy for Breast Cancer in an Irish Setting".

### **Student Leader of the Year 2018 - Simone O Connor (4th Year BSc General Nursing)**

Simone has been described as a hard worker, balancing college, study, placement, friends, family and her own part time job excellently. She has a love of research and has maintained her part time research job during internship. In her last academic semester, Simone went out of her way to help a number of her classmates with any difficulties they may have had with regard to study or assignments, going over notes with them, proof reading assignments and offering suggestions where she could. She did all this looking for nothing in return only to see everyone do as well as they could. Her peers have described her as a fantastic friend, classmate and colleague who deserves recognition for all she does.

### **Award for Outstanding Contribution to Student Life - Niamh Hogan (4th Year BSc Integrated and General Nursing)**

Niamh is the Vice Chairperson of the UCC Nursing and Midwifery Society. She has been a class representative for three years of her degree and represented her class at the student Council for the College of Medicine and Health. She has been involved in the organisation of numerous School events including the 2017 Nursing and Midwifery Ball. Niamh was a member of the Student experience Committee and the UCC Welfare Club in 3rd year which focused on promoting the welfare of students across campus. She is also a member of UCC Commerce Society. As part of her role in this committee she has been involved in the organisation of the Annual Commerce Ball, UCC conferences and fundraising events across campus.

### **Award for Recognition in Sport - Fiona O’Keeffe (3rd Year BSc Integrated and General Nursing)**

Fiona has been involved in rowing since a young age and is currently the vice-captain of the UCC rowing team. She has competed at national and international level. Fiona won the Woman’s Intermediate 4+ at the Inter Varsity Championship and placed 2nd in the Woman’s Senior 8+ at the Irish National Championship in 2017. She also represented UCC at International Regattas such as the London Metropolitan Regatta and the Roiervierkamp Regatta in Amsterdam. Fiona is a voice of encouragement and support for her team mates. Her peers have described her dedication to sport as admirable and highlighted that Fiona regularly attends early morning or late evening training sessions to fit in her training while she studies in UCC.

### **Award for Recognition in the Arts and Entertainment- Cliodhna Walsh (3rd year BSc Mental Health Nursing)**

Cliodhna began dancing at the age of three at one of Cork and Munster’s most successful schools, ‘The Kiely-Walsh Academy’ which was established by her parents in Carrigaline. Cliodhna has danced competitively for twelve years. Throughout those years she achieved many Munster and All-Ireland titles at both solo and team level. The highlight of Cliodhna’s competitive career was leading the Ceili team to victory, winning the World Championships in 2007, 2010 & 2012. She represented Ireland at the prestigious ‘Lorient Interceltic’ festival in France in 2012, 2014 & 2015. She has also obtained her full qualification as an Irish Dance teacher. Every summer Cliodhna travels to South Africa to give workshops in Irish dance to both children and adults in Johannesburg, Cape Town and Durban. Cliodhna currently dances as part of University College Cork dance where this year they went on to win the ‘Dance Inter-Varsity’ title in the Cork Opera House.

### **Community Engagement/Activist Award – Audrey Griffin (3rd year BSc Mental Health Nursing)**

Audrey has been described as a remarkable woman who has shown wonderful insight into the care and needs of her clients. She is a member and educator of the ePrePP (electronic Preparation for Professional Practice) team where she has participated in a number of recorded interviews titled “See the person not the disease”. This resource has evolved as a national online cancer course for nurses, doctors and pharmacists in the community. Audrey is a very insightful person who sought out general clinical placements in a Medical Assessment Unit to learn additional skills to benefit mental health clients. She has also taken the time to educate the larger general clinical team with key skills in mental health assessments of patients.

### **Patricia J. Power Excellence in Clinical Practice Award was presented to Audrey Griffin (3rd year BSc Mental Health Nursing)**

Clinical staff have described Audrey as a fantastic person and an outstanding student nurse with a commitment to learning on clinical placement. Audrey is kind, caring and compassionate. Every clinical placement that Audrey undertakes is a testament to this. Audrey is committed to her studies, is motivated, self-reflective and works hard to achieve her competencies. Clinical staff have reported that Audrey has taken the time to explore her client's physical health conditions and ensures appropriate support as required. Audrey is enthusiastic to learn and integrates herself into the multidisciplinary team. During placement she inspires hope when working with people who feel hopeless. Audrey openly relates to and connects with people who are fragile and can skilfully work in helping them in their recovery journey.

