



# pulse

Staff Newsletter of the Royal College of Surgeons in Ireland

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## RCSI Hosts Staff Member from COSECSA

Staff from RCSI this month welcomed Antonite Chisala from the College of Surgeons of East, Central and Southern Africa (COSECSA), who has spent the last two weeks acquiring more knowledge and skills to bring back to Tanzania, the headquarters of COSECSA.

In June 2007, RCSI signed an agreement with COSECSA in what is hoped will have a positive and enduring impact on surgical standards in the region. The aim of the programme is to enhance the quality of surgical care in the Sub-Saharan region by improving the quality and accessibility of surgical education and training.

Antonite is based in Tanzania where she looks after the administrative aspects of COSECSA from exams to conferrings to

communicating with Fellows. She has spent the last two weeks with staff from Exams, Communications, Surgical Training and the Institute of Leadership and Healthcare Management, as well as receiving training on website administration.

"RCSI's collaboration with COSECSA is such a positive step in improving surgical care in the African region," commented Antonite. "It's a great opportunity for me to be able to come here, gain so much knowledge and skills and also to meet people in RCSI. It's been a great learning experience and I'm really looking forward to putting everything that I have learned into practice."

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## MCT PhD Student Presents Research at Alumni Meeting

Desmond Murphy, a first year PhD student from the RCSI Molecular and Cellular Therapeutics Department (MCT) presented his research on Cardiovascular Disease at the recent Alumni Research Meeting, held in the College on Friday, 11<sup>th</sup> September.

Des received a travel award from the RCSI Alumni Giving Programme and it is the first time that this programme has sponsored a PhD student. The Annual Giving Programme commenced in 2004, with the aim of enriching the educational experience of every student in RCSI. In 2008, €100,000 was awarded in grants to students, which has translated into

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opportunities through the Student Research Fund, Student Hardship Fund, Student Elective Fund, Student Counselling Fund and the Student Life Fund. The award enabled Des to attend the International Symposium on Thrombosis and Haemostasis (ISTH) in Boston in July 2009, where he won a red ribbon award for his presentation on 'Varying the external redox potential of the platelet environment affects platelet reactivity.'

Dr. Sarah O'Neill, MCT who supervises Des said "This was a wonderful opportunity for Des as the conference brings together both clinicians and basic scientists in the field of cardiovascular disease. As Des is doing his PhD project in this area, it was of immense benefit to him and emphasises the continuing need for the basic scientist to reach out to the clinician." Des's research is funded through an RCSI Research Committee Grant which was allocated to Dr. O'Neill in 2008.

## TEN MINUTES WITH...



**Sibeal Carolan,**  
*Institute of  
Leadership &  
Healthcare  
Management*

- 1. What is your favourite film?** Cinema Paradiso
- 2. What career might you have chosen if you weren't in your current one?** I worked in the Health Service for 24 years, my first profession was General Nursing and Children's Nursing specialising in Accident and Emergency Nursing. I'm very happy in ILHM—it's a good team and there are good opportunities.
- 3. What is your favourite way to relax?** I play tennis for Templeogue Tennis Club and have played for Leinster at Interprovincial level
- 4. What is the trait you most admire in yourself?** My forehand volley—it never lets me down
- 5. What kind of music do you like?** All sorts – Bob Marley would be high on the list and the Coronas – I just got their latest release.
- 6. What book are you reading now?** Five Minds for the Future – by Howard Gardner- it's a great book for anyone with an interest in the challenges of a complex world.
- 7. Who or what makes you laugh?** Good comedy makes me laugh like Dylan Moran
- 8. Where is your favourite holiday destination in Ireland / abroad?** Sydney—the temperature and lifestyle is attractive.
- 9. What world figure do you most admire?** Alice Leahy – she's a world figure to me, a friend of mine and a fellow of the RCSI and I have great admiration for her. Her work with marginalised groups is vital.
- 10. Are you a sports fan?** Tennis would naturally be top of the list; I've been to Wimbledon and to the French Open and Sydney Open. I'm a keen soccer supporter and really enjoy all sports.

## Physiotherapy Student Avril Captains Ireland-USA Team in Endurance Race

A third year Physiotherapy student, Avril Copeland led a joint Ireland-USA team to a brilliant ninth place in the 'World's Most Challenging Human Endurance Race'. On Saturday 22<sup>nd</sup> August, Avril and her 'Team Endurox R4' teammates comprising Eoin Keith, Mark Lattanzi and Peter Spagnoli, completed the 2009 Eco Primal Quest Badlands' expedition adventure race in South Dakota, USA. The team travelled 966 Km over eight days, with only nineteen hours sleep.



**Avril with her teammates**

Often referred to as an "expedition with a stopwatch", adventure racing is one of the fastest growing extreme sports in the world and takes place in the most remote, inhospitable areas of the world. Team members cycle, run, trek, swim, kayak, cave and climb their way around the course as fast as possible with the ultimate goal of being the first team to cross the finish line having hit all the checkpoints in order.

