



# pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

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MAY 2009

## ROYAL COLLEGE SURGEONS IN IRELAND



### Professor Jennifer Graves Speaks about the Extinction of Men at 2009 Annual Outreach Lecture

One of the world leaders in genetics research, Professor Jennifer Graves, was at RCSI this month to deliver the 2009 annual public outreach lecture.

In her talk on 'The Decline and Fall of the Y Chromosome and the Future of Men', Professor Graves warned that the genetic make-up of the Y male chromosome has declined significantly over the years, and remarked that the Y chromosome has lost all but 45 of the 1,400 genes that were on it 300 million years ago.

The Annual Outreach Lecture, which is organised by the Research Office, aims to promote an awareness and interest in research and science to the wider

community in an informative and entertaining way.

Professor Graves was an ideal speaker for this lecture with Professor Brian Harvey, Director of Research saying "Not only is Professor Graves a world-renowned scientist, but she also has the ability to convert difficult scientific concepts into language non-scientists can grasp and help bring science to life."

During her visit to Ireland, Professor Graves did various media interviews. To listen to a radio interview she did with Gerry Ryan on 2FM and to view an interview that she did with Ireland AM on TV3, please view Moodle at <http://vle.rcsi.ie/>.

### Foundation Stone Laid for RCSI Bahrain Health Oasis

On Tuesday, 19<sup>th</sup> May, His Highness Sheikh Khalifa Bin Salman Al Khalifa Prime Minister, Kingdom of Bahrain, laid the foundation stone for the RCSI Bahrain Health Oasis together with Minister Dara Calleary, Minister with responsibility for Labour Affairs at the Department of Enterprise, Trade & Employment.

Developed to provide world class healthcare and medical education facilities for the Kingdom of Bahrain

**Continued on Page Two**

and the GCC region, the Health Oasis project extends over a combined site of circa 60 hectares of multiple inter-related components and will feature three keystone projects, RCSI Bahrain, The King Hamad General Hospital (KHGH) and the Oasis Private Hospital (OPH).

RCSI Chief Executive, Michael Horgan commented, "When completed, this exceptional medical education and healthcare campus will integrate world-class healthcare, state-of-the-art medical education and research and health sector enterprises in an unprecedented environment designed to foster novel approaches to healthcare and healthcare delivery. It will be unlike any other existing or proposed health and wellness centre in the region."

To view some photos from the event please visit the RCSI website at <http://www.rcsi.ie/index.jsp?pID=93&nID=105&aID=2199>

## TEN MINUTES WITH...



**Ciaran Butler,  
IT Department.**

- 1. What is your favourite film?** This is Spinal Tap.
- 2. What career might you have chosen if you weren't in your current one?** I shudder to think.
- 3. What is your favourite way to relax?** Sunday morning lie in.
- 4. What is the trait you most admire in yourself?** There are so many good ones its hard to choose - my humility I think.
- 5. What kind of music do you like?** I've an eclectic taste from Classical to Country but I'm basically a rock and roll fan.
- 6. What book are you reading now?** 'The Twelve Ceasers' by Suetonius (seriously!) and 'The Drawing of the Three' by Stephen King.
- 7. Who or what makes you laugh?** Funny people and funny stuff.
- 8. Where is your favourite holiday destination in Ireland / abroad?** In Ireland its Connemara. Abroad it has to be Spain -it doesn't matter which bit I've visited, I always have a great trip.
- 9. What world figure do you most admire?** Mahatma Ghandi.
- 10. Are you a sports fan?** **BE SEEN; BE HEARD; BELIEVE; BE BLUE.**



## Staff from ILHM Set Sail for Charity in Fastnet Challenge 2009

Professor Ciaran O'Boyle and Dermot O'Flynn from the Institute of Leadership and Healthcare Management (ILHM) will be taking to the Irish seas on 14<sup>th</sup> of August in order to raise funds for the Royal National Lifeboat Institute. The event is part of the Fastnet Challenge 2009.

The Fastnet race is a famous classic offshore yachting race. It takes place every two years over a course of 608 miles. The race starts off at Cowes on the Isle of Wight in England, rounds the Fastnet Rock off the southwest coast of Ireland and then finishes at Plymouth in the South of England after passing south of the Isles of Scilly.

During the fund raising trip, Ciaran and Dermot plan to sail their 16ft Dinghy (Topper Sport 16) from the Fastnet Rock to Crosshaven in Co. Cork. They also plan to visit the Life Boat Stations at Baltimore, Court McSherry and Crosshaven.

