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Department of Nursing & Midwifery

Welcome >>>

*A Word From Head of
Department*

Dr Christine Deasy



I am delighted to share this latest edition of the Department of Nursing and Midwifery (DNM) Newsletter with you. This edition includes some exciting and prominent news items which I hope are of interest to you. 2019 has been a busy year, we have in excess of 700 students on our undergraduate programmes. In 2019,

DNM launched two new programmes: MSc Nursing-Older Person and Professional Doctorate in Healthcare Practice. DNM increased PhD registrations, publications and funded research. As always internationalisation remained a strong focus within the department. In addition to our international programmes, DNM continued to strengthen international links, hosted visiting universities, delivered a successful summer school, welcomed study abroad students and engaged in international mobility.

Other highlights include but are not limited to the NMBI site visit in March for nursing and midwifery undergraduate programmes, the very successful summer camp facilitated by DNM Clinical Skills Team in June, first graduates nationally with MSc in Perinatal Mental Health award in August and Professor Alice Coffey's inaugural lecture in November.

2019, DNM welcomes new staff. Dr Annmarie Grealish (Lecturer in Mental Health), Elizabeth Stundon (Admin team), Elaine Storan and Grainne Egan (Allocations) and Aoife Lynch (Regional Placement Facilitator, Allocations) and growing number of research staff attached to funded projects. Professor Fiona Murphy retired at the end of August but we are delighted that she continues to work with the department on the ProCare project. Best wishes to Jacinta Shanahan as she leaves the department to take up a new post in the coming weeks.

NEWSLETTER

Master of Science in Peri-natal Mental Health



*First graduates in Ireland for the MSc in
Peri-natal Mental Health*

(Dr Teresa Tuohy)

The MSc in Perinatal Mental Health was introduced by the Department of Nursing and Midwifery UL in 2018. It is the first level 9 programme in Perinatal Mental Health in Ireland and provides health care professionals with knowledge and skills to work effectively to address and reduce the potential adverse outcomes for women, children and families in the perinatal period (from conception to end of the first year after birth).

The first graduates from this innovative programme received their award at the Autumn ceremonies (3 with MSc awards and 5 with post graduate diplomas).



Early Career Researcher Forum (ECRF)



One of the aims of the Early Career Researcher Forum (ECRF), in the Department of Nursing & Midwifery is to facilitate the development of members research skills and capacity. A current focus is on developing evidence synthesis skills in Scoping Reviews.

The Department in collaboration with Evidence Synthesis Ireland (ESI) ran a very successful and well attended workshop on Scoping Reviews in January 2019, facilitated by Prof Sharon Hamilton, Teesside University, UK & Director of JBI Centre of Excellence. Following on from the workshop members of the ECRF have developed collaborative networks with Teesside University and Robert Gordon University, Scotland, and are currently consolidating their knowledge and skills by collaborating on four Scoping Reviews.

There are four Scoping Review papers currently in progress within the Department for article submission. These Scoping Reviews are currently focusing on: Health Literacy in Migrants; Therapeutic Needs of Persons with Dementia; Palliative Care and the use of Complimentary Therapies; and Trauma in Women During the Perinatal Period.

Training >>>

CPR Training

Hands for Life

University of Limerick participated in the global Restart a Heart initiative on behalf of the Irish Heart Foundation. The Department supported the free **Hands for Life** CPR training. This initiative was supported by Abbott and the ESB Networks. This training was open to all UL staff, all students, local communities and the general public. Dr. Liz Kingston and Dr. Owen Doody assisted with the delivery of this training.

In excess of 204 people attended the training and each received a valid certificate.



CPR is a vital skill in the chain of survival and we are proud to provide our local community with *Hands for Life* CPR training. In addition to other CPR training courses provided throughout the year. We hope by training people in CPR, we will be able to make a difference and help save lives in our University, homes and local community (Dr. Liz Kingston).



In addition to this training, the Department trained in excess of 40 staff in First Aid and CPR during 2019.

