



APRIL 2021, ISSUE 1

# SPHPSS IN FOCUS

A quarterly newsletter from the UCD School of Public Health,  
Physiotherapy and Sports Science



## WELCOME MESSAGE

Welcome to the first issue of *SPHPSS in Focus*, our school newsletter, which I am delighted to see in print. I would like to take this opportunity to thank Dr. Catherine Phillips, the newsletter Editor, for bringing her original idea for a school newsletter to fruition. Thanks also to the whole team, who have worked hard to realise the publication of the first issue.

This newsletter is an important communication platform for our whole school community, where we can highlight what we are doing, share updates, celebrate successes and build connections. This is really valuable for us, the staff and students, who are the School, but it also opens a window, shining a light on the diverse range of activities for all to see.

The breadth of subject areas, educational programmes, research themes and 'extra curricular' activities highlighted in this first issue are striking and I look forward to reading and learning more. I encourage you to share the newsletter widely with your extended networks and hope that you will contribute to future editions.

It is especially nice to see the launch of *SPHPSS in Focus* this spring as we leave the dark winter of 2020/1 behind. I hope that you enjoy reading on.

*Catherine Blake*

**Professor Catherine Blake**

Head of the School of Public Health, Physiotherapy and Sports Science

## WHAT'S INSIDE THIS ISSUE:

- School and Division News
- Research Highlights
- Achievements and Awards
- Teaching and Learning Updates
- Healthy UCD events
- School Committee Updates
- New Appointments
- Recent Publications

## CORE TEACHING PROGRAMMES

- [BSc Health and Performance Science](#)
- [BSc Physiotherapy](#)
- [BSc Sport and Exercise Management](#)
- [H Dip in Safety, Health and Well-Being at Work](#)
- [Cert. in Safety and Health at Work](#)
- [MPH](#)
- [MPH \(Nutrition\)](#)
- [MPH \(International Health\)](#)
- [MSc Clinical Nutrition and Dietetics](#)
- [MSc Occupational Safety and Health](#)
- [MSc Advanced Physiotherapy Studies](#)
- [Prof Master of Physiotherapy](#)
- [MSc Coaching Science in Sport](#)
- [MSc Sports Management](#)

# Congratulations Teaching and Learning Awardees 2019-20

UCD celebrates the achievements of colleagues who make an outstanding contribution in the pursuit of teaching excellence and the enhancement of student learning through Teaching and Learning Awards. We are delighted to highlight the SPHPSS awardees at both University and College level. It is a hugely deserved recognition of the outstanding contribution you all make to teaching and learning in our School.

Congratulations to Dr Olive Lennon who was honoured with a prestigious University level Teaching Excellence Award. This award recognises individual faculty for sustained commitment to teaching excellence and student learning.

The School had not just one, but two, winners at College level. Well done to the Centre for Safety and Health at Work, including Prof. Anne Drummond, Dr Conor Buggy, Dr Penpatra Sripaiboonki, Mr. David O'Dwyer, Ms. Anna Noble and Ms. Gemma Larkin, who were honoured with a College of Health and Agricultural Sciences level Outstanding Contribution to Student Learning Award. Congratulations also to the Practice Education Team of MSc Clinical Nutrition & Dietetics Programme, including Ruth Charles and Nicola Dervan on their College of Health and Agricultural Sciences level Outstanding Contribution to Student Learning Award. This award recognises individual staff or teams including staff and faculty, who have made outstanding contributions to student learning in a specific area.



**Dr Olive Lennon**  
with her Teaching Excellence Award



**Practice Education Team**  
L-R: Assoc. Prof Clare Corish,  
Ruth Charles, (Kara Cullen, left  
Summer 2020) and Nicola Dervan  
Absent Annelie Shaw



**Centre for Safety and Health at Work**  
L-R: Dr. Conor Buggy, Dr. Penpatra Sripaiboonkij, Gemma Larkin  
Anna Noble, Prof. Anne Drummond, David O'Dwyer

## UCD BSc Sport & Exercise Management Students Raise 10,000 euro for the Irish Cancer Society



In March, the second year BSc Sports & Exercise Management students ran an online event raising much needed support for the Irish Cancer Society. They successfully achieved their aim of raising 10,000 euro. This charity event involved promoting and managing a keepy-uppy challenge, a raffle and donation link across all social media channels. This event was run as part of a series of online events for their SMGT20210 Event Management Practical module. The students were responsible for planning, delivering and evaluating the event. They were assigned roles which included operations, activities and communications and were awarded academic credits based on their performance.

## Research highlights: PREPARE project

After seven years, the PREPARE project, funded by EU FP7 has come to an end. Associate Professor Ronnie Moore was PI on the project and headed up all qualitative methodologies, as well as leading a team based between UCD, Cardiff University and Oxford University. The aim of the project was to assess public health and clinical preparedness in the event of an infectious disease pandemic. The research was prescient and predates Covid-19, but it couldn't have come at a more opportune time. Of note, some clinical members of the PREPARE team, including Prof Peter Horby, were involved in the development the Astra Zeneca vaccine in Oxford.

**PREPARE key findings:** analysis of contingency plans where public health regulations can advise political leaders and assume a level of control, showed that they remained limited in scope and not well defined or coordinated, representing a considerable international, indeed global, concern. There is also a need for an ongoing preparedness and vigilance plan to ensure active, coordinated, multi-country, multi-agency efforts, effective and efficient surveillance and rapid ongoing clinical research. The latter is regarded as important for development of affordable, safe and effective treatments for clinical management strategies in pandemic situations.

