

Health Sciences Academy Newsletter

Bringing together research, innovation and clinical practice

Volume 5
Q 1&2 2022

Ospidéil OL
UL Hospitals
Working together, caring for you

UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

HSE Mid West
Community Healthcare

Innovation in Healthcare



It has been a busy few months since the establishment of the **Innovation in Healthcare Steering Committee**, which aims to foster and embed a culture of innovation across the region. Members come from the partner organisations of the Health Sciences Academy and Public Health. Dr Rachel McNamara, Spark Fellow: "I know from working in the Mid-West for the last number of years that there is no shortage of creativity out in the workforce. The Mid-West Innovation in Healthcare Steering Committee - with support from the Spark Programme - seeks to draw on that ingenuity and empower our Frontline Healthcare workers as true champions of innovation".

On 30th and 31st May, the Innovation in Healthcare Steering Committee hosted an **Innovation Roadshow** in 2 locations – Barrack View Primary Care Centre and UHL (pictures opposite). The aim of the roadshow was to promote the resources we have in the Mid-West to support innovation. Staff from HSE Spark programme and from University of Limerick: School of Design, Kemmy Business School and the Rapid Innovation Unit were on hand to showcase their resources and support staff with queries about innovation.

The **Spark Summit**, held on 16th June in Dublin, was the first in-person innovation event hosted by



HSE Spark since COVID, and was a highly successful day of networking, inspiration and opportunity. The Health Sciences Academy won 'tweet of the day'! More information on the Summit here: <https://t.co/xnBbOR2j0L>

Congratulations to Bernadette Higgins, Assistant Director of Nursing and Anne Murray, Health Protection Nurse, Department of Public Health,



Limerick, who won the National Spark Ignite Award for their 'wee catch it' urine collection innovation. Read more here: <https://bit.ly/3ReZKMs>

If you have an idea for service improvement or an innovation but don't know where to start, we are here to help.

Email: innovationinhealthcare@hse.ie for further information

Junior Health Sciences Academy 'Early Careers' Event

Transition Year and 5th Year students from across Ireland attended the *Junior Health Sciences Academy, Virtual 'Early Careers' Event* on March 1st and 2nd 2022. This is the second year of the event, and showcased even more clinical roles as well as guest fireside chats with stars of the sporting world – Damien de Allende, Springbok and Munster rugby player, Joe Canning, Galway hurling legend and Sarah Hawkshaw, Irish hockey player. Louise Cantillon, Spin SW broadcaster also joined a guest interview discussing her career path.

The event was developed and supported by colleagues from UL, UL Hospitals and Mid-West Community Healthcare in partnership with Limerick and Clare Education and Training Board's Schools Division and Limerick Education Centre. Over 8,000 students joined over the two days, where they heard from staff and students in the areas of nursing & midwifery, paramedic studies, medicine, physiotherapy, occupational therapy, speech & language therapy, human nutrition & dietetics and clinical psychology. They also heard from clinical staff working in UL Hospitals Group in the areas of podiatry, radiography, medical social work, laboratory science, pharmacy, respiratory physiology and cardiac physiology. The event was captured on the Academy's Twitter page [@HealthSciAcadLK](https://twitter.com/HealthSciAcadLK) and videos of all presentations, course information and Q&A are available on our website: www.HealthSciencesAcademy.ie. Read more here in this month's edition of *Health Matters*: <https://t.co/iO6JW6UpYZ>



Junior Health Sciences Academy



THE DEVELOPMENT OF CARE AWARE CREW

Miriam McCarthy¹, Siobhan Egan², Maera Fitzgerald³, Mirrah Mohamed⁴, Mary McMahon⁵, Cian Crowe⁶, Sarah Hurley⁷,
Health Sciences Academy¹, UL Hospitals Group², University of Limerick³, Mid-West Community Healthcare⁴, Limerick & Clare Education and Training Board⁵

INTRODUCTION
The Health Sciences Academy is a collaboration between the UL Hospitals Group, University of Limerick and Mid-west Community Healthcare. The Junior Health Sciences Academy is a section which focuses on developing leadership skills, health promotion knowledge and an awareness of health as a career among primary and secondary school students.

The Care Aware Crew is a pilot project of 6 primary schools developed by the H&A partners with Limerick & Clare Education and Training Board to share knowledge and practical skills in the area of First Aid.