More from the Teaching and Learning Committee >>>

- The Teaching and Learning committee within the Department organised a Wikipedia and Wikimedia Educational workshop by Dr. Rebecca O'Neill (Wikimedia Community Ireland) on 29th May 2019. Very successful workshop and good attendance from members of the committee, members of the Department of Nursing and Midwifery and the wider UL community.
- Students had the opportunity for interprofessional learning through the Health Fusion Challenge Initiative 2019 and some of our undergraduate students across the different programmes participated.
- In March, the AICUR Conference (All Ireland Conference of Undergraduate Research) was held in KBS. Our Department was very well represented by final year students:
- Oral presentations by Tara Kennedy and Caoimhe Barry from the BSc General Nursing programme, Ashling Duhig and Kiera McLaughlin from the BSc Nursing (Intellectual Disability) programme

Poster Presentation by Ciara O'Dwyer BSc Midwifery programme.



Words: Dymphna Tuohy

Positive Ageing Week

The Department of Nursing and Midwifery in collaboration with the Ageing Research Centre (ARC) hosted a coffee morning and poetry reading session on 4th October in the Health Sciences' Common Room to celebrate Positive Ageing Week, September 30th to October 6th.



Sincere thanks to Dr Martin Dyer (Mayo), previous winner of the Patrick Kavanagh Poetry Award, and the Strokestown International Poetry Award for reading a beautiful selection of thought provoking poems from his own and others works. All attendees thoroughly enjoyed the opportunity to take time to pause, reflect and enjoy the experience.

>>> *Publication: Journal* *International Journal of Adolescence and Youth*

Article: A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents.

Keles B., McCrae, N., Grealish, A. (2019).

ABSTRACT

While becoming inextricable to our daily lives, online social media are blamed for increasing mental health problems in younger people. This systematic review synthesized evidence on the influence of social media use on depression, anxiety and psychological distress in adolescents. A search of PsycINFO, Medline, Embase, CINAHL and SSCI databases reaped 13 eligible studies, of which 12 were cross-sectional. Findings were classified into four domains of social media: time spent, activity, investment and addiction. All domains correlated with depression, anxiety and psychological distress. However, there are considerable caveats due to methodological limitations of cross-sectional design, sampling and measures. Mechanisms of the putative effects of social media on mental health should be explored further through qualitative enquiry and longitudinal cohort studies.

Prof. Alice Coffey and Family on a Wonderful Occasion – 22/10/2019

>>> *Inaugural Presentation*

Professor Alice Coffey

Family, friends and staff of the Department of Nursing and Midwifery, Faculty, and Research Department, University of Limerick joined Alice on a wonderful occasion on Tuesday 22nd October to celebrate Alice's inaugural presentation, to celebrate her professorship and fantastic achievements to date.

Alice shared the vast research study areas with which she has been involved in and enlightened her audience with the not only the findings but the tremendous need for research in our area of education.

Alice was congratulated by President Des Fitzgerald, Dr Rachel Msefi (Dean) and Dr Christine Deasy (HOD), along with colleagues on a magnificent milestone and wish Alice further success in her career.



Staff were delighted to support Alice on Tuesday October 22nd



Diabetes Drone Project



First world's delivery of diabetes medicine

Background

This project started approximately a year ago in late Spring 2018 around a coffee table where a seed of a thought came to life and a plan was formed. While meeting Prof O'Keeffe (NUIG) to discuss project collaborations, he mentioned that he was interested in using a drone to deliver medications to patients with diabetes after severe weather events. This was because in October 2017, Storm Ophelia (Cat 3 Hurricane) had caused widespread post storm flooding and early Spring 2018 Storm Emma (Blizzard) had caused snowdrifts. Therefore many of Prof O'Keeffe's patients with diabetes were left housebound and unable to attend clinic and were concerned about running low on their insulin, a live saving medication. Hence a novel way of delivering insulin to patients was needed in case a more severe, sentinel weather event occurred in the future.



I was just back from a trip to Scoresby Sound in East Greenland where I was filming Humpback Whales with a drone. Based on this drone adventure and my experienced gained, Prof O'Keeffe consulted with me re the technological advances of unmanned aerial vehicles over the last several years and the current state of the art. We discussed the possibility of sending a package to a remote island location and that was the start of the project #DiabetesDrone.

The Flight Path and Drone Corridors

One of the main concerns with regards to the project

was regulations and adhering to the rules set down by the IAA - Irish Aviation Authority. The IAA gave us a special dispensation to allow this research to take place and conduct a beyond visual line of sight (BVLOS) autonomous drone flight. Prof O'Keeffe will use the flight as part of his academic research work into the use of drone technology to improve patient care. This flight will also form part of wider research into drone corridor planning via radio frequency network mapping.