### **Patricia J. Power Excellence in Clinical Practice Award Shortlisted Candidates:**

#### **Emma Harkin (4th Year BSc General Nursing)**

Emma has consistently demonstrated effective working relationships with patients, nursing staff and the multi-disciplinary team throughout her placements. She consistently shows initiative in seeking out learning opportunities in each clinical placement area, and enthusiastically participates in patient care. She has been highly praised by a Clinical Nurse Manager and preceptor in Cork University Hospital for her participation in emergency situations on the wards. Emma has had full attendance on all clinical placements and achieved all clinical learning outcomes and competencies required for her stage of the programme. Emma has demonstrated a clear understanding of patient conditions and theoretical

knowledge when handing over complex patient cases. Emma has been described by her Clinical Placement Coordinators as "very focused and shows evidence of knowledge underpinning her practice"

#### **Kayleigh Hehir (2nd Year BSc General Nursing)**

Kayleigh has demonstrated outstanding performance in all clinical areas and exhibits excellence in client/patient engagement at all times. Kayleigh has been described as having a natural instinct for patient care. Clinical staff have highlighted that Kayleigh stands out because of her kindness and caring attitude. She seeks out learning opportunities and her level of enthusiasm and consistent interest in learning is outstanding. Feedback from her preceptors and Clinical Nurse Manger's have been extremely positive and they acknowledge Kayleigh's level of care and involvement in all aspects of ward activities. A Clinical Nurse Manger of the South Infirmary Victoria Hospital described Kayleigh "as an excellent student, very conscientious and hardworking". She also stated that Kayleigh was "a pleasure to work with and I have no doubt if she continues as she is she will go far in her career and make an excellent nurse"

#### **Keady Clifford Excellence in Children's Nursing 2018 - Jenny Rea (Recent graduate of the BSc Integrated and General Nursing Programme)**

Jenny is an exceptional communicator who recognises the stress and vulnerability that comes with illness and is a strong advocate for children and their families. Her critical thinking abilities and flexibility enhance her problem-solving approach to care. She is non-judgmental, observant, highly organized, flexible and able to prioritise care effectively. Respect, sensitivity and empathy are key characteristics of



her practice. aspects of her nursing role. She works well within the multidisciplinary team and is a much-respected leader among her peers. She imparts her knowledge with generosity and spirit to children, parents and junior colleagues alike. Jenny is enthusiastic about nursing but in particular, she has demonstrated a true passion and commitment to her children's nursing.

### Other Student Awards for 2018 presented include:

- 2018 SURE (Summer Undergraduate Research Award) Award: Mark Harman
- 2018 Elaine Drummond Perpetual Award: Edina Hanley
- 2018 Niall O'Mahony Perpetual Award: James Verling

***The celebratory evening highlighted the exceptional work and talent of each student and their engagement in various activities within the school, college, clinical practice and the community.***



**Pictured above:** Students in receipt of their awards at the ceremony on the 1st May 2018.

## Undergraduate Quercus College Scholarships

These awards are given to students with the highest aggregate score (1H) for each year of the programme (except the final year). At the 2018 awards ceremony (6th December 2018) students from BSc Midwifery, BSc Nursing (Children's and General), BSc Nursing (General), BSc Nursing (Intellectual Disability) and BSc Nursing (Mental Health) were honoured for their achievements.

The students included:

**BSc (Midwifery)1: Sarah Louise O'Connor**

**BSc (Midwifery)2: Clarisse Shannon Lynch**

**BSc (Midwifery)3: Eloise Douglas**

**BSc Nursing (Children's & General)1: Cliona Catherine Scannell**

**BSc Nursing (Children's & General)2: Michaela Marie Holland**

**BSc Nursing (Children's & General)3: Claire Corrigan**

**BSc Nursing (General)1: Trystan Conaire Ryan Bovey**

**BSc Nursing (General)2: Sarah Ellen O'Brien**

**BSc Nursing (General)3: Karen Klotz**

**BSc Nursing (Intellectual Disability)1: Arletta Joanna Iwan**

**BSc Nursing (Intellectual Disability)2: Phyllis Cremin**

**BSc Nursing (Intellectual Disability)3: Eileen Margaret Kelleher**

**BSc Nursing (Mental Health)1: Sarah Hodder**

**BSc Nursing (Mental Health)2: Annie Cecilia O'Donovan**

One of the highlights was Arletta Joanna Iwan who was at the ceremony with her three week old son, Hugo.

Well done to the programme teams and staff from the wider school for supporting our undergraduate students in their studies.



# Partnerships and Engagement with Community Groups

## Nurture

SONM-UCC is contributing to Ireland's child health policy through external engagement consultancy and research with the Nurture - National Healthy Childhood Programme. This work involves designing and developing a comprehensive suite of training resources for healthcare professionals delivering child health services. These high standard, evidence based educational materials assist in the primary and secondary prevention of childhood problems and reduce health inequalities.

[www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/child-health-and-wellbeing/](http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/child-health-and-wellbeing/)

## Critical Voices Network Ireland (CVNI)

SONM-UCC in collaboration with Applied Social Studies-UCC organises the annual CVNI conference for people from diverse backgrounds (people with self experience, carers, professionals, academics and interested others) who want an Irish mental health system which is not based on the traditional bio-medical model. This network provides an opportunity to share, discuss and debate critical perspectives on and beyond recovery. The network conference is now considered one of the most significant events of its kind, nationally and internationally, to debate and promote diverse perspectives in mental health thinking and practice.

[www.cvni.ie](http://www.cvni.ie)

## Engage

Interdisciplinary Clinical Mental Health Research Network  
SONM-UCC is a founding member of Mental Health Research Network, an intersectoral, interdisciplinary strategic partnership, to promote excellence in mental health research. The network is based on principles of inclusivity, valuing diversity and partnership across communities and services. ENGAGE involves working with service users, community bodies, clinicians and the general public in addressing how research can be generated, discussed and applied to address the key challenges in society related to mental health and wellbeing.