BACKGROUND

A Logic Model (McLaughlin & Jordan, 1999) informed the project development:



Supported by a primary school principal, individual lessons were developed by experts in the relevant areas. These experts were a paramedic, an emergency department physician, a physiotherapist and two nurses who work in the partner organisations.

Participating pupils were provided with informative videos which were facilitated by teachers to engage in activities and complete the worksheets for knowledge enhancement. The videos were developed by a graphic design company and pupil input informed both the logo name, design and animations.

Below is how the project progressed:



OBJECTIVES

The aim of the project was to deliver knowledge to pupils relating to the specific topics relating to First Aid:

- How to make a 999 call
- How to manage a head injury
- Fractures and Sprains
- Cuts and Wounds
- A First Aid box

It also aimed to teach the pupils practical skills such as applying bandages, plasters and directing an ambulance to their school or home address via its route.



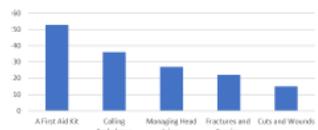
ACKNOWLEDGEMENTS

Mary O'Neill, Paramedic; lesson on Calling an Ambulance
Sinead Killeen, Physiotherapy; lesson on Fractures and Sprains
Dr Alan Watts Emergency Medicine; lesson on Head Injuries
Gillian Corey, Nursing; lesson on Cuts and Wounds
Siobhan Egan, Nursing; lesson on the First Aid Box

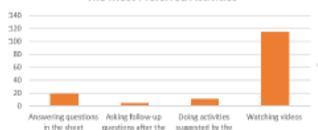
RESULTS OF EVALUATION

Pupils and teachers completed an evaluation at the end of the pilot project of the content and mode of delivery. The diagrams below show key results of the project evaluation:

The Most Preferred Lesson



The Most Preferred Activities



Number of Pupils Interested to Join Similar Project in Future



CONCLUSION

A First Aid Kit became the most favoured lesson because pupils had the opportunity to see and touch real objects while learning how to use them. Watching videos was also preferred as pupils were able to listen to explanation while watching the animations. The majority of pupils expressed their interest to participate again in future projects because they realised how much knowledge they had gained from the lessons delivered and this will become the benchmark for future projects.

REFERENCE

McLaughlin, J. A. and Jordan, G. B. (1999) Logic models: A tool for telling your program's performance story. *Evaluation and Program Planning*, 22 pp. 65-72

Funding was received from Q Exchange to support the development of this pilot
<https://q.health.org.uk/get-involved/q-exchange/>
Southern Market Design Media; animation and design

The Care Aware Crew pilot project was rolled out in early March to six primary schools in Limerick. It was funded by QExchange following a successful funding award. Aiming to build leadership and health promotion skills among 3rd and 4th class pupils in the area of first aid, it was created and developed with clinical staff from UL Hospitals, Mid-West Community Healthcare, University of Limerick and Limerick & Clare Education & Training Board (LCETB). The project consists of five downloadable lessons, each about a different aspect of First Aid. They were prepared by locally-based clinical professionals following consultation with teachers and pupils who took part.

A special thank you to the following staff who generously shared their expertise:

Mary O'Neill, UL, Paramedic Studies; lesson on Calling an Ambulance
Sinead Killeen, MWCH, Physiotherapy; lesson on Fractures and Sprains
Dr Alan Watts, UHL, Emergency Medicine; lesson on Head Injuries
Gillian Corey, UHL, Nursing; lesson on Cuts and Wounds
Siobhan Egan, UHL, Nursing; lesson on the First Aid Box



Resources provided to the pupils

A poster was successfully accepted at the recent HSE Spark Innovation Summit. The project is now complete and the evaluation and write-up for publication is underway.

MY:SCI: Youth Mental Health Project

Congratulations to Dr Jennifer McMahon (PI), School of Psychology, UL, along with Dr Roisin Cahalan (SAH) and Miriam McCarthy (HSA), who secured funding from the Science Foundation Ireland *Discovery Programme* to support the development and implementation of MY:SCI, a youth mental health programme.

