

## New School Name and Strategy Launch

Wednesday 21st October 2020 was a momentous day for the School. In an online gathering, Prof Rachel Msetfi, Executive Dean, Faculty of Education and Health Sciences and Prof Kerstin Mey, UL President welcomed attendees to celebrate the official launch of the University of Limerick School of Medicine as well as to present the School of Medicine Strategy 2020-25/30 entitled 'Building on a Strong Foundation'.

This school is the first medical school to be founded since the establishment of the Irish State, the first graduate-entry medical school in Ireland and the first to integrate problem-based learning techniques into its medical degree curriculum.

Initially, the primary focus was on the development and expansion of the Bachelor of Medicine Bachelor of Surgery (BMBS) programme. Three years later, a programme of research was established which now spans biomedical sciences, medicine, surgery, primary and pre-hospital care and medical education research. In January 2015, a Level 8 BSc in Paramedic Studies (Practitioner Entry) was launched and this was followed closely by a level 8 PHECC Accredited BSc in Paramedic Studies (Undergraduate Entry) programme in 2016. In September 2018, the first taught postgraduate programme was established and in August 2020, an MSc in Public Health was also launched. A new Biomedical Science degree programme is due to commence in September 2021.

In a relatively short period of time, there has been an expansion in student

numbers from an original 32 BMBS students to over 700 students distributed across all programmes. The School has graduated over 1100 students in its short life to date.

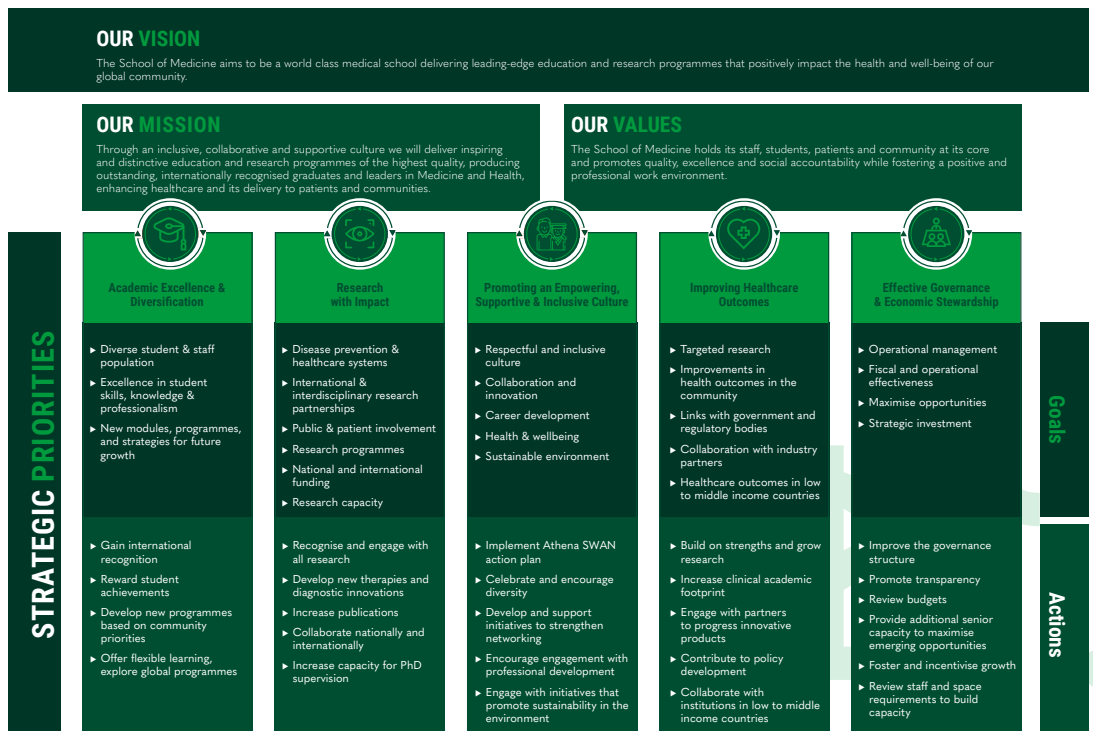
Prof Deirdre McGrath, Head of School, presented the strategy of the School of Medicine. Building on the School's strong foundation of innovative education and pioneering research, and aligned with the University's strategy, UL@50, the strategy sets out the roadmap for the next five to ten years. The School will continue to deliver education and research programmes of the highest quality whilst working towards impacting on health outcomes in the communities the School serves.

