



**GRADUATE  
ENTRY  
MEDICAL  
SCHOOL**  
UNIVERSITY OF LIMERICK  
SCOIL LEIGHIS IONTRÁLA  
IARCHEIME OLLSCOIL LUIMNIGH

# GRADUATE ENTRY MEDICAL SCHOOL NEWSLETTER

December 2018 | [www.ul.ie/gems/](http://www.ul.ie/gems/)

## BMBS Year 1 AY 2018/19

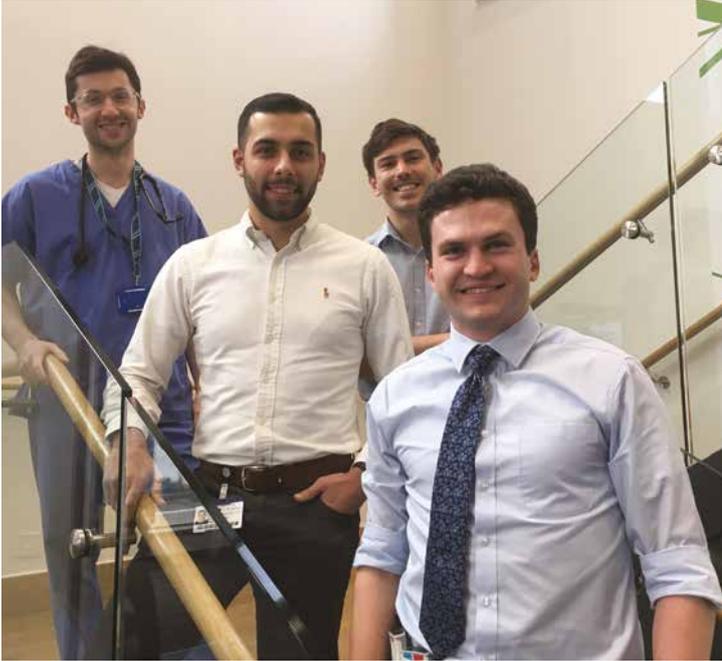


## Paramedic Studies Undergraduate Year 1 AY 2018/19



UNIVERSITY of LIMERICK  
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## Academic Track Internship: Study Day



4 Academic Track Interns who are completing their Intern year at the Mid West Intern Network are (front to back) Sam Gray, Salim Sebaoui, Conor Keogh and Andrew Maye (back right)

Further to a proposal from the six Medical Schools in Ireland via the Intern Network Executive, a Programme has been designed to provide a select number of interns with opportunities to undertake clinical research, gain experience in medical education, or enhance their leadership and management skills during their Internship year.

This HSE initiative facilitates 24 Interns to benefit nationally during the Intern year 2018-2019. Each of the six Intern Networks hosts an academic track intern post, with four academic interns rotating through the post. During the year, selected interns are provided with the unique opportunity to experience what life is like as an academic clinician, medical educator, or a leader in healthcare, while gaining the same clinical experience as other interns. The provision of support and mentorship promotes development of their skills as they undertake a substantial project in an area that is of interest to them.

GEMS generously sponsors the Academic Track interns to the value of €1,000 per intern, towards the cost of attending research days, seminars, workshops and conferences.

All Year 3 and Year 4 GEMS medical students are invited to attend the Academic Track Workshop on 10th December 2018 with a view to promoting interest in applying to the Academic Track intern positions at the University Hospital Limerick.

## Intern students tour August 2018

There are 56 interns in the Mid-West network this year, about half of whom are UL GEMS. The intern year is increasingly seen as the 5th year of GEMS, so the non-UL GEMS

interns were invited out to UL to see the campus and the Medical School. Below is a picture of those who could attend on the day.



Left to right: Brian Murphy (attended TCD), Stephen O'Sullivan (attended UCC), Prof Des Leddin (Head of School), Bhargavi Tummalaru (attended Medical University of Silesia, Katowice, Poland) and Seosamh O'Halloran (attended Manchester University)

## Institute of Public Health Conference



Dr Andrew O'Regan (Senior Lecturer in General Practice) presenting at the Institute of Public Health Conference at the Chartered Accountants House, Dublin.

