



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

# GRADUATE ENTRY MEDICAL SCHOOL NEWSLETTER

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

## The Network: **Towards Unity for Health Conference** – August 2018



Dr Khalifa Elmusharaf (GEMS Senior Lecturer in Public Health and Chair of TUFH 2018 Conference Organising Committee)

This conference will attract 1000 participants from 70 countries and here is my story, from a student to Chair of The Network: Towards Unity for Health (TUFH) 2018 Conference Organising Committee.

I have a lot of memories from the 15 annual TUFH conferences that I previously attended. I recall when I first heard about the “Network of Community-Oriented Educational Institutions for Health Sciences” before the name changed to The Network: Towards Unity for Health. I was a student attending a leadership development programme organised by the Student Network Organisation (SNO) of Gezira University, Sudan. A few weeks later in 2000, I was attending my first Network: TUFH conference in Bahrain. I was amazed by the unique nature of this conference, the dynamic interaction between students and other participants, the amazing networking opportunities and the energy emerging from participants.

Now eighteen years later, I am chairing the 2018 conference organising committee. It is a great honour for me to grow within such a great organisation that is committed to improving the

health of people and their communities. Over the last two decades, I have witnessed the remarkable growth in activities, vision and credibility of The Network: TUFH. This would not be possible without strong leadership, the dedicated and loyal members who bring different perspectives, success stories and cultural diversity.

I am excited and enthusiastic about the TUFH 2018 conference which will take place from 16<sup>th</sup> to 20<sup>th</sup> August 2018 in the magnificent University of Limerick campus, in the lovely city of Limerick, the riverside city, the capital of the Mid-West region and the third largest city in Ireland.

I am very lucky to have a great team who are full of energy working with me here at the University of Limerick, an experienced secretariat office in Philadelphia and outstanding advisors, collaborators and partners from all over the world. It has been almost a year now since we started our journey to prepare for the conference.

The team here prepared an amazing programme. You will enjoy the outstanding cultural and social programming, the fantastic traditional Network dinner and dance and the remarkable full day conference on the move which will give you the opportunity to discover the Shannon region and to immerse yourself in the unique experiences it offers. There are also big things happening in Limerick this coming August as we welcome people from around the globe to discuss Community Empowerment for Health: A Multi-Sectoral Approach.

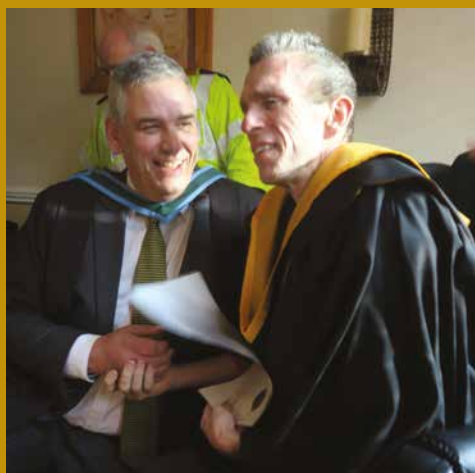
I am very confident that the conference here in Limerick will overwhelm your feeling of goodness and inspiration. We cannot wait to see you and are looking forward to welcoming you to this beautiful city!

## Bachelor of Medicine Bachelor of Surgery Class of 2018



UNIVERSITY of LIMERICK  
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## Graduations



Left to right: Mark Dixon (Senior Lecturer in Paramedic Studies) and Derek Gray, RIP

### Derek Gray, BSc Paramedic Studies, Practitioner Entry

It was with great sadness that we learned that one of our Practitioner Entry students, Derek Gray, passed away in January. Derek joined the programme in August 2016, he was popular and liked by his classmates, tutors and staff. During his short time on the programme Derek was a diligent, academically strong student who took pride in his work.

Derek was awarded a BSc in Paramedic Studies shortly before he passed away.