Avril's passion for the sport developed when she moved to Nashville, Tennessee where she lived for 7 years prior to starting at RCSI. She said "I was immediately taken by the sport after seeing it on TV and as soon as I returned to Nashville, I bought a bike and kayak, and started training and eventually racing. Since then, I have competed in many adventure races including captaining a team in the last five Eco Primal Quests and in the Adventure Racing World Championships."

Avril concluded "Thanks to the magic of teamwork and medicinal properties of ibuprofen, we made it and got our best and most rewarding result ever. Moreover, we are all still friends!" View the following link for a feature on RTE's Nationwide - [http://www.rte.ie/news/2009/0902/nationwide\\_av.html?2603292,null,228](http://www.rte.ie/news/2009/0902/nationwide_av.html?2603292,null,228)

## Date for your Diary

**Thursday, 29<sup>th</sup> October**

National Gallery of Ireland Lecture at Supper at 6.30pm. Tickets for members is €17.50 and €35 for non-members. Please contact Kay McKeon at [kmckeon@rcsi.ie](mailto:kmckeon@rcsi.ie).

**10<sup>th</sup> and 14<sup>th</sup> of October**

Ireland football tickets for the Italy and Montenegro games. €50 for S&S members and €100 for non-members. Contact Julie Jordan at [jjordan@rcsi.ie](mailto:jjordan@rcsi.ie)



## Recent Appointments

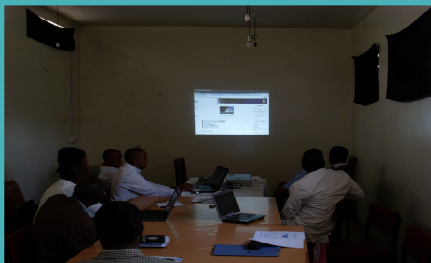
Welcome to all the new starters David Hoey, Anatomy; Jacqueline Ryan, Laura Creevey, and Jennifer Lynch, Cancer Genetics; Debra McArdle, Clinical Neurological Sciences; Lucy-Ann Behan, CRC; Samantha McGregor, Development Office; Ciaran Kennedy, IT; Khairin Mohamed Khalid, Thomas Kane, Geraldine O'Brien, Niamh O'Regan, Anita Sheehan, Basim Dhia Mohammad, Peter Browne, Medicine; Vinciane Saint-Criq, Molecular Medicine; Micaela Gallozzi, Neurodegeneration; Nunzianna Doti and Elijah Chaila, Neurology; Deirdre Brennan, Nursing; Hammad Al-Arrayed, Ophthalmology; Awadh Yadev and James Reck, Pharmaceutical Science; Hugh Carroll, Pharmacy; Gary Brennan, Andreas Lindner, Jordi Sebastia and Carla O'Connor, Physiology; Niamh Kenny, Physiotherapy; Kellie Adamson, Aine Nolan, Liam Burke, Conn Hastings, Harry Harvey, Niamh Connolly and Katie Nolan, Postgraduate Studies; Chinedu Joseph Iro, Psychiatry; Melanie Cunningham, Ruiari McNicholas, Cailfoinn Morris, Dallas Walker, Kerrie Hennigan, Jack Halligan, Laura Murphy, Sabeen Tariq, Irena Babina, Mark Twyford and Kim Caulfield, Surgery.

# COSECSA Visit - Continued from Page One

She added "Everyone has been very nice and I've thoroughly enjoyed my time here." And while the economic situation in Ireland is a favourite topic of conversation amongst Irish people, Antonite highlights some positive observations about Ireland. "This is in fact the first time I have travelled outside Africa. The technology is more advanced here and people are more aware of the environment than in Africa. I would like to thank everyone at RCSI for their time and all their tips and advice."

This year has also seen the appointment of Roger Duggan as the Programme Manager of COSECSA. Having worked in investment banking for ten years, Roger changed his career path and moved into international development in 2006. He worked with a development agency in Zambia until the end of 2008, where he was involved in capital projects in water, health and education.

Roger said "The importance of the RCSI



**Surgical trainees in Nakuru, Kenya participating in an interactive case discussion through the School of Surgeons**

COSECSA programme to the region cannot be underestimated - Africa has 24 per cent of the global health burden but only 3 per cent of the global health workforce." He continued "The existing training structures are insufficient to cater for the number of trained professionals that the region requires. The COSECSA programme proposes an innovative and regional solution to bring surgical care to the districts and increase the number of health care workers with essential surgical skills."

Roger, who works 50 per cent in Ireland and the other half in Africa, said "June 2009 marked the first year of activities of this partnership between RCSI and COSECSA. It consisted of a detailed design phase, the implementation of RCSI's e-learning platforms in a number of locations and various exchange visits and skill sharing activities. It has been a big learning curve for RCSI, as we have not been involved in such a programme before. The work done during this period has now helped to ensure that we have developed a solid platform for the programme."

He continued "With the initial setup of the first year now completed, we are now in an exciting phase. This year, we will focus in particular on two of the nine member countries of COSECSA - Kenya and Zambia in both urban and rural areas." Among the activities planned are:

- increased cooperation in surgical training and education;



**Roger Duggan and Antonite Chisala**

- exchange visits and courses including administrative and examination training, faculty exchange and a leadership course;
- the development of technology such as a new COSECSA website;
- developing partnerships with Ministries of Health, non governmental agencies and commercial bodies;
- further rollout of RCSI's e-learning platforms and numerous capacity sharing initiatives in syllabus development, examination and organisational development;
- funding of COSECSA 2009 examinations.