## “Cups against Breast Cancer” Coffee Morning by GEMS Cancer Researchers

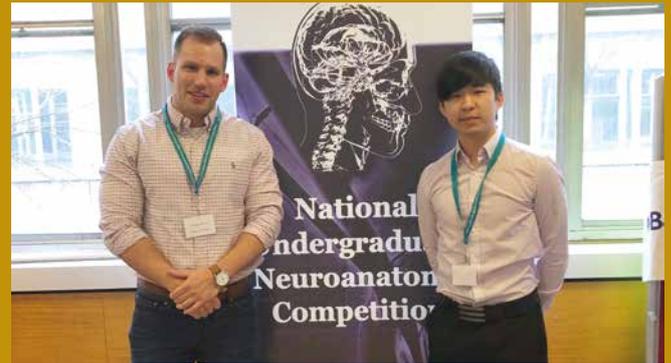


Left to right: UL GEMS PhD students, Ruth O'Connor, Joanne Nolan & Amira Mahdi

On 19<sup>th</sup> of October, some of the cancer researchers in GEMS arranged a coffee & cake sale as part of the “Cups against Breast Cancer” campaign by the Irish Cancer Society. This campaign raises much-needed funds for research into breast cancer and support services for those affected by the disease. On the day, baked goods, tea and coffee were served to students and staff in exchange for a donation. The coffee morning was also an opportunity to highlight some of the cancer research conducted in GEMS, with a number of posters being displayed covering ongoing projects on breast and colon cancer.

The cancer researchers who organised the event are PhD students registered in GEMS and are supervised by Dr. Pat Kiely (Senior Lecturer in Molecular Science). The researchers are studying how the environment surrounding the tumour influences the progression of the disease with the aim of discovering mechanisms to improve treatment and survival. The coffee morning was a huge success with €600 raised for the Irish Cancer Society. The cancer researchers would like to sincerely thank all the GEMS students & staff who helped organise, publicise and bake for the event, The Pavilion for kindly providing the tea and coffee and finally everyone who came out on the day to donate money to the Irish Cancer Society.

## National Undergraduate Neuroanatomy Competition



Left to right: Nicholas Armstrong (UL BMBS) and Marcus Lam University of Southampton)

The National Undergraduate Neuroanatomy Competition is held each year at the University of Southampton and is sponsored by the Anatomical Society and the University of Southampton. In March 2018, Nicholas Armstrong (BMBS Year 1 student at the time) participated in the competition. Nick has always had a keen interest in the Neurological Sciences and Neuroanatomy, getting much encouragement from his father who is an Interventional Neuroradiologist in Canada. Once Nick heard about the competition from Professor McDermott, he knew it was something he would like to participate in, even if he had to fly there over the Easter break!

Nick reports that it was an incredible experience being around many like-minded individuals who share an interest in neuroanatomy. The competition consists of a multiple-choice exam and a neuroanatomy spotter. These were followed by lectures by a well-established neurosurgeon and a psychiatrist. Nick was a fantastic ambassador for the School performing extremely well in the competition and ranking in the top 10 percent, an excellent achievement for a first year medical student among 127 strong competitors from clinical and preclinical years.

Overall, he says it was an amazing experience that taught him a lot and established new friendships. He says, “All shared a common interest and it is very possible that we will cross paths again in the future if we continue to follow our passion for neuroanatomy and the neurological sciences”.

The competition will run again next February and Nick hopes to bring more UL students who have an interest in neuroanatomy to represent our School and medical programme. For more information see [www.natneurocomp.co.uk](http://www.natneurocomp.co.uk)

## Paramedic Studies Practitioner Entry Year 1 AY 2018/19



## Enterprise Ireland- Cleveland Clinic Innovation Award 2018



Left to right: Prof Colum Dunne (GEMS Director of Research), Dr Barry Linnane (Director of Paediatric Cystic Fibrosis Programme, Paediatric Respiratory Consultant, UHL), Prof Deirdre McGrath (GEMS Director of Education), Prof Leonard O'Sullivan (Senior Lecturer in Human Factors and Ergonomics, School of Design) and Kevin O'Sullivan (PhD student, School of Design)

soloPEP is an innovative product for patients with respiratory conditions such as cystic fibrosis or COPD who need help clearing mucus from their airways.