*Our thoughts and prayers go out to Derek's wife Sarah, his children Jemma, Dillon, Aimee, Cory and Cody and to all his family, friends and fellow UL students.*

### Research Graduation



Left to right: Prof Colum Dunne (GEMS Director of Research), Dr Liz Kingston (Lecturer and Senior Clinical Coordinator, Department of Nursing and Midwifery), Prof Nuala O'Connell (Adjunct Associate Clinical Professor).

Congratulations to Dr Liz Kingston conferred with a PhD at the University of Limerick in January. Prof Colum Dunne supervised this successful research with co-supervisor Prof Nuala O'Connell of University Hospital Limerick. Liz's thesis was entitled "Hand Hygiene: Exploring Professional Practice through a Comparative Study of Awareness and Attitudes of Healthcare Professionals and Healthcare Students towards hand hygiene".

### Paramedic Studies Practitioner Entry Class of 2018



### Anaesthesia Essay Prize

Prof Dominic Harmon (UHL Consultant Anaesthetist) presenting the 2018 Anaesthesia Essay Prize to Helen McElligott (BMBS Year 4) for her essay titled "Attention training and chronic pain".







### BMBS Medal Winners

Left to right: Fionn Clarke (first prize in Professional Competencies), Tim Harding (first prize in the discipline of Psychiatry), Fiona O'Riordan (first prize in the discipline of Surgery), Laura Piggott (first prize in the discipline of Paediatrics and first prize for overall performance in BMBS), Ahad Hussain (first prize in the discipline of Medicine), Nina Peters (first prize in the discipline of Obstetrics and Gynaecology) and Kara Kimball (first prize in the discipline of General Practice/Primary Care).

### Paramedic Studies Medal Winner



Left to right: Dave Carroll (National Ambulance Service, Cherry Orchard) presenting Liam Rooney with the first prize in overall performance in Paramedic Studies.

## National DELTA (Disciplinary Excellence in Teaching Learning & Assessment)



Pictured Left to right: Dr Helena McKeague (BMBS Course Director), Dr Louise Crowley (Senior Lecturer in Clinical Skills), Prof Deirdre McGrath (Director of Education), Dr Sarah Harney (Senior Lecturer in Medical Education), Dr Eimear Spain (Senior Lecturer in Health Law and Ethics), Prof Kieran McDermott (Head of Teaching and Research in Anatomy) and Ms Ciara Joyce (Hospital Placements Coordinator).

GEMS has received a National DELTA (Disciplinary Excellence in Teaching Learning & Assessment) Award from the National Forum for Teaching & Learning. This was one of eleven awards from a total of 48 submissions.

DELTA awards are major national level awards for Irish higher education teaching and form an integral part of the overall National Learning Impact Awards system designed to enhance and strengthen teaching excellence in higher education by recognizing the value of teaching at a national level. The application process is challenging, and each submission is assessed rigorously by an expert panel of reviewers. Criteria for the awards include Excellence, Exceptionality, Impact, Communication and Authenticity to the discipline.

The title of the GEMS Submission was *"Integrated Medical Education – Learning for life"* which highlighted the achievements and impact of the Year 1 & 2 BMBS curriculum.

Sincere thanks to the team who worked on this submission – Prof Deirdre McGrath, Prof Kieran McDermott, Dr Helena McKeague, Dr Louise Crowley, Dr Sarah Harney, Dr Eimear Spain and last but not least Ciara Joyce.