**PREPARE Webinars:** to celebrate the end of the project, a series of **five webinars** has been launched and will be held every Wednesday at 14:00 CET from 17 March to 14 April. To register for the PREPARE webinars and for more information, please visit: <https://www.prepare-webinars.eu/>

A synopsis of the work can be found here: <https://dx.doi.org/10.17352/2455-5479.000125>.



*Prepare Team meeting at UCD: Assoc Prof. Ronnie Moore Prepare PI and WP1 coordinator (top of table)*

**PREPARE project partners:** The Laboratory of Medical Microbiology (University of Antwerp), The Academic Medical Centre (University of Amsterdam), Cardiff University, The UMC Utrecht, Erasmus MC (The Netherlands), Imperial College London, University of Oxford, HLA & Medicine-Systemoscope, European Institute for Systems Biology & Medicine, SERGAS, Institut Pasteur, University of Split, University College Dublin, Biocartis Biomax Informatics AG, Janssen Diagnostics (formerly Tibotec-Virco), bioMérieux designs, The Institute of Virology in Bonn, The PENTA Foundation, The University of Western Australia, European Respiratory Society, WONCA, EWSI, NHS Royal Brompton & Harefield, European Society of Clinical Microbiology and Infectious Diseases and Berry Consultants.

## Research Highlights: REFOHCUS Project

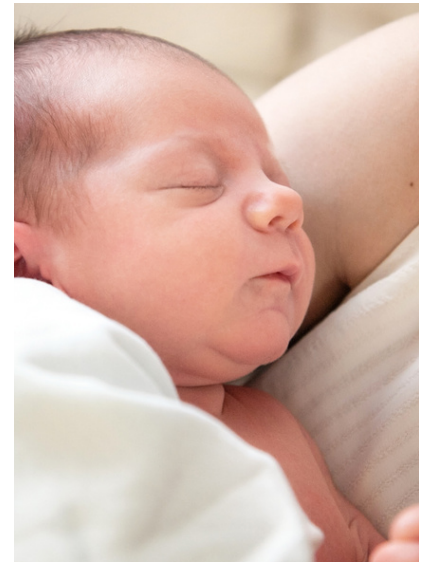
Associate Professor Caitriona Cunningham and Dr Carla Perotta are collaborators on the UCD led REFOHCUS project (Reimagining the Future - One Health, COVID and Us) which is funded by the Science Foundation Ireland Discover programme. Underpinned by the 'One Health' ethos, this project seeks to build science capital in socially disadvantaged areas where progression to careers in science is less common. The REFOHCUS interdisciplinary, interinstitutional project team is led by Professor Grace Mulcahy (UCD School of Veterinary Medicine) and places a strong emphasis on community partnership. The project will use workshops, co-created by members of disadvantaged communities and invited experts, to explore several key scientific questions arising from the experience of community members during the COVID-19 pandemic. Groups will have opportunities to hear expert views and then discuss such fundamental questions as:

- What can we do to prevent future pandemics?
- How can scientists, engineers, mathematicians and health care professionals work together to protect planetary health?

For more information on this exciting project visit: <https://www.ucd.ie/refohcus/>

## Research highlights: ALPHABET project

The ALPHABET project on “Early life programming of childhood health: a nutritional and epigenetic investigation of adiposity and bone, cardiometabolic, neuro-developmental and respiratory health” commenced in April 2017. Led by Assistant Professor and Ad Astra Fellow Dr Catherine Phillips, the project was supported by an award of €1,326,500 from the EU Horizon 2020 research and innovation programme under the ERA-Net Cofund of the JPI Healthy Diet for Healthy Life (Biomarkers for Nutrition and Health), with local funding from Science Foundation Ireland. The consortium includes partners from Ireland, France, the Netherlands, Poland, the UK and US. This project aims to improve our understanding of nutritional and epigenetic biomarkers of offspring health with a view to refining dietary exposure measures and to aid development of more effective evidence-based public health strategies with an emphasis on advocating a healthy diet in pregnancy and early postnatal life, to reduce obesity and attenuate development of adverse health outcomes.



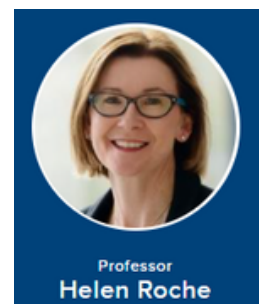
The most recent ALPHABET publications, published in PLoS Medicine and BMC Medicine, led by UCD postdoctoral researcher Dr Ling-Wei Chen highlight the role of maternal diet on offspring birth outcomes <https://doi.org/10.1371/journal.pmed.1003491> and childhood weight status <https://doi.org/10.1186/s12916-021-01908-7>. The results of these multicenter meta-analyses of individual participant data of up to 25,000 mother-child pairs suggest that a pro-inflammatory, low-quality maternal antenatal diet may adversely influence birth size, offspring body composition and childhood risk of overweight and obesity, especially during late-childhood. Thus, promoting an overall healthy and anti-inflammatory maternal dietary pattern may optimize fetal growth and contribute to the prevention of childhood obesity. In other work, published in Biological Psychiatry, we have also linked the mothers’ diet during pregnancy with offspring risk of depressive and anxiety symptoms, aggressive behaviour and ADHD symptoms <https://doi.org/10.1016/j.biopsych.2020.10.008>. Collectively our findings have been highlighted through journal press releases, commissioned commentaries, profiled by UCD and have received worldwide media attention (the most recent paper was picked up by 46 news outlets placing it in the top 1% of articles of a similar age and top 5% of all research outputs scored by Altmetric).