Prof McGrath noted that: "We recognise that our success depends on our people and our partnerships, without whom

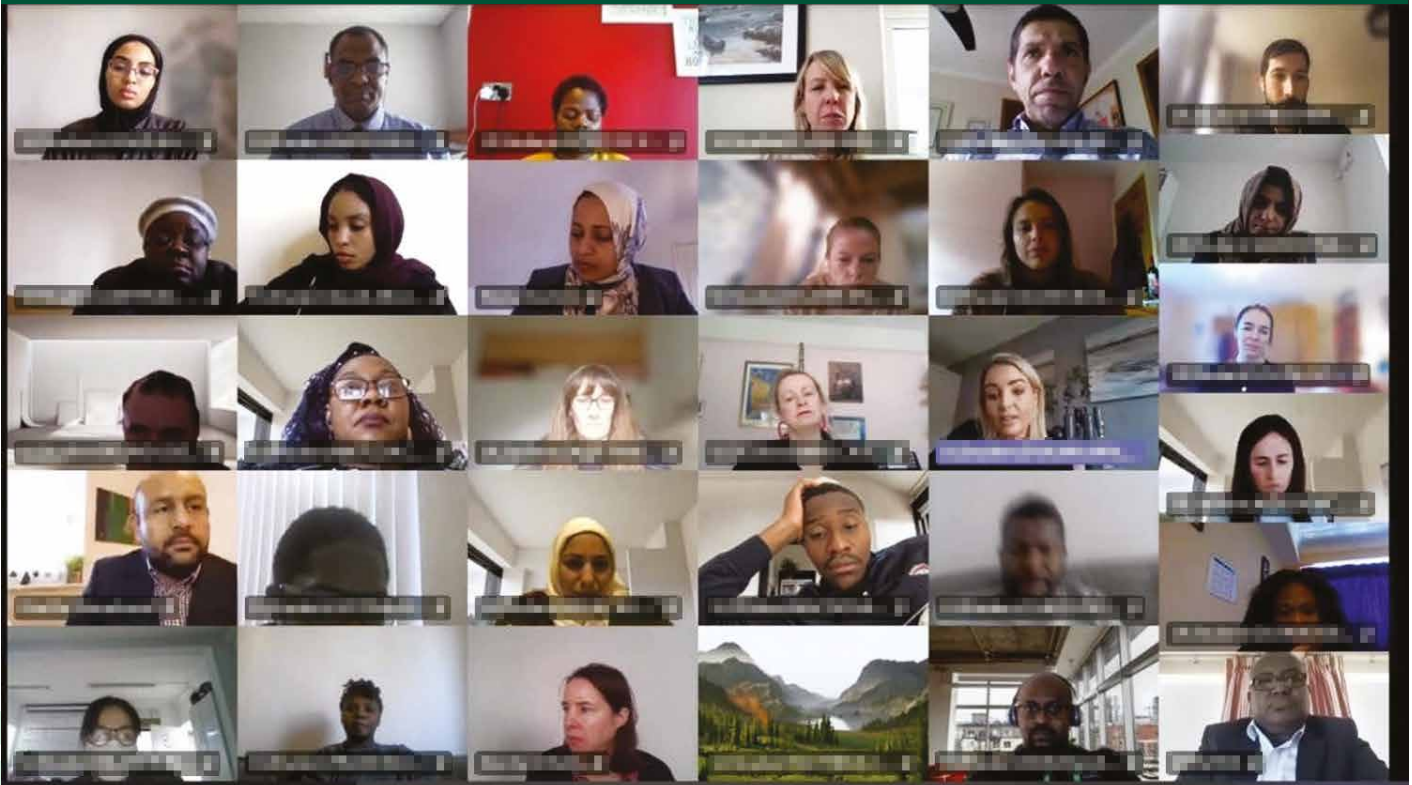
the implementation and delivery of this strategic plan would not be possible. We will continue to promote a positive culture within the School and greater collaboration with our partners. We will also seek to optimise and enhance the School's governance structures to best position ourselves to realise our full potential."

Prof McGrath thanked everyone who contributed to the process and to the ongoing development of the School and students, including valued members of faculty, staff, tutors, clinical supervisors, alumni, the Advisory Committee and members of the public.

Further details of the School's Strategy document can be found at <https://www.ul.ie/medicine/strategy>.



## New in AY 2020-21: The UL MSc Public Health Programme



MSc Public Health Team

The Public Health MSc has welcomed its first cohort of students. There was extensive interest in this Programme, whose 45-strong cohort of students is drawn from countries across Africa, Asia, the Americas and Europe. The Programme's course content was created by public health professionals, from within UL and internationally, helping to give the students a global perspective on the world of public health. In recognition of its quality, the MSc Public Health curriculum was accredited by the Agency for Public Health Education Accreditation (APHEA) in July 2020.

