

School of Nursing and Midwifery, University College Cork provides a world-class environment for cutting edge research to prepare tomorrow's Nurses and Midwives

The last year has seen many developments at the Catherine McAuley School of Nursing and Midwifery, University College Cork. The School has been ranked within the "Top 50" nursing schools in the world, according to the QS global subject rankings.

The School of Nursing and Midwifery, University College Cork provides a world-class environment for cutting edge research to prepare tomorrow's nurses and midwives to shape and advance health care practices across the world. Experts and leaders at UCC's School of Nursing and Midwifery have been advancing science and delivering innovative solutions, shaping policy and practice, and engaging communities to promote optimum health for over a generation, through research and education.

Even pre-COVID, many global organisations had projected nursing and midwifery to be one of the top occupations for job growth. Nursing is central

to meeting the challenges posed by demographic changes and rising healthcare demands. However, we need to educate more nurses and midwives to address the global shortages of these vital professionals. Studies have shown that nurses are equipped to take increasing responsibility for care whilst maintaining better health outcomes, patient satisfaction and thus ensuring efficient use of limited healthcare resources.

With the rapid development of global nursing professionalism and the increasing number of doctoral prepared nurses and midwives, the importance and impact of scientific research in nursing is widely recognized. Within UCC's

School of Nursing and Midwifery researchers are addressing the current global challenges including the growing burden of diseases, nurse workforce requirements, population ageing and sustainable approaches to healthcare and health promotion.

PhD programmes produce graduates who have a key role in advancing the science and practice of nursing, midwifery and healthcare, leading and guiding the profession, defining professional uniqueness within the healthcare workforce, and educating the next generation of nurse scientists.

These are unusual times, and we need to forge ahead, together, continuing to learn as we go, utilising technology, building the evidence base for person-centred, effective, and safe clinical services. Within UCC's School of Nursing and Midwifery we have over 1300 students and 50 research active staff. It is impossible to list out all of the research projects and areas of expertise in this piece. However we hope that the examples profiled in

this section will give you a clearer picture of a School of Nursing and Midwifery whose staff and students are dedicated to continuous improvement and are constantly striving to positively impact the care provided to patients and their families across health care settings. Research within the School would not be possible without the support of many organisations for example: The Health Service Executive, Department of Health, Health Research Board, Irish Cancer Society, Breakthrough Cancer Research, Irish Hospice Foundation, Department of Health, ESF Energy for Generations Fund, Irish Research Council, All Ireland Institute of Hospice and Palliative Care, The Alzheimer Society of Ireland, and the various EU educational and research funding programmes.

We look forward to continuing our wide ranging and critical nursing and midwifery research that we hope will improve the lives of so many people.

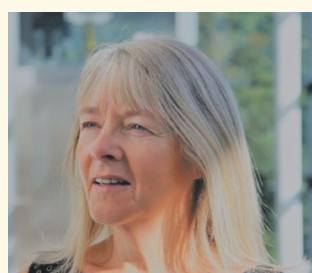
W: <https://www.ucc.ie/en/nursingmidwifery/>



Dr Nilima J. Pandit



Michelle Clifford



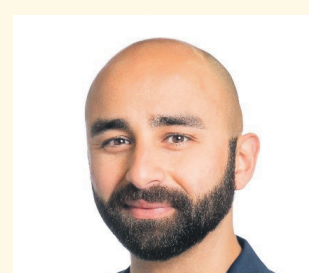
Professor Patricia Leahy-Warren



Professor Jonathan Drennan



Professor Josephine Hegarty



Dr Mohamad M. Saab



Dr Caroline Dalton



Dr Áine O'Donovan (Horgan)



Dr Johnny Goodwin



Dr Elaine Lehane



Dr Angela Flynn



Professor Corina Naughton



Dr Nicola Cornally



Dr Irene Hartigan

Dr Nilima J. Pandit has just completed her Doctorate at UCC's School of Nursing and Midwifery under the supervision of Professor Patricia Leahy-Warren and Dr Rhona O'Connell. Within her doctorate study Nilima sought to examine the relationship between mother's social support, self-efficacy and resilience following stillbirth. She found that women who experienced the loss of an infant and had high levels of support from their family and health care professionals, had higher resilience and thus were better able to cope with their loss. Furthermore, women with high levels of self-efficacy, which is belief in themselves to exert control over their own motivation, behaviours, and environment, had an enhanced ability to cope with their infant loss. Application of the research findings has the potential to enhance the support provided to women following stillbirth. Nilima notes that by doing a doctorate, it helped her to develop advanced problem-solving, research and communication skills and expert knowledge in a very important topic area. She said "It takes time to learn the entire process of research and that gives a sense of achievement and worth. It is surreal when people around you start recognising your potential".

