



pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

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Local School Children Get Fit at REACH RCSI Sports Day

Over 100 boys and girls from St. Enda's Presentation School and Presentation School Warrenmount, Dublin took advantage of the beautiful sunshine at the REACH RCSI sports day, which was held on 2nd April in Dardistown.

The schoolchildren showed their sporting talents in a number of events including 5-A-Side soccer, egg and spoon races, an obstacle course and relay races. 40 students from RCSI were on hand to help run the day.

REACH RCSI project manager Maria Kelly said "One of the objectives of the REACH RCSI Programme is to encourage the participation of people in our local community to become involved in healthy and recreational activities. Action and fun

packed days such as this will hopefully help the school children gain a love for sport and encourage them to take part in it on a regular basis."

Coaches from Glasgow Celtic FC also flew over for the occasion and coached 50 team members from the Under 8, 10 and 12 teams of local club Aungier Celtic FC with some soccer skills and techniques.

Established in 2007, REACH RCSI is the community outreach and access programme of the Royal College of Surgeons in Ireland (RCSI).

To view more photos from the event please see the RCSI website at <http://www.rcsi.ie/index.jsp?1nID=93&nID=105&aID=2149>

Prof Dermot Kenny Awarded Servier Prize

Professor Dermot Kenny, Head of the Clinical Research Centre, Beaumont and member of the Department of Molecular and Cellular Therapeutics (MCT) was awarded the Servier scholarship prize of €10,000 for his work in medical research at the French Embassy on 21st April.

The Jacques Servier Award is held in conjunction with the Ireland Fund of France, l'Institut Servier and RCSI. It aims to promote and encourage scientific exchange between the medical community, healthcare industry, universities and research

Continued on Page Two

organisations particularly in the field of therapeutic research.

Previous winners from RCSI have included Prof. Brian Harvey, Director of Research and Dr. Marc Devocelle, lecturer in pharmaceutical and medicinal chemistry. Professor Kenny received his award for his contribution and success in supporting research collaborations with France in the area of platelet adhesion and for his work into the rare congenital bleeding disorder Bernard-Soulier syndrome.

The event was presided over by His Excellency Mr. Yvon d'Albert Ro , French Ambassador to Ireland at the French Embassy.

For photographs from the event, please see the RCSI website at <http://www.rcsi.ie/index.jsp?PID=93&nID=105&aID=2164>.

TEN MINUTES WITH...



Julie Christopher,
Assistant Librarian,
Mercer Library

1. What is your favourite film?

Lost in Translation – it was so beautifully shot and I loved the glamorous hotel.

2. What career might you have chosen if you weren't in your current one?

Growing up I always wanted to be a dancer but as I lacked the talent for that I'm very happy to be a librarian.

3. What is your favourite way to relax?

Usual girl's stuff – shopping, going out, watching films and television.

4. What is the trait you most admire in yourself?

Empathy

5. What kind of music do you like?

Indie and pop

6. What book are you reading now?

The 19th wife by David Ebershoff. It's about polygamy.

7. Who or what makes you laugh?

Chris Moyles and Ricky Gervais

8. Where is your favourite holiday destination in Ireland / abroad?

In Ireland the place that sticks out the most was staying in a hotel on the bank of Lough Leane in Killarney. The views were amazing. Abroad, there is something so soothing about those camping holidays in France.

9. What world figure do you most admire?

JK Rowling

10. Are you a sports fan?

Not really. I only get interested when it comes to the big events like the Olympics or the international rugby tournaments.

Traveller Community Access Programme (TCAP) – Open Day 2009

The RCSI Traveller Community Access Programme (TCAP) Open Day took place on Wednesday, 1st April 2009. The event is organised annually by the Student Services Office. It enables second level students, who are members of the Traveller Community, and their teachers a 'behind the scenes' glimpse of academic and student life at RCSI. It further seeks to promote the study of medicine, pharmacy and physiotherapy amongst the Traveller Community.