Due to Covid-19 restrictions, the regular on-campus workshops, which are a critical feature of the Programme, were moved online, and the change was handled incredibly well by all students (minor technical issues aside!) who rapidly acclimated to virtual teamworking to deliver their group assignments, despite a challenging setup and lack of familiarity with new tools and information. The students and faculty were also joined virtually by international speakers during these live workshop weeks to give advice and to supplement students' knowledge on various topics, ranging from the sustainability of public health interventions, to practical guidance on building a public health consultancy career.

The Public Health MSc would not be as successful as it is without all of the hard

work that was put in by the MPH team and associated faculty:

- » Dr Khalifa Elmusharaf, Senior Lecturer in Public Health, Course Director
- » Dr Steve Macdonald, Lecturer in Public Health, Course Coordinator
- » Dr Nuha Ibrahim, Lecturer in Public Health
- » Dr Dervla Kelly, Lecturer in Medical Education
- » Dr Sonika Raj Goel, Research Assistant
- » Dr Muizz Siddig, PhD Student, Design Factors Research Group
- » Eimear O'Connell, Social Media Marketing and Content Creator
- » Prof Ailish Hannigan, Professor of Biomedical Statistics

The team also thanks Adjunct faculty and guest speakers for giving their time and their international expertise during the Module 1 and 2 workshops to aid our students on their learning journey:

- » Prof Godwin Aja, Adventist International Institute of Advanced Studies, Philippines
- » Dr C. Eduardo Siqueira, UMass Boston, USA
- » Shehnaz Munshi, University of the Witwatersrand, Johannesburg, South Africa

- » Dr Ian Hodgson, Global Health Consultant; Member of the Board of Directors, European AIDS Treatment Group
- » Prof Catherine Woods, University of Limerick, Ireland
- » Dr Mohamed Moukhyer, Jazan University, Saudi Arabia
- » Dr Patrick O' Donnell, University of Limerick, Ireland
- » Dr Tariq Azim, John Snow Inc., USA
- » Dr Marita Hennessy, Cork University Maternity Hospital, Ireland
- » Dr Jemma Hawkins, Cardiff University, UK
- » Dr Eisa Hamid, UN Office for Project Services, Myanmar
- » Barry McLoughlin, The Communications Clinic, Ireland
- » Dr Eleanor MacPherson, Malawi-Liverpool Wellcome Trust, Blantyre, Malawi
- » Dr Moses Kumwenda, Malawi-Liverpool Wellcome Trust, Blantyre, Malawi
- » Ezzan Kunna, United Nations Children's Fund (UNICEF), Khartoum, Sudan

Applications for the 2021-22 academic year opened at the end of October and the Programme is expected to significantly expand its class intake in recognition of the growing importance of public health in a global society today.



The PPI Unit of Primary Healthcare Research from the School of Medicine were represented at this year's North American Primary Care Research Group (NAPCRG)'s 48th NAPCRG Annual Meeting - virtual conference November 20-24, 2020.

Dr Vikram Niranjn presented the following poster: 'Evaluating Institutional Readiness for PPI Through Strategic and Reflective Practice: An Example from Ireland'. Co-authors are Dr Jon Salsberg, Dr Imelda Doolan, Meghan Guilfoyle, Miriam McCarthy, Zoe Hughes and Prof Anne MacFarlane.

On 22nd October, the Health Research Institute (HRI) Health Implementation Science and Technology Cluster, in collaboration with the PPI Research Theme, hosted a webinar on 'Theoretically Informed Participatory Implementation Science'. The seminar aimed to explore the applications and combined benefits for Implementation Science of combining selected theory and participatory approaches.

*Presentations included:*

- » The Foundations and Practice of Participatory Health Research and Integrated Knowledge Translation. What does involvement of stakeholders mean for implementation science? Dr Jon Salsberg, Senior Lecturer in Primary Health Care Research (PPI), School of Medicine, University of Limerick.
- » Combining Normalisation Process Theory and Participatory Learning and Action research: Rationale and examples from international research. Professor Anne McFarlane, Professor of Primary Healthcare Research, School of Medicine, University of Limerick.