This is aimed at transition year students, building their scientific knowledge and health promotion skills in the area of youth mental health, and is a collaboration between the School, Child & Youth (SCY) Mental Health and Wellbeing lab, the Junior Health Sciences Academy and the Limerick & Clare Education & Training Board. A stakeholder advisory group also includes the HSE, Jigsaw, the Limerick Youth Service and the UL Hospitals Group. Pilot schools involved are Thomond Community College, Gaelcholaiste Luimnigh, Croom Community College, Mungret Community College; Castletroy College. In addition, a youth advisory panel is being formed to inform and guide the programme content and delivery. Focus groups with secondary school pupils have been completed; content experts will focus on creating content for delivery in Q4 2022.

A Virtual Patient Journey

Students attending the Health Sciences Academy 'Early Careers' event told us that an opportunity to see what clinical areas actually look like and what staff do in their roles would be hugely beneficial in supporting them in choosing healthcare careers.

With this in mind, filming of a STEMI (ST Elevation Myocardial Infarction, a type of heart attack) from the perspective of a patient was undertaken. This filming followed a 'patient' (played by John McCarthy, A/ADON University Hospital Limerick) having chest pain, calling the ambulance, transfer to UHL, stent insertion in the Cath Lab, transfer to Coronary Care Unit and finally attending cardiac rehab.



Huge thanks to all the staff in these clinical areas, ULHG Communications and the Medicine Directorate who have been extremely generous and supportive with their time, energy and expertise to participate in and facilitate the filming. Seven professional roles will be showcased in this patient journey, with key health promotion messages relating to heart health shared. Filming is now complete and editing is underway, with launch planned for later this year.

Filming underway in CCU



Funding from Q Exchange has supported these projects. If you are interested in joining The Q Community, contact <https://q.health.org.uk/join-q/>. Q is a network of thousands across Ireland and the UK, collaborating to improve the safety and quality of health care.

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Academic Health Sciences System

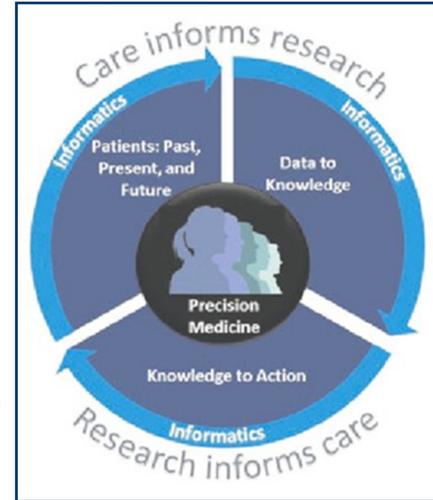
The National Chief Academic Officer Group comprises CAO and administrative academic members from across the hospitals groups in Ireland, with a focus on developing and promoting integrated academic systems across the healthcare and university sectors. The Group believes that an Academic Health Sciences System (AHSS) will enhance patient outcomes, support cultural change by creating a learning organisation to ensure the continual development of sustainable quality and safe healthcare in Ireland and support the implementation of Slaintecare.

What is an AHSS?

An AHSS is a fully coordinated partnership between a university and a healthcare system, designed to deliver quality care hand-in-hand with teaching, training, research and innovation incorporating the full spectrum of the health care workforce. AHSSs provide high quality healthcare across the world achieving high standards of clinical care, educating health professionals and leading health care research and innovation. An Academic Health Science System combines interdisciplinary teaching and training, research, innovation, patient care, population care, community health organisations in a highly integrated and synergistic manner.

UCD have created this video to illustrate the concept of an AHSS:

<https://www.youtube.com/watch?v=Nrdgrp8ohi4>



Interprofessional Education Pilot

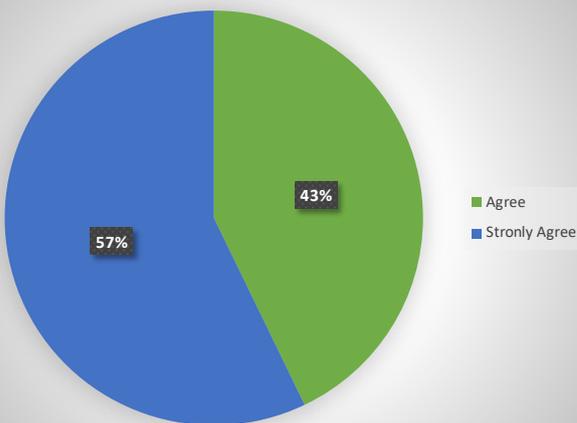
Pictured: Project team and participating students



The Health Sciences Academy Interprofessional Education two day pilot programme was held on the 12th and 19th April. This was a collaborative pilot project between health sciences educators from UHL and UL, with the

objective of creating and facilitating interprofessional education sessions, aligned with common competencies. Students from nursing, medicine, physiotherapy, occupational therapy and dietetics learned about shared leadership and 'teaming' from Kemmy Business School lecturers, and then collectively managed a case study of an orthopaedic patient pre-discharge. Student feedback was really positive, and we are currently undertaking a formal evaluation of the pilot.