2009 marks the 30th anniversary of the 1979 Fastnet Race, in which a storm caused the loss of 15 racing sailors and the sinking of five boats. This special occasion is especially poignant for Dermot who said "At the young age of 18, I competed in the 1979 Fastnet Race on board the yacht Silver Foam. Luckily we survived and arrived safely into Dunmore East. 30 years on I now wish to salute the bravery and heroism of the RNLI crews in Ireland and England who risked their lives on the night of the 14th of August 1979."



Dermot continued "The RNLI is a very worthy cause. It provides a 24-hour lifeboat search and rescue service to 100 nautical miles out from the coast of the Republic of Ireland and the United Kingdom. I would very much appreciate support in helping me to raise funds for them. No matter how small the donation is it is worth giving."

To sponsor Dermot and Ciaran in their challenge please go to

**Pictured is Ciaran (far left) [www.mycharity.ie/event/fastnet\\_challenge\\_2009/](http://www.mycharity.ie/event/fastnet_challenge_2009/) and Dermot (far right)**

## Date for your Diary

### Tuesday, 2nd June

AK Henrys will be celebrating Italian National Day on Tuesday, 2<sup>nd</sup> June. The finest cuisine that Italy has to offer will be served up on this Italian-themed day.

### Thursday, 9<sup>th</sup> July – RCSI Staff

**Summer Barbeque.** Free for S&S members and just €11 for non-members. Price includes food and 2 drinks. E-mail [cflaherty@rcsi.ie](mailto:cflaherty@rcsi.ie).

### Thursday, 11<sup>th</sup> June –Taste of Dublin.

Cost is €15 for S&S members and €30 for non-members. Price includes €20 of taste florins. E-mail [sportsandsocial@rcsi.ie](mailto:sportsandsocial@rcsi.ie).

### Saturday, 25<sup>th</sup> 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](mailto:dgriffith@rcsi.ie).

## Recent Appointments

Welcome to our new starters this month including Rolande Anderson, Clinical Teaching; Mary Brennan, Exams; Josan Nombres, Finance; Orla Smith, Nursing; Conor Murphy, Ophthalmology and Jacqueline Whyte, Physiology.

# A Day in the Life....the School of Nursing

Headed by Professor Seamus Cowman, the School of Nursing at RCSI was established in July 2001 with the aim of ensuring excellence in nurse education and training. Chanel Watson, a part time lecturer in the School of Nursing talks to Pulse about a typical day for her and the new developments that she has been working on.

"My main role in the School of Nursing is to co-ordinate the Prescribing Education Programme, which enables nurses and midwives to prescribe medications for patients in certain limited and controlled situations," said Chanel.

The six month nurse and midwives Prescribing Programme began in 2007 with 2 intakes of 50 students in April and October of each year. Since then, the School of Nursing in collaboration with the Schools of Medicine and Pharmacy have graduated 155 nurse and midwife prescribers.



**Chanel Watson,  
Lecturer  
in the  
School  
of  
Nursing**

The students are all senior nurses who come from a wide variety of clinical areas throughout Ireland.

"Each day is different but all are hectic!" said Chanel. "Each student has a medical mentor for the duration of the education programme and I meet with them over the course of the 6 months, either in a group setting or individually. I also meet regularly with the students in their clinical area to provide additional support. I really enjoy working alongside lecturers in the Schools of Pharmacy and Medicine who deliver a large part of the teaching on the programme and give a fresh perspective to things!"

Chanel continued "As with any education programme I have the usual round of meetings and assignments to correct. More recently, I have been working closely with Pharmacy, Medicine and IT and Media Services to restructure the Nurse Prescribing Programme so it can be delivered through a model of blended learning. I have also been working with the Faculty of Nursing in developing an e-portfolio for nurses which will be piloted with Nurse Prescribing students.

Such is the success of the programme, the Minister for Health and Children, Mary Harney recently complimented the School of Nursing on their proactive and innovative approach to delivering nursing education in the current climate.



**Conferring Ceremony of the Nurse Prescribing Ceremony**

Other areas of Chanel's work include the supervision of an MSc Nursing student and the delivery of Ethics lectures to the Nursing Access students. In June, Chanel will spend a week in the Hermitage Medical Clinic, reacquainting herself with clinical practice, one important element of her role as a nurse teacher.

Chanel concluded "My nursing career has been varied and I have always found whichever field I have practiced in to be immensely satisfying. My current role in education allows me to interact not only with nurses and midwives with exceptional clinical expertise but also my teaching colleagues in Pharmacy, Medicine and Nursing from whom I am constantly learning. My role is mostly family friendly ..... important when you have 3 gorgeous little girls waiting at home!"

## April Council Minutes

On Friday, April 3<sup>rd</sup> 2009 the Council met and discussed a number of issues which include:

### - Award of Honorary Fellowship to Michael Horgan

Council unanimously adopted the resolution that "Mr. Michael Horgan, CEO, be awarded the Honorary Fellowship of the Royal College of Surgeons in Ireland".