Michelle Clifford is a Master's by research student at UCC's School of Nursing and Midwifery. Michelle, working closely with her supervisors Dr Nicola Cornally and Dr Serena Fitzgerald, aimed to identify the risk factors for chronic pain in older adults. She hopes that her research will inform the development of a checklist for use in long-term care by nursing staff. This research has the potential to enhance the way pain is assessed and ultimately improve the quality of care received by older adults. Michelle says that as a nurse, research guides practice to ensure the best quality of care is given. "Doing a research master's degree has empowered me to be an independent critical thinker and improve my communication skills, both written and oral. It has given me great confidence to undertake research to inform practice. I wanted to become a nurse to help make a small difference to one individual, and now through research I hope to make an impact on pain assessment for all people living in long term care".

Professor Patricia Leahy-Warren is the Director of Graduate Studies at UCC's School of Nursing and Midwifery. As chair of the Maternity, Families and Primary Care Research Group she has been involved in several important research projects that strive to enhance maternal, paternal and infant health in Ireland. For example, she is currently working on a collaborative project about evidence-based practice for exclusive breastfeeding throughout women's perinatal journey. She hopes a multipronged approach will be taken to achieve a service where women who choose to exclusively breastfeed feel supported. Research findings will have a direct impact on breastfeeding women's ability to exclusively breastfeed which will have a significant impact on their health and well-being and that of their infants and families.

Professor Jonathan Drennan's research is on the nursing workforce in Ireland. He is leading a team that is researching the safe staffing of wards, emergency departments and older persons settings in Ireland; that is ensuring the right number of nurses are in the right place, with the right skills at the right time. This research tells us how staffing levels impact on patient care. Professor Drennan's research also involves putting in place an intervention that improves the working environment in hospitals and consequently the health and wellbeing of nursing and medical staff; this research is being undertaken in partnership with hospitals across Europe and the US.

Professor Josephine Hegarty is the Head of the School of Nursing and Midwifery, University College Cork and she leads the Enhancing Cancer Awareness and Survivorship (ECASP) research group. Professor Hegarty is passionate about oncology related matters in particular supporting individuals and their families on the cancer survivorship trajectory. Josephine, together with Professor Roisin Connolly and a team at Cork University Hospital, are currently testing the feasibility of providing a dedicated cancer survivorship clinic, with defined symptom management pathways for female cancer survivors at CUH.

The use of technology will help to make the routine assessment of symptoms and concerns more widely accessible.

Dr Mohamad M. Saab is research active in men's health promotion, lung cancer referral pathways, health disparities including gender and sexual minorities, and cancer awareness and survivorship. Dr Saab's pioneering research has created an evidence base showing the importance of using innovative technologies to increase awareness of cancer. Mohamad is funded to examine the effect of a virtual reality intervention on raising GAA players' awareness of testicular diseases thus potentially helping to detect testicular diseases early. Early detection of cancer leads to better health care outcomes. Virtual reality can be customized to cover various health topics and reach out to wider demographics.

Dr Caroline Dalton is a registered intellectual disability nurse, with clinical nursing experience in community support services. Dr Dalton's research interests relate to supporting individuals with an intellectual disability, dementia, and acquired brain injury. Dr Dalton's research interests also include the area of palliative care. One of Dr Dalton's current projects seeks to explore the economic impact of bereavement on people who have been bereaved, from both the perspectives of the bereaved and the professionals supporting them. The results of that study will help to identify the economic impact of bereavement on individuals in Ireland and the supports services that will be required in the future.