## Year 3 & 4 Teaching Excellence Awards



Left to right: Prof Austin Stack (Professor of Medicine), Dr Abdalla Ibrahim (Clinical Tutor Medicine) and Prof Deirdre McGrath (Director of Education)



Left to right: Dr Orla Coyle (Acting Senior Lecturer Paediatrics), Dr Lucy Hurley (Clinical Tutor Paediatrics) and Prof Deirdre McGrath (Director of Education)

## GEMS and University of Massachusetts Boston Collaboration Project



Pictured: Ms Amy Hannigan (BMBS Year 3), Dr Khalifa Elmusharaf (GEMS Senior Lecturer in Public Health) and Dr Carlos Eduardo Siqueira with students from UMass Boston

Dr Khalifa Elmusharaf and Ms Amy Hannigan visited the University of Massachusetts Boston on the 17<sup>th</sup> to 24<sup>th</sup> of March 2018. The visit was part of the collaboration project between GEMS and UMass Boston (UMB). The Project leaders are Dr Khalifa Elmusharaf and Dr Carlos Eduardo Siqueira, Associate Professor of Community Development and Planning at UMass Boston.

An agreement was reached to conduct a GEMS / UMB joint summer school in Global Maternal and Newborn Health in Limerick during 2019. The summer school will incorporate public health, clinical, war and peace, project management and research skills into the summer school. UMB William Joiner Institute for the Study of War and Social Consequences and UMB Mauricio Gastón Institute for Latino Community Development and Public Policy, will contribute to teaching in the Summer School. As part of this collaboration, GEMS will host Dr Carlos as a Fulbright scholar in April 2019 and he will be working with Dr Khalifa Elmusharaf to design and deliver the Summer School and to work on the Postgraduate Programme in Global Health.

## GEMS 10 - Toronto



GEMS graduates and staff pictured at the recent GEMS10 event in Toronto in April 2018.

## "MOVE FOR LIFE" - HSE Funded Trial to Promote Physical Activity In Older Adults



Left to right: Prof Liam Glynn (GEMS Professor of General Practice), Dr Des Fitzgerald (UL President), Minister Catherine Byrne (Minister of State at the Department of Health, Health Promotion and the National Drugs Strategy), Prof Catherine Woods (Chair in Physical Activity and Health, Department of Physical Education and Sports Sciences) and In the foreground Ms Peggy Grimes (Go For Life Games Participant with Limerick Sports Partnership).

A research study, aimed at improving the health of people aged over 50 in the county, was launched on April 30<sup>th</sup> by Catherine Byrne TD. University of Limerick's "Move for Life" research programme was awarded €420,000 in research funding to test an intervention to promote physical activity in those who are aged over 50 and who would like to be more active. The participants will be given opportunities to take part in walking, cycling or general exercise programmes for periods of up to 12 weeks. The research team, co-led by UL's Professors Catherine Woods and Liam Glynn, brings together expertise from sport and exercise science, medicine, physiotherapy, psychology, implementation science and the community. "According to national

guidelines, all adults should be engaged in at least 150 minutes of moderate activity each week with a focus on aerobic activity, muscle-strengthening and balance. Yet few meet these physical activity guidelines, including at least 63% of people in Limerick and 57% of people in Clare," explained Professor Woods.

According to UL President, Dr Des Fitzgerald, "Move for Life is a project that focuses on those of us who are over 50, who would like to be more active".

The Move for Life research project is funded under the Health and Positive Aging Initiative (HaPAI), led by the Department of Health and is a joint national programme with the Health Service Executive and Atlantic Philanthropies.

## Teddy Bear Hospital 2018



David Maher from Milford National School is put through his paces as 'lead surgeon' on a recent operation on Bart Simpson with assistance from Maaz Mirza, medical student, at this year's GEMS Teddy Bear Hospital at UL. The GEMS students welcomed

over 500 Limerick primary school children from seven different schools and their teddy bears in an effort to alleviate childhood anxiety about the medical environment, its procedures and the professionals that work within it.



