



# pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

VOL 5 ISSUE 1  
JAN 2009



## AK Henrys Bring in Chinese New Year at Official Launch of New College Caterers

A fun packed day at RCSI was held on Monday, 26<sup>th</sup> January as staff and students joined in the double celebration of both the arrival of the new caterers to the College, Kylemore and also the beginning of the Chinese New Year, the year of the Ox.

Throughout the day, samples of the delicious food on offer included chocolates and fortune cookies, while Starbucks were on hand to provide samples of the finest it has to offer in the Coffee Doc.

A fabulous hamper was also given as part of a raffle.

Among the mouth-watering oriental dishes on offer for the Chinese-themed

lunch were beef noodles and stir fried vegetables.

Kylemore were announced as the new College caterers in December 2008, and began their contract in January this year. Among the changes in the newly improved service are a better choice and variety of meals, snacks and beverages which are nutritionally balanced and locally sourced with Fair-trade and Organic options available.

All meats served are Halal and confectionary items are homemade. Tea and coffee loyalty cards for both AK Henry's and the Coffee Doc are also now available.

## Townhall Meetings at RCSI

The RCSI Townhall meetings were held on Wednesday, 21<sup>st</sup> January in Stephen's Green and Beaumont. The meetings provide the opportunity for RCSI Chief Executive, Michael Horgan to bring all staff up to date with the activities of the College, as well as to talk about the plans for the upcoming year.

One of the key topics that was discussed during the meeting was RCSI's current position following global events in the world's economy. Deputy CEO Terry McWade gave a summary of the financial position of

***Continued on Page Two***

the College, while Michael Horgan emphasised that while the College is certainly not immune to the problems with the global economy, through support and hard work from staff and careful budgeting, RCSI should be able to withstand the turbulations of the economy. Other topics discussed on the day were:

- New Investments made throughout the year including the GEP Connolly Building, the Educational Facility in Waterford
- Developments and updates on the Faculty of Medicine and Health Sciences, Research, Surgery, and International and Outreach activities.

For those who were unable to attend the Townhall meetings, a podcast of the event is available on moodle at

<http://vle.rcsi.ie/mod/resource/view.php?id=62486>

## TEN MINUTES WITH...



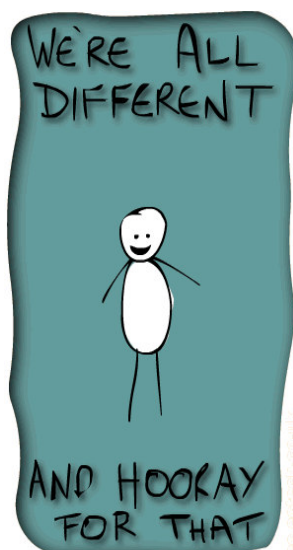
**Sorcha O'Grady,**  
Human Resources Department.

- 1. What is your favourite film?**  
I should say something profound like Citizen Kane but my favourite film is E.T.
- 2. What career might you have chosen if you weren't in your current one?**  
Marine Biologist (only if I lived in a hot country).
- 3. What is your favourite way to relax?**  
Cooking Chilli with the stereo up loud.
- 4 What is the trait you most admire in yourself?**  
I'm fiercely loyal.
- 5. What kind of music do you like?**  
Everything from Edith Piaf to Radiohead.
- 6. What book are you reading now?**  
The secret life of Bees by Sue Monk Kidd.
- 7. Who or what makes you laugh?**  
Life.
- 8. Where is your favourite holiday destination in Ireland / abroad?**  
Favourite holiday destination in Ireland is Connemara. Internationally it would have to be travelling around central Roma on a vespa.
- 9. What world figure do you most admire?**  
Larry Page and Sergey Brin – the founders of Google (seriously why didn't I think of that?).
- 10. Are you a sports fan?**  
Yes I love Gaelic football much more exciting than soccer!

## RCSI Raises Awareness at Disability Workshops

A series of one hour disability awareness workshops for RCSI staff and students kicked off on Tuesday, 27<sup>th</sup> January. The informal and interactive workshops will continue every two weeks until 7<sup>th</sup> April and will aim to broaden the understanding in relation to disability and disability-related issues, with particular emphasis on disability at RCSI.

The Disability Awareness Workshops offer RCSI staff and students a unique opportunity to engage with the topic of disability in an informal and interesting way. Given RCSI's commitment to building an inclusive workplace and learning environment, as well as to the provision of 'reasonable accommodation', everyone can benefit from learning more about this topic. In addition to creating greater awareness about disability in general. Attendees will gain a better understanding of the RCSI disability Support Service and the College's policies and procedures on disability.