Dr Áine O'Donovan (Horgan) is a senior lecturer in mental health nursing and chair of ENGAGE, an Interdisciplinary Clinical Mental Health Research Network at UCC. Áine has been working on a number of projects related to mental health and reducing the risk of suicide and self-harm. One recent project explored HSE staff awareness of and responses to suicide and self-harm risk across all sectors. During a national consultation it was found that protocols to guide staff outside the mental health sector are needed and a widespread public campaign to improve public awareness on how to recognise and respond to suicide and self-harm is required. This research will inform National

Guidelines on the Management of Suicide and Self-harm in Healthcare in Ireland.

Dr Johnny Goodwin is a lecturer in mental health nursing. He has been involved in some really creative and innovative projects collaborating with Cork International Film Festival to evaluate the impact of a film-based mental health workshop in enhancing adolescents' knowledge of mental health. He hopes this work will go towards improving attitudes towards help-seeking, building resilience, and reducing stigma. Some findings indicate that film is an effective tool to use when engaging adolescents in mental health education, with participants reporting improvements in their overall mental health knowledge. Given the vulnerability of adolescents to the experience of mental distress, such strategies should be embraced within our education system.

Dr Elaine Lehane is a senior lecturer and her key research interests are in the areas of supportive care strategies for chronic condition management and professional workforce development and evaluation. Elaine has a particular interest in the teaching and learning of evidence-based practice across health professions and has pioneered the development of a Competency Framework for Clinical Effectiveness Education for Healthcare Professionals in Ireland. Elaine believes that fostering a culture of clinical effectiveness in healthcare is crucial to achieving optimum outcomes for patients.

Dr Angela Flynn has a long interest in promoting a more

equitable, diverse, and inclusive society and health care system. She has recently established a new research group across UCC's College of Medicine and Health, which sees nurses, therapists, pharmacists, doctors, dentists, and public health experts coming together in order to achieve more inclusive health care. Additionally, Angela leads the Irish team on a European study developing supports for refugee, migrant or asylum-seeking students in third level education in Europe. She has also been involved in a project looking at integrating sustainability into nurse education programmes.

Professor Corina Naughton is a Professor of Clinical Nursing in Older Person's Healthcare which is a joint post between UCC's School of Nursing and Midwifery and the South/South-West Hospital Group (SSWHG). Professor Naughton leads the Supported Ageing Research group whose work straddles education, innovation and research in gerontological nursing and older persons' care. Our group focuses on building the specialist and general nursing workforce capability to deliver consistent high-quality care and services for older people. Corina's most recent project, the 'Frailty Care Bundle', is a co-design endeavour, where older adults, SSWHG nursing staff in collaboration with the multidisciplinary team create a bundle of essential care that promotes nutrition, early mobilisation and cognitive engagement for older patients during hospitalisation. The 'Frailty Care Bundle' enables hospital teams to prioritise essential care above competing demands to reduce the risk of

hospital associated decline, get people well and back to their homes as quickly as possible.

Dr Nicola Cornally is a senior lecturer at UCC's School of Nursing and Midwifery. Dr Cornally's research interests relate to management of chronic pain, advance care planning, and palliative care for individuals with dementia. Dr Cornally's most recent project aims to assist nursing home staff across six countries in supporting family carers when they need to make difficult decisions about end-of-life care for their relative with advanced dementia. Each country will produce information resources for families and provide a training programme for staff. The results of the study will help with the development of international guidelines which will have a direct impact on family engagement in decision making at end-of-life for relatives with advanced dementia.

Dr Irene Hartigan is a lecturer with a clinical background particularly in the area of older adults and care of people following a stroke. Irene has a keen interest in understanding the biopsychosocial impact of chronic illness and the use of innovative teaching and learning methodologies, namely problem based learning, and simulation. One of Dr Hartigan's current projects aims to establish priorities for family carers and to unearth valuable social supports to reform and create awareness in the community. The work will produce a focused road map for Family Carers Ireland to support the development of a 3-year research strategy which directly speaks to the priorities of their members.

University College Cork, PhD Scholarships programme for Nurses and Midwives: Open Call

The School of Nursing and Midwifery is currently offering funded scholarships to support the fees for full-time and part-time entry into the PhD programme in September 2021.

The scholarships are open to registered nurses and midwives, who are enthused by research, have a strong desire to enhance clinical practice and contribute to evidence-based approaches to care. The School of Nursing and Midwifery PhD Scholarships offer pathway for nurses and midwives to conduct research by choosing one of six projects from the research cluster within the School. **Closing date 21st May 2021.**