Now in the final year of the project the focus is on maternal diet - offspring epigenetic associations. The UCD analysis, in collaboration with the University of Bristol, is being led by postdoctoral researcher Dr Marion Lecorguillé who joined the team in UCD last November. Having recently secured funding from the Biostime Institute of Nutrition and Care, Dr Catherine Phillips now plans to investigate childhood dietary inflammation in relation to childhood obesity and will be recruiting a postdoctoral researcher for this new project soon. Informal enquiries are welcome and should be directed to [catherine.phillips@ucd.ie](mailto:catherine.phillips@ucd.ie).

## Appointment of Director, UCD Conway Institute



Congratulations to Professor Helen Roche on her appointment as Director of UCD Conway Institute with effect from 1 April. Helen is an outstanding research leader with a strong and exciting vision for the Institute. We wish her the very best in her new role.



# UCD ranks high in the QS World University Rankings

UCD remains one of the world's top universities according to the 2021 QS World University Subject Rankings. In the latest edition of the world's most consulted university rankings, four UCD subjects are in top 50 QS World University Rankings by Subject, one of them being Sports-related Subjects, ranked at 34th. This is the third year in a row that Sports-related Subjects is ranked in the top 50 in the world.



## New Programmes in Health Data Analytics - ADVANCE Centre

Dr Carla Perrotta and Associate Prof. Ricardo Segurado have been awarded funding to develop new programmes in Health Data Analytics, as part of the Higher Education Authority Human Capital Initiative Pillar 3 Innovation and Agility stream. These will be embedded in the newly funded ADVANCE Centre led by Prof Chris Bleakly from Computer Science. Spanning 8 Schools and with collaborator centres in IT Sligo and TUD, ADVANCE has a budget of €14 million. The new flexible and on-line Health Data Analytics programmes, building to a Masters qualification, will launch during the 2021/22 academic year.

## Prof George Irwin Prize for 'Best Education Presentation'

Congratulations to Dr Aisling Geraghty who was awarded the Professor George Irwin Prize for 'Best Education Presentation' for her presentation on the development and evaluation by GPs of an e-learning module on the management of malnutrition in the community. Aisling presented the findings of her research on the ONSPres project at the recent Association of University Departments of General Practice in Ireland/Irish College of General Practitioners Conference.



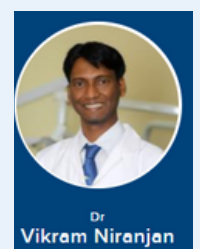
## Irish Nutrition and Dietetics Institute Research Symposium

Well done to Dr Sarah Browne, Lecturer in Human Nutrition and Dietetics and Research Scientist with the ONSPres project, who was shortlisted to the final three best presentations from a total of 95 submissions to "Research in 3", at the Irish Nutrition and Dietetics Institute Research Symposium, which was held on March 4th. Her presentation was entitled "Don't go near the word malnutrition"; a qualitative study of community healthcare professionals' and patients' opinions on the term malnutrition".

The focus of the Health Research Board funded ONSPres project, led by Associate Professor Clare Corish, is on the management of malnutrition and prescription of oral nutritional support in the primary care/community setting in Ireland.

## New Lecturer in Public Health

Dr Vikram Niranjana joined the School on March 15th as Lecturer/Assistant Professor in Public Health. He is a public health researcher with interests spanning public patient involvement, cancer research, quality of life, health promotion programmes, tobacco control, and oral health. Vikram has a background in dentistry and was the winner of "Outstanding Dentist of the Year 2016" in India by the Famdent organisation, for his excellent clinical and dental public health practice. Having a strong interest in mixed methods and qualitative research, he looks forward to international networking and collaboration with public health researchers. We wish Vikram well in his new role.



# HEALTHY UCD

The Healthy UCD initiative is aligned to the Government sponsored Healthy Ireland project and to the HSE effort to promote the WHO 'Healthy Campus' concept. The vision is to be recognised as a global health promoting university where students, faculty and staff, and the local community work together to ensure the holistic health and wellbeing of every member of the UCD community.



The Steering Committee is chaired by Professor Patricia Fitzpatrick, Head of Subject (Public Health) and includes other members of SPHPSS research staff; Maria Heffernan, Research Assistant in Healthy UCD, and faculty; Dr. Celine Murrin, Professor Anne Drummond and Professor Catherine Blake, Head of School, SPHPSS. To read more about how UCD is promoting health in the community and to find out about upcoming Health & Wellness Events at UCD for staff and students please visit: <https://www.ucd.ie/healthyucd/> or see Twitter, Instagram or Facebook @healthyUCD.



## Healthy Eating Week goes virtual

The MSc in Clinical Nutrition and Dietetics students worked together to design, implement and evaluate a virtual healthy eating week for staff and students which ran during November 2020. This work was fully integrated into their 14-week practice placement module. Students prepared, delivered and evaluated this initiative. Their learning and assessment was supported by the MSc practice tutors and Healthy UCD Committee. This authentic virtual learning opportunity allowed all 20 students to achieve the standards of proficiency in public health nutrition, as well as achieve proficiency in communication, team-working and professionalism. Attainment of the dietetic standards of proficiency for health promotion (Dietitians Registration Board (2019) CORU) was achieved using an educational virtual model that supported student and staff health promotion within the University setting.