### COVID-19 Research: Psychiatry, Medicine and Marginalised Groups

Professor Colum Dunne (SoM Director of Research) and Professor Gautam Gulati (SoM Adjunct Associate Clinical Professor) have published a number of papers on the impact of Covid-19 on marginalised groups; people with intellectual disabilities, people in prison, people subject to involuntary detention under the Mental Health Act, victims of domestic violence as well as the impact of Covid-19 on physician suicide. Please see a selection of these publications below:

Gulati, G., Dunne, C.P., and Kelly, B.D. Do COVID-19 Responses Imperil the Human Rights of People with Disabilities? *Health and Human Rights Journal*. <https://www.hhrjournal.org/2020/06/do-covid-19-responses-imperil-the-human-rights-of-people-with-disabilities/> (2020)

Gulati, G. and Kelly, B.D. Domestic violence against women and the COVID-19 pandemic: What is the role of psychiatry? *International Journal of Law and Psychiatry*, 101594 <https://doi.org/10.1016/j.ijlp.2020.101594> (2020)

Gulati, G. and Kelly, B.D. Physician suicide and the COVID-19 pandemic – preventing moral injury. *Occupational Medicine*. kqaa104, <https://doi.org/10.1093/occmed/kqaa104> (2020)

Gulati, G., Dunne, C., & Kelly, B. Prisons and the COVID-19 Pandemic. *Irish Journal of Psychological Medicine*, 1-5. [doi:10.1017/ipm.2020.65](https://doi.org/10.1017/ipm.2020.65) (2020)

Gulati, G., Fistein, E., Dunne, C., Kelly, B., & Murphy, V. (2020). People with Intellectual Disabilities and the COVID-19 Pandemic. *Irish Journal of Psychological Medicine*, 1-5. [doi:10.1017/ipm.2020.66](https://doi.org/10.1017/ipm.2020.66) (2020)

Cullen, W., Gulati, G., Kelly, B.D. Mental health in the Covid-19 pandemic. *QJM: An International Journal of Medicine*, hcaa110, <https://doi.org/10.1093/qjmed/hcaa110> (2020)

### Organisation for Economic Co- operation and Development (OECD) Research News



In September, Prof Colum Dunne (Director of Research, UL SoM) presented at the OECD Working Group on Biocides detailing, to an international expert meeting, the current state of the art regarding antimicrobial coatings. This was particularly relevant in the current Coronavirus pandemic during which many antimicrobial products have been marketed for use in hospitals, schools and public transport, many of which lack credible scientific evidence of effectiveness. Colum's perspective was derived from his involvement (since 2016) in the management group of an EU COST Action focused specifically on antimicrobial coatings for use in healthcare settings. In summary, Colum stressed that there is a broad willingness to be convinced by new antimicrobial products; he detailed his general optimism regarding innovations, albeit tempered with an acknowledgement that much additional work is needed if antimicrobial coatings can reach their potential.

### Covid-19 and STEMI: A Snapshot Analysis of Presentation Patterns During a Pandemic

Dr John Joseph Coughlan and colleagues at the University Hospital Limerick's Cardiology Department conducted an analysis of clinical presentations of myocardial infarction and compared them to another cohort taken before Covid-19. The study was published in a major international journal <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7247988/>

## Adjunct Associate Clinical Professor **Michael Griffin**



Professor Michael Griffin FRCGP, MICGP, MFPP, MMed.Sc (Sports Med), FFSEM

Professor Michael Griffin is a native of Limerick who graduated from UCG in 1974 and started his own General Practice in 1977. He was a founder member of the Irish College in 1985. He was Limerick's first GP Trainer in 1985 when he joined the Cork Vocational Training Scheme. In 1990, along with colleagues Dr Mel Fullam and Dr Kieran Murphy, he founded the Mid-West GP Training Scheme now based in the University of Limerick School of Medicine building.

Over the past 30 years, Professor Griffin assisted in graduating over 300 General

Practitioners, many of whom now work in the Mid-West, teaching in UL and hold National portfolios.

Professor Griffin was a founding partner in the development of the School of Medicine. Together with Prof Paul Finucane, they mapped out the satellite GP practices in Limerick, Midlands, Kerry and Kilkenny, that were not already affiliated to other Medical Schools. He represented General Practice at the initial Medical Council assessments before faculty appointments.

His association with UL dates back to 1980, when he founded the Student Health Services (1980-2000). As Medical Director, he helped develop initiatives, "crisis pregnancy programme" and "I grade management system" and expansion of counselling services. Professor Griffin recognised the need for personal as well as professional development of graduates and in 1990 published the Human Doctor Programme in collaboration with Dr Declan Aherne, Clinical Psychologist and Head of Counselling at UL.

In 1990 during his time as a CME tutor, Professor Griffin developed "soft topics" on how to recognise and manage feelings in GP. He delivered Human Doctor Workshops on these topics at W.O.N.C.A in The Hague in 1995, Stockholm in 1996, Prague in 1997, Dublin in 1998 and in the RCGP National Trainers Workshop in Exeter in 1995.

