



# ESPRIT

Evidence to Support Prevention  
Implementation & Translation

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School of Public Health, UCC

## About ESPRIT

ESPRIT is a research group based in the School of Public Health, UCC with a shared mission to reduce the economic, societal and human burden of preventable disease, and to generate evidence to guide research translation and implementation. Our research, aligned with the overarching vision of UCC and national strategic priorities, is embedded in the health system and is impacting directly on national policy, on practice, and on health outcomes.

**Our research is based on a shared mission to prevent and better manage disease by generating and translating evidence into practice and policy.**

### Research Topics

- Diabetes
- Gestational diabetes
- Physical activity
- Infant feeding
- Obesity
- Implementation science
- Quality improvement
- Primary care research
- Chronic disease prevention
- Health service research

### Methodological Strengths

- Development of core outcome sets
- Pilot and feasibility studies
- Qualitative research
- Modelling
- Analysis of large datasets
- Studies within a Trial (SWATs)
- Experimental designs
- Intervention development
- Stakeholder engagement and consensus methodology
- Mixed methods
- Systematic reviews
- Behavioural trials/behaviour change
- Measurement and evaluation
- Patient and public involvement (PPI)

**Capacity Building:** TIDiRH Ireland Training; PPI Training; Policy Brief Training; Visiting Fellows; PhD Training, SPHERE Workshops; Summer Studentships; Mentorship



**Improving care for people with Diabetes: a population approach to prevention and control** Health Research Board, Research Leader Award

- Evaluate the implementation of the National Clinical Programme for Diabetes
- Measure the prevalence and incidence of diabetes and associated complications
- Model current and future healthcare costs of diabetes
- Intervention to increase physical activity among women at risk of gestational diabetes.

**Enhancing the reach and sustainability of an integrated falls prevention pathway** Health Research Board, Applied Partnership Award

To establish an agreeable way to increase the service's capacity to prevent falls and identify any gaps or delays in the provision of treatment to older people at risk of falls. Findings from this study will have a direct impact on decision-making regarding the provision of services to older people.

**The Choosing Healthy Eating for Infant Health (CHERISH) Study** Health Research Board Interdisciplinary Capacity Enhancement Awards (ICE)

The CHERISH study is a complex infant feeding intervention delivered at routine infant vaccination visits, alongside a healthcare professional level implementation strategy. A feasibility study is underway at the Mallow Primary Healthcare Centre. Results of this feasibility study will be available in the first quarter of 2020.

**Improving Diabetes Eye screening Attendance (IDEAs)** Health Research Board, Definitive Interventions and Feasibility Awards (DIFA)

Diabetic retinopathy is a serious and common condition that affects the sight of people with diabetes. With regular screening, retinopathy can be picked up earlier and treated. Screening is effective and provided free of charge by the national retinopathy screening programme in Ireland, RetinaScreen. We have developed an intervention to deliver in general practice and will examine whether it is a practical and acceptable way of increasing registration for screening by family doctors, and whether it increases screening visits among people with type 2 diabetes.

**'Us' and 'Them': Identifying the most suitable approach to involving patients and healthcare professionals in a consensus process to inform intervention development** Study Within A Trial (SWAT)

To identify the most suitable approach to involve patients and healthcare professionals in a consensus process to inform the development of the Improve Diabetes Eye-screening Attendance (IDEA's) intervention.

**Reducing Maternal Stress in Ireland** Health Research Board Applying Research into Policy & Practice (ARPP)

To reduce parental stress in Ireland through development of a stress-reduction intervention that can be implemented in national parent and child health programmes, and delivered in healthcare practice. The project will also examine the role of parental stress on child health outcomes. It will do so using national and international datasets.

**MEMBERS EXPERIENCES of consensus meeting** process for the Improve Diabetes Eye-screening Attendance (IDEA's) intervention

**Grateful for the opportunity** "To be heard is really nice and to be asked your opinion on something that affects you directly..."

**Comfortable expressing their opinions** "I felt very comfortable expressing my opinions...it was my first experience at something like that and I thought it was really well done"

### DIABETES SERVICES: GAPS IN PSYCHOLOGICAL CARE

Meeting Department of Health Protection 2019

**Recommendations:** Psychology becomes an integral part of treatment provision for all Patients with Diabetes. Standardise psychological services, ensure access across settings. Each hospital group provides psychological support for Patients with Diabetes.

### PHYSICAL ACTIVITY DURING PREGNANCY

Potential links between PA, a low education level and a low socioeconomic background, results using Screening for Pregnancy Endpoints "First-time mothers who consume their five-a-day of fruits and vegetables are more likely to exercise during pregnancy" –Irish Examiner, 25<sup>th</sup> June 2019

### NEED FOR BARIATRIC SURGERY IN IRELAND

Current provision of bariatric surgery in Ireland meets much less than 0.1% of the need.

"Fraction of life saving weight-loss surgery needs met" –Irish Examiner, 13th July 2017.

### PREVALENCE OF FALLS AMONG OLDER PEOPLE WITH DIABETES

1 in 5 people with diabetes aged ≥50 report falling in the previous 12 months

### Our Team



#### Director

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Professor Patricia Kearney is a Professor of Epidemiology in the School of Public Health, UCC.



#### Co-Director

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Dr Sheena McHugh is a lecturer in the School of Public Health, UCC.

**Affiliated PIs:** Dr Claire Buckley; Dr Karen Matvienko-Sikar; Dr Maura Smiddy; Dr Linda O'Keeffe. **Postdoctoral Researchers:** Kate O'Neill; Fiona Riordan; Caragh Flannery; Susan Calnan. **PhD Students:** Emmy Racine; Niamh McGrath; Khawla Lamlum. **Administrative Staff:** Bernadette Madden. **Research Assistants:** Holly McGrath; Samantha Dick. **Health Economist:** Ms Susan Ahern



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