Designed to disrupt the existing market, where such devices are used typically for months at a time, soloPEP is manufactured from 100% recyclable materials and is made for daily use. This removes the need to spend time cleaning devices and reduces risk of the device harbouring bacteria that may be harmful to the user.

Enterprise Ireland has supported development of soloPEP by the team, which is made up of Prof Colum Dunne, Prof Leonard O'Sullivan, Dr Barry Linnane, Prof Deirdre McGrath and Kevin O'Sullivan.

## WHO HEN Report

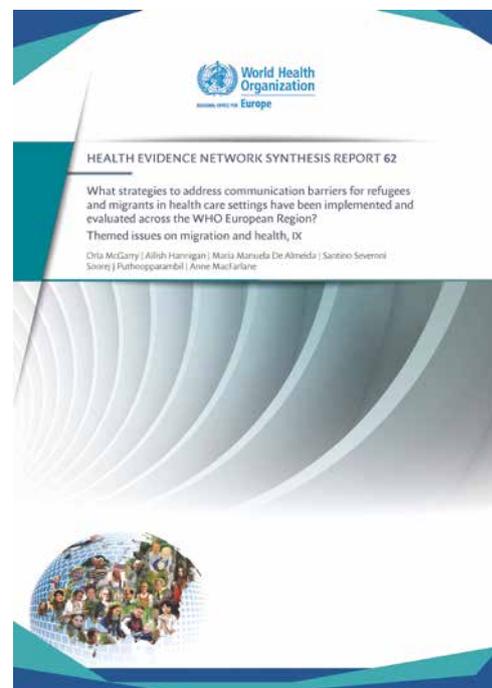
GEMS staff members Dr Orla McGarry, Professor Ailish Hannigan and Professor Anne MacFarlane co-authored a report recently published by the World Health Organisation (WHO) as part of the WHO Health Evidence Network (HEN) series.

The report is based on a scoping review that examined strategies that have been implemented and evaluated to address communication barriers experienced by refugees and migrants in health care settings across the WHO European Region. Four main types of strategy were identified; cultural mediation, interpretation, translation of health information, guidance and training for health care providers.

These have been used to support access to health care, management of specific diseases and promotion of health across a wide variety of health care settings. Intersectoral collaboration was seen as important in the development and implementation of strategies. Policy considerations include the development of national policies and the promotion of intersectional dialogue to augment the knowledge base and resolve the common issues identified, such as provision of training and confusion regarding the roles of mediators/interpreters that affect strategy implementation and evaluation.

The report was launched at the ministerial lunch at the 68th session of the WHO Regional Committee for Europe, Rome, 17–20 September 2018. Health Ministers and high-level representatives of the 53 member states of the WHO European Region as well as partner organisations and civil society attended the 68th session.

The full text can be found here: McGarry, O., Hannigan, A., De Almeida, M.M., Severoni, S., Puthoopparambil, S.J. and MacFarlane, A. What strategies to address communication barriers for refugees and migrants in health care settings have been implemented and evaluated across the WHO European Region? Copenhagen: WHO Regional Office for Europe; 2018. (Health Evidence Network Synthesis Report, No. 62.) Available from: <http://www.euro.who.int/en/publications/abstracts/what-strategies-to-address-communication-barriers-for-refugees-and-migrants-in-health-care-settings-have-been-implemented-and-evaluated-across-the-who-european-region-2018>



## Medical Education Liaison Groups

The HEA student capitation is divided among the five teaching hospital sites; UL Hospitals Group is the largest with 130 students rotating through at any given time. There is a HSE/UL GEMS committee that administers the funding called a Medical Education Liaison Group or MELG. There is a MELG for each hospital site where there are GEMS students, MELG Mid-West (ULH), MELG Clonmel, MELG Ballinasloe, MELG Kilkenny, MELG Tullamore. The MELG Fund is held in a UL cost centre and administered by application to MELG committee in each site. The MELG funding applicants must show a direct benefit to year 3 and 4 GEMS Students' education or student research. Each MELG is supporting summer student bursaries in each site and are advertised to students in December annually. This bursary provides successful awardees with €2,000. Much medical simulation equipment has been awarded through the MELG fund, for example 10 handheld ultrasound machines, Theatre Recording and VC Equipment and a VICTORIA Birthing Simulator in UHL. Equipment like Laparoscopy Skills Trainer, RESUS Simulators, GAIT Analysis software, SIM Man and Ultrasound machines have been successful applications to the MELGS in the affiliated hospital sites.