This year, the TCAP Open Day attracted 60 students and ten Visiting Teachers for Travellers (VTT's), a testimony to the great level of interest generated by this RCSI initiative. After an inspiring tour of the College, guided by Mr Jim Sherlock, Head Porter, the enthusiastic attendees learned about the history of RCSI and the various academic programmes from Mr Philip Curtis, Admissions Officer. Ms Corriena Brien & Ms Sandra Bonetto of Student Services, spoke about the many and varied non-academic supports available to RCSI students. A lively 'question & answer' session with current RCSI students followed. Comments from one of the attending VTT's serve well in summing up the day:



"The experience for the young Traveller students involved yesterday was educationally valuable, hugely inspiring, and rich in historical information and, above all, their initial contact with one of the oldest colleges in the state was one of complete welcome. Let's hope we have nurtured some potential candidates from the group."

Dates for your Diary

Friday, 8th May

The annual Sports and Social AGM will take place at 12.30pm in the O'Flanagan lecture theatre. Spot prizes and the half year raffle will also take place. Please e-mail sportsandsocial@rcsi.ie if you are interested in becoming a new committee member.



Wednesday, 20th May

The annual Outreach lecture will be held at 7pm in the O'Flanagan lecture theatre. Prof Jennifer Graves will speak on 'The Decline and Fall of the Y Chromosome and the Future of Men.'

Thursday, 21st May

The Shawshank Redemption will take place at the Gaiety Theatre. Tickets cost €20 for members and €40 for non members. Please e-mail sportsandsocial@rcsi.ie.

Recent Appointments

Welcome to our new starters this month including Paul Phelan, Graduate Entry Programme; Niamh Carroll, Healthcare Management; Emily O'Neill, Medicine; Michelle Downes, Pathology; Oghenevwoke Akpubi, Psychiatry; Yvonne McGowan, Aleksandra Kowalczyk and Mary Conroy, Psychology; Patrick Chang, Research Office; Christopher Byrne, Surgery and Dawn Timmons, Surgical Training.

Population Health Sciences

The Division of Population Health Sciences (PHS) at RCSI is approaching its 3rd birthday. Established in May 2006, it brings together three Departments - Epidemiology and Public Health Medicine (Head, Professor Ruairi Brugha), General Practice (Head, Professor Tom Fahey) and Psychology (Head, Professor Hannah McGee) - in effect the main 'non-hospital' teaching Departments.

If you haven't heard much about us, its because we've been quietly getting ourselves established over that time. First to getting a home - we were located in a number of sites until July 2008 when we moved to a single customised (very nice!) location in Beaux Lane House - the glass building beside the Mercer Library.

We've also been working very hard to get substantial research awards to build capacity. The first breakthrough was a HRB PhD Scholars Programme in Health Services Research in 2007 (PI: H McGee). With partners TCD and UCC, we received €5 million to recruit 24 PhD scholars.

Two years on, 14 HRB scholars and an additional 8 externally-funded scholars have registered. Building on the Scholars Programme, RCSI (R Brugha: PI), with colleagues in TCD and NUI Galway, received €1.5 million to fund 5 PhDs for a Strategic Cooperation Programme between Ireland and developing countries - Malawi, Mozambique, Uganda, Sierra Leone,

Lesotho and Sudan. A team led by RCSI (T Fahey: PI), with TCD and Queen's University Belfast was awarded €5 million for a HRB Centre for Primary Care Research.

From 2008-12, the Centre for Primary Care Research will examine the quality of care provided to vulnerable patient groups, e.g. older people and illicit drug users. Clinical trials of information technologies are planned regarding safer medicines management, alongside projects on diagnostic accuracy and clinical prediction rules (to guide patient management). These will be disseminated internationally through the Cochrane Primary Health Care Field.

Major projects completed in the past three years include the first Irish National Audit of Stroke Care, led by Dr Anne Hickey, Psychology and Dr Frances Horgan, Physiotherapy.

Population Health Sciences staff also led the National Health and Lifestyle Survey (SLÁN 2007), with Prof. Hannah McGee as PI and Dr. Karen Morgan as manager. SLÁN is the largest such survey in Ireland to date, with 10,364 adults interviewed and 1,207 having physical examinations to provide national cardiovascular profiles on obesity, blood pressure and cholesterol.

Research partners on SLÁN were UCC, NUI Galway and the Economic and Social Research Institute (ESRI). Overall, our



Staff members from the Division of Population Health Sciences in October '08.

research objectives are to lead and collaborate with high quality programmes focusing on health services and primary care research, including Irish and international health perspectives. In terms of teaching, PHS staff teach across all cycles of the Medical Curriculum, and also on undergraduate courses in Physiotherapy and Pharmacy.

