



RCSI

# pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

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## New Staff Portal Makes Accessing Information Easy

RCSI staff will be able to access and retrieve all the latest information and news from Tuesday, 1<sup>st</sup> September with the launch of the brand new staff portal.

Originally initiated by the HR Department, the portal was designed by Bryan Butler from E-learning, project managed by the Communications Department and comprised of an interdepartmental team from Communications and Events; Estate Services; Finance; Human Resources and Information Technology. The dynamic new portal was designed to address the staff needs within the College and each of these support services has a presence on the Portal.

In addition to accessing forms, policies and procedures, the new staff portal will ensure staff are kept up to date with all the latest news around the College including RCSI in the media and RCSI sports and social club

events; general announcements; the daily lunch menu at AK Henrys; all the latest staff publications including Pulse, Curriculum Matters and the President's E-zine and the latest job vacancies.

A staff directory is available on the homepage, which will enable easy access to finding people's contact details within the College as well as allowing staff to edit and update their own contact details. General announcements will no longer be emailed to staff on a daily basis and will instead appear on the Portal. A Buy and Sell area has also been created to allow staff advertise tickets for sale, places to rent etc. To have your ad placed in this section, please email [communications@rcsi.ie](mailto:communications@rcsi.ie).

Mr Michael Horgan, Chief Executive said "This newly developed portal is a welcome development for staff and will greatly

enhance internal communications within the College and it will enable staff to easily access information regarding College policies and procedures as well as keeping up to date with events around the College. I would like to commend the interdepartmental hard work that has gone into developing this very useful tool for staff."

The staff portal is currently without a name, so we are offering a €50 voucher to Saba restaurant to the staff member that comes up with the best name for it. Please e-mail [communications@rcsi.ie](mailto:communications@rcsi.ie) by Friday, 18<sup>th</sup> September.

To access the staff portal please see <http://staff.rcsi.ie>. For further information and to give your feedback on the new portal please e-mail [communications@rcsi.ie](mailto:communications@rcsi.ie).

## Update-Swine Flu

H1N1 swine flu first came to light in March 2009 in Mexico but has now spread all over the globe. It is an acute respiratory infection which is highly contagious and spreads by person to person contact.

Symptoms vary from individual to individual- the vast majority of cases are mild self limiting illnesses but some people can develop sudden onset of extreme tiredness, muscle ache, cough and high fever. There may also be diarrhoea and a variety of other symptoms including headaches, runny nose, sore throat and shortness of breath.

If you think that you do have the swine flu, you should contact your own GP by phone as soon as possible. Particularly if you are pregnant, have a child less than one year old, have a serious underlying illness or have a sudden deterioration in your condition.

You may or may not be prescribed an anti-flu treatment (Tamiflu) depending on the severity of your symptoms and your personal circumstances. Not everyone will receive Tamiflu, mainly because they will not need it but also because it sometimes causes side effects and because of the risk of it becoming ineffective through over use.

At this time the advice is to stay away from work for 7 days from the onset of symptoms and of course it is important for all of us to observe strict hand hygiene, to carry tissues and to observe coughing and sneezing etiquette. This situation is changing and it is important to keep yourself informed.

We have set up a useful link on our website <http://mercersmedicalcentre.com> and the new staff portal <http://staff.rcsi.ie> which you might find convenient for referral purposes.

## RCSI Staff Help Raise Funs for Aid Africa

Over the first weekend in August, two RCSI staff members, Dr. Marian Brennan and Dr. Anthony Chubb, collected money in Dun Laoghaire and raised over €1,000 for AidAfrica. Marian and Anthony are co-founders and Directors of AidAfrica, an Irish charity aimed at supporting children in Southern Africa who are affected by HIV/AIDS.

The money raised in Ireland is sent to two homes in South Africa, namely HOKISA in Cape Town and The AIDS Haven in Port Elizabeth. These homes collectively house, feed and nurture 48 children orphaned by HIV/AIDS. HOKISA is a not for profit charity in South Africa which was founded by Anthony's mother, Karin Chubb ([www.hokisa.co.za](http://www.hokisa.co.za)). She and her co-founder, Lutz van Dijk built the home using the proceeds from books that they had written and through connections with other charities in the Netherlands, Amsterdam and the US. HOKISA was opened by Archbishop Desmond Tutu on 1 Dec 2002.