Future workshops, all of which will take place in TR 2 & 3 from 12.45-13.45, will include the following topics:

### **10<sup>th</sup> February-RCSI & Disability:**

'Reasonable Accommodation' – what does it mean, how does it work, why engage with it?

### **24<sup>th</sup> February-Specific Learning**

**Disabilities** (dyslexia, dyspraxia etc) – the RCSI Experience

**10<sup>th</sup> March-Mental Health 1:** the trouble with self-esteem

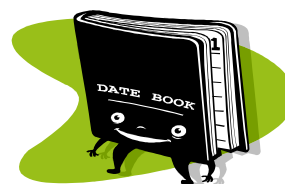
**7<sup>th</sup> April-Inclusive Education:** What does this mean for RCSI

If you would like to find out more about these talks or disability at RCSI, please visit [www.rcsi.ie/studentsservices](http://www.rcsi.ie/studentsservices) or e-mail [studentservices@rcsi.ie](mailto:studentservices@rcsi.ie).

## Date for your Diary

### **Wednesday, 4<sup>th</sup> February**

T'ai Chi classes will be held every Wednesday from 4<sup>th</sup> February until 8<sup>th</sup> April in the Damer Hall from 5.30pm until 6.15pm. Fees for Sports and Social club members are €30 and €60 for non-members. Contact Carol Creavin at [ccreavin@rcsi.ie](mailto:ccreavin@rcsi.ie).



## Recent Appointments

Welcome to our new starters this month including Muhammad Jamil, Anatomy; Doreen Fagan, Clinical Teaching; Noelle O'Gara, Estate & Support Services; Muataz Abdel Aziz, GEP; Liang Xiao, GP; Paul Downey, Histopathology; Breffni Smith, Library; Peter Newman, MCT; Toney Thomas, Nursing; Mark Quinn, Orthopaedics; Bangalore Mahesh, Otolaryngology; Lauren Brennan, Paediatrics; Jane Cryan, Pathology; Sai Wang Seto and Agnieszka Ludwig-Galezowska, Physiology; Oyewale Afolabi and Tara Kingston, Psychiatry; Karen Morgan, Psychology; Sarah Theissen and Michele Creaven, Surgery.

# Expanding Research at RCSI

On Monday, 26<sup>th</sup> January, RCSI and the National University of Ireland (NUI) signed a unique partnership agreement with three major French scientific institutes including the Centre National de la Recherche Scientifique (CNRS) the Universities of Montpellier and the Institut National de la Santé et de la Recherche Médicale (Inserm) at the Irish Embassy in Paris.

The Franco-Irish agreement which is the first of its kind in Ireland is a result of the recent establishment of the National Biophotonics and Imaging (NBIPI), led by RCSI. The NBIPI will provide an integrated national access and training infrastructure in research, technology development and industry collaboration for Ireland's investment in Biophotonics and Imaging. The recent signing is testament to the importance and phenomenal success of the Research Institute to the College and its position as a world-class centre of research.



Headed by Professor Brian Harvey, Director of Research, more than €100 million in funding has been secured by the College.

In 2007 alone, the Research Institute secured €50.8 million in funding for a broad spectrum of research projects in imaging, childhood cancer, neuroscience, respiratory, cardiovascular and population and international health.

The informing principle of RCSI's research strategy is the promotion of Translational Medical Research - Bench research informed by bedside problems, translated into diagnosis and treatment and into the community.

Since 2006, the College made significant investments to implement its research strategy including the appointment of three new Research Chairs (Cancer Genetics, Neurodegeneration and Translational Medicine) and 2 Biomedical Research Lectureships. It has also formed strategic partnerships with other medical and educational institutions to develop effective translational research programmes including the Children's Research Centre (CRC) at Our Lady's Children's Hospital, Crumlin (OLCHC), a €5 million for the development of a research programme into solid tumour cancer genetics directed by the Chair of Cancer Genetics at RCSI, Prof. Ray Stallings.

Since 2004, it has also established links with the Dublin Molecular Medicine Centre (DMMC) and Trinity College Dublin (TCD).

In 2006 RCSI officially opened the School of



*Prof. Cathal Kelly; Dr. Attracta Halpin, Registrar of NUI; Prof. Brian Harvey; Irish Ambassador to France, Anne Anderson; Mr. Michael Horgan and Prof. Kevin Nolan at the recent MOU signing in Paris.*

Postgraduate Studies which promotes and co-ordinates postgraduate and postdoctoral research training initiatives.

The School, headed by Professor Kevin Nolan, was set up in recognition of the importance of postgraduate research training, and caters for up to 400 students. In 2007, RCSI was successful in securing research funding for 2 HRB training sites (€5M award per site) in Diagnostics and Therapeutics for Human Disease and Integrated Healthcare: from Research to Policy and Practice. RCSI has also established a close partnership in Translational Medical Research with Trinity College Dublin (TCD) through the establishment of the Wellcome Trust and HRB funded Dublin Centre for Clinical Research (DCCR).