PHS continues to deliver the very popular Masters in Ethics, Healthcare and Law (Prof David Smith: Director) in Dublin and now also in RCSI Bahrain. College biostatistical support is provided by Prof Ronan Conroy and Mr Patrick Dicker.

At the last count, 54 staff are involved in carrying out all this work. About half are part-time and half are research income funded. A lot of staff have been recently recruited - for instance Prof Brugha and Prof Fahey are both here less than five years. Our goal in the coming years is to consolidate PHS as a cohesive and substantial contributor to the College's education, research and service aspirations.

Prof. Hannah McGee, Head of PHS (2006-2009)

March Council Minutes

On Thursday, March 12th 2009 the Council met and discussed a number of issues which include:

- Appointment of Finance Director

Jennifer Cullinane was promoted to the permanent position of Director of Finance. Council congratulated her on the new appointment.

- Transition Year Mini-Med School

Council noted the highly successful Mini-Med school for transition years that was held in January.

Did you know?

In 1910, it was decided that the 'Charter Day Dinner' be held annually on February 11th or as near that date as possible.

Competition Corner

QUESTION TIME

Win a €50 voucher for Hodges & Figgis! Congratulations to Rachel Cox in MCT, who won last month's competition of a 50 euro voucher for Hodges & Figgis. To be in with a chance of being this month's winner, answer the following questions and send them back by May 15th to communications@rcsi.ie.

1. Which North African city has the meaning "white house" in Spanish?
2. Who performed the dance of the Seven veils?
3. What colour is Sapphire?
4. A decibel is a measure of what?
5. Brittany is an area of which country?
6. How many red balls are there in snooker?
7. Where is El dorado?

Doctor Rics Pics



Boston Marathon



Research Day



Easter Egg Winner



College 4 U Visit



**Faculty of Nursing at
Research Day**

Have We Got News for You

Hope you all had lovely Easter holidays and that the Easter bunny was very kind to you....Dr. Rics slightly over-indulged on the chocolate and will have to hit the gym soon to get in shape for the summer.

Pictured is James Barlow from the School of Pharmacy, who was one of the five lucky easter egg winners, as part of the Mercer Library Dynamed competition. Beaumont Hospital Library also raffled five chocolate eggs in the week leading up to Easter. The Library would like to thank everybody who entered the competition and would like to remind everyone to make sure you don't miss any future library events by checking our blog regularly. You can access it through the website at <http://rcsilibrary.blogspot.com/>. However, not everybody was feasting on chocolate this month. Students, staff and graduates of the College travelled to

Boston where they took part in the 113th annual marathon.

Also taking place this month was the annual Research Day on 15th April. Congratulations to all those that were prize winners. The day was once again a big success.

And a big thanks to REACH Academic Directors Marc Devocelle, Chemistry and Maria Morgan, MCT who took part in the REACH science workshops at RCSI. 18 local post primary school students visited the College for the practical sessions and found out more about going to College as part of the College 4 U initiative.

Well, that's all for now folks...

remember that Dr. Rics needs you to send all your photos and news on weddings, births, department developments etc. Please keep on sending everything to communications@rcsi.ie.

Dr Rics' Recipes

CARROT CAKE

Prep Time: 20 minutes

Cook Time: 1 Hour

Ready In: 1 Hour 20 Minutes

Servings: 24

INGREDIENTS

- 250 g all-purpose flour
- 7 g baking powder
- 5 g baking soda
- 3 g salt
- 2 g ground cinnamon
- 2 g ground nutmeg
- 4 g allspice
- 4 eggs
- 400 g white sugar
- 10 ml vanilla extract
- 295 ml vegetable oil
- 270 g grated carrots
- 1 (20 ounce) can crushed pineapple, drained
- 35 g sweetened flaked coconut
- 120 g chopped walnuts
- 165 g raisins



DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Coat a 10x15x2 inch baking dish or 10 inch Bundt pan with cooking spray.
2. In a medium bowl, stir together the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Set aside. In a separate larger bowl, mix together the eggs, sugar and vanilla by hand. Stir in the oil; the mixture should resemble pudding. Gradually stir in the dry ingredients, then fold in the carrots, pineapple coconut, walnuts and raisins. Pour the batter into the prepared pan, and spread evenly.
3. Bake for 55 to 60 minutes in a preheated oven, or until a small knife inserted into the cake comes out clean.