



pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

VOL 5 ISSUE 6
JUNE 2009



RCSI Ladies Raise Funds for Breast Cancer Ireland at Mini Marathon

Almost 300 ladies including staff from RCSI recently took to the streets of Dublin for the Flora Women's Mini Marathon in aid of Breast Cancer Ireland.

Breast Cancer Ireland is a charity which was set up to raise funds for breast cancer research. Headed by Professor Arnold Hill, the fundraising is organised through the Development Office. Marie McGreal from the Development Office said "We had a tremendous response to our appeal for volunteers to run, jog or walk in order to raise funds for this very worthy cause." Volunteers included RCSI staff who had participated in a specially designed four week training schedule and a health and wellbeing check (blood pressure, cholesterol and weigh-in) prior to the marathon.

Marie continued "We were delighted to get staff involved as it helped to encourage people to get out and exercise more and become healthier. The Flora Women's Mini-Marathon

provided the perfect goal."

Noelle O'Gara, Health & Safety Manager and marathon participant commented that "there were many benefits to the training and not least, staff were delighted to have the opportunity to meet others from different departments."

The Development Office would like to thank everybody who took part in the mini marathon and would like to give a special thanks for the assistance of Kilian McGrogan, Mercer Clinic and Mary O'Neill, Faculty of Nursing for providing the health checks and to Colin Leigh for advising on the weekly fitness programme. Their combined effort helped make the experience very worthwhile. They are currently looking for another goal so ideas are very welcome!

For further information please contact development@rcsi.ie

Division of Population and Health Sciences Launch Report on Smoking

The Division of Population Health Sciences, headed by Professor Ruairi Brugha, launched its report on "Smoking Patterns in Ireland: Implications for policy and services". Ms Áine Brady T.D. Minister for Older People and Health Promotion, announced the publication of the report, which is a further analysis of the data from SLÁN 07 (National Survey of Lifestyle, Attitudes and Nutrition).

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According to the study, almost half of all respondents had smoked cigarettes at some point in their lives and 29% reported being current smokers. Smoking was more common among younger adults.

"It is important that health service providers are supported to use every opportunity to encourage people to stop smoking" Professor Brugha said. The full report can be viewed at <http://epubs.rcsi.ie/psycholrep/12/>

TEN MINUTES WITH...



Ujval Anil Kumar,
Department of
Physiology.

- 1. What is your favourite film?** I like most animated films; my favourite one is the Madagascar sequel. I love the expressions on the character's face and their dance moves!
- 2. What career might you have chosen if you weren't in your current one?** I am very interested in oceanography and I would like to do underwater photography. So, I probably would have been somewhere deep in the ocean bed if I was not working in the labs!
- 3. What is your favourite way to relax?** I love to listen to classical Indian music to unwind, watch cricket and cook.
- 4 What is the trait you most admire in yourself?** Well this is the most difficult of all the questions. My friends say that I have a bright smile and amazing dance steps when I've had a couple of drinks!
- 5. What kind of music do you like?** I love classical instrumental Indian music and the flute is my favourite instrument. I also like to listen to Coldplay and Beatles.
- 6. What book are you reading now?** I'm not really reading anything at the moment, but trying hard to read book named White Tiger by Aravinda Adiga.
- 7. Who or what makes you laugh?** The Simpsons, it is hilarious and I also like Jim Carrey films.
- 8. Where is your favourite holiday destination in Ireland / abroad?** My favourite destination is Scotland. I was living in Edinburgh for a while and loved it, it is especially very colourful in summer and busy and exciting during the fringe festival. I like the Scottish highlands and Wales is beautiful as well. Still need to explore Ireland.
- 9. What world figure do you most admire?** Gandhi is the one whom I most admire. I love the way he promotes handling everything with non-violence and love.
- 10. Are you a sports fan?** Yes. I'm a total sports fan I like Cricket the most (no surprise there!), but I'm into football and other sports as well. I recently started playing Tag-rugby and its great fun.

Zena Moore Elected New President of European Wound Management Association

Zena Moore, a Lecturer in the Faculty of Nursing and Midwifery, has been elected as President of the European Wound Management Association (EWMA) for the period May 2009 to May 2011.

EWMA is an umbrella organisation linking wound management associations across Europe and acts as a multidisciplinary group bringing together individuals and organisations interested in wound management. The association works to promote the advancement of education and research into management of wounds.