A major issue with the telecommunication masts that are deployed along the flight path is that the antenna all point down towards the ground and transmit their signal there. However the drone is flying above the masts - in our case at approximately 120 metres above sea level - and there is little or no signal there. Our project telecommunications partner Vodafone had to work with the team and modify the masts to guarantee coverage for the drone along the flight corridor. This is something that will need to be taken into consideration going forward with drone deliveries.

The Future of the Project

Now that we have successfully completed the first vertical take-off and landing (VTOL) BVLOS autonomous drone flight between the mainland and the Aran Islands (20km each way), our focus is switching to what we can do next in order to progress this innovative project. To that end, Prof O'Keeffe and Dr Johnson plan to submit a grant to a funding body - HRB or similar - with a focus on extending the proof of concept idea and working with the relevant organisations and bodies to make this service a reality to improve patient care.

Words: Dr Kevin Johnson

ProCare Second Face-to-Face Meeting



Words by:
Dr. Christine Fitzgerald, Research Staff



The Department of Nursing and Midwifery were delighted to host the ProCare Second Face-to-face Meeting in September. We welcomed ProCare team members from Slovenia, Spain and Italy to the University of Limerick (UL) and to the University Hospital Limerick(UHL).

The project is called Hospitals and Faculties together for prosperous and scientific based healthcare (ProCare) and aims to raise the profile of research in nursing by increasing both research capacity and capability and to enhance cooperation between higher education institutions and hospitals. This has the ultimate aim to provide care to patients and families consistent with the best available evidence thereby improving patient outcomes.

Together with the Department of Nursing and Midwifery at the University of Limerick, the University of Limerick Hospital Group is an associate partner on this Erasmus + Knowledge Alliance project funded by the European Union Erasmus + Knowledge Alliances Award. Knowledge alliance aims to foster innovation in and through higher education together with businesses and beyond, contributing to new approaches to teaching and learning, entrepreneurship in education and the modernisation of higher education systems in Europe. The partnership between the Department of Nursing and Midwifery and University of Limerick Hospital Group is regarded as an example of good practice. Drawing on this partnership experience, the Limerick teams will produce guidance for European hospitals and Universities on how to develop nursing research capacity and capability in hospitals.

The project leads are Angela Boškin Faculty of Health Care in Jesenice Slovenia Other collaborators include the Faculty of Organizational Sciences from the University of Maribor, Slovenia, the General Hospital Jesenice, Slovenia, the Universidad de Alicante, The Hospital Clínica Vistahermosa, Alicante, Università degli Studi di Udine, Policlinico Città di Udine and the Department of Nursing and Midwifery, University of Limerick and University of Limerick Hospital Group (ULHG). The UL team members are Professor Alice Coffey, Dr Liz Kingston (work package lead), Professor Fiona Murphy and Dr Christine FitzGerald. The Chief Director of Nursing & Midwifery, Margaret Gleeson represents ULHG.

During the visit, delegates got the opportunity to hear from local experts on the Irish Nursing Research Landscape; Margaret Gleeson, Chief Director of Nursing and Midwifery, ULHG, Anne McCarthy and Annette Connolly, Office of the Nursing and Midwifery Services Director, Maura Fitzgerald, Head of Nursing Integration & Development, ULHG, Mairead Cowan, Director of Nursing - Medicine Directorate, ULHG and Jennifer Khan, Clinical Placement Coordinator, ULHG.

>>> Announcements

Congratulations

A huge congratulations to our three staff members who were awarded their PhDs during the Autumn Conferring Ceremonies.



DOCTOR OF PHILOSOPHY AWARDS

Dr. Sandra Atkinson

Thesis: An Interpretative Phenomenological Analysis of Obesity-related maternity Care Experience of Women with a BMI $\geq 30\text{kg/m}^2$.



Dr. Maria Noonan

Thesis: An Integrative Examination of Midwives', Public Health Nurses' and General Practitioners' Education, Training and Professional Support Needs in Perinatal Mental Health.

Dr. Ruth Ryan

Thesis: 'Interactional Guesstimating': Family Carers' Experience Supporting Profoundly Intellectually Disabled Persons in Decision-making – A Constructivist Gounded Theory.