I would welcome the opportunity to work in small group settings or rounds with students from other professions



Co-operative
Informing Valuable
Inspiring
Proud Engaging
Relaxed
Collaborative
Productive
Enjoyable
Beneficial
Insightful
Interesting
Informative
Communication

WordItOut

Nurses and Midwives

WE NEED
YOUR HELP!

Research Title: Informing Talent Management Practices for Nurses & Midwives in ULHG

What: Complete the research questionnaire

When: Sept 5th -18th, 2022

What: Project Background

Healthcare systems globally are facing substantial challenges in the recruitment and retention of nursing staff. WHO states that nurses and midwives account for nearly 50% of the global health workforce and the world is about 5.9 million short of what its needs. This study will inform an evidenced based approach to **Talent Management practices for Nurses and Midwives** in ULHG to identify the most appropriate way of attracting and retaining existing talent through engagement and development. The data collected is completely anonymous. If you have any questions, please contact: Nuala.Ryan@ul.ie

A highly innovative research project is due to commence in the Autumn in UL Hospitals Group, focussing on talent management practices for nurses and midwives. This was developed by Bernie O'Malley, ADON ULHG, Claire O'Donnell, School of Nursing & Midwifery, Dr Nuala Ryan, Kenny Business School with Elaine Berkery, Kemmy Business School, as part of the 'Equality & Inclusion' Steering Committee, one of the key pillars of the Health Sciences Academy. This project has received funding from the Nursing and Midwifery Planning & Development Unit, the Martha McMenamin Trust, Kemmy Business School and the British Academy of Management to support its implementation, and is a wonderful example of collaboration, innovation and research in action.

Please contact Nuala.Ryan@ul.ie with any queries.

Please participate in this research when it is launched in the coming weeks.



The All-Ireland Interprofessional Healthcare Challenge was held on 23rd March, with all seven Universities in Ireland competing for the first time. Students from UL, UCC, UCD, TCD, RCSI, NUIG and QUB all competed in the competition whereby they present an interprofessional approach to managing a patient with a variety of clinical and social needs.

University of Limerick was the only University to hold internal heats, with exceptional Interprofessionalism and team work displayed. The students: *Pedro Salinas, Brenda Gabriela Munoz Gonzalez, Wassal Alsehli, Kratvi Padshala and Aleksandra Petrovic*, ably demonstrating interprofessional working through their case study submission, were successful in the internal heats and went on to represent University of Limerick in the national final. We were delighted to have Dr Elaine Shanahan, Medical Consultant, Ms Margaret Costello, Mid-West Community Healthcare and Ms Aoife Synnott, Physiotherapy UHL, judge the internal heats.

Among the judging panel in the national competition was Ms Joanne Mannion, Patient Advocacy & Liaison Services Manager, UHL, and Dr Rose Galvin, SAH, was one of the keynote speakers. Queens University Belfast were the national winners, and the event was a wonderful occasion of learning, excellence and fun. The project team of Dr Anne Griffin (Dietetics & Human Nutrition), Ms Marie O'Donnell (Physiotherapy) and Dr Sylvia Murphy-Tighe (Nursing & Midwifery), Dr Jennifer McMahon (Psychology), Miriam McCarthy (HSA) and health sciences students – Sarah O'Keeffe, Pei-Yin Liao and Maeve Scanlon, mentored & supported the student teams, and managed the competition locally. We are currently undertaking a student feedback survey, and look forward to another exciting competition in 2023.

New Team Member: Dr Eimear Keane

Eimear took up post as ULHG Research & Development (R&D) Office Manager in May 2022. Eimear's role will include establishing the ULHG R&D office, co-ordinating research governance activities and the local implementation of a national Electronic Research Management System. Eimear was awarded a PhD in Epidemiology and Public Health from University College Cork in 2015. Prior to taking up post in ULHG, Eimear had spent a number of years working in the Department of Public Health, HSE Mid-West.