Marian and Anthony set up AidAfrica in 2004 to support this wonderful initiative, and to make sure that these children always have a home. Since then, AidAfrica has expanded to support a second home called The AIDS Haven in the Eastern Cape. None of AidAfrica's directors claim any expenses from this charity and AidAfrica does not have offices or staff, therefore the maximum amount of funds raised goes to the children. AidAfrica is fully audited and so are the charities they support.

RCSI staff and students have been involved in many AidAfrica initiatives over the years. Marian and Anthony would like to say a big thank you in particular to Eanna O Siadhail, Hannah Lockhart, Roisin Moriarty, Grace Ho, Hannah, Eanna, Kanika Sujinka, Paul Corcoran, Wan Lin Ng, Robert Henderson, Cormac Kennedy, Capucine Odouard, everyone involved in the Chocolate Ball, and all those who have contributed to



**Bishop Tutu with Marian and Anthony**

fundraising. There is a huge unmet need for care for children in Africa who have lost their parents due to HIV. Without volunteers and contributions, some of these children would not have a home. AidAfrica thanks you all on behalf of these children. Please see [www.aidafrica.info](http://www.aidafrica.info) for more information.

## TEN MINUTES WITH...



**Jim Sherlock, Head Porter.**

- 1. Favourite film?** One Flew Over the Cuckoo Nest starring Jack Nicholson.
- 2. What career might you have chosen if you weren't in your current one?** An Historian.
- 3. Favourite way to relax?** Watching the History channel on TV.
- 4. Trait you most admire in yourself?** I have a very good memory.
- 5. Favourite Music?** Soul. Rock. Motown.
- 6. What book are you reading now?** Michael Ashcroft – Victoria Cross Heroes
- 7. Who or what makes you laugh?** Only Fools and Horses.
- 8. Where is your favourite holiday destination in Ireland / abroad?** Killarney in Co Kerry and Puerto Rico in Gran Canaria.
- 9. What world figure do you most admire?** Nelson Mandela.
- 10. Are you a sports fan?** Soccer – Leeds Utd, Bohemians & Republic of Ireland.

## Recent Appointments

Welcome to our new starters including Valerie Morris, Anatomy; Valerie Smart, Cancer Genetics; Sinead McNicholas, Clinical Microbiology; Edel Hester, Exams; Clare Boyle, Carrie Campbell, Silvia Martinez Denise Colgan, Marianna Bencova, Finance; Emma Wallace, General Practice; Paula Corr, Liam Kavanagh and Paul MacMullan, MCT; Hana Manka, Medical Faculty; Lara Delaney, Preeth Sundaran, Elaine Roche, Caroline Duggan, Omar Ben Khiaran and Mohamad Amin, Medicine; Lilja Thoenes, Neurodegeneration; James Rooney and Hannah Mac Diaramada, Neurology; Niamh Kernan, Neuropathology; Nasim Subhi, Sucheta Johnson, David Morgan and Julia Unterscheider, Obs & Gyn; Oisín Breathnach, Ingrid Radovanovic and Eoin Devlin, Orthopaedics; Talal Al Sindi, Otolaryngology; Maeve Redmond and Adetola Oshi, Pathology; Hassan Nimir and Maria Moccia, Pharmaceutical Chemistry; Deborah Ryan and Vladimir Voccoli, Physiology; Sile Murphy Nuala Tully, Deniz Elizabeth Kutay Hussain Syed, Caoimhe O'Toole, Caroline Rawdon, Faiza Jabbar, Ronan Mullaney, Gerard Goh, Michael Slattery, Radiology; Patricia Cronin, Shadid Hanif, Garrett Brady, Athar Sheikh, Wen Yuan Chung, Rory Kennelly, Mark McCafferty, Mohi Babiker, Mahwash Babar, Eoghan Molloy, Aisling McGreal, Ting Chu (Ken) Liu, Rhone McGrath, John Veitch, Ciara Sheehan, Rachel Murphy, Kieran Lohan, Knut Moe, Brian Hannon, Surgery; Hazem Hseini and Emmeline Nugent, Surgical Training and Boingotlo Masake, Tropical Medicine.