Procare Group During Their Visit



Research Staff

Dr. Barbara Whelan

PhD, MSc. Public Health Nutrition, BSc. Microbiology

Barbara is currently working with Dr. Pauline O'Reilly and colleagues on a project to develop a psychological intervention for patients with Stevens-Johnson syndrome or toxic epidermal necrolysis (HRI Funded Project).

Jane O'Doherty (MA, BA)

Jane has been working within the Department of Nursing and Midwifery with Professor Alice Coffey since July 2018. Jane has been working on a project entitled 'The Development Of A National Transfer Document For Use When An Older Person Is Being Transferred Between Residential And Acute Settings'. This project was piloted in 26 residential care and 3 acute care facilities across Ireland. The findings of this study have informed the development of a new person-centered transfer document which will hopefully be piloted nationally in the coming years.

Dr. Christine FitzGerald

BSc Nursing, MA Health Promotion, PhD Commerce - Social Gerontology
Research area: Postdoctoral Researcher on the ProCare project and the HIST research cluster.

Dr. Christina O'Loughlin

PhD, Chris supports the Department's research activities in particular the Early Career Research Forum.

Maeve O'Halloran

Maeve is our researcher on the HSE/ID Leadership Project, and reports to Dr Owen Doody

Further specific purpose RA positions will be recruited shortly linked with research project / funding awards as outlined above.

International News

Summer school 2019

The Department hosts an annual summer school interweaving a Celtic spiritual dimension to healthcare exploring the psychosocial, cultural and spiritual elements in developing personal and professional practice. Students reside on campus and share social and cultural activities with students from other summer school programmes, coordinated by IED. 10 USA students from several institutions



participated this year, giving great feedback... "Helped me grow and spread my wings".

Visiting Universities

We hosted visits with students and faculty from the University of Detroit Mercy and the University of Salve Regina, Rhode Island during the summer months. Great discussions were had with fellow nursing and midwifery colleagues as our networks and collaborations continue to grow. A big shout-out to the Intl. Committee and clinical skills team who facilitated these visits.



International Student Cohorts 2019

Autumn semester 2019 has welcomed a new group of 8 BSc and 24 MSc Nursing Studies students to the Department. This year's group of international students join us from countries including India, China, and Africa. And for the first time, students from Canada and Mexico.

We look forward to sharing learning experiences and practices with each other during the year ahead. The Department also welcomed study abroad students from the United States to include the 2nd cohort of 10 nursing students from the University of Minnesota on their study abroad semester. They join the Department for three undergraduate nursing modules.

International Credit Mobility Collaborations

Collaborations continue between the Department and the School of Nursing & Midwifery, University of Cape Coast (UCC), Ghana. Growing partnerships continue to grow and develop, supported through reciprocal visits in July 2019, with Prof Alice Coffey and Senior Lecturer Dr Owen Doody visiting Ghana, and Dr Evelyn Ampofo with Dr Andrews Druye visiting UL from UCC. Education links to date are involved in supporting faculty at UCC in the delivery of BSc Nursing programmes and the development of a BSc Midwifery programme due to commence in September 2020. Areas such as preceptorship development at UCC is being explored along with the delivery of teaching sessions provided in both institutions. Supporting undergraduate nursing programmes at UCC in linking with clinical sites such as the Padro Pio centre, Ahotokurom, Ghana, has also been developed. Research developments include a successful joint publication between Dr Kathleen Markey(UL) and Christiana Okantey(UCC).



The Department looks forward to welcoming 2 students from UCC Ghana on the BSc Nursing (General) programme in 2020 for the spring semester.

Words: Dr. Claire O'Donnell

CONFERRING CEREMONIES THURSDAY 29TH AUGUST 2019



- Graduate Diploma in Nursing in
 - Palliative Care
 - Peri-Operative Care
 - Psychosocial care
 - Mental Health Care
- Postgraduate Diploma in Perinatal Mental Health
- Master of Science in Advanced Healthcare Practice
- Master of Science in Nursing
- Master of Science in Nursing - Dementia Care
- Master of Science in Nursing - Palliative Care
- Master of Science in Nursing – Peri-Operative Care
- Master of Science in Nursing – Psychosocial Interventions in Mental Health Care
- Master of Science in Nursing – Rehabilitation of the Older Person
- Master of Science in Nursing - Respiratory Care
- Master of Science in Perinatal Mental Health Care