In 2008, RCSI was given a number of research awards including the EU FP7 for the RCSI-led Marie-Curie Career Enhancement Mobility Programme and Marie-Curie Industry-Academia partnership; SFI Principal Investigators awards; SFI Stokes professorship and the SFI Walton Award.

## December Council Minutes

On Thursday, December 11<sup>th</sup> 2008 the Council met and discussed a number of issues which include:

### - COSECSA

The President, Prof Frank Keane, gave an update on the COSECSA project following his recent visit to South Africa for the Annual Meeting.

### - Medical University of Bahrain

The new MUB is now fully operational. The planned opening of the building will be between 2<sup>nd</sup>-4<sup>th</sup> February 2009.

**Did you know?** *In 1976, new Medical School, formally opened by the President of Ireland, Cearbhall O Dalaigh*

## Competition Corner

### QUESTION TIME

Win a €50 voucher for Hodges & Figgis!

Congratulations to Marian Brennan, 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 February 11th to [communications@rcsi.ie](mailto:communications@rcsi.ie). All correct entries will be entered into a draw for a €50 voucher to Hodges & Figgis.

1. What is the flavour of Pernod?
2. Who are the children in the tv series The Royle Family?
3. What actress does the voice of Maggie Simpson?
4. Who is the chief god of Scandinavian mythology?
5. Who said the famous phrase, "An army marches on its stomach."?
6. In which country does the river Rhine rise?
7. Where did the Dali Lama rule before it was invaded by China?

## Doctor Rics Pics



**Bringing in the Chinese New Year at AK Henrys**



**Postgrads on Ice at RDS**



**AK Henrys**



**TY Mini-Med School**



**New RCSI Polo Team**

# Have We Got News for You

Hope you are all enjoying the New Year, and not finding it too hard to get through January. Dr. Rics had a wonderful Christmas, and hopes that you all did too.

After indulging over the festive period, Dr. Rics has made a New Year's resolution is to trim down and socialise less.

But never one to turn-down an invitation, Dr. Rics attended the wonderfully colourful official launch of the new caterers to the College.

It was also a great opportunity to bring the Chinese New Year, the Year of the Ox. Dr. Rics sampled all the delicious food on offer....so the New Year resolutions went out the door....

Some of those who chose to take in a bit of socialising, yet exercising, were the postgrads, who had a great time ice-skating at the RDS in December.

Another group that are adopting an active lifestyle are the RCSI polo club, who travelled to Edinburgh recently for a match.

The Mini-Med School for transition year students kicked off this month and what a success it was. Special thanks to Helen McVeigh and Bernadette Kearney who organised the week-long event...and Dr. Rics also thanks James Barlow in Pharmacy, who went beyond his duties to appear in photographs for the event.

Well that's all folks....Dr. Rics is sure looking forward to the arrival of Spring. Remember to keep on sending all your news and photos on everything and anything the Communications Department to [communications@rcsi.ie](mailto:communications@rcsi.ie).

## Dr Rics' Recipes

### ASIAN ORANGE CHICKEN

**Prep Time: 40 Minutes**

**Cook Time: 40 Minutes**

**Ready In: 3 Hours 20 Minutes**

**Servings: 4**



#### INGREDIENTS

##### Sauce

- 355 ml water
- 145g brown sugar
- 30 ml orange juice
- 0.9g fresh ginger
- 60 ml lemon juice
- 1 g minced garlic
- 80 ml rice vinegar
- 10 g chopped onion
- 40 ml soy sauce
- 6 g grated orange zest

##### Chicken

- 2 boneless, skinless chicken breasts
- 125g all-purpose flour
- 2 g salt
- 0.5g pepper
- 45 ml olive oil

#### DIRECTIONS

**1.** Pour 1 ½ cups water, orange juice, lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil. Remove from heat and

cool.

**2.** Place the chicken pieces in a resealable plastic bag. When contents of saucepan have cooled, pour 1 cup of sauce into bag. Reserve the remaining sauce. Seal the bag, and refrigerate at least 2 hours.

**3.** In another resealable plastic bag, mix the flour, salt, and pepper. Add the marinated chicken pieces, seal the bag, and shake to coat.

**4.** Heat the olive oil in a large skillet over medium heat. Place chicken in the skillet, and brown on both sides. Drain on a plate lined with paper towels, and cover with aluminium foil.

**5.** Wipe out the skillet, and add the sauce. Bring to the boil over medium-high heat. Mix together the cornstarch and 2 tablespoons of water; stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.