Professor Griffin's other area of interest is in Sports Medicine and he has been

Doctor for the Irish Senior Rugby Team (1997-2002) with international clinical exposure at the home nations and world tours during that time. He also has national clinical exposure as Munster Rugby Doctor, NGB Medical Officer Triathlon Ireland and the Irish Senior Soccer Team when based in UL. He was appointed as Medical Sports Officer to the National Coaching and Training Centre (1995-2003) where he helped develop the NGB Medical Office structure for the Olympic Council and he designed and developed National Workshops in Sports Medicine.

In 2007 at the request of the Faculty of Exercise Sports Medicine and the ICGP, Professor Griffin with colleagues, Dr John O'Riordan and Dr Joe Conway, designed an MSK skills course. This distance-learning course is delivered annually and Professor Griffin delivers a modified version to the UL Medical students in four full day workshops.

Currently, Professor Griffin is Co-Principal Investigator on three research projects with Professor Paul O'Toole (UCC) and Ms Eibhlis O'Connor (UL) on the effect of bowel microbiota in Diabetes Mellitus.

## Education Bursary Winners

The School of Medicine awards a student education bursary for BMBS Year 3 students who have given high performances in the disciplines of Surgery and Medicine in AY19-20. These are funded through the Medical Education Liaison Groups (MELG) in UHL and the affiliated hospital sites.

Below were the chosen recipients of this bursary from their time on clinical placement:

South Tipperary General Hospital Clonmel: Clare Grehan and Aidan O'Dowd.

Portiuncula University Hospital, Ballinasloe: Yacoob Hamuth and Larne Jones Whiting.

Midlands Regional Hospital, Tullamore: Kamy Mahajan and Ann Marie Walsh.

St. Luke's General Hospital, Kilkenny: Jaspreet Padam and Sabina Strashun.

University Hospital Limerick: Aidan Walsh and Jason Aubrey.

Well done to all.

## Fellow of the Royal College of General Practitioners



Prof Aidan Culhane (Adjunct Associate Clinical Professor in General Practice and Fellow of the Royal College of General Practitioners)

Professor Aidan Culhane has been elected a Fellow of the Royal College of General Practitioners (RCGP). Fellowship (FRCGP) is the highest grade of membership of the Royal College of General Practitioners and is the ultimate honour and achievement for GPs who have made a significant contribution to General Practice. Professor Culhane has been involved in the School of Medicine since its first cohort of students, heading up the Early Patient Contact Programme, as a PBL tutor and as a co-ordinator on the General Practice and Primary Care teaching team. He is also an experienced trainer for the Mid-West General Practice Training Programme.

## Adjunct Professor Lawrence S. Young



Professor Lawrence S. Young PhD, DSc, FRSB, FRCPath, FRCP, FMedSci

Professor Lawrence Young is Professor of Molecular Oncology at the University of Warwick and was recently appointed as an Adjunct Professor in the University of Limerick School of Medicine, Faculty of Education & Health Science.

Lawrence Young is internationally recognised for his work on the role of virus infection (Epstein–Barr virus and human papillomavirus) in the pathogenesis of various tumours. He has an extensive publication record and is listed amongst the World's most cited scientists in the ISI's list of Highly Cited Researchers with an H-index of 107 (<http://scholar.google.co.uk/citations?user=kRVYgy0AAAAAJ>). He has received major grants from various agencies totalling over £52 million. Lawrence has an honorary Professorship at the University of Birmingham, an Adjunct Professorship at Monash University (Melbourne, Australia) and a Visiting Professorship at the Cancer Center, Sun Yat-sen University (Guangzhou, China). He was elected to fellowship of the Academy of Medical Sciences in 2017.

Lawrence was promoted to Professor of Cancer Biology in 1994 and became Head of the Division of Cancer Studies at the University of Birmingham from 2001–2007. He was subsequently appointed as the inaugural Pro-Vice Chancellor and Head of the College of Medical and Dental Sciences at the University of Birmingham in 2008. Lawrence was appointed as a Pro-Vice Chancellor at the University of Warwick in January 2013 with responsibility for strategic planning and resources. In 2018, Lawrence moved to Warwick Medical School as Pro-Dean for External Affairs and Director of the Warwick Cancer Research Centre.

He has previously been a member of a number of national and international funding committees including the MRC's Molecular and Cellular Medicine Board. He is a regular reviewer for a large number of journals and is founding editor-in-chief of Pathogens. He was Vice-Chair of the Cancer sub-panel for RAE 2008 and was a member of the HEFCE Research Excellence Framework (REF) Expert Advisory Group.