New Team Member: Dr Sarah Carroll

Sarah joined the Clinical Education Research Centre (CERC) at UHL in February 2022. Her role is Senior Technical Officer in Simulation. Sarah is a Limerick native and studied at UL. She has a BSc. in Biomedical and Advanced Materials and completed a PhD in the subject area of tribology of artificial joints in 2010. She has worked for the past twelve years in both the medical device and electronic industry. Simulation is the modern way to educate medical students and healthcare providers. Since starting her new role, she has seen first-hand how these simulations/practices improve the procedural and communication skills of the trainee. Sarah has been accepted to undertake a postgraduate course this Autumn in Healthcare Simulation and Patient Safety at NUI Galway. She is very excited to be working in Simulation and Healthcare and looks forward to making many new connections in this field.



MSc in Public Health - Student Practicum

The Health Sciences Academy was proud to support two MSc Public Health students during their 8-week practicum, a practical work placement where the students undertook projects aligned with the work of the Health Sciences Academy.

Ramatu Garba carried out a review of best practice in healthcare innovation and compiled local resources to support innovation: <https://www.ul.ie/hsa/innovation-and-research>. Gilbert Denila undertook a scoping review of the benefits and challenges of facilitating allied health student placements.

Ailing Finucane, Mid-West Community Healthcare, also supported two students, Uchechukwu Victor Nwaokorie and Tamara Zannat who undertook a gap analysis of services for people with type 2 diabetes. Thanks to the students for their work, and to Dr Niamh Cummins who provided guidance and support throughout.



MSc Design for Health and Wellbeing Immersion

Three students undertook an immersion in University Hospital Limerick in the Emergency Department and Acute Medical Unit, observing for improvement opportunities. Facilitated by the Health Sciences Academy with course director Dr Louise Kiernan and Niall DeLoughry, the students were supported to observe work flow and processes, speak with staff and patients, and present ideas to potentially address challenges identified. The result was a comprehensive process book which they presented to senior managers in the Medicine Directorate, UHL. This is the start of what we hope will be a rewarding immersion experience for students and bring opportunities for managers and clinicians to improve ways of working. **If you are interested** in knowing more and would like to facilitate students in undertaking this invaluable immersion in your clinical area, please let us know.



The **HSE Spark Innovation Programme** is delighted to introduce the **Community Innovation Fund**, an initiative designed to promote innovation in community teams and services. Healthcare professionals from both community and acute services can apply for funding for

novel initiatives that have the potential to improve the way care is delivered in our communities. The CIF offers two categories of funding depending on the scale of the project - (A): up to €20,000 & (B): up to €60,000. Further information here: <https://bit.ly/3yKsUMm>. If you have questions or need guidance on applying, please contact the Health Sciences Academy or email innovationinhealthcare@hse.ie.

Medical Updates

HEALTH & WELLBEING WORKSHOP

Health and Wellbeing workshops and lectures were held in UHL on 10th March for NCHDs and Consultants. They were hosted by Hadas Levy, RCPI Health & Wellbeing Manager and her RCPI colleagues.

Topics included:

- Wellbeing: what is it and how to look after it
 - Reflecting on the past two years and avoiding burnout
- Hadas and her colleagues also visited the Health & Wellbeing Centre in UHL.



SAUDI INTERNATIONAL RESIDENCY TRAINEE

Dr. Fatemah Alalawi has recently joined ULHG as part of the International Residency Training Programme in Internal Medicine. This is a three-year training programme, developed by the Royal College of Physicians of Ireland, and is designed to train doctors in the secondary care and prevention of adult disease and illness. These roles are fully funded by the Saudi Arabia government. Dr Alalawi is the third trainee to join ULHG, and we look forward to welcoming a fourth trainee in October 2022.



RCPI Point of Care Ultrasound (PoCUS)

The RCPI & Training Lead Office in ULHG in partnership with Professor Jennifer Ni Mhuirheartaigh, Dr Catherine Nix & colleagues successfully ran a second PoCUS 1-day workshop training for NCHDs from across the UL Hospitals Group & beyond.