Zena is a registered nurse and has worked in the area of wound management for 19 years. Funded by a fellowship from the Health Research Board (HRB) she is currently, undertaking her PhD studies at RCSI, exploring the role of repositioning for the prevention of pressure ulcers. This involves the conduct of a controlled trial comparing the incidence of pressure ulcers in at risk elderly individuals nursed using the 30 degree repositioning regimen, 3 hourly at night, to those nursed using standard care. Before undertaking her PhD, Zena lectured at the RCSI Faculty of Nursing and Midwifery in wound management and tissue viability and research methodology. She holds an MSc in wound healing & tissue repair and a Fellowship of the Faculty of Nursing and Midwifery, RCSI.

Since 2002, Zena has been a member of the EWMA Council and Honorary Secretary. In particular, Zena has contributed to the work of the EWMA Education Committee as member and chair of the group. In her new role as President, Zena will exercise direct charge of and general supervision over the business and affairs of the Association.

Commenting on her new position, Zena said "I am delighted and honoured to be undertaking the role EWMA President. One of the main aims of my presidency is to ensure that EWMA becomes increasingly recognised as the voice for wound care at all levels of the health care sector but most especially at the patient-clinician interface."

For more information about EWMA, please visit www.ewma.org.



Zena Moore, who was recently elected as President of EWMA

Date for your Diary

Thursday, 9th July – RCSI Staff Summer Barbeque. Free for S&S members and just €11 for non-members. Price includes food and 2 drinks. E-mail summerbbq@rcsi.ie.

Saturday, 25th July – PJ Gallagher at the Carlsberg Comedy Festival. Cost is €15 for S&S members and €30.50 for non-members. E-mail dgriffith@rcsi.ie.

Friday, 18th September– La Clique Cost is €18 for members and €36.50 for non-members. E-mail dgriffith@rcsi.ie.

Recent Appointments

Welcome to our new starters this month including Maryann Man-Yan Siu, Anatomy; Rand Banihashim and Sheryl Ramdass, MCT; Larry Warren, Tomas Carroll and Catherine O'Connor, Medicine; Hatem Ghorab, Molecular Medicine; Farhana Sharif, Paediatrics; Aileen Cullen, Azeena Moollan, Tanya Smith, Medicine; Claire Mooney, Kamil Jastrzebski, Fergal Kavanagh, Cian Murphy, Marwa Al-Baharna, Melanie Alpaugh, Fiona Fonseca, Anastasiia Kamenska, Wojciech Roskiewicz, Allan Klompas, Deirdre Twomey, Cai Lloyd-Griffith, Physiology; Paula Grealy, Psychiatry; Carmel Moore and Megan Dolan, Psychology; Nuala Butler and Simona Donatello, Surgery.

Lecturers in the Medical Faculty Awarded First President's Teaching Awards

Staff members from the Medical Faculty were awarded with the first ever Presidents Teaching Awards on the 2nd June at the undergraduate conferring dinner.

Dr. Celine Marmion, Foundation Year; Prof Aidan Bradford, Junior Cycle; Prof. Mary Leader, Intermediate Cycle; Prof. Alf Nicholson, Senior Cycle 1 and Dr. Eamon Leen, Graduate Entry Programme were all presented with the award by RCSI President, Professor Frank Keane at the special ceremony.

Introduced for the first time this year, the President's Teaching Awards were established to recognise excellence in teaching within RCSI. The recipients were chosen by RCSI students in each of the cycles through the RCSI's virtual learning environment system, Moodle.

Initially being awarded this year in Medicine, it is envisaged that the awards in 2010 will be presented to academic staff in the Schools of Pharmacy and Physiotherapy and will then revert back to

the School of Medicine every second year.

"I would like to congratulate all the recipients on their much deserved awards," said Professor Frank Keane "and for their commitment and excellence in teaching. Each of the winners have been instrumental in developing and delivering the highest standards in medical education and I am delighted to recognise them in this way."

Other awards on the night went to outstanding RCSI medical students and staff in the teaching hospitals including Fahal Al Rhoumi, Dan Kelly Memorial Medal; Dr. Amrit Bajrangee, Best NCHD Clinical Teacher award at Connolly Hospital; Dr. Muirne Spooner, Best NCHD Clinical Teacher award at Beaumont Hospital and Paul Dhillon, Gold Medal of the Association of Graduates.

The Beaumont Hospital prizes awarded to RCSI medical students included Limy Wong, Lyons prize in Medicine and Surgery; Laura O'Flynn, M'Donnell Prize in Surgery and Eimear Kitt, Corrigan Prize in Medicine.



Pictured at the RCSI President Teaching Awards are Professor Cathal Kelly, Professor Alf Nicholson, Dr. Celine Marmion, Professor Frank Keane, Dr Eamon Leen, Professor Mary Leader and Mr Michael Horgan.