Lawrence is passionate about international collaboration, leading on University of Warwick's engagement with China and Hong Kong. He has significant experience of the commercial sector and has been a consultant to various multinational companies, working closely with GSK on the development of their HPV vaccine. During the coronavirus pandemic, Lawrence has been advising various companies on the development of diagnostics and vaccines.

Lawrence frequently contributes to public engagement activities including local and national media and has been in great demand during the coronavirus pandemic and made frequent contributions to local, national and international media including various TV interviews, quotes in the mainstream press and mentions in various magazines such as The Spectator and The Wall Street Journal.

## A New Online Series on Arts-Based Methods in Migrant Health Research



Prof Patricia Leavy

On 21 October 2020, UL President Professor Kerstin Mey, launched a new series of online events exploring the use of arts-based methods in migrant health research. Bringing together colleagues from nursing and midwifery, medicine, the performing arts and a migrant non-government organisation (NGO), PART-IM is currently conducting the first ever review of music as an arts-based method in migrant health research. A key goal of the cluster is to develop training for academics, health workers and stakeholders in new migrant communities who are interested in integrating arts-based methods into their research. The results of the scoping review will inform this ambitious series, which includes a 5-week training immersion with Musicians Without Borders.

The launch webinar co-hosted by the Health Research Institute, PART-IM cluster and HRB PPI Ignite, featured a keynote address by best-selling author and internationally renowned arts-based scholar Prof Patricia Leavy, former Chair of Sociology and Criminology and founding Director of Gender Studies at Stonehill College in Massachusetts, she has published over 30 books and is series creator and editor for a 10 book series with Oxford University Press, Guilford Press and Brill/Sense.

Despite growing recognition of the importance of participatory research, migrants are often excluded from conversations related to priorities in health research. Arts-based research Prof Leavy, proposed to help us in, "reaching people at deep, emotional levels, creating resonance, promoting deep engagement and lasting learning".

## Teaching Excellence Awards



Dr Ruth Moloney (PBL Tutor)



Dr Melanie O'Reilly (GP Tutor)

This year's Teaching Excellence Awards recipients selected by the School of Medicine students are Dr Ruth Moloney (Year 1 and 2) and Dr Melanie O'Reilly (Year 3 and 4). Congratulations to Ruth and Melanie.

## Prof Bill Shannon Excellence in Medical Education Award

The Prof Bill Shannon Excellence in Medical Education Award was established this year and is in recognition of the distinguished career and immense contribution of Prof Bill Shannon to Medical Education and to the University of Limerick's School of Medicine. Dr Clare Conway is the first recipient of this award. Dr Conway receives this award in recognition of her innovation and commitment to continuous improvement in Medical Education. Clare was commended by the external panel who adjudicated on this award for the variety of evidence provided on impact on Medical Education and the student experience, in particular the impact of facilitating online PBL and communicating sensitive student information. Congratulations Clare!



Dr Clare Conway

## Education, Research and Student Support Award

The Education, Research and Student Support Award was established this year and is a Team award.

This award recognises the impact of a team in delivering support to students, education and research within the School of Medicine. Awards submissions reviewed by an external panel decided that the

School's extended assessment team of administrative and technical staff would be the first recipient of the award. This award is in recognition of the commitment, professionalism and innovation of the extended assessment team in online assessment. Well done all!



Virtual team meeting of administrative and technical staff

## Paramedic Studies – First Undergraduate Cohort



First Irish undergraduate BSc in Paramedic Studies class from left to right (taken pre COVID restrictions): Darragh Hassey, Sally Fawkes, Conor McCrudden, Mark Williams, Jason Lewington, Aidan Collins, Jim Fitzgerald, Darragh Carrigan, Peter Studnicka, Paul Egan, Shane Evans, Simon O'Neill, Emma Cosgrave, Jack Feane

This year, the first undergraduate students in BSc in Paramedic Studies have graduated. The course is the first of its kind in Ireland and remains the only CAO option for students who wish to undertake a BSc in Paramedic Studies on the island of Ireland.

Year 1 saw the students immersed in pre-hospital problem-based learning, with practical skills education delivered in an environment of high-fidelity simulation and multidisciplinary scenario-based learning. In semester 2, they were welcomed onto placement sites, including: the National Ambulance Service, Limerick Fire Service, University Hospital Limerick, University Maternity Hospital Limerick, Ennis hospital, St. Gabriel's and McGarry House.