## The Great Healthy UCD Bake Off!

Amongst the 63 entries, the raw raspberry cashew tart pictured below came out on top as the bake-off winner for Healthy Eating Week 2020! Congratulations to the bake off champion, Roisin Walsh, who won a fantastic prize of a Kenwood chef kitchen machine! Please follow the link to the HEW 2020 section of the UCD website where most of the content and informative resources from HEW 2020 were posted: <https://www.ucd.ie/healthyucd/discover/healthyeatingweek2020/>

### Raspberry Cashew Tart

#### Ingredients

##### BASE

OATS, ALMONDS, PECANS,  
COCONUT OIL, MAPLE  
SYRUP

##### FILLING

RASPBERRIES, CASHEWS,  
COCONUT MILK, LEMON,  
MAPLE SYRUP, BEETROOT  
POWDER

##### TOPPING

EDIBLE FLOWERS



Winning entry of the UCD Healthy Bake off: Roisin Walsh



## Wellbeing Your Way

The second year Sport & Exercise Management students worked with Healthy UCD to deliver an online event called "Wellbeing Your Way" from 29th March - 2nd April. This online event showcased the importance of healthy living and finding a way to be happy and healthy 'Your Way' in these uncertain times.

The aim was to provide the UCD community with advice and information on Healthy UCD's three pillars- Physical Activity, Healthy Eating and Mental Wellbeing, in a way that suits you as an individual. For further details visit:

<https://www.ucd.ie/healthyucd/activities/wellbeingyourway/>

## European guidelines on breast cancer screening and diagnosis



The European Commission Initiative on Breast Cancer (ECIBC) provides essential levels of quality care that are equally accessible across Europe. Based on the latest scientific evidence available, ECIBC seeks to offer to healthcare providers and women clear and independent guidance on screening and care.

ECIBC is supported by two working groups composed of medical doctors, researchers and patients representatives who joined the project on a voluntary basis upon public calls. Professor Patricia Fitzpatrick was a member of the Guidelines Development Group for the European guidelines on breast cancer screening and diagnosis. For further details visit <https://healthcare-quality.jrc.ec.europa.eu/european-breast-cancer-guidelines>. For a synopsis of the recommendations selected from the European guidelines see: <https://doi.org/10.7326/M19-2125>

## Upcoming Event: 14th European Public Health Conference

The theme of the virtual EPH Conference 2021, which will run from 10-12th November, will be 'Public health futures in a changing world'. Professor Patricia Fitzpatrick is on the local organising committee. The abstract submission deadline is May 1st. For further details visit: <https://ephconference.eu/index.php>

## Breakthrough Cancer Research Project

Recent findings from a Breakthrough Cancer Research funded project led by Dr Catherine Phillips, investigating the contribution of diet and lifestyle factors to cancer risk, have been profiled in the charities' newsletter. Dr Sean Millar, who is a former PhD student of Dr Phillips and currently a postdoctoral researcher in the School of Public Health, University College Cork led the analysis.



The research published in *Nutrients* <https://doi.org/10.3390/nu13010222> and *Atherosclerosis* [10.1016/j.atherosclerosis.2020.10.005](https://doi.org/10.1016/j.atherosclerosis.2020.10.005) highlights the importance of protective lifestyle factors, including having a high-quality diet (rich in fruits, vegetables and legumes, and low in added sugar and fats), moderate alcohol consumption, being physically active (particularly at moderate intensity), not smoking and having a normal BMI, in terms of achieving more favourable biomarker profiles and potentially conferring cardioprotective effects. Coronary heart disease and cancer are leading causes of mortality and share many of the same risk factors. Cancer survivors are at increased risk of cardiovascular disease and mortality. Therefore, primary prevention through modification of traditional risk factors is of paramount importance. For further details visit:

<https://www.breakthroughcancerresearch.ie/news/investigation-of-the-contribution-of-diet-and-lifestyle-factors-to-cancer-risk-in-the-irish-population/>



Dr Lachlan Mitchell

## New Lecturer in Performance Science

Dr Lachlan Mitchell has recently moved into a new role in the school. Lachlan was previously working as a postdoctoral researcher and manager of the National Nutrition Surveillance Centre, under the supervision of Professor Cecily Kelleher. His primary role was managing the Childhood Obesity Surveillance Initiative which the NNSC coordinates.

In February Lachlan transitioned to Performance Science where he is now working as a lecturer/assistant professor covering for Dr Katy Horner on her maternity leave. Lachlan coordinates two modules in the Performance Science undergraduate program covering introductory exercise science and applied nutrition for health, exercise, and sports performance.

Lachlan will continue to collaborate with the NNSC and supervise undergraduate and postgraduate students in Performance Science and Sports Management. We wish Lachlan well in his new role.



Professor Eleni Theodoraki

## New Head of Subject Sport Management

Professor Eleni Theodoraki joined UCD in October 2020 as the new Head of subject for Sport management. She has a background in Physical Education and Sport Science. A gold at the national rowing championships was her ticket to a place at the BEd Physical Education and Sport Science programme, followed by a Phd from Loughborough University funded by the Greek State Scholarship Foundation.

Eleni brings with her twenty five years experience at Edinburgh Napier University Business School, Loughborough University and De Montfort University. She has held visiting positions at academic institutions in Greece, Italy, Singapore and Hong Kong. Her main academic interest is in sustainability of mega sport events. She did related applied work for the London Mayor and she is involved with UNESCO and the European Commission. Her personal interests include yoga, gymnastics, football, handball and skateboarding which she did in her native Greece. Eleni is committed to impactful research and wishes to thank everyone for their warm welcome.