# Paul Harris, ILHM Launches 'CubaOne' Photography Exhibition

*This month Pulse interviews Paul Harris from the RCSI Institute of Leadership & Healthcare Management (ILHM) about his role at RCSI and his CubaOne photography exhibition.*

"I joined RCSI in 2006 as Lead Consultant for Psychometrics, and Research Officer," said Paul. "I delivered a range of psychological assessment and profiling services, designed and implemented recruitment and selection centres, and conducted original research for Clients in healthcare, aviation, and the emergency services. I also lectured on several ILHM Masters programmes and delivered Train-the-Trainer courses to senior Medics and Surgeons."

"For the last 5 months or so I have been using skills from one of my former roles [Paul has had several: multimedia designer, graphic & web design, film & video editor] to design original marketing materials for ILHM and its courses. I really enjoy designing, and more importantly so far what I've produced is getting the desired commercial results."

When Paul is not working at RCSI, he is busy with artistic pursuits, martial arts (kickboxing instructor), music, and as a visual artist working with 35mm film photography.

"My mother, Pam Harris, is a well established painter in Ireland, so she was an influence on me from a young age.



**Paul with David Harris at the launch of his CubaOne Exhibition.**

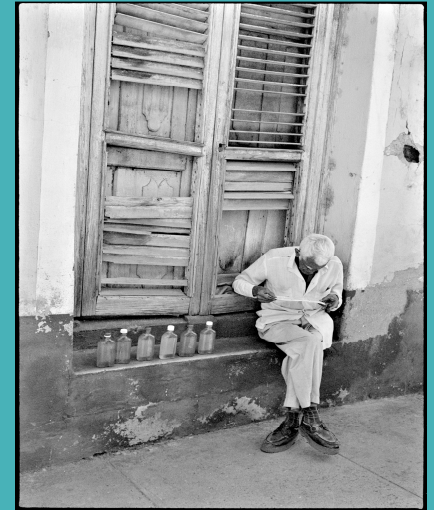
I also worked as a film and video editor, so that helped to build my skills and to develop an eye for photography," he said.

The Cuban Ambassador to Ireland, His Excellency Noel Carrillo, was amongst 100 people who attended the launch of Paul's 'CubaOne' photography exhibition in Barista's Café, Sandyford on Wednesday 22<sup>nd</sup> July. The exhibition showcases the work Paul produced during time spent in Cuba in 2007.

"I travelled to Cuba specifically to shoot the series," said Paul. "The plan was to go to a country I had not been before, travel without itinerary or schedule, avoid obvious tourist areas, and just go where the day, the people, and my instincts led me. My artistic intent was to represent the honesty, character and spirit of the places and people I encountered. When the Cuban Ambassador spoke at the opening he was really generous and he very much validated what I had set out to do. For this exhibition I also designed my first book and Irish travel writer Dervla Murphy wrote the foreword."

"That was my first time to Cuba" he added, "and as it turned out my only chance to be there before Castro stepped down as President."

During his visit to Cuba, Paul stayed in local peoples' houses in return for a nominal sum. The biggest lesson he learned was "to legally subvert the U.S. embargo, if you are travelling to Cuba, bring as many useful things as you can carry, pencils, pens, notepaper, old t-shirts, detergents - the things we all take for granted are what most Cubans cannot get easily due to the embargo".



**A photograph taken of a reader in Trinidad in Cuba.**

In February of this year Paul spent the month in Kenya shooting his first African series, mainly in the poverty-stricken slum dwelling regions around Nairobi. "KenyaOne as a project" says Paul "was profoundly challenging on many levels, very different from Cuba, and it's still a work-in progress."

Paul's photographic work beat international competition from thousands of visual artists worldwide to be runner-up in last year's Aesthetica Creative Works Competition. Also in 2008 he was shortlisted for the Audience Vote in the prestigious National Geographic International Photographic Contest. He has had group showings in The Gallery of Photography, and The Bad Art Gallery.

'CubaOne' is Paul's first solo exhibition. Limited editions of the photographs, as well as the book, are for sale at Barista's Café in Sandyford (a minute's walk from the Stillorgan Luas stop). Full details are on Paul's site [www.paulharris.ie](http://www.paulharris.ie). The exhibition runs until October 23<sup>rd</sup>, so pop in and have a look, it's well worth it.

