

Health Sciences Academy Newsletter

Bringing together research, innovation and clinical practice

Volume 3
2020



HSE Mid West
Community Healthcare



The three main pillars of the Health Science Academy are:

[Equality & Inclusion](#)
[Clinical Practice Integration](#)
[Innovation & Research](#)

Under each of these themes, there are several projects.

The Junior Health Sciences Academy (JHSA) aims to provide a forum where young people can learn about careers in health, lead health promotion projects in their schools and develop their leadership skills. The main focus of work at the moment is planning for a **Virtual Early Careers** event in February 2021 with transition year students across the Mid-West region. We are aiming to showcase careers in clinical healthcare, hospital and community, with healthcare professionals, University of Limerick students, academic staff and patients all contributing to the sessions. We have just completed four 'brainstorming' events with some schools in the region, and their input has been invaluable in shaping this programme. We have also submitted an application to [Q Exchange](#) for ambitious funding to support this project over the next three years.



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agus Gairmiúil
Graduate and
Professional Studies



Continual Professional Development As part of the work being carried out in the 'Equality and Inclusion' pillar, opportunities for continual professional development and education were explored for staff across the acute and community areas in the Mid-West. Variations in access to programmes of study and funding opportunities were highlighted. Building on this, we are delighted that a new research project is being undertaken to explore contemporary academic evidence on equality and inclusion practices with a focus on professional development opportunities. Working as a multidisciplinary team which includes members from the Faculty of Education & Health Sciences, the Kemmy Business School and the Graduate and Professional Studies division at the University of Limerick, this project will commence in the coming weeks. Led by Dr Nuala Ryan, KBS and Dr Ray Lynch, EHS, with Miriam McCarthy HSA Manager, this project is a very exciting opportunity to develop a firm foundation in equality and inclusion looking specifically at the challenges for continual professional development and how we can work to address them.

The Intermediate Care Facility (ICF) at the University of Limerick was developed as a contingency facility and a solution to patient flow in the UL Hospitals Group during the pandemic. It opened in early June 2020 and closed in late October. In addition to medical, nursing and healthcare assistant staff, there was an onsite Allied Health Professional team and a Patient Advocacy Liaison Service (PALS). The ICF facilitated numerous placements for students from UL's School of Allied Health and Department of Nursing and Midwifery with a strong focus on interprofessional education.

In the Summer of 2020 the HSA began coordinating a collaborative research project - involving academics from UL's School of Allied Health, Department of Nursing and Midwifery, and UL Hospitals Group staff. The project aims to capture the experiences of patients, healthcare professionals, students and educators involved in this novel interprofessional rehabilitation facility. Data collection commenced September 2020.





INNOVATION & RESEARCH

- Have you a healthcare innovation you would like to share?
- Have you implemented a positive change to your clinical practice ?
- Have you a healthcare idea that you would like to share?

If so, we would love to hear from you as we develop the Innovation & Research pillar of the Health Sciences Academy

Opportunity to attend UL PPI Workshop Series At a recent Grand Rounds in UHL, Dr Maura Hiney, Interim Director of Research Strategy & Funding, Health Research Board Ireland spoke about current activity and future direction. She referenced the importance of strong patient and public involvement (PPI) in the development of research proposals. If you are interested in understanding how to best apply this to your research, Dr Jon Salsberg, Senior Lecturer in Primary Healthcare – Public & Patient Involvement, School of Medicine, is facilitating a PPI workshop series to support researchers in this process. The next session is planned for Fri 13th Nov and will explore 'Finding Research Partners'. If you would like to attend, please contact Jon at jon.salsberg@ul.ie.

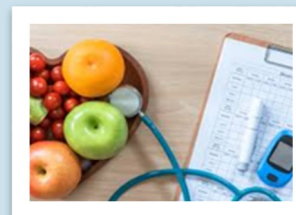
HSA Diabetes Projects Two projects are underway exploring different aspects of Type II Diabetes.

Structured Education programmes

A working group comprising University, hospital and community colleagues is exploring the barriers to referral and attendance at structured education programmes. We are holding a **World Café event** on Tuesday, 17th November with stakeholders involved in the care of people with Type II Diabetes from across the region. Using a participatory health research approach, the World Café will help inform the research questions to be asked, and guide Masters students who will undertake this research in 2021. If you would like to be involved, please let us know.

Gestational Diabetes

A new project exploring the pathway of care for women in the Mid-West diagnosed with gestational diabetes has commenced. The project team, comprising UL, UHL, UMHL and community representation, are identifying research projects for both prospective and retrospective studies to explore and understand management of this condition during and after pregnancy.



CPD @ HSA—UPCOMING PROGRAMMES



Practical Tips for Sustainable Eating Dietary guidelines have shifted to include not only health of individuals but also of the planet.
13 November, 13.15-14.15

Dealing with Worry Practical Tips and Tools for You or Those Around You . Ciaran Lannigan, Inspire Wellbeing
4 December, 13.15-14.15



Mindful Music Mindful listening to music and ourselves.
Irish World Academy of Music & Dance
16 November, 13.00-13.45

Building Morale Become aware of practices that will build your trust and morale building capacity to help with challenges of remote working teams, Inspire Wellbeing
11 December, 13.15-14.15



Sound Walking Noticing and appreciating your local soundscape.
UL Arts Officer & Student Affairs
30 November, 13.00-13.45

Money Skills for Life Sorting out your money; Saving and investing; Insurance; Borrowing money; Dealing with debt; Planning for later life.
15 January, 13.15-14.15

For latest news and updates on current projects, please visit our website: www.HealthSciencesAcademy.ie or contact Miriam McCarthy, Health Sciences Academy Manager: 087 6362733

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