Roger would particularly like to thank Sean Tierney, who has helped to develop the e-learning aspect of the programme and Fiona Walsh, Associate Director of Surgical Postgraduate Affairs; the Exams Department; Communications, IT and the Institute of Leadership and Healthcare Management and Institute.

Roger commented "Obviously, without the commitment, dedication and support from people at RCSI, the programme would not be a success."

## New Changes at the Library!

### Customer charter and code of conduct

The library has written a customer charter and a new code of conduct in preparation for the new academic year. Both the charter and the code of conduct are on the library web pages in the "library services" section or if you are visiting the library they are up on the wall next to the service desk.

### Library space

Over the summer the library staff have made some minor modifications to the space on level 1 and level 2. All the open access printed stock is now located on level 2 and with the extra shelving they were able to respace the books. The remaining space on level 1 has been filled with group study tables.

The service desk has been modified so that staff are more visible to people as they come in. Come over and visit and see the new layout for yourselves!



**Library Level One**

## Did you know

*In 1810, a new College Hall in St Stephen's Green opened*

## Are you a Budding Photographer?

**IF SO, SEND US A PHOTO AND WIN A €50 FOR STEPHENS GREEN SHOPPING CENTRE**

This month, we are offering a voucher worth €50 for the Stephens Green Shopping Centre for the person who sends in the best photograph. To be in with a chance of being next months' winner, just send your photo and a brief description of it to [communications@rcsi.ie](mailto:communications@rcsi.ie). The winner will be announced in next months Pulse, while a selection of photos submitted will be put on the staff portal.

In last month's 'Question Time' competition, congratulations to Jeremy Walsh in Physiotherapy who was the winner of a €50 Hodges & Figgis voucher.

## Doctor Rics Pics



Chamber Ireland Awards



Dr. Sarah O'Neill, MCT, Prof Hannah McGee and Des Murphy



Wedding Bells for Fergal & Orla



RCSI Golf Society's Prize



Chamber Ireland Awards

# Have We Got News for You

Well folks, Dr. Rics hopes you are all getting into the swing of the new academic year and not too busy to find time to read Dr. Rics.

The start of the academic year has not been the only thing keeping folk busy. February may be the traditional time of the year for love and romance, but September has been abuzz with the news of wedding bells.

Dr. Rics is always delighted to hear about any news of upcoming nuptials, especially when it involves a marriage between two RCSI staff members. This month, Paula Mansell in Surgical Training and her beau Ciaran Butler in IT flew off to the sunny climes and dolce vita of Italy. Dr Rics will have a lovely photo of the couple in the next issue.

Meanwhile Fergal O'Brien in Anatomy took the plunge and walked down the aisle with his beautiful wife Orla.

Congratulations to Orna Tighe in the Department of Molecular and Cellular Therapeutics, who was recently crowned the victor on the fairway. Orna won the RCSI Society Golf Captain's Prize, held

recently in Carton House. She is pictured here receiving her award from Brian Kirby, in Pharmacy. Meanwhile, Des Murphy from MCT was busy delivering his presentation at the Alumni meeting. Turn to the front page for more information.

And well done to Maria Kelly, REACH RCSI project manager, whose programme was highly commended at the Chambers Ireland Awards for Corporate Social Responsibility in the 'Good Neighbour' category.

The REACH RCSI programme will be continuing the great work with the local community. Over the next couple of months, Maria will be busy organising a new initiative between RCSI, Mercers Medical Clinic, Glasgow Celtic and Augier Celtic. While members from Glasgow Celtic will be focusing on the footballing side, the Mercer Clinic will be giving health checks to both younger and older players. That's it until next month. As always, send all your news and photos about any department developments, sports, births, engagement etc. to

[communications@rcsi.ie](mailto:communications@rcsi.ie).

## Dr Rics' Recipes

### TANDOORI CHICKEN AND RAITA WRAP

#### Ingredients:

##### For the chicken:

- 2 skinless chicken fillets
- ½ lemon
- 30g tandoori spice
- 150g low fat natural yoghurt
- 1 clove garlic, crushed

##### For the raita:

- 150 g low fat natural yoghurt
- ½ cucumber, grated
- 1 sprig fresh mint, finely shredded
- ¼ teaspoon salt
- ½ lemon, juiced
- 4 flour tortillas
- 50 g shredded iceberg

Serves: 4

**Method:** - Squeeze the juice of the lemon onto the chicken fillets and leave for 10 minutes. In a separate bowl, mix the yoghurt mix and marinade for an

hour. Place the chicken on a wire rack on a grill tray and put under a hot grill for 4-5 minutes.

- For the raita, mix the yoghurt, grated cucumber, mint, salt and lemon juice together. Check the taste and add more salt if required.

#### Nutrition Information

Calories- 289

Sugar (g) - 6.6

Fat (g) - 2.8

Saturates (g) - 0.9

Salt (g) - 0.9