### - Library Strategy 2009-2012

Ms. Kate Kelly, Chief Librarian presented the Library Strategy 2009-2012 to the Council.

## Did you know?

*In 1892, the first United States Honorary Fellow was elected, John Shaw Billings, Surgeon-General.*

## Competition Corner

### QUESTION TIME

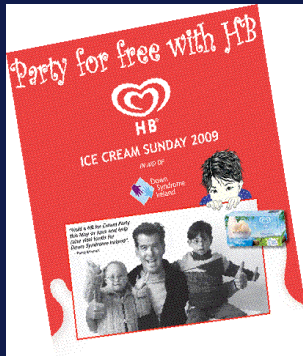
Congratulations to Eugene Kent in Finance, who won last month's competition of a 50 euro voucher for Hodges & Figgis. To be in with a chance of being this month's winner, answer the following questions and send them back by June 12th to [communications@rcsi.ie](mailto:communications@rcsi.ie). All correct entries will be entered into a draw for a €50 voucher to Hodges & Figgis.

1. Where did the Greek Gods live?
2. Where in your body would you find the labyrinth?
3. Lagos is the capital of which African state?
4. Name the French author of "The Three Musketeers"?
5. What is a John Dory?
6. What does a Geiger counter measure?
7. What is non rhyming poetry called?

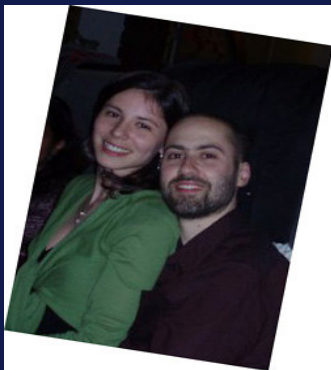
## Doctor Rics Pics



**Annual Public Outreach Lecture**



**Enjoy icecream for Down Syndrome Ireland**



**Wedding Bells**



**Outreach Lecture**



**Medical Schools Competition**

# Have We Got News for You

Well folks, hope you are all keeping well...Dr. Rics has been busy this month trying to keep up with all the news and comings and goings around the College. Looking out the window, you would hardly guessed that summer has arrived but Dr. Rics isn't letting the weather get him down, especially with all the good news doing the rounds.

First up, a big congratulations goes to Simona Donatello, a PhD student in the Department of Surgery. Simona met her soon-to-be husband Carlo in Dublin, soon after they both arrived from Milan to start their PhD studies.

Well done also to the RCSI medical students who won the second Jack Flanagan Interschool Medical School's competition. They managed to beat off stiff competition from the other medical students in Ireland.

Dr. Rics was rather alarmed to hear at the annual outreach lecture that gentlemen are a dying breed with the decline of the Y male chromosome.

The good news is that they have another 5 million years to go. But some may survive as genetic mutants-Prof Graves thinks that the Y male chromosome will be replaced by superior genes which will result in the mutation of the male species. This may come as no surprise for the female population...with one journalist at the event commenting that most of the men she dates mutate into Mr. Wrong after two months.

And finally, Ciaran Lawlor in Pharmacy is organising an icecream day in aid of Down Syndrome day in the staff common room at 2pm on May 29th...Dr. Rics can't think of anything better....eating icecream in aid of charity.....

Well that's all folks....Dr. Rics is sure looking forward to his summer holidays. Remember to keep on sending all your news and photos to [communications@rcsi.ie](mailto:communications@rcsi.ie).

## Healthy Eating in AK Henrys

As the days get brighter and hopefully warmer, many of you are getting in shape and taking stock of what you eat. Over the next few months, Dr. Rics will be including recipes that are part of RCSI caterer Kylemore's STEPs program.

The STEPs program will aim to work with you to get ready for the summer with some small steps to a healthier lifestyle. The program is designed to help you by providing dietary information cards based on healthy themes.

The current theme is Coeliac awareness and coming soon will be 'Getting your 5 a day'. Each card has a full analysis from Kylemore's qualified nutritionist along with tips to get you on your way to a healthy diet and lifestyle.

You can pick up your information card in AK Henrys to take home and read at your leisure and if you would like any of

the past cards just ask at the counter. There is also full list of all last years monthly recipes with full nutritional analysis on the kylemore website at [www.kylemore.ie](http://www.kylemore.ie).

Also watch out in the coming weeks for the dedicated STEPs menus in AK Henrys where menu items will be displayed that are particularly healthy for you. There will also be an upcoming promotion in conjunction with Kelkin who are providing a free Coeliac friendly, healthy rice cake snack free with every bottle of water, sold while stocks last. So come on up and pick the healthy choice at AK Henrys.

