



The Research & Education Foundation Sligo General Hospital

Research & Education Foundation
Sligo General Hospital
www.ref-sligo.ie

NEWSLETTER

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Grant for Delirium Research



L to R: Dr. Adam, Sligo Mental Health Services (SMHS); Mr. Gerry McManus, Chairman, Research & Education Foundation; Dr. Geraldine McCarthy, Consultant Psychiatrist of Old Age, SMHS; Dr. Munir Qadir, SMHS

The Foundation has donated €4,000 towards a research study entitled "Retrospective Case Review and Follow Up of Post Delirium Patients". The Principal Investigator is Dr. Geraldine McCarthy, Consultant Psychiatry of Old Age at Sligo Mental Health Services and the Co Investigator Dr. Munir Qadir, Clinical Research Fellow & Registrar, Rehabilitation and Recovery Services, Sligo and Leitrim Mental Health Services. This grant is awarded from the submissions towards the Foundation / MRCG / HRB Grant scheme 2011 and follows international peer review.

Reaching out to the community

The Foundation co-hosted three open public meetings with other organisations in the first half of 2011.

Challenging Back Pain Myths took place on May 24th 2011 at the Clarion Hotel Sligo. The event was part of the national Move4Health campaign launched by The Irish Society of Chartered Physiotherapists. The campaign aims to challenge some of the common myths about back pain and to give the public a greater understanding on how to manage back problems.

The event in Sligo was jointly organised and sponsored by the ISCP and the Foundation.

Dr. Sarah Casserley-Feeney, who is a Senior Physiotherapist with significant experience in back pain research and



Challenging Back Pain Myths: Speaker Dr. Sarah Casserley-Feeney, Senior Physiotherapist with Mr. Fergal Hickey, Cons in Emergency Medicine at SGH.

treatment, delivered a talk and a panel of Chartered Physiotherapists from the region also participated. Mr. Fergal Hickey consultant in emergency medicine chaired.

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Reaching out to the community

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Men's Health Week: Since its inception eight years ago, the Men's Health Event has continued to grow and this year was no exception. The event in June 2011 included an impressive line up of speakers, providing the latest information and advice on a variety of topical health issues, such as heart health, COPD, mental health, physical activity, aches and pains in joints and maintaining healthy skin. Health checks were available free of charge, incl blood pressure, cholesterol, lung function and carbon monoxide level testing.

The purpose of the event is to celebrate International Men's Health Week, through health promoting activities. But it is also an empowering experience for both the hospital and the wider community in Sligo. By placing expertise from the hospital in the wider public domain, it expands public perception of the hospital, from having just a curative role, to also having a role in illness prevention.

The wealth of expertise within the hospital is a huge resource in terms of health promotion. The credibility of hospital staff, including doctors, nurses and allied health professionals, when endeavouring to communicate health messages to the public is evident from the turnout to these events



Minding your Mind in the Recession: Rachel Reilly, Mental Health Ireland; Chair: Dr. Ed O'Mahony, Consultant Psychiatrist, SMHS; Mark O'Callaghan, Principal Psychologist, HSE W

and from feedback from participants.

This event was sponsored by Pfizer Healthcare Ireland, Abbott, Eli Lilly and AIB.

Mental Health in the Recession: Mark O'Callaghan, Principal Psychologist in the HSE Sligo/Leitrim region spoke at an open public meeting entitled '*Minding Your Mind in Tough Times – Protecting your mental health in the recession*' on May 3rd 2011. It was jointly organised by Mental Health Ireland and the Research and Education Foundation. Dr. Ed O'Mahony, Consultant Psychiatrist Sligo Mental Health Services chaired.

The recession is affecting our mental health and more people are suffering from psychological problems since the economic

downturn. In an effort to give guidance to people experiencing mental health problems as a result of the current economic difficulties, Mental Health Ireland and the Research & Education Foundation teamed up for this event. Various mental health support groups and organisations were present with stands and support material.

Sponsors: Lundbeck Ireland and Sligo Mental Health Association



What's on in the autumn?

October 6th 2011:
Sudden Cardiac Death in Children and Adolescents
Dr. David Coleman, Consultant Paediatric Cardiologist, Our Lady's Hospital for Children, Crumlin

November 3rd 2011:
Drugs in Sport
Dr. Cathy McHugh, Consultant Endocrinologist, Sligo General Hospital.
Sponsor: IT Sligo

Research Project Management

A new research skills course with Dr. A O'Doherty

The Research & Education Foundation hosted a new research skills course in this year's spring programme.

Dr. Aideen O'Doherty of NUIG and MMI conducted an in-depth purpose designed skills course on Project Management in Research to participants from a range of disciplines. The course gave an insight into the tools required for effective project management of projects in general and research projects in particular.