## COVID-19 in The Conversation

Professor Patricia Fitzpatrick wrote an article for The Conversation last November questioning "Why was Ireland the first European country to go into a new lockdown and will it work?" For the full article, which has had more than 50,000 reads, visit:

<https://theconversation.com/why-was-ireland-the-first-european-country-to-go-back-into-lockdown-and-will-it-work-149258>

Professor Fitzpatrick was an invited speaker at the Royal College of Physicians in Ireland webinar in September 2020, where she presented on "The challenge in international comparisons of COVID-19". Patricia has also been an invited participant on the RTE Radio One programme "Drivetime" on 3 occasions, as well as contributing to the COVID-19 discussion on Canadian radio, on 640 Toronto Radio and 630 CHED, Edmonton.

### Why was Ireland the first European country to go back into lockdown – and will it work?

November 4, 2020 10:35am GMT



Here's hoping. Brian Lawless/PA

# THE CONVERSATION

Academic rigour, journalistic flair



# RESEARCH FUNDING SUCCESS

Congratulations to everybody on your recent research grant success!

Dr Carla Perrotta was awarded €315,779 from Science Foundation Ireland for a project entitled, 'COVID19 outbreaks in workplace settings: understanding and preventing super spreading events.', with Dr. Conor Buggy as co-applicant. For more information visit:

<https://www.ucd.ie/research/covid19response/news/carlaperrottaworkplace/>

Professor Séamus Fanning with Dr Guerrino Macori were awarded €218,841 from the World Health Organization for a project entitled "Investigating presence of SARS-CoV-2 in selected foods and food production environments using qPCR and whole virus genome sequencing: comparative analysis with globally available sequences to uncover phylogenetic relationships and potential transmission routes".

Professor Eamonn Delahunt was awarded €96,000 from Irish Research Council for a project entitled "Tackling" the "evidence-based medicine manifesto for better healthcare" in sports and exercise medicine and sports physiotherapy.

Dr Catherine Phillips was awarded €354,536 from the Health Research Board through the transnational JPI Healthy Diet for a Healthy Life ERA-Net HDHL-INTIMIC call "Prevention of unhealthy weight gain and obesity during crucial phases throughout the lifespan" as PI for a project entitled "First 1000 days Strategies to Prevent Childhood Obesity".

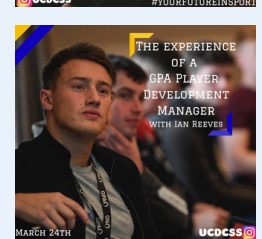
Associate Professor Clare Corish with Professor Helen Roche and Dr Katy Horner were awarded €366,042 from the Health Research Board for their project entitled "Innovative pAnt Protein fibre and Physical activity solutions to address poor appEtite and prevent undernUTrition in older adults".



## How to be Successful with your Sport & Exercise Management Degree

Over the week starting March 22nd, the second year Sport & Exercise Management students were responsible for delivering a series of events under the title 'How to be Successful with Your Sport & Exercise Management Degree'. There were two interactive and fun seminars organised with keynote speakers who were past pupils now working in industry.

Ian Reeves, GPA Player Development Officer and Steve Crosbie, an Irish former rugby union player and director of Fad Saoil Saunas shared their experiences during their transition from UCD to the working world. These talks gave over 100 students the opportunity to ask questions and gain a clearer insight to their own future careers in sport. A FIFA challenge also took place over the week using Ireland Esports platform, with the final streamed on Twitch.





## JOURNAL SPECIAL ISSUES

Professor Eleni Thoedoraki has been invited to guest edit a special issue for the journal Social Sciences. This special issue entitled "Understanding Socio-Cultural Effects of Mega-Events on Host Communities: Key findings, Challenges and Opportunities", is co-guest edited by Prof. Dr. Iain MacRury. Submissions are now open until August 8 2021. For further details see: [https://www.mdpi.com/journal/socsci/special\\_issues/mega\\_events](https://www.mdpi.com/journal/socsci/special_issues/mega_events)

Dr Catherine Phillips has been invited to guest edit a special issue for the journal Nutrients. This special issue entitled "Dietary Inflammatory Potential and Dietary Quality, Maternal Health and Offspring Outcomes", is co-guest edited by Dr Marion Lecorguillé and is now open for submissions until July 18th 2021. For further details see: [https://www.mdpi.com/journal/nutrients/special\\_issues/Dietary\\_Inflammatory\\_Potential](https://www.mdpi.com/journal/nutrients/special_issues/Dietary_Inflammatory_Potential)

## Associate Editor of Journal of Sports Sciences

In December 2020 Dr Massimiliano Ditroilo, Lecturer in Sport and Exercise Science, was appointed associate editor of the Sports Medicine and Biomechanics Section of the Journal of Sports Sciences. The Journal currently has an impact factor of 2.6 and is ranked 27/85 in the 'Sport Sciences' section of the Journal Citations Reports. Dr Ditroilo joined 3 other associate editors from the University of Hull, the University of Portsmouth and Liverpool John Moores University (UK).