## PPI Ignite Launch

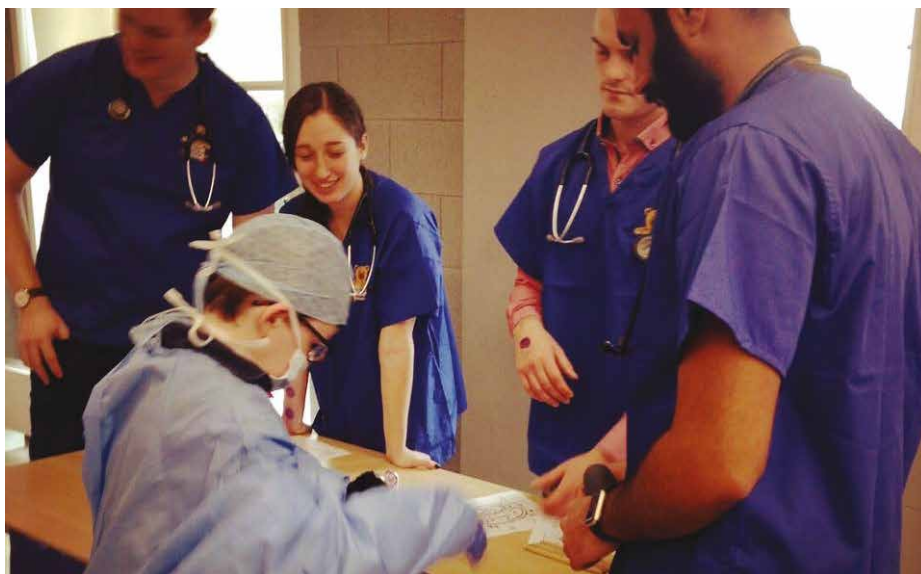


Left to right: Rachel Msetfi (Dean of Faculty of Education and Health Sciences), Imelda Doolan (Research Funding Officer, HRI), Prof Anne MacFarlane (Primary Healthcare Research) and Dr Jon Salsberg (GEMS Senior Lecture in Public Patient Involvement).

The launch of PPI Ignite at UL took place on Tuesday 20th March when members of the PPI Ignite Team came together for a training day in Patient and Public Involvement (PPI) and Participatory Health Research (PHR).

Patient and Public Involvement in health research is important and UL's Health Research Institute (HRI) have secured funding from the Health Research Board (HRB) and the Irish Research Council (IRC) to strengthen this at the University. UL was among five Universities nationally to receive the HRB funding award of €348,909 to 'ignite' partnerships for Public and Patient Involvement (PPI) in research. The UL team led by Professor Anne MacFarlane, with excellent support from Dr. Jon Salsberg and the HRI core team, worked closely with community stakeholders from the Limerick City Community Development Programme and Care Alliance Ireland as well as health sector stakeholders from University Hospital Limerick Patient Advocacy Liaison Services and the HSE Community Care office. As a result of this successful, co-designed bid, there will be activities involving UL health researchers, community and health sector stakeholders for training and networking to collaboratively set research priorities and progressing policies and procedures to further strengthen the culture for PPI in UL.

## UL GEMS Paediatric Junior Appreciation Day



Prof O'Gorman hosted the first UL GEMS Paediatrics Junior Appreciation Day in CERC on January 17<sup>th</sup> 2018. Prof O'Gorman made a presentation to the 90 children from An Modhscoil at the UL GEMS Paediatrics Junior Appreciation Day to acknowledge their contribution.

The children initially attended a lecture and question and answer session with Ms Shona Tormey (Surgeon), Dr John McManus (Geriatrician), Dr Paul Tibbitts / Prof Calvin Coffey (Surgery), Dr Zia Ullah Jan / Prof Kiernan (Cardiology),

Juliette McSweeney (Paediatrics), Paramedics which included Mark Dixon (Senior Lecturer Paramedics) and Keith Mullane's (HSE) team, the UL GEMS Teddy Bear Hospital and UL GEMS Paediatrics Society. Dr Natasha Slattery (Intern Network) demonstrated the adult simulator to great excitement and the UL Teddy Bear Hospital held a session for all the sick teddy bears assisted by the UL Paediatrics Society; the children really enjoyed these sessions and many teddy bears have recuperated and made a full recovery.