## Congratulations to GEMS Research Graduates



Dr. Beatrice Malacrida (PhD Graduate) supervised by Dr Pat Kiely (GEMS Senior Lecturer in Molecular Science)



Dr Gautam Gulati (MD Graduate) with Prof Colum Dunne (GEMS Director of Research)



Left to right: Dr Khalifa Elmusharaf (GEMS Senior Lecturer in Public Health), Dr Bobby Smyth (PhD Graduate) and Prof Walter Cullen (Professor of Urban General Practice, UCD)

In late August 2018 five GEMS Postgraduate students graduated, three with PhDs and two with MDs

Dr. Beatrice Malacrida supervised by Dr Pat Kiely, completed work entitled "Elongation Factor 2: A novel RACK1 binding partner involved in the progression of colon cancer".

Dr. Fahd Adeb Mohamed Ashraf also graduated with a PhD for research entitled "Clinical Manifestations & biomarkers in Behcet's disease: identification of signature Markers for diagnosis, treatment and improvement in patients' outcome". His supervisors were Professor Austin Stack and Dr. Alexander Fraser.

Dr. Paul Lennon was awarded an MD. His research focus was

"Management of Infectious Mononucleosis" supervised by Professor Calvin Coffey.

Dr. Gautam Gulati was conferred with an MD for his exploration of prisoner health titled "Assessing need and advancing psychiatric care in Irish prisons". His supervisors were Professor Colum Dunne and Professor David Meagher.

In addition, Dr Bobby Smyth PhD thesis was "Addressing the harms related to youth substance use: treatment of individuals and population focused legislative responses" supervised by Dr Khalifa Elmusharaf and Prof Walter Cullen.

Congratulations to all and very best of luck in your future research.

## AUDGPI Research with Impact Session October 2018



Left to right: Prof Liam Glynn (GEMS Professor of General Practice), Marita Hennessy (PhD Student and SPHeRE Scholar NUIG), Tony Quilty (HSE Social Inclusion), Prof Helena Lenihan (Kemmy Business School UL), Dr Patrick O'Donnell (GEMS Clinical Fellow in Social Inclusion and meeting Chair)

This year's Association of University Departments of General Practice in Ireland (AUDGPI) Career Development Meeting was held in UL on Thursday 25th & Friday 26th October 2018. A team from the GP and Public Health Research Group at UL GEMS hosted it. This annual meeting rotates through the medical schools in Ireland and has been developed as a gathering for early and mid-career academics and researchers in General Practice and Primary Care. Almost fifty participants came to UL for the two-day event. Our timetable included workshops on Patient & Public Involvement, Surviving a Higher Degree, a Career Showcase, Data Dilemmas, Research Impact and practical sessions on Abstract Writing and Academic Poster Design. Presenters included many GEMS and UL colleagues, and relevant regional and national experts. We also hosted the inaugural AUDGPI game of rounders on Thursday evening to allow everyone to work up an appetite for dinner.

## GEMS General Practice wins National Competition to host HSE/Irish College of General Practice Academic Clinical Fellowship Programme



Dr Mike O'Callaghan

GEMS General Practice beat off stiff competition from Universities across Ireland to host the HSE General Practice Academic Clinical Fellowship Programme 2018. This is a three year funded fellowship post, the only one of its kind in Ireland, which allows the successful candidate to pursue an academic career in General Practice.

