



pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

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President Mary McAleese Officially Opens RCSI-MUB Campus

The new RCSI campus in Bahrain was officially opened by President of Ireland, Mary McAleese in the presence of Prime Minister of Bahrain, His Highness Sheikh Khalifa bin Salman Al-Khalifa, on Tuesday, 3rd February.

RCSI-MUB provides healthcare education and training to world class standards for students from Bahrain, the Gulf region and beyond.

The curriculums have been developed by RCSI to the highest international standards with qualifications that are recognised worldwide.

Speaking at the opening President McAleese praised RCSI's international outlook. She said 'For many people here, today marks the end of a long journey of planning and construction. For all of us it marks a very important milestone in the thirty-year

relationship between Ireland's distinguished Royal College of Surgeons and the government of Bahrain. RCSI has an outstanding global reputation which has created demand for its services far from Ireland's shores. Not only has it moulded great medical graduates, it has also created a body of ambassadors both for the Royal College and for Ireland, putting us on the map as a global leader in the delivery of healthcare education.'

President of RCSI, Professor Frank Keane said "Over the past 30 years, RCSI has built a strong and successful relationship with the Government of Bahrain and today represents a further strengthening of these close ties between our college and Bahrain."

For more information and photos on the RCSI-MUB campus please see page three

Anatomy PhD Student Receives Top Award

Niamh Plunkett, a PhD student in the Department of Anatomy at RCSI was awarded the Engineers Ireland Biomedical Research Medal 2009. Niamh was presented with the prestigious award and a cheque of €1000 sponsored by Georgia Tech Ireland at the recent Annual Conference of the Section of Bioengineering of the Royal Academy of Medicine in Ireland (RAMI). The Biomedical Research Medal is awarded annually by Engineers

Continued on Page Two

Ireland, the professional body of engineering in Ireland, to a final year PhD student who has made an outstanding contribution to the field of biomedical engineering research. This year, 22 applicants from around the country were shortlisted for the award.

Niamh was chosen as the winner of the medal for her research entitled 'Development and Bioreactor Culture of Collagen-Hydroxyapatite Scaffolds for Bone Tissue Engineering.' The research is in the area of regenerative medicine and centres on optimising the process of bone tissue engineering, which aids in replacing bone tissue and aims to treat bone-related diseases.

To view the abstract please click http://www.rcsi.ie/files//anatomy/docs/20090206033928_NiamhPlunkett_BinI09.pdf

TEN MINUTES WITH...



Professor Paddy Collins, Molecular and Cellular Therapeutics

- 1. What is your favourite film?**
Most recently, 'The Reader' was excellent.
- 2. What career might you have chosen if you weren't in your current one?**
Physician - specialising in Endocrinology.
- 3. What is your favourite way to relax?**
A good book or 18 holes. Ideally the former following the latter.
- 4 What is the trait you most admire in yourself?**
Equanimity and do not ask me again!
- 5. What kind of music do you like?**
J.S.Bach—is there another kind?
- 6. What book are you reading now?**
Have just finished "Salmon fishing in the Yemen"—hilarious!
- 7. Who or what makes you laugh?**
Fawlty Towers.
- 8. Where is your favourite holiday destination in Ireland / abroad?**
Connemara in any weather!
- 9. What world figure do you most admire?**
I think that Obama chap has the potential for enormous achievement.
- 10. Are you a sports fan?**
Yes and we do have 2 tellies at home!

RCSI Clinical Tutors Demonstrate Skills at Mini-Med School

Staff from RCSI demonstrated their clinical skills to members of the general public at the Mini-Med school on Tuesday, 10th February. This is the first year that the hands-on demonstrations have been included as part of the highly popular programme.

The clinical demonstrations included lumbar puncture procedure, x-ray interpretation, simulation of laparoscopy, insertion of chest drain and nasogastric tube, venepuncture, arterial blood gas and blood typing. The event was part of the 'Signs, Symptoms and Stethoscopes' session, an evening of hands-on clinical demonstration lead by Dr Colette Barry, Director of Clinical Competence, RCSI.

