



Research & Education Foundation  
Sligo General Hospital  
[www.ref-sligo.ie](http://www.ref-sligo.ie)

## The Research & Education Foundation

# NEWSLETTER

### CONTENTS:

- Research Skills Courses 2010
- Research Seed Grant Scheme 2010
- REF Salary Donation Scheme
- 7th Annual Men's Health Events
- Preventing Teenage Alcohol & Drug Addiction
- Foundation Board News
- Men's Health Meetings
- News Bites
- Library news

## Child Safety - Injury Prevention & Emergency Calls

### Open Public meeting attracts large audience of parents & child workers

Doctors and other specialists from Sligo General Hospital spoke at a Child Safety Information Evening organised by the Research & Education Foundation in April 2010.

More than one hundred parents and people working in childcare attended the information evening. Mr. Fergal Hickey, President of Irish Association for Emergency Medicine and Consultant in Emer-

*Continued on page 2*



Speakers & workshop facilitators: Tom McGoldrick, Dr. Dara Gallagher, Janette Power, Mr. Fergal Hickey, Dr. Hilary Greaney & Deirdre Staunton

## Parkinson's Disease & Sleep Apnoea

### Clinical meetings for health professionals of all disciplines at SGH

Prof. Peter Jenner, spoke on "Current Status & Future Directions in Parkinson's Disease" at a meeting in April 2010 jointly organised by the Foundation & Orion Pharma.

Prof. Peter Jenner is a world expert on experimental models of Parkinson's disease and came to Sligo to give an enlightening talk about present treatment options for patients with Parkinson's. He also gave an outline of ongoing clinical research into the disease. Peter Jenner is Professor of Pharmacology at the School of Health and Biomedical Sciences, Kings College London and Director of the Neurodegenerative Research Centre & National Parkinson's Foundation Centre of Excellence.  
Sponsor: Orion Pharma



Prof. JJ Gilmartin came to SGH on June 3 2010 to lecture on Sleep Apnoea - a debilitating and often life threatening condition affecting 2-300,000 people in Ireland.



Prof. JJ Gilmartin (centre) came to Sligo in June 2010 to talk on Sleep Apnoea

The meeting, which attracted health professionals from a broad mix of specialties, was jointly organised by Pfizer and the Foundation. Prof. JJ Gilmartin, who is Consultant Respiratory Physician at UCHG, engaged in a lively discussion about the syndrome.

Senior Respiratory Scientist, Leigh Baker, gave an account of the perks and pitfalls of the implementation of a new sleep service at SGH. The meeting was sponsored by Pfizer.



Prof. P Jenner; Anne Heavey & Daniel Aupy, Orion Pharma; Dr. Kevin Murphy, SGH

Editor:  
Mette Jensen Kavanagh

# Child Safety - Injury Prevention & Emergency Calls

## Open Public meeting for parents & child workers .. Cont from pg 1

gency Medicine at the hospital gave an overview of the more common reasons why children are brought to hospital Emergency Departments which can have permanent, life-threatening or occasionally fatal consequences.

Dr. Dara Gallagher, Consultant Paediatrician spoke on ingestion of poisons and simple prevention measures while Dr. Hilary Greaney, Consultant Paediatrician, addressed the issue of car safety

and the importance of correct seating.

Deirdre Staunton, Resuscitation Training Officer, demonstrated how to give a child emergency treatment in event of a drowning or choking incident and how basic manoeuvres taught in a few minutes can save a child's life.

"If we cannot find you, we cannot help you" was the message from Operational Ambulance Officer Janette Oman Power, who demon-

strated how to make an effective emergency call.

Following the talks and demonstrations there was a lively interactive question and answer session with participation of the audience and speakers.

Sponsored by:



# Preventing Teenage Alcohol & Drug Addiction

## An Open Public meeting with Dr. Bobby Smyth on what parents can do

**International evidence shows that underage alcohol is associated with brain damage and has serious implication for learning and intellectual development.**

The big worry is that alcohol is the drug most likely to cause major psychological or physical harm to a child into the future. How do you recognise if your child has a problem with drugs or alcohol? This was one of the questions addressed at an Open Public meeting with Dr. Bobby Smyth in Janu-

ary 2010 at the Clarion Hotel, Sligo. The event, which was advertised widely within Sligo schools and the local media, was very well attended. A lively discussion followed Dr. Smyth's presentation.