## Medical Error and the Healthcare Profession Conference



Left to right: Dr Mary Tumelty and Dr Eimear Spain

On the 19<sup>th</sup> May, the School of Law and Graduate Entry Medical School hosted an interdisciplinary conference 'Medical Error and the Healthcare Profession: Perspectives and Lessons from Practice', which united a range of medico-legal experts on key areas of law and attracted both legal and medical practitioners.

The conference saw speakers provide detailed insights into the civil, criminal and regulatory responses to medical error. Dr. Ciaran Craven SC and Asim Sheikh considered ongoing developments in medical negligence litigation in the first panel of the day, whilst the second panel explored the response of the criminal law to medical error, with Dr. Danielle Griffiths (University of Sussex), Dr. Alexandra Mullock (University of Manchester) and Dr Eimear Spain (University of Limerick) highlighting the problematic nature of the offence of gross negligence manslaughter in a medical context.

The conference was organised by Dr Eimear Spain and Dr Mary Tumelty and was graciously supported by the School of Law and Graduate Entry Medical School.

## UL's GEMS and Engineering Respiratory Innovation Recognised at Awards



The new innovative soloPEP device

Interdisciplinary research, led by GEMS Director of Research Professor Colum Dunne, has resulted in development of a novel, daily use, 100% recyclable device for use by patients with cystic fibrosis and COPD.

The OPEP device (oscillating positive expiratory pressure) is designed to replace existing larger devices that are typically used for months at a time and that require daily cleaning, and which are sometimes reservoirs for microbes that are potentially dangerous to patients at risk of infection.

Prof Dunne, who is a microbiologist, has been funded to work closely with respiratory consultants Prof Deirdre McGrath and Dr Barry Linnane

alongside engineers Dr Leonard O'Sullivan and PhD candidate Kevin O'Sullivan to optimise their product's design and to make it available to Irish and international patients.

"Ireland has the highest incidence per capita of CF globally" said Professor Dunne "and it seems appropriate that a practical solution to a real-world problem for CF patients and their caregivers be developed in Ireland".

At the time of writing, the soloPEP has been recognised as an innovative approach in respiratory care and is shortlisted for both the Cleveland Clinic-Enterprise Ireland Innovation Award 2018 and the Irish Hospital Professional Award 2018.

## Empowerment of Women Conference



Left to right: Dr Des Fitzgerald, Loretta Glucksman, Dr Mary Ryan and Trish Long

The Empowerment of Women Conference held at the University Concert Hall on 26<sup>th</sup> March 2018 was well attended and enjoyed by all. The opening address was given by Dr Des Fitzgerald, UL President, followed by Chairperson of the University of Limerick (UL) Foundation and philanthropist Loretta Brennan Glucksman, who has given so much to the University.

Trish Long (Vice President & General Manager of Walt Disney, Ireland) outlined her life story and ways to empower women. Dr Mary Ryan, Endocrinologist and organiser of the event, discussed empowerment together with lifestyle. Diabetes, obesity, hormones, infertility, menopause, osteoporosis, pituitary and chronic fatigue were elements of this discussion.

There was a vast array of speakers who discussed topics ranging from gender equality and gender imbalance in business, women's right to vote, female urology, bladder and sexual problems to menopause and heart disease. Other topics included the economy, the church, confidence of young women, health and self-esteem.

Entertainment was provided by the wonderful harpist Fianna Ni Chonaill and the Flynn O'Kane Academy of Dance. A memorable day for those who attended.