Point of Care Ultrasound technology (bedside ultrasound) has the potential to reduce the time to diagnosis for patients and improves patient flow. This Workshop was part of Sylvester O'Halloran Conference (SOH2022).



MRCPI Clinical Exams

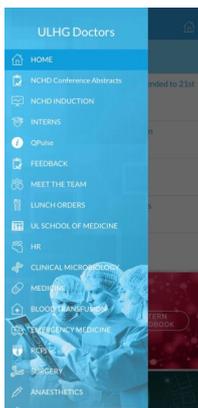
The MRCPI (Membership of the Royal College of Physicians of Ireland) Clinical Exams in Medicine were hosted in CERC on the 17th June. This event was made possible through collaboration with RCPI, UL, HRI, local and national consultant examiners, NCHDs, medical students, nursing staff, volunteer patients and local actors.

Well done to all involved.



NCHD APP UPDATE

The NCHD App is currently going through a major makeover. Launched during COVID as a communication tool for Non-Consultant Hospitals Doctors (NCHDs), we have worked with current NCHDs to update and amend to meet their needs. We are now working with the App IT company to create a new, more up-to-date app with features such as Search Box, Push notifications and an Information Carousel, all of which will make it an invaluable source of information for doctors in ULHG.



NCHD INDUCTION 11TH AND 12TH JULY 2022

July is a busy month clinically when the new NCHDs arrive. This year, we are running the NCHD induction over two days, as opposed to one, responding to feedback from our doctors. We also plan to record the sessions this year and all of the Induction content will be uploaded to the NCHD App for ease of access.

For latest news and updates on current projects, please visit our website:

www.HealthSciencesAcademy.ie

Continual Professional Development Opportunities

Masters in Health Professions Education

The University of Limerick School of Medicine, with the support of colleagues in the Schools of Allied Health, Education and Department of Nursing & Midwifery, has developed a Masters in Health Professions Education (MSc. HPE) which is designed to meet the educator training needs of busy health professionals both locally and internationally

The programme is offered in two formats to meet the needs of busy healthcare professionals:

- Blended Learning - course code MSHPEDTPA (face-to-face and online/distance) - for students who favour the social and collaborative nature of face-to-face learning.
- Online/Distance Learning - course code MSHPEDTDA – for those individuals who, for whatever reason, cannot present physically on campus.

For more information: [MSc in Health Professions Education](#) | [University of Limerick School of Medicine \(ul.ie\)](#)



Are you interested in advancing your career?

UL offer the following programmes commencing in September:

Go to:
[Education and Health Sciences taught programmes | University of Limerick \(ul.ie\)](#)

Advanced Practice (Midwifery) - MSc
Advanced Practice (Midwifery) - Postgraduate Certificate
Advanced Practice (Midwifery) - Postgraduate Diploma
Advanced Practice (Nursing) - MSc
Advanced Practice (Nursing) - Postgraduate Certificate
Advanced Practice (Nursing) - Professional Diploma
Infection Prevention and Control Leadership – MSc
Nursing (Dementia Care) - MSc 2 Years.
Nursing (Nurse/Midwife Prescribing) - Certificate
Nursing (Older Person) - MSc
Nursing (Palliative Care) - MSc
Nursing (Perioperative Care) - MSc
Nursing (Psychosocial Interventions in Mental Health Care) - MSc
Nursing (Respiratory Care) - MSc
Nursing - MSc
Perinatal Mental Health MSc.

Applications closing date
20th July 2022



Design for Health & Wellbeing

Master of Science

1 year full-time; 2 years part-time

Professional Diploma

1 year part-time

MicroCreds

Bite-sized, accredited qualifications

ul.ie/gps/course/design-health-and-wellbeing-msc

Also suitable for industry professionals



My Self Care – Online Course for HSE Mid West Staff



Build your personal daily self care toolkit.
Learn simple, practical ways to look after your
Physical, Emotional, Social and Intellectual Health.
In your own time, and at your own pace.



Mobile/Tablet Friendly – Scan the QR code to access

Log in on your Laptop/Desktop – <https://tinyurl.com/selfcare4staff>

Self-Paced – Available 24/7

HSE Mid West
Community Healthcare



If you have any queries about undertaking further study, please contact the course directors or Graduate and Professional Studies, University of Limerick, who will be happy to assist.