In year 2, the students set off for Liverpool, to put the theory and simulation into practice. This 52-week internship placement

proved to be a huge success, with very positive reports from the students and the placement provider alike. Having successfully acquired their PHECC paramedic licences at the end of Year 2, the students merged with a cohort of practitioner entrants in Year 3, completing their final two years with their new colleagues.

Having successfully completed the programme this summer, the new graduates are currently working in a variety of locations. Some are at home in Ireland with the National Ambulance Service, some with Irish private Ambulance companies and many, who chose to remain in the UK, have successfully achieved HCPC registration. These are employed as paramedics in Liverpool and beyond.

Wherever they are, they are flying the flag for Paramedic Studies and we wish them every success in their future careers.

# EU Covid-19 Funding Success for General Practice and the Public Health Research Group

The newly founded General Practice and Public Health Research Group at the School of Medicine has already enjoyed EU funding success as part of the INTERREG Covid-19 Rapid Response programme.

Very early in the outbreak in Ireland, UL academics Professor Liam Glynn and Dr Mike O'Callaghan, who are also frontline clinicians working in General Practice, sought to contribute to the public health response with the founding of #COVIDWATCHIRL. Its aim is to encourage social change in the battle against the Covid-19 pandemic by making clear and up to date data available to the public.

It has gained a national following with an average of 40,000 impressions on twitter daily during the first 100 days of the pandemic. It has involved numerous media engagements for

the team; Morning Ireland, Drive Time, the RTE Six One News, Primetime, TV3 Tonight Show, a regular weekly slot on Newstalk Breakfast, as well as regional radio such as Limerick's own LIVE95 FM.

In addition, Prof Glynn was appointed clinical lead of the Northern Periphery and Arctic (NPA) Covid-19 Response Group. The team has now been funded by the European Union to internationalise the #COVIDWATCHIRL project across a series of Northern European countries using #COVIDWATCHEU\_NPA. As part of this, Dr O'Callaghan has designed and launched an interactive public facing website where lessons learned from the participating countries can be explored by the general public and research teams across Europe. <https://covidwatchnpa-eu.shinyapps.io/covid/>