## Soup and Science

By Shivani Bhat (BMBS Year 2)



Left to right: Matthew Sangoi (AMSI Research, BMBS Year 1), Thomas Lariviere (AMSI Chair, BMBS Year 1), Prof Liam Glynn (GEMS Prof in General Practice), Dr Mary McCumiskey (PhD candidate and Speaker), Prof Anne MacFarlane (GEMS Primary Healthcare Research and Speaker), Shivani Bhat (AMSI Medical Education, Soup and Science Chair, BMBS Year 1)

On April 16<sup>th</sup> 2018, UL's Association for Medical Students Ireland (AMSI) and the Graduate Entry Medical School made history! The first ever Soup and Science 2018 took place over two days at the GEMS Building where medical researchers across UL were invited to give 6 minute rapid presentations on their research and then mingle with students over lunch. During the two days, over 60 medical students attended where they were exposed to cutting-edge, interdisciplinary research across a wide array of medical specialities ranging from use of mobile apps in cardiovascular health management to 3D imaging of the Mesentery!



## "Connecting Communities, Practitioners and Students". **Launch of the U-LEARN General Practice Network**, Graduate Entry Medical School, UL



Left to Right: Prof Liam Glynn (Conference Chair and GEMS Prof in General Practice) and Prof David Hirsh (Director of Harvard Medical School Academy at Harvard Medical School).

U-LEARN Network: University of Limerick GP Education And Research Network sites nationally

With fascinating keynote addresses from Prof Dave Hirsh, newly appointed Director of the Harvard Medical School Academy at Harvard Medical School and Prof Sonya Saxena from Imperial College in London, the U-LEARN General Practice Network was launched in January at the University of Limerick. With a record attendance of GP tutors and a theme of collaboration, the Network which involves over 130 General Practices nationally and approximately 500,000 patients will provide a step change in capacity in education and research at the Graduate Entry Medical School.

Prof Hirsh leads the Longitudinal Integrated Clerkship (LIC) programme at Harvard and first called for "continuity"

as a key framework for medical education in his seminal New England Journal paper in 2007.

He described the LIC evidence base for benefits to students in terms of knowledge acquisition, empathy and professionalism and how he felt the 18 week LIC in General Practice at the Graduate Entry Medical School was a tremendous opportunity to deliver on this "continuity" framework.

Prof Saxena went on to describe the potential of the U-LEARN General Practice Network to deliver on the clinical audit and broader professional competence and research requirements for students and General Practitioners alike.

Deputy Head of the Graduate Entry Medical School and newly appointed chair in General Practice, Prof Liam Glynn said he was "delighted" with the turnout of GP tutors and the support of the University for the U-LEARN General Practice Network.

"We are really lucky with the high quality of our GP tutors in the U-LEARN General Practice Network and for many of our medical students these tutors will become some of the most influential medical teachers and mentors in their careers as a result of this continuous relationship over the 18 weeks of their clinical attachment in General Practice and beyond" concluded Prof Glynn.

## Dr Patrick O'Donnell wins Junior Research Award



Dr Patrick O'Donnell, Clinical Fellow in Social Inclusion and PhD candidate at UL GEMS attended the 2018 World Organization of Family Doctors (WONCA) Europe Annual Meeting in Poland in order to compete in the Junior Researcher Award final. Three finalists were selected from submissions from countries across Europe, and all three presented their ongoing research to a jury panel at the meeting. Dr O'Donnell's main PhD supervisor at UL GEMS is Dr Khalifa Elmusharaf. Dr O'Donnell was awarded first place and received a bursary to fund his ongoing PhD research.

## Medical Ball 2018



Back row left to right: Lata Bhandary, Bejal Patel, Aisling Egan, Mina Dawood and Megan Crosby.

Front row left to right: Sonya Ramondino, Mary Vu, Ciarrai Homer and Helena Hobbs.

The UL Medical Society hosted the 11th annual Medical Ball on Saturday, February 24, 2018 at the Limerick Strand Hotel. This year's fairytale-themed ball was held in support of the Milford Care Centre, a hospice in-patient unit in Castletroy. With over 400 students and faculty attending, it was a magical night away from the books and 'Into the Woods.' Thanks to the many generous guests and local sponsors, the event raised over 6000euro for Milford Care Centre.