## Date For Your Diary

- **Saturday, 12<sup>th</sup> September**

The sports and social club will be holding a Paintballing day in Puddin Hill, Co. Meath from 12.30pm onwards. The cost is €20. For more information please contact Ollie O'Flanagan at [ooflanagan@rcsi.ie](mailto:ooflanagan@rcsi.ie).



## Did you know

**In 1973, the Faculty of Nursing was founded.**

### QUESTION TIME

Congratulations to Ciara Kelly in Pharmacy, 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 September 11th to [communications@rcsi.ie](mailto:communications@rcsi.ie).

1. What is the flavour of Pernod?
2. Siam is the former name for which country?
3. Who was the first person to reach the South Pole?
4. Whose secretary was Miss Money Penny?
5. Karma Police - Name the Album and the band?

## Doctor Rics Pics



*Aisling Redmond & Claire Walsh, Surgery at the Summer BBQ*



*Helen Bonner, Dr. Angela Farrelly, Caroline Bonner, Dr. Brona Murphy & Dr. Manus Ward at the BBQ*



*Fastnet Challenge 2009*



*Olympic Skier Kirsty*



*Enjoying the Summer BBQ*

# Have We Got News for You

Hope you all had a lovely summer and enjoyed your holidays. We have arrived at yet another academic year.....oh how the year flew.

There was a mass exodus this summer with people going on their summer holidays but that did not stop the staff left behind from enjoying themselves.

First up was the RCSI Sports and Social Club Summer Barbeque in Kobra Bar on Leeson Street on 9<sup>th</sup> July. There was a great turnout of staff who enjoyed BBQ food and some drinks and a chatter.

Even the weather stayed dry....

This summer, some people who were not content to lie on the beach included Dermot Flynn and Ciaran O'Boyle in the Institute of Leadership and Healthcare Management. As you may recall from the last edition in Pulse, Dermot and Ciaran were planning to take to the Irish Seas in August in order to raise funds

funds for the Royal National Lifeboat Institute (RNLI). The event was part of the Fastnet Challenge 2009. The great news is that they successfully completed their challenge and raised almost €4000 for the RNLI. Both Ciaran and Dermot would like to thank everyone in RCSI who supported them on this journey.

Ireland is not famous for its skiing talent, but Kirsten Mc Garry certainly bucks this trend. The RCSI physiotherapy student and Irish Olympic skier came in recently in third place in the International Ski Federation Racing Series, Grand Slalom in New Zealand. Well done Kirsten and we wish you all the best for the future.

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](mailto:communications@rcsi.ie).

## Dr. Rics STEPS Recipes Smoked Chicken Salad with mango and caramel cashews

### INGREDIENTS

#### For caramel nuts:

20 ml olive oil  
100 g cashew nuts  
1 tbsp caster sugar  
Freshly ground black pepper to taste

#### For citrus and poppy seed salad dressing

45 ml olive oil  
45 ml fresh orange juice  
15 ml lemon juice  
1 tsp honey  
45 g poppy seeds  
Freshly ground black pepper to taste

### METHOD

#### Prepare caramel nuts as follows:

Cover the bottom of a non-stick pan with olive oil and heat.

Sprinkle nuts to cover base.

Stir-fry continuously until nuts are warmed through.

Sprinkle with castor sugar and stir-fry until the sugar has melted and begins to caramelize. Turn nuts over onto a sheet of grease proof paper.

Grind over black pepper. Leave to cool and break into pieces.

Prepare citrus and poppy seed salad dressing as follows:

Mix all the ingredients together in a bowl.

#### Ingredients for Salad

120 g mixed salad leaves  
2 sprigs of fresh dill  
2 tomatoes, diced  
Half a cucumber, diced  
2 fresh mangoes  
2 smoked chicken breast fillets, sliced

#### Prepare salad as follows:

Tear salad leaves and arrange each serving on individual plates.

Peel the mangoes and cut with a sharp knife on either side of the stone and then into thin slices.

Arrange the chicken strips, mango slices, tomato and cucumber on the salad leaves and top with the dressing.

Garnish with dill sprigs.