After securing the UL nomination, the successful candidate, Dr Mike O'Callaghan won the national competition through an application and interview process. Mike graduated 1st in his class in the very first cohort from GEMS and is from a well-known GP dynasty from Bruff in County Limerick where he practices clinically. He is also currently Assistant Programme Director of the TCD/HSE Specialist Training Programme in General Practice in Tallaght and a lecturer in Trinity College. Mike is dual trained as a GP and mechanical engineer specialising in data analysis

software development and design and as such will be ideally placed to work with the GEMS General Practice team and the GP Tutors in the ULEARN-GP network to harness their data for education and research.

As a GP in practice with a background in software engineering, Mike is well placed to identify, plan and complete research to aid in improving healthcare delivery in Ireland. He is passionate about health informatics and the use of health data to improve quality of patient care. His dual training allows him to identify clinical issues, which may benefit from bespoke software solutions being designed and deployed in a timely fashion. By being the designer and beneficiary of the IT solution, he has the invaluable opportunity to quickly assess, refine and redeploy software solutions and research tools in an iterative process that does not involve additional layers of management or cost.

Speaking about this success, Prof Liam Glynn, fellowship supervisor and coordinator of the GEMS bid said, "We are delighted to have someone of Mike O'Callaghan's experience and skillset coming to the University of Limerick and we look forward to welcoming Mike to the General Practice team here in GEMS."

## Léann na Sionainne Conference May 2018



Left to right: Professor William O'Connor (Chair of the UL Irish Language Committee and GEMS Professor of Physiology), Professor Aoibheann Nic Dhonnchadha (keynote speaker, Institute of Advanced Studies in Dublin) and Professor Pierce Grace (GEMS Adjunct Professor of Surgical Science).

The *Léann na Sionainne Conference* hosted by the School of English, Irish, and Communication was held in the UL Millstream in May 2018. Some seventeen papers were read in the Irish language over two days. The topics addressed at this inter-disciplinary conference included social and cultural commentaries of the Shannon region from medieval and modern literary perspectives. Professor Aoibheann Nic Dhonnchadha, a leading expert on medical manuscripts in Ireland, spoke on the topic of 14<sup>th</sup> century medical manuscripts, texts and sources. Her keynote talk traced the development and practice of medicine and pharmacy in late medieval and early modern Ireland as compiled by Ireland's leading medical scholarly families and was not only of intrinsic interest, it brought together several disciplines across the sciences and humanities which illustrate the history of one of man's most important goods: health!

## International Overdose Awareness Day September 2018



Left to right: Rory Keane (Manager, HSE Drug & Alcohol Service), Ger Lynch (TOPPLE Peer Overdose Prevention Worker), Dr Patrick O'Donnell (GEMS Clinical Fellow in Social Inclusion), Daniel Butler (Metropolitan Mayor of Limerick City), Rachel O'Donoghue (Team Leader, Ana Liffey Drug Project), Sinead Carey (Hostel Manager, NOVAS Homeless Organisation)

Dr Patrick O'Donnell co-hosted an event to mark International Overdose Awareness Day (IOAD) 2018. The purpose of the event was to highlight the issue of drug overdose and how it affects people across the city and region. The Metropolitan Mayor of Limerick city, Cllr Daniel Butler hosted the event in the city council chamber on the day.

One focus for IOAD this year was highlighting the availability and use of Naloxone to reverse opioid overdose. The event also served as a call to action on making Naloxone available more widely.

Currently in Ireland, it is a prescription only medicine, and cannot be prescribed to key drug workers, hostel staff, Gardaí etc.

The IOAD event was reported widely in the local press, and featured on RTE1's Drive Time radio show that day.

## Teddy Bear Hospital and Table Quiz

Portiuncula Hospital Ballinasloe is running wonderful events that UL GEMS students have been involved in, along with their fellow NUIG students from the UL/NUIG Joint Academy in Ballinasloe. They recently ran a joint NUIG/UL academy table quiz on Thursday 1 November at Brewery Lane, Ballinasloe in aid of the Portiuncula Hospital Patient Comfort Fund. Hospital staff, students and members of the public all attended. They raised €335 and a team of UL students won third prize. It was a great night with some very inventive team names! Last year the GEMS tutor and GP Dr Olivia Dunne organised the Portiuncula Teddy Bear Hospital and the GEMS students were heavily involved and it was a great success.