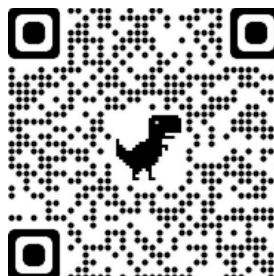
## COLLABORATION WITH CLINICAL PARTNERS

### Telehealth Project: Development of Online Exercise Resources for adults with Cystic Fibrosis in support of the telehealth agenda at St Vincent's University Hospital

Arising from a collaboration between SPHPPSS physiotherapy staff and students and St. Vincent's University Hospital Cystic Fibrosis physiotherapy team, a series of exercise videos were made and are available through the 'CF Physio St. Vincent's University Hospital' Channel on Youtube. This repository of videos, focused on improving everything from cardiorespiratory fitness to core strength, offer on-demand exercise programmes for people living with CF to aid staying active during the lockdown.

**Workshops & Lectures:** Associate Professor Cairtriona Cunningham delivered two workshops in January to support the dissemination of the most up-to-date research in physiotherapy and guidance regarding research design to clinicians in practice.

- Cunningham, C. 'Survey Design Workshop', Our Lady's Hospital Physiotherapy Department, Crumlin, January 2021.
- Cunningham, C. 'Physiotherapy Management of Vertebral Fragility Fracture Patients Lecture,' Beaumont Hospital, January 2021.



## Research Integrity

In line with UCD's commitment to develop research to the highest standards of professionalism and rigor, three 'Research Integrity Champions' Dr Keith Smart, Dr Cailbhe Doherty and Prof. Helen Roche were appointed to promote research integrity within the school.

Currently, research integrity training is mandatory for incoming postgraduate research students. However, given the increasing demand for evidence of research integrity training by ethics committees and funding agencies, all researchers within the SPHPSS are encouraged to engage with the training.

Based on an audit conducted by Dr Keith Smart in November 2020, only 29% teaching and research staff had completed the training, with greater compliance of 38% being noted in research staff/assistants, postdoctoral researchers and technical/other staff.

Research integrity training can be accessed via UCD's Research Integrity Office. Any queries regarding research integrity may also be directed towards Dr Keith Smart (k.smart@ucd.ie).



## Research and Innovation Committee Update

In early 2020, a new Research and Innovation Committee (RIIC) was formed with Professor Brian Caulfield as chair. The current membership of the RIIC is Dr Cailbhe Doherty, Dr Carla Perrotta, Dr Clare Reynolds, Professor Eamonn Delahunt, Dr Keith Smart, Dr Olive Lennon, Dr Penpatra Sripaiboonkij, Dr Ricardo Piper Segurado, Associate Professor Tara Cusack, Professor Catherine Blake, Dr Ross Neville, Dr Ciara Duignan, Dr Catherine Phillips, Ms Patricia Gabetto and Professor Brian Caulfield. Since the first meeting of the new RIIC in March 2020, they have met on a regular basis over the last year to address a number of issues including:

**Research activity during COVID-19: Temporary closure of research activities across the school, followed by implementation of safe return protocols and policies:** Work involved liaison with the CHAS RIIC, UCD Research, UCD RISC, and school community members to develop a series of school-level best practice protocols for safely executing a range of research activities in the COVID-19 era.

**Development of a school-wide researcher support programme:** This initiative is being led by Clare Reynolds, Tara Cusack & Carla Perrotta. The shape of the programme is based on a cross-school survey regarding barriers and facilitators to research activity, completed in the summer of 2020. The first activity to be rolled out was the new SPHPSS Research Seminar series, which started in December 2020. The series has been very well attended and they have some exciting speakers in the pipeline for the coming months. Further support activities will also be launched in the coming months.

**Data Management:** Olive Lennon, Cailbhe Doherty and Keith Smart are developing a school-level policy for best practice in data management throughout the research life cycle. Implementation of this policy will be aided by a tool that will assist researchers in planning their management of research data by means of linking to (1) appropriate institutional policy documents, (2) educational resources, and (3) worked examples. The team recently surveyed school staff regarding their research data management views and practices, the results from which will inform their next steps in this area.

**Software Licenses:** SPHPSS has provided financial support for the purchase of CHAS-wide licenses for two software packages that are used across the college to support research activities: Qualtrics and Covidence. If you wish to avail of these packages for your research, please send an email to sphpss.ri@ucd.ie.

## Introducing....

# The Postgraduate Research Students Committee

Within the School of Public Health, Physiotherapy and Sports Science, there are more than fifty postgraduate (PG) research students working in different areas, and their contribution to the school is remarkable. PG research projects play a pivotal role in our school. Since last September, 10 new PhD students and 3 Research Masters students have joined the School.

SPHPSS PhD wellbeing and mental health are considered as high priorities for the SPHPSS and for this reason, the PG Research Student Committee was set up. Established last October, the Postgraduate Research Student Committee's members include; Giampiero Tarantino, Michelle Kearns, Shevaun Teo, Eoin Donnelly, Fiona Curran and Maria Monahan. The committee aims to provide peer-led support to PG researchers within the SPHPSS and seeks to create a community of students through the organisation of social events and activities.

Meetings take place every 6 weeks, usually on Fridays at 10am, and any PG research students can attend them. Unfortunately, since the Committee was established, the meetings have been taking place via Zoom. If you are interested in joining us, you are more than welcome. We will send out Zoom links via email before each meeting. We hope to see you there!



### Giampiero Tarantino

Giampiero joined SPHPSS in September 2018 when he started his PhD under the supervision of Dr Ross Neville. His research focuses on the inclusion of children with disabilities in physical education and physical activities.