Home | Countries | Data | Case Fatality % | Testing

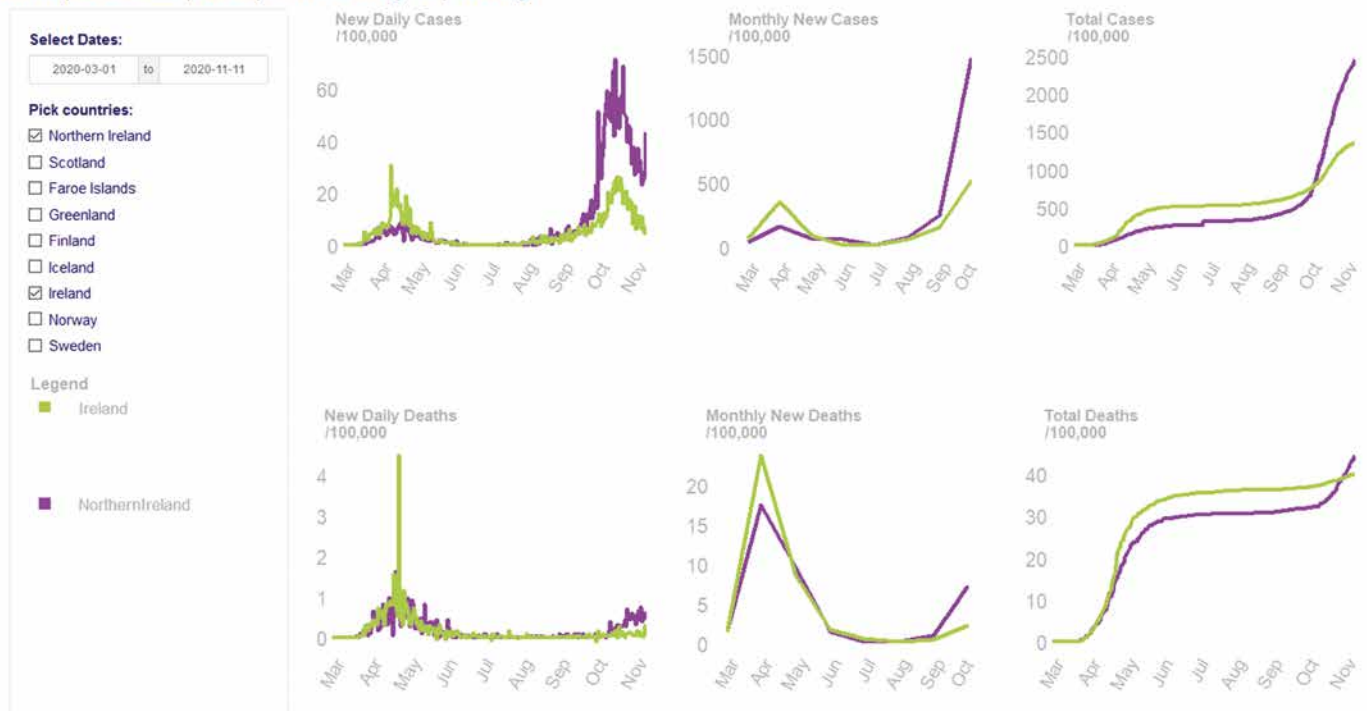


Figure 1. The most recent #COVIDWATCHEU\_NPA graph published on 13th of November 2020

## Annual ULEARN-GP Tutor Conference



The annual University of Limerick Education and Research Network of General Practitioners (ULEARN-GP) Tutor Conference was held on Saturday 17th October 2020. The Conference entitled, "New Challenges: Teaching, Learning and Research in 2020", was opened by Prof Deirdre McGrath and Prof Liam Glynn and coordinated by Dr Patrick O'Donnell. Speakers included Dr Ciara Curran (NUI Galway - Safety in Primary Care), Dr Sarah Fitzgibbon (Staying Safe in Strange Times - author of the blog, Adventures of a Sick Doctor), Dr Pat O'Dwyer (Update on In Training Assessment - ITA), Dr Mike O'Callaghan (Mentimeter Survey on Research Interest Topics), Dr Andrew O'Regan, Fintan Feerick and Róisín Doogue (Research at the School of Medicine). This was our first virtual GP Tutor conference, it was well attended and insightful.

## Irish Healthcare Awards 2020



Students from Medicine, Physiotherapy, Cell Explorers (an established cell biology programme for children), Dietetics and Psychology programmes at UL came together to deliver Healthy Heroes (this picture was taken pre-Covid restrictions)

UL's Healthy Heroes, comprising students from the Schools of Medicine and Allied Health and Departments of Psychology, and Life Sciences, have won this year's Irish Healthcare **Student Project of the Year** Award in the Student Project of the Year category!

UL Healthy Heroes is a programme that promotes healthy living and overall well-being in school-aged children. This one-day event consisted of stations with topics such as healthy eating, exercise, mental health, medicine, and basic concepts of cell biology. At these stations, children were taught about the importance of prioritising their health and the ways in which they can do this. These stations were organised by UL students in Medicine, Physiotherapy, Psychology, Biology and Dietetics. This interdisciplinary approach to the programme allows children to learn about the various professions that play a role in healthcare teams. The primary goal of this programme is to promote the development of healthy lifestyles in an accessible and age-appropriate way. The programme consists of five stations:

### **Cell Explorers: Led by students who received station-focused training (medical and non-medical students).**

This workshop was developed by Cell Explorers, introducing young children to the concept of cells. Students played

visual and tactile games to discover the human body and learn about cells. One of the activities at this station gave the children the opportunity to use jumping clay to make a brain cell, heart cell, or red blood cell.

### **Functional Movement and Exercise: Led by students from Physiotherapy.**

This workshop aimed to provide the children with some facts and tips on exercise through a variety of fun and enjoyable activities. It focused on functional movement, health promotion, and the importance of being active.

### **Mental Health: Led by students from Psychology.**

This workshop aimed to encourage children to practice healthy mindfulness habits and to provide them with tools and information that may help them to cope with a number of different emotions. It consisted of three ten-minute exercises, which together had an overall aim of boosting mental health and awareness in children.

### **Food is Fuel: Led by students from Dietetics.**

At this station, students learned about the various food groups and examples of foods within each group. At the end, the students made their own lunch box, which they then took home.

### **Medicine: Led by students from the School of Medicine.**

At this station, children learned about what to do in the event of an emergency. They were introduced to a variety of equipment that they may see at a Doctor's surgery and were given an opportunity to engage with this equipment.

After participating at all five stations, students were given a survey with open-ended questions, which qualitatively assessed the learning and level of engagement that took place throughout the day.

*"Today I learned about how to take care of our body;" "I learned that on the food pyramid, the healthiest stuff goes on the bottom."*

*"I learned how to meditate and be grateful for others;" "I learned to be grateful for what we have and we have to eat healthily;" "I learned that lots of things are valuable."*

The Healthy Heroes team looks forward to further expanding the initiative, ensuring that children learn about various healthy behaviours while learning about the different professionals who form healthcare teams. In the meantime, more information is available here <https://irishhealthcareawards.ie/IHCAs2020/en/page/2020-winners>