Dr Barry said "The evening was organized to demonstrate to the general public how medical students are trained in medical school and how doctors continue their training following graduation. There was a lot of interest on the night with many queries and the experience was much enjoyed by all."

Dr. Maria Morgan, a lecturer in MCT and Mini-Med programme co-ordinator said "This is the first year an interactive skills demonstration session was introduced to the Mini Med programme and it was enthusiastically received by the participants. It provided people with the opportunity to interact with the clinical tutors and gain a little hands-on experience in an informal way."

Among the staff that contributed to the event were Dr. Saroj Verma, Department of Medicine; Dr. Tony Tedesco, MCT; Dr. John Byrne, Department of Surgery;



Dr. Tony Tedesco, Clinical Scientist in MCT, RCSI and Ms. Laura Kelly, Mini-Med programme participant.

Dr. Ian Schneider; Dr John Reynolds, Dr Doreen Fagan, Dr Deirdre Lundy and Dr Gozie Offiah all clinical tutors.

RCSI Mini-Med School which is running at the College from 13th January until 24th March is an informative and entertaining public education seminar series developed for people who are interested in learning more about health, medicine and the delivery of healthcare in Ireland.

Date for your Diary

Thursday, 12th March

The play 'My Brilliant Divorce' will be held in the Gaiety Theatre at 8pm. Tickets cost €14 for sports and social club members and €29 for non-members. For more information please e-mail sportsandsocial@rcsi.ie.



Recent Appointments

Welcome to our new starters this month including Francesco Fini and Mario Bartolozzi, Chemistry; Mojisola Oshodi, Clinical Teaching; Grace Mullins, Medicine; Susanne Schwarzmaier, Ciara Fahey and Seong Woong Kim, Physiology; Madeline O'Higgins, Helen Burke and Norah Jordan, Psychology.

RCSI-MUB Campus (continued from Page 1)

In 2004, RCSI-MUB was officially opened in a temporary facility by then Taoiseach Bertie Ahern in the Seef District. Professor Kevin O'Malley, who retired from his position as chief executive of RCSI, took up the new position of President in September 2004.

With an initial intake of 27 students, the University has 540 full and part-time students, all studying for either general medical qualifications or nursing degrees. With around thirty countries represented on the international body at the University, the new state-of-the-art facility has a good mix of Irish and Arabic professionals in the academic and administrative staff. There are approximately sixty fulltime staff working at the College.



The impressive interior of the new RCSI-MUB building.

The day after the official opening, the first Conferring Ceremony in Masters Degrees in Healthcare Management and Quality and Safety in Healthcare Management as well as Diplomas in Leadership and Organisational Development took place in the new campus. Former Taoiseach and Chancellor of the National University of Ireland conferred the awards.

At the ceremony, Dr Fitzgerald acknowledged the important role of the RCSI, a recognised College of the National University of Ireland, in delivering high quality education and training in the region.

Professor Kevin O'Malley, President of RCSI-MUB said "The official opening of our magnificent campus, just a short four and a half years since our foundation in 2004, is a significant milestone. It is right and proper that we should pause to reflect on a job well done. However, it is also important to understand that this campus is not as an end itself, but the means to an end. That end is the provision of high quality education to the students of Bahrain, the other GCC countries and those from beyond."

Professor O'Malley continued "In the modern context of the knowledge economy we will apply the learning and expertise that resides within our staff to play our part in



Staff Members of RCSI-MUB. The University has a good mix of Irish and Arabic academic and administrative professionals.

helping realise the aspirations of the people of the Kingdom of Bahrain. This will be mainly in healthcare but we will seek to contribute in all areas in which we have experience and expertise.



A photograph of the exterior of the building. RCSI-MUB will have a capacity of 1000 people.

January Council Minutes

On Thursday, January 8th 2009 the Council met and discussed a number of issues which included:

- Professor Michael Brennan

The President advised Council that Professor Michael D. Brennan (RCSI graduate) has been named as President Elect of the Mayo Clinic, Minnesota.