Dr Bobby Smyth is a Consultant Child & Adolescent Psychiatrist, working full time with adolescents who have addiction problems. He is the lead clinician at the Youth Drug & Alcohol service in Tallaght. Event sponsored by:



Dr. Bobby Smyth with Dr. Owen Mulligan, Consultant Psychiatrist, SMHS, who chaired the meeting on teenage addictions

# 7th Annual Men's Health Events at SGH

## Marking Men's Health Week - talks and health checks for men of all ages

For the 7<sup>th</sup> year in succession the Foundation organised a two day event in celebration of Men's International Health Week in June 2010.

The aim of this year's event was to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

The speakers of the events were: Dr. Kevin Murphy, Consultant Neurologist on 'Epilepsy in Men'. Dr. Adil Samad, Consultant Physician at SGH on 'Understanding Diabetes for the Lay Person'. Ms.



Dr. Kevin Murphy and Mr. Yasir Hassanein speaking at the Men's Health Events 2010

Leigh Baker, Senior Respiratory Scientist at SGH on 'Obstructive Sleep Apnoea: Snoring, when does it become a problem?'. Dr. Kevin Walsh, Consultant Physician at SGH on 'Bowel problems in men'. Mr. Tom O'Grady, Nurse Lecturer in St. Angela's college

Sligo on 'Suicide Prevention and Men'. Mr. Yasir Hassanein, Consultant Urologist at SGH on 'Prostate Health'.

Free health checks included lung functioning tests, carbon monoxide tests, cholesterol, blood pressure and BMI testing.

Tara Heverin, a fourth year student at IT Sligo's Health & Physiology course, has worked on the event throughout her placement with the Foundation.

Sponsors:



## Pfizer donation towards REF

### Pfizer a major sponsor of Foundation activities



Mary Walsh and Marianne McCann, both representatives of Pfizer Healthcare Ireland presenting Pfizer's unrestricted grant to Mr. Martin Caldwell, Foundation Treasurer. Pfizer has supported the Foundation annually with a substantial donation for the past decade.

## Foundation Board News

### Annual General Meeting & Board update

The AGM of the Foundation was held in May 2010. S Healy, J Williams and G McManus were re-elected to the Board. Dr. Jeremy Smith has resigned from the Board after more than a decade's service to the charity. The Board members and Foundation staff thanked Dr. Smith sincerely for his support, guidance and commitment to the ongoing development of the Foundation.

#### Foundation Board June 2010:

Mr. Gerry McManus, MD, Compupac Ltd (Chairman)  
Dr. Seamus Healy, retired consultant physician (Secretary)

Mr. Martin Caldwell, Consultant Surgeon (Treasurer)  
Dr. John Williams, Pathology Manager  
Ms. Oonagh McDermott, UNO/Service Manager, SGH  
Ms. Gordon Barrett, Head of Social Work Dept., SGH  
Mr. N. Patil, ENT Surgeon, SGH  
Ms. Sheila Smith, Hospital Manager, SGH  
Ms. Ann Marie Loftus, Director of Nursing, SGH  
Mr. Conor Murphy, Plant Manager, Abbott  
Dr. Fiona McArdle, Senior Lecturer, IT Sligo

## Research Seed Grants 2010

### Foundation offers €20,000 for research projects

The Foundation, in association with SHOUT and Sligo General Hospital, is pleased to announce the 2010 Research Seed Grant Scheme.

A total of €20,000 will be made available under this scheme. The grants are open to any of the health care professions, academic disciplines or other relevant background in the SGH catchment area.

There are two grant categories.

Category I: Oncology/ Haematology Research, Sponsored by SHOUT. Category II: Other Research, Sponsored by the Foundation & SGH.

The project/PI must have some affiliation with Sligo General Hospital. Deadline for submission is October 11 2010.

Details on [www.ref-sligo.ie](http://www.ref-sligo.ie)



## Library News

### Library Catalogue

The Library's catalogue is now online and allows users to search the combined catalogues of the HSE libraries in Sligo General and St Conal's Hospitals. As well as checking for the availability of books and other resources, it is also possible to renew and reserve books, create reading lists and check your borrowing history.

Access the catalogue at

<http://hsestdlibrary.heritage4.com>

The catalogue was launched during a very enjoyable Library Ireland Week in March, accompanied by competitions, prize draws, Easter eggs and free gifts sponsored by some of our suppliers - and a fines amnesty!