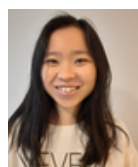
### Eoin Donnelly

Eoin is currently undertaking a Masters by Research in the Institute for Sport and Health studying neural control of muscle contraction and neural adaptations to training in well-trained and sedentary young men.



### Michelle Kearns

Michelle is an AfN associate nutritionist (ANutr) who joined SPHPSS in September 2020 to start her PhD. Located in the Conway Institute under the supervision of Dr Clare Reynolds, her main research focuses on artificial sweeteners and their impact on reproductive and metabolic health.



### Shevaun Teo

Shevaun is a registered CORU dietitian and is currently in her first year of her PhD at UCD. Based in Woodview House and under the supervision of Dr Catherine Phillips, her research focuses on maternal diet and birth & childhood outcomes using data from the Lifeways Cross-Generation Cohort Study.



### Fiona Curran

Fiona began her PhD under the supervision of Dr Grainne O' Donoghue in January 2020, on the topic of Interrupting Sedentary Behaviour in people living with obesity. She is a CORU registered physiotherapist and Health Informatician.



### Maria Monahan

Maria is a Sport & Athletic performance scientist, specialising in Strength and Conditioning (CSCS), her PhD research under the supervision of Dr Ulrik McCarthy Persson & Dr Cailbhe Doherty addresses the acute response to resisted sled sprinting in trained field sport athletes.

## MSc in Clinical Nutrition and Dietetics Online Placement

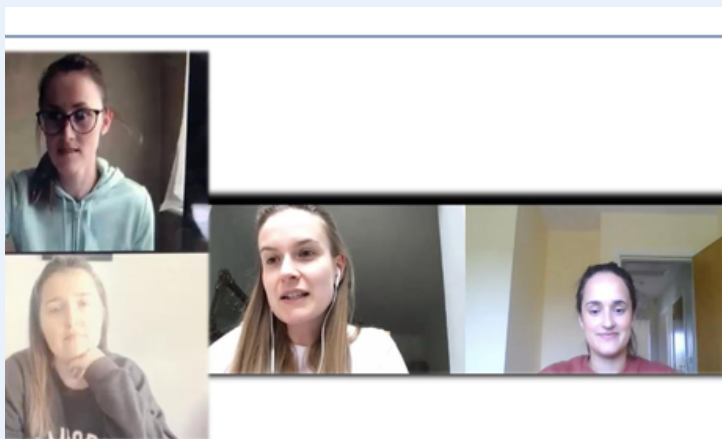


Figure 1. Students engaging in online peer-reviewed role play

Thanks to Ruth Charles and Nicola Dervan who developed the 2-week simulation programme to simulate the early weeks of the 14-week acute clinical practice placement that would facilitate student learning and progression. This work highlighted the value of a virtual simulated learning experience for dietetic students as part of practice placement. In March 2020, the COVID 19 global pandemic caused an abrupt suspension of clinical placements on the MSc in Clinical Nutrition and Dietetics programme and extreme uncertainty over commencement of placements and placement sufficiency. All students reported an increase in knowledge, skills, and confidence in their ability to manage different patient types.



## EDI Resources

UCD is committed to creating an environment free from bullying, harassment and sexual harassment. The **Report + Support Tool** allows staff, students and visitors to anonymously report any form of harassment as well as accesses supports for those affected. To report harassment or see what supports are available to you please visit the Report + Support website: <https://reportandsupport.ucd.ie/>

To further promote the **UCD Respect and Dignity** policy, the Panel of Dignity and Respect Contact Persons, who are fully trained UCD faculty and staff members, are available to both employees and students. The Contact Person acts as a listening ear providing non-directive and non-judgmental support and information to employees and students experiencing difficulties of a bullying, harassment and/or sexual harassment nature on a strictly confidential basis. They will provide information on the range of informal options and supports available and also explain the formal procedures. The panel includes Dr Conor Buggy from the SPHPSS.

Minding your mental health and wellbeing is particularly important during the current period. The **UCD Employee Assistance Service** is a 24/7 free and confidential support service designed to assist you in dealing more effectively with any personal or work-related problems you might be facing. For details about resources and events visit: <https://www.ucd.ie/engage/employeerelations/employeeassistanceservice/>

## Widening Participation

Working towards UCD's vision for a 'University for All', the UCD Widening Participation Committee plays a key role in supporting the University to recognise and promote the diversity and contribution of all students and to strive towards improving access and participation.

SPHPSS continues to be represented on the committee by Associate Professor Catriona Cunningham and in collaboration with UCD Access, SPHPSS hosted a 'University for All' Widening Participation workshop on March 12th 2021 organised by Associate Professor Catriona Cunningham, Dr James Matthews and Dr Ross Neville.

Further to this, in line with the SPHPSS's commitment to widening participation, enhanced widening participations enrolment targets for HEAR, DARE and Mature entry students have been set for all Bachelors programmes, with additional entry routes still under discussion.

## Global Engagement

Professor Eleni Theodoraki advises the Ministry of Public Health in Qatar on *Health in All policies* and shares research findings on leveraging the FIFA 2022 World Cup for the promotion of physical activity for health related outcomes. Mega sporting events have the power to inspire social change. Qatar, which suffers from high levels of diabetes and obesity as well as a high per capita carbon footprint, has the opportunity to use the FIFA 2022 World Cup to encourage people to adopt greener and more physically active lifestyles.

### Call for Expressions of Interest

A College Disability Working Group is being set up this year.