- Report of the Finance Committee

The Finance Committee report was presented at the meeting.

Did you know?

In 1957, the College became a founder member of the International Federation of Surgical Colleges.

Competition Corner

QUESTION TIME

Win a €50 National Book Voucher!

Congratulations to Liz O'Hara, who won last month's competition of a €50 book voucher. To be in with a chance of being this month's winner, answer the following questions and send them back by March 11th to communications@rcsi.ie. All correct entries will be entered into a draw for a National Book Voucher (available to use in all major bookstores nationwide)!

1. Brittany is an area of which country?
2. How many tentacles has a squid?
3. In mathematics what is an integer?
4. Valencia Island is located off the coast of which county?
5. Who was the legendary founder of Rome?
6. Complete the saying. "A rolling stone....."
7. Would you find penguins at the North Pole or South Pole?

Doctor Rics Pics



Jim Sherlock and John Quinlan at Charter Day



RCSI Archers



Biomedical Research Winner Niamh Plunkett



Welcome George



Mini-Med school.

Have We Got News for You

Hello all....hope you had a wonderful romantic St. Valentines Day. Dr Rics sure is glad to see the bright mornings and long evenings coming in.

This month has been a busy one at the College. Legendary Olympic Irish athlete Ronnie Delany was given an honorary fellowship of RCSI and Head Porter Jim Sherlock and John Quinlan from Media Services went along to see the event at Charter Day.

On the sports front, it's not only the Irish rugby team that has been experiencing success. RCSI medical student Mohammad Albloushi was the winner of one of the biggest Fencing competitions of the year-the East of Ireland Open. Meanwhile, the official RCSI Archery team took part in the Intersarsity Tournament hosted by

NUIG.

And well done to Niamh Plunkett in Anatomy, who was the winner of the Biomedical Research medal.

Dr. Rics loves to hear new additions to the world. Congratulations to RCSI e-learning manager Claire Dooddy, on the birth of her baby son George.

RCSI Clinical tutors were busy this month with the Mini-Med school. A big thanks to all those that made it such an enjoyable and informative evening for the participants. Well, that's it until next month. As always, send all your news and photos about any department developments, sports, births, engagements etc. to communications@rcsi.ie.

Dr Rics' Recipes

CLASSIC LASAGNA

Prep Time: 15 Minutes

Cook Time: 1 Hour 45 Minutes

Ready In: 2 Hours

Servings: 10



INGREDIENTS

- 9 lasagna noodles
- 15 ml olive oil
- 455 g ground beef
- 455 g bulk Italian sausage
- 1 (16 ounce) can sliced mushrooms, drained
- 6 g garlic salt
- 2 g dried oregano
- 0.7 g dried thyme
- 0.2 g dried basil
- 4 (15 ounce) cans tomato sauce
- salt and pepper to taste
- 426 g ricotta cheese
- 3 eggs, beaten
- 35 g grated Parmesan cheese
- 455 g shredded mozzarella cheese

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring a large pot of lightly salted water to a boil. Add the lasagne noodles and olive oil;

s and olive oil; cook until al dente, 8 to 10 minutes; drain.

3. Meanwhile, mix together the ricotta cheese, eggs, and Parmesan cheese in a bowl.

4. Meanwhile, mix together the ricotta cheese, eggs, and Parmesan cheese in a bowl.

5. Ladle enough of the meat sauce into a 9x13 inch baking dish to cover the bottom in a thin layer. Form a layer atop the sauce with 3 of the lasagne noodles. Spread about 1/4 of the ricotta cheese mixture over the noodles. Sprinkle about 1/3 of the mozzarella cheese over the ricotta cheese mixture and then ladle about 1/3 of the meat sauce over the mozzarella cheese. Repeat layering twice more, topping with the remaining 1/4 of mozzarella cheese.

6. Bake in a preheated oven for 90 minutes. Allow to sit 10 to 15 minutes before serving.