## Hike to Carrauntoohil for Médecins Sans Frontières

By Bridgid Ferriter (BMBS Year 2)

Friends of MSF University of Limerick at Carrauntoohil



The society "Friends of MSF University of Limerick" founded in GEMS recently undertook a fundraising hike to the highest point in Ireland, Carrauntoohil, the highest of the MacGillycuddy reeks at 1,038M.

22 student hikers and 3 volunteer guides from Kerry Mountain Rescue (KMR) began their ascent at 9.35am, reached the summit at 1pm and descended by the Devils Ladder reaching the base at 5pm.

All funds raised went directly to Médecins Sans Frontières which is an international independent medical aid organisation. Kerry Mountain Rescue were knowledgeable guides discussing the surroundings, emergency medicine and extraction challenges. May this become an annual event!

## Chafing the Dream – Running the London Marathon for Cancer Research

By Ciarrai Homer (BMBS Year 2)

I decided to run the London Marathon for Cancer Research UK. I find it hard to find the words to describe that day; nearly three years ago. It was my birthday and my family had travelled to visit me in Cardiff, where I was studying at the time. I knew something was up the minute I saw my parents' faces. My little sister, who was just 18 at the time, took me upstairs to privacy and she told me, through broken sobs, that she had cancer.



It wasn't a blur at all, I remember every agonising second of it, but we are not alone. The reality is that around 980 people receive a cancer diagnosis every day. As well as Sorcha, in November 2017, our family was dealt another devastating blow when our Uncle Eric was diagnosed with terminal cancer. We sadly lost our Eric in February this year. Life is being snatched from some far too soon; it's time to do something about it. I KNOW I am not alone, when I claim that cancer has affected people I know, people I love.

On April 22<sup>nd</sup> 2018 I completed the London Marathon, all 26.2 miles of it. It took me 4 hours and 39 minutes and copious amounts of blood, sweat and tears. It was the hottest day recorded in the history of the Marathon with temperature highs of 24.1; although it felt at least 10hotter down on the city pavements of London!

The temperatures don't seem THAT hot, do they? But when you've been training in a winter that gave us Storm Ophelia and ran two of your 20 mile runs in the icy snow, come race day, the heat was a bit of a shock. In the last 3 weeks before the big race, runners taper. Tapering means upping the carb intake (not as easy or fun as you may think) and lowering the running mileage. The weather changed its tune the week of the race, giving no one time to adapt to the warmer temperatures.

Nevertheless, this didn't distract from the momentum of the day. I have never in all my life, seen so many bowls of jelly babies and sweets being held out for us by the crowds, one pub had even dragged the barrels out and were handing out pints at mile 24 (SO tempting).

Cruising down Embankment was the highlight. Starting with mile 21, we FINALLY got out of Canary Wharf (after circling around it for some 9 miles) and onto the home stretch. The course was at long last shielded from the strong sun rays by the towering skyscrapers, so the slight downhill cruise with the shaded breeze was sensational, as you can imagine. The pavements were getting wider and the crowds were getting louder... I couldn't wipe the smile off my face.

The week before the race, I held two cupcake sales in the GEMS lobby to help raise money towards my target of £2,500. The two cake sales alone raised around €600 – which is incredible!! In the end, donations totaled a phenomenal £3,116.75 for Cancer Research UK. So, thank you to all students, staff, friends and family. I am beyond grateful and blown away by your kindness, love and support.

To anyone thinking of running a marathon, don't think about it. Just do it. Yes, the training is long, and the weather is problematic. But commitment to training is easy if you just make the time for it and embrace the challenge with your heart and soul. As long as you are sensible, safe and listen to your body, you can enjoy a truly spectacular journey. There is absolutely nothing that can compare running out of a 600m pitch black tunnel, to deafening eruptions of cheering and support from complete strangers. Just do it, I promise you ... you won't regret it.

#fighterssurvivorsandangels