BMBS Year 4 students Eimear O'Leary and Duncan Cronin

## Consent and Capacity in Practice: Clinical and Legal Concerns Seminar October 2018

Over 130 people including carers, healthcare and legal professionals attended a breakfast seminar on the Assisted Decision-Making (Capacity) Act 2015 on October 6<sup>th</sup> in the Graduate Entry Medical School. The event, sponsored by the School of Law and Sweeney McGann Solicitors, explored the challenges facing those tasked with implementing the new legislation, particularly medical and legal professionals. The event provided a fantastic opportunity for inter-professional engagement and the discussion was both lively and challenging. Attendees on the day heard from Aine Flynn (Director of Decision Support Service, Mental Health Commission), Caoimhe Gleeson (HSE National Programme Lead, Assisted Decision-Making), Aoife Hennessy (Partner at Sweeney McGann Solicitors), Dr. John Lombard (School of Law) and Dr. Eimear Spain (GEMS and School of Law).



Dr Eimear Spain

## Professor Allan Purdy Visit



Professor Allan Purdy (pictured above), President of the American Headache Association, came to visit for three days. He presented Grand Rounds at UHL, met with the students in Year 3 and 4 and ran an evening session for the GP network. He is a world expert on migraine. As shown above all paths, it seems, lead to the Vth nerve nucleus and it is this connection, which triggers the characteristic pain patterns.

A group followed his visit from the University of Miami where Professor Amanda Cotter trained and worked. Prof JoNell Potter is Associate Professor of Clinical Obstetrics & Gynaecology Research Department. Prof Carl Schulman is a trauma surgeon, Professor of Surgery and PI for the BMW Crash Research Program and Dr Joan St Onge is an Associate Dean for Graduate Medical Education, and Associate Professor of Clinical Medicine. The visit went very well. They met with a number of people and were very impressed with the anatomy lab and CERC, the GP network, the University, Georgian Limerick and the talent which we have in the Faculty as a whole. Lovely individuals from one of North America's leading institutions and we hope to build on the visit with opportunities for electives, residencies and research.

## Med Well Programme for Staff October 2018



GEMS staff and PhD students attending the Med-Well Programme

In October, the "Med-Well" programme for staff was launched. Coordinated by Monica Casey, GP Research Programme manager and Prof Liam Glynn (GEMS Professor of General Practice), in conjunction with Gerard Cunningham of UL Sport, this initiative aims to promote physical activity for health for all staff in GEMS while making opportunities for engagement easy and accessible for all. The "Med-Well" programme currently consists of circuit training classes (ULOVE Circuits – north campus) in The Pavilion training room beside GEMS on Tuesdays and Thursdays every week from 1.05 to 1.50pm. The classes cost €5 and are now "pay as you go" and shower facilities are available in The Pavilion changing rooms.

In October alone, participants like this happy group in the picture, have done 8640 minutes of exercise including squats, shuttle runs, TRX, medicine balls, burpees (everyone's favourite), cycling and weights.

Physical activity is vitally important for our health and helps concentration and sleep patterns. By providing convenient lunchtime physical activity opportunities for staff nearby and tailored to all fitness levels everyone can join in. Come along, join in the fun and reap the health benefits for your body, mind and spirit!

Watch out for reminders to be physically active through visual cues in the GEMS building!

## Masters in Health Professions Education at GEMS



Left to right: Year 1 MSc HPE students pictured with Teresa Kennedy (Senior Administrator, Research) and Prof Deirdre McGrath (GEMS Director of Education)

The new Masters in Health Professions Education commenced in September 2018. This is a 90-credit programme delivered over a 2-year period.

Blended learning students attended their first study day on 5<sup>th</sup> October, which turned out to be a very interactive and informative session! We wish all the students the very best as they progress

through the programme.

Delivered in both blended learning and distance learning formats, this Masters programme provides a flexible programme for busy healthcare professionals wishing to inform their work as healthcare educators in their own professional setting.

For further information contact [mschpe@ul.ie](mailto:mschpe@ul.ie).