Autumn Programme:

- Abstracts Writing & Research Posters Sept 21
- Epi Info Oct 4
- Questionnaire Design Oct 24



Dr. Aideen O'Doherty and Dr. Seamus Healy at the Project Management Course

- Statistics & sample size calculation Nov 9 2011 (Full day course by CSTAR)
- Critical Appraisal of Research Publications Dec 7 2011



Pfizer Ireland donation 2011

Unrestricted grant supports Foundation work



Pfizer Healthcare Ireland presenting the donation to Research & Education Foundation: left to right: John Elliott, Pfizer; Gordon Barrett, REF; Gerry McManus, REF; James De Nash, Pfizer; Munir Qadir, SMHS; John Williams, REF.

Conference Keynote Speakers

Friday November 25 2011 - date for the diary

The Foundation is pleased to announce this year's keynote speakers for our 12th Annual Research Conference on November 25 2011.

Professor in Translational Medicine at NUIG, Martin O'Donnell will speak on his clinical research into stroke. Prof Orla Hardiman, Cons Neurologist at Beaumont Hospital & HRB Clinical Scientist will deliver

a talk on The Syndrome of Amyotrophic Lateral Sclerosis: Insights from the Irish bALS/MND Register.

The deadline for submission of abstracts for the poster exhibition/oral presentation is Oct 7 2011.

3.5 CPD Credits awarded by RCSI.



Library News

BMJ Training

Fiona Munday from the BMJ visited the Library earlier this year to provide an introduction to BMJ Case Reports, BMJ Learning and BMJ Best Practice.

Following the training, a competition was launched to encourage people to answer four clinical questions using BMJ Best Practice and to have a chance to win an €50 Amazon voucher.

For those who missed the training, another session has been arranged for September 22nd 2011. Please contact the Library for details.

e - full text books

Did you know that the Library has access to over 120 full text books covering a range of specialties and including titles such as *Berek and Novak's Gynecology*, *Merritt's Neurology*, *Campbell's Operative Orthopaedics* and *Carpenito-Moyet's Nursing Care Plans and Documentation?*

All of the books are listed in the A-Z of Electronic Books and Journals at www.hselibrary.ie/northwest and on our Library catalogue.

Table-of-contents service

The Library service currently sends out Tables of Contents via email for many of our full text journals. These are sent out as the journal is published and enable recipients to link directly from the email to the full text.

A preliminary survey amongst Occupational Therapists suggests that this is a valuable service and we will be shortly be conducting a similar survey of all the other users of the service.

The Library can be contacted on 071 91 74604

Pain - Is it all in your head?

Medical meeting with Dr. David Finn, NUIG

Dr. David Finn delivered a lecture entitled '*Pain - Is it all in your head?*' at SGH in June 2011.

Dr. David Finn is Lecturer & Principal Investigator, Co-Director, Centre for Pain Research, Pharmacology & Therapeutics, School of Medicine, NUI Galway.

The lecture was on neurobiological mechanisms underpinning affective and cognitive modulation of pain. It included an outline of the impact of stress on pain, the effect of pain on learning & memory and the latest



Dr. David Finn, NUIG & Dr. Therese O'Connor

in pain treatment.

Dr. Therese O'Connor, Consultant Anaesthetist at SGH chaired the event and Pfizer Ireland sponsored.

Launch of Obesity Hub in the NW

The IPH, in collaboration with The Research & Education Foundation at Sligo General Hospital and the HSE, are pleased to announce this launch on 25 August 2011, 10am – 12pm, ETC Building, Sligo General Hospital.

The Obesity Hub (www.obesityhub.info) was established by IPH in collaboration with the HRB Centre for Health and Diet Research (UCC/UCD) and the UKCRC Centre of Excellence for Public Health

(Northern Ireland) (QUB). It is an authoritative source of obesity related evidence, data and good practice, and supports the strategic development and implementation of obesity prevention and management strategies across the island.

The Launch will be followed by a workshop on 'Working with data on the Health Well' from 12.30 pm - 2 pm. To register email suzanne.kirk@publichealth.ie. See details on www.ref-sligo.ie.

Sligo Research presented in Taiwan

In April 2011, Dr. John Williams, Pathology Manager and member of the Foundation Board was invited to give a presentation of some of the biochemistry research he and his colleagues have conducted at Sligo General Hospital to the post-graduate school in the Life Science Department at the University of Tunghai in Taichung, Taiwan.



Above: Prof. Wang, Pi-Han; Prof. Sun, I-Fang; Dr. John Williams & the Dean of post-graduate research at the Uni of Tunghai.

News Bites

Foundation Board News

Sheila Smith, Hospital Manager has retired from the Foundation Board after about five years on the board. Thank you Sheila for your support over the years.

Sligo Research Forum Launch

The Foundation will host a bi monthly informal meeting with health professionals who are currently active in research or interested in getting involved. This forum will function as a support group to the members and will be open to anyone with an interest. More information in the autumn.

Full Day Statistics Course

The Foundation in association with CSTAR (www.cstar.ie), is hosting a one day course for researchers on statistical considerations in research design including sample size calculation on Nov 9 2011. There will be a euro50 fee per participants. Contributors to the Foundation salary scheme are free. Details on www.ref-sligo.ie.

Research Seed Grant Scheme

The Foundation, in association with SHOUT is pleased to announce the 2011 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. Deadline for submission is October 10 2011.



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