### New Table of Contents Alerts Service

The Library is now sending out electronic Table of Contents alerts for over 100 journals to which we have full text access. The alerts are being sent out to groups of staff from a variety of specialties, and feedback so far has been positive.

The aim of the service is to help staff stay up to date as well as maximising use of our full text journal collections. If you would be interested in using this service, please contact the Library on 071 91 74604

### Electronic Resources Update

If you or your Department would be like an update about the electronic resources available for your specialty and how to make best use of them, we would be delighted to provide this for you, perhaps at your Departmental meeting.


Please contact Helen Clark, Library and Information Services Manager on 071 91 74604 to discuss your requirements.

## Research Skills Courses 2010


### Eight courses available to all staff at HSE W

The Foundation's Research Skills Programme is a series of half day events open and available to all staff at HSE free of charge

The Spring Programme included:

**Getting Started in Research** with Dr. John Bartlett, Head of Research at IT Sligo & Mette Jensen Kavanagh, REC admin SGH. Sponsored by: 


**Knowledge Management & Endnote** with Dr. John Williams, Pathology Manager, SGH & Helen Clark, Library & Information Services Manager SGH


**Epi Info I & II** with Louise Cullen & Amanda McErlene, Public Health Dept, HSE W. Sponsored by: 


Autumn 2010 programme:

**Abstract Writing & Poster Design** with Dr. John Williams, Pathology Manager & Orla Heffernan, Clinical Computing Facilitator. September 21 2010

**Questionnaire Design** with Louise Cullen & Amanda McErlene, Public Health Dept, HSE W. October 13 2010 Sponsored by: 

**Qualitative Research Methods** with Dr. Michelle Share, Senior Researcher, TCD & Maeve MacDermott, Primary Care Dev Unit, HSE W. Nov 1 2010. Sponsored by: 

**Critical Appraisal of Research Publications** with Dr. Peter Wright, Public Health Dept, HSE W December 6 2010. Sponsored by: 

The Programme is supported by Performance & Development Unit 

Email [ref.sligo@hse.ie](mailto:ref.sligo@hse.ie) to register

## REF Salary Donation Scheme

### Record salary contributions by staff in 2009

The Research & Education Foundation has been actively inviting all staff groups to sign up to the salary donation scheme over the past year.

The salary donation scheme has operated for over a decade. Foundation Board members and the vast majority of consultants at Sligo General Hospital and Sligo Mental Health Services are subscribers to the Foundation; in total about sixty persons.

The donations made by staff is a significant income stream for the Foundation. A total of €15,824 was donated by staff in 2009, a record

amount and an extremely valuable contribution towards the Foundation activities. The Foundation can claim tax back on donations of €250 or more, provided the donor is a PAYE worker for the purposes of tax assessment.

If you wish to sign up to the scheme, please contact Mette at the Foundation office or go to our website on [www.ref-sligo.ie](http://www.ref-sligo.ie). The recommended options are monthly donations of either €10, €15 or €25.

**THANK YOU** to all contributors for your ongoing support.

## News Bites

### Research Ethics Committee

The REC at SGH is involved in a national working group, which is working to develop a standard REC application form for multicentre non clinical trials. The process has involved extensive consultation with a wide range of stakeholders including the State Claims Agency, Irish Medicines Board, Office of Data Protection Commissioner, Irish Council for Bioethics and various educational institutions as well as hospital representatives throughout Ireland. It is envisaged that the form will be launched nationally and adopted by the REC at SGH in the autumn 2010.

### Research Day Nov 26 2010

Health Professionals who have recently carried out health care research in the region, are invited to present a poster by submitting a poster abstract for the **11<sup>th</sup> Annual Research Day** at SGH Nov 26<sup>th</sup> 2010. The Research Advisory Committee will select 4-6 of the abstract submissions for oral presentation at the conference. See [www.ref-sligo.ie](http://www.ref-sligo.ie) for application details.

### Essay Competition 2010

The Essay Competition for SGH staff launched by the Foundation in the spring of 2010 did not result in any prize winners in this round. The Foundation is grateful to those who made a submission.

### MRCG/HRB Grant Scheme 2010

The MRCG Grant Scheme will be launched in the autumn of 2010. Look out for details on the website



## Contact Information

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Mr Gerry McManus

**Secretary:**  
Dr. Seamus Healy

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