Interested parties should contact:  
[sphpssedi@ucd.ie](mailto:sphpssedi@ucd.ie)



University College Dublin  
Ireland's Global University

# RECENT PUBLICATIONS

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## Looking for study volunteers




**Do you have pain in your Achilles Tendon?**

**Interested in volunteering for an on-line rehabilitation study?**

Pain in the Achilles tendon (lower calf, back of heel) is common, persistent and difficult to resolve. In the UCD School of Public Health, Physiotherapy and Sports Science we are conducting a 12 week study using an online self-management rehabilitation programme, (watching videos and strengthening exercises) as a treatment plan to improve this common condition.

To take part you must have the following criteria:

- Male or female - 18-65 years old
- Have pain in the middle of your Achilles tendon for at least last 3 months
- Have morning pain or stiffness in the Achilles tendon
- Have pain in the tendon that gets worse with activity.
- Have access to a computer, laptop or tablet
- Not undertaking any other rehabilitation programme



This self-management study is conducted online, there is no face-to face contact. If you are uncertain whether you are eligible or if you are interested in participating please contact our Research Coordinator Dee Ryan via:  
Call/message: 086 163 0237 Email: [atrehabilitation@gmail.com](mailto:atrehabilitation@gmail.com)

# Conference Presentations

Despite the current pandemic conference attendance has continued, albeit virtually. Findings from the two year follow up of the Healthy UCD initiative to remove high sugar sweetened beverages from the UCD campus were presented by Maria Heffernan (Research Assistant with Healthy UCD and SPHPSS) at the **16th Annual UK Society for Behavioural Medicine Annual Scientific Meeting**, held online on January 13th-14th 2021. Others involved in this research include Dr. Celine Murrin, Prof. Gerardine Doyle, Liam Delaney, Dr. Leonard Lades, Odhran Lawlor, Brian Mullins and Prof. Patricia Fitzpatrick.

SPHPSS were well represented at the recent **21st National Cystic Fibrosis Clinical meeting** which was held online on the 4th and 5th February 2021. PhD student Rini Bhatnagar presented her work on "Children with Cystic Fibrosis and their families – managing challenges during the COVID-19 pandemic" (done in collaboration with Dr. Sarah Tecklenborg, Dr. Ricardo Segurado and Prof. Patricia Fitzpatrick) and Ronan Buckley (Senior CF Physiotherapist in St Vincents University Hospital; former UCD MSc Research student) presented a poster "A Collaboration to Increase Exercise Engagement in the Cystic Fibrosis Population" (done in collaboration with Associate Professor Caitriona Cunningham, Jessica Coyle [PT Bsc Student], Aisling Cryan [PT BSc student], Adam Tattersall [UCD School of Medicine Education Technologist] and the other members of SVUH physiotherapy team [Sarah Kelly, Clare Reilly, Ciara O'Connor, Michelle Callaghan, Aoibheann Leeney & Sinead Kinsella]).

**5th European Congress of the Europe Region World Physiotherapy Education 2020** took place online on 11th September 2020. Physiotherapy Practice Education Co-ordinator Dr Sinead McMahon presented her work on "Innovation in clinical placement Design Implementation and evaluation of an ehealth/ telehealth placement at University College Dublin during COVID-19" (done in collaboration with Frank Kenny [Clinical Tutor], Ciaran Purcell [Clinical Tutor] and Associate Professor Caitriona Cunningham).

**Symposium Mammographicum 2021** also took place online from 7-10th of February with presentations by Nancy Bhardwaj (MPH student 2019/20) on "Practice of breast self-examination among older women in Ireland: An update using Tilda wave 4", Naoise Synott (MPH student 2019/20) on "Smoking Is An Independent Negative Predictor Of Mammography Attendance In Women Eligible For Breast Screening" and Prof Patricia Fitzpatrick on "Early results from BreastCheck age extension in the Republic of Ireland".

**The Irish Nutrition and Dietetic Institute (INDI) Research Symposium**, held on 4th March 2021, was a huge success with approximately 500 attendees. There were poster presentations by Dr Aisling Geraghty for the ONSPres project and Lucy Kelly RD, on the qualitative study on Healthcare professionals' perceptions of malnutrition management and oral nutritional supplement prescription in the community. Dr Ciara Reynolds, postdoctoral researcher, also presented a poster on her research carried out on patient perspectives on malnutrition management. Dr Sarah Browne presented her findings on community healthcare professionals and patients' views on malnutrition. Associate Professor Clare Corish gave a presentation on long-term oral nutritional supplement users in Ireland.

The **Irish Network of Healthcare Educators (INHED)**, hosted by UCD online on March 10th-12th, included presentations on the ONSPres study findings by Dr Aisling Geraghty and Dr Sarah Browne.

The **Annual Joint Scientific Meeting of The Association of University Departments of General Practice In Ireland/Irish College of General Practitioners** was held on March 12th and 13th. Dr Sarah Browne presented her findings on "General practitioners' views on malnutrition management and oral nutritional supplementation prescription in the community: a qualitative study". Assoc Profes Clare Corish gave a talk on "Characteristics and the determinants of high volume dispensing in long-term oral nutritional supplement users in primary care". Dr Aisling Geraghty presented results from "Evaluation of an online malnutrition management education module for general practitioners: The ONSPres project".

## CONTACT US

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UCD SPHPSS is a dynamic and multi-disciplinary School established within the College of Health and Agricultural Sciences. For further information visit us at: <https://www.ucd.ie/phpss/>