[www.ucc.ie/en/med-health/news/ucc-engage-mental-health-research-network-.html](http://www.ucc.ie/en/med-health/news/ucc-engage-mental-health-research-network-.html)

## Young Knocknaheeny (YK)

SONM-UCC with representation on the Board of Management is a partner in YK - an interagency collaboration aiming to reduce child poverty and enhancing child development through an innovative whole community prevention and early intervention approach. Capacity building and systems change are integral to its implementation. The YK programme is underpinned by an innovative Infant Mental Health framework.

[www.youngknocknaheeny.ie/about/](http://www.youngknocknaheeny.ie/about/)

## Growth, Innovation and Impact of the School of Nursing and Midwifery, University College Cork, 2013-2018

**The Story:** On the 28th October 2018, the School of Nursing and Midwifery launched a Report titled GROWTH, INNOVATION AND IMPACT, reflecting the achievements of its strategic plan over the past 5 years.

The launch was attended by President O'Shea, staff from the School of Nursing and Midwifery (SONM), colleagues from the University community, and colleagues from health service providers. The Report illustrates the School as world class, dynamic, creative, and ambitious in its commitment to excellence in the provision of educational programmes, research and scholarship. Some of the highlights of the School's success in the Report include: its ranking in the top 100 of the QS World University Rankings for three years in a row since 2016; 8 new postgraduate programmes since 2013; 10 blended/online programmes in 2017 vs 1 in 2013; 550 non-EU students in 2018 vs 4 in 2013; growth in doctorate students; and 4.5M growth in research income since 2013.

The Report also highlights the School's health service and community engagement activities as well as partnerships and engagement with community groups.

In his address, President O'Shea commended the School on its achievements and noted that the School was exemplary in its commitment to education, research, and practice. He applauded the School's engagement with community groups such as Young Knocknaheeny and Nurture. He wished the School continued success into the future.

[www.ucc.ie/en/media/academic/nursing/news/newsdocuments/ucc\\_snm\\_e\\_impact\\_report.pdf](http://www.ucc.ie/en/media/academic/nursing/news/newsdocuments/ucc_snm_e_impact_report.pdf)



# Staff Publications for 2018

## Peer-reviewed publications:

- Ahern, S., Cronin, J., Woods, N., Brady, N.M., O'Regan, N.A., Trawley, S. and Timmons, S., (2018). Dementia in older people admitted to hospital: an analysis of length of stay and associated costs. *International journal of geriatric psychiatry*. doi: 10.1002/gps.5001. [Epub ahead of print]
- Caples, M., Martin, A.M., Dalton O'Connor, C., Marsh, L., Savage, E., Knafelz, G. and Van Riper, M. (2018) Adaptation and Resilience in Families of Children with Down Syndrome Living in Ireland. *British Journal of Learning Disability* 46:146-154 doi.org/10.1111/bld.12231
- McCarthy B, Fitzgerald S, O'Shea M, Condon C, Hartnett-Collins G, Clancy M, et al. Electronic nursing documentation interventions to promote or improve patient safety and quality care: A systematic review. *J Nurs Manag*; doi: 10.1111/jonm.12727
- Crangle, CE; Bradley, C; Carlin, PF; Esterhay, RJ; Harper, R; Kearney, PM; Lorig, K; McCarthy, VJC; McTear, MF; Tuttle, MS; Wallace, JG ; Savage, E (2018) Exploring patient information needs in type 2 diabetes: A cross-sectional study of questions. *PLoS One*. 2018 Nov 16;13(11):e0203429. doi: 10.1371
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- Forde, M. F., Coffey, A., & Hegarty, J. (2018). The factors to be considered when evaluating bedside handover. *Journal of nursing management*, 26(7), 757-768.
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### Systematic Review Protocol

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### Published Reports

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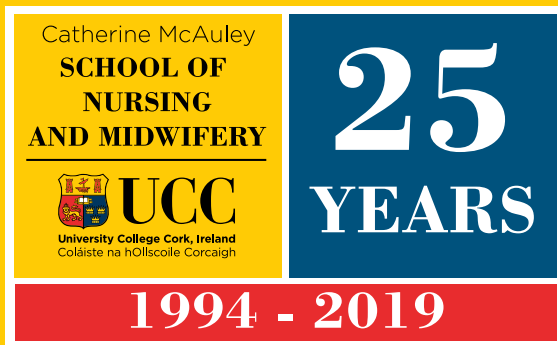
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Staff Profiles:

[www.ucc.ie/en/nursingmidwifery/theschool/people/](http://www.ucc.ie/en/nursingmidwifery/theschool/people/)

Dates for your diaries;

**Monday 25th - 29th November 2019**

International Week

**Wednesday 27th November 2019**

Book and Exhibition Launch celebrating 25 years  
in the School of Nursing

**Thursday 28th November 2019**

Annual Research Conference