This year, RCSI will also hold the Deans Staff Awards Scheme, which was introduced in 2008 as a way of recognising the diverse contributions and achievements made by RCSI staff from support to academic staff.

Professor Cathal Kelly said "The Dean's Awards provides the opportunity for the College to recognise individuals who have made a significant contribution on behalf of the College."

Bereavement Notice

Professor John Feely, Head of the Pharmacoepidemiology Research Group in Trinity College, died on June 10th after a short illness. He was a good colleague to many in RCSI over many years and committees, including most recently as a Steering Committee member of the HRB PhD Scholars Programme in Health Services Research – run jointly by RCSI, TCD and UCC. He will be missed.

May Council Minutes

On Thursday, May 21st 2009 the Council met and discussed a number of issues which include:

- Deputy Director of Research

The Council approved the appointment of Professor Hannah McGee as Deputy Director of Research.

- Faculty Forum Feedback

Council noted the feedback received from the Faculty Forum held at the Nuremore Hotel on 27th & 28th March 2009.

Did you know?

In 1974, the foundation stone of the new Medical School was laid by the President, Mr. John McAuliffe

Competition Corner

QUESTION TIME

Congratulations to Jane Holland in Anatomy, who won last month's competition of a €50 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 July 31st to communications@rcsi.ie. All correct entries will be entered into a draw for a €50 voucher to Hodges & Figgis.

1. Which is the earth's only natural satellite?
2. In which country is Aeroflot the national airline?
3. What kind of animal is a MERINO?
4. What is the longest river in Europe?
5. Where is the Pope's summer residence?
6. What does the abbreviation OPEC stand for?
7. What is the national anthem of France?

Doctor Rics Pics



CRC staff members at Taste of Dublin



Welcome baby Michael



Kate and Beatrice



Spike Milligan Awards



Gail Cycles in aid of Irish Hospice Foundation

Have We Got News for You

Hello all, and I hope you are all keeping well. Dr. Rics is looking forward to some downtime on the beach as the summer holidays fast approach.

Of course, we have been unusually blessed with the sunshine over the past month. And some of us have really been taking advantage of it. Staff from the Clinical Research Centre enjoyed the ideal combination of fine food and sunshine at the recent Taste of Dublin event.

Congratulations to Jeremy Walsh in the School of Physiotherapy, and his wife Jo, who are proud parents to baby Michael. They welcomed their new bundle of joy into this world on May 24th.

Present and former Head librarians Kate Kelly and Beatrice Doran met up to discuss all the latest developments at the EAHIL workshop conference in Dublin Castle at the beginning of June. Meanwhile, medical students at RCSI did the College proud at the recent Spike

Milligan Debating competition which aims to foster lifelong positive attitudes and promote communication skills among doctors in training, particularly in the area of mental health. The students included Ms. Mwenya Kasonde and Ms. Hilary Fallon.

And a picture of health is Research nurse, Gail Plunkett, from the Clinical Research Centre. Gail has been training hard to take part in the Dublin to Paris cycle in aid of the Irish Hospice Foundation in July. Gail has met her fundraising target, but further contributions will be gratefully received. So go on and lend your support

Well that's all folks for this month. Don't forget that the next issue will be a joint July/August edition, out in August. Remember to keep on sending all your news and photos to communications@rcsi.ie.

Dr. Rics STEPS Recipes Fillet of Beef with a Sharon Fruit and Dark Chocolate Sauce

Ingredients

4 x 220g fillet steaks
3 Sharon fruit
60g dark chocolate (70% cocoa)
100g broccoli
4 medium sweet potatoes
3 small onions
Freshly ground black pepper, to taste
10 ml of olive oil

Method

(1) Chop onions and sauté in the olive oil until soft. Peel and chop the Sharon fruit and add to the onions. Cook over a low heat until very soft. Break up the chocolate and add to the onions and Sharon fruit. Allow to melt, then blitz the mixture and set aside.

(2) Boil or steam the sweet potatoes until cooked (about 15 minutes). Meanwhile, steam the broccoli until just cooked (about 4 minutes). Mash the potato and broccoli together, and season with freshly ground black pepper to taste.

(3) Seal the fillet steaks in a hot pan with a drizzle of olive oil, then cook in the oven to your preference.

(4) Serve the steaks with the mash and sauce.

Nutrition Information (per portion)

Calories: 652

Sugar (g): 37

Fat (g): 23.4

Saturates (g) : 10.2

Salt (g): 0.5

