



# EPINews

## Newsletter of the School of Public Health

June 2018

### WELCOME

Dear Colleagues,

Welcome to the 16<sup>th</sup> issue of EPINews. Summer is upon us and it has been a very busy few months in the School. This issue is packed to the brim with research updates, events, and exciting training opportunities.

Since the last issue, many colleagues have attended national and international conferences. The school has been well represented in Canada with Dr. Karen Matvienko-Sikar and Ms. Ailbhe Spillane presenting their work in Montreal and Alberta respectively. We are also delighted to congratulate Ms Emily Lynch on her new position as Programmes Administrator with the school. Best of luck Emily!

I hope you enjoy this issue and as always, I would encourage you to circulate EPINews among your colleagues and direct any queries or comments to me at [emmy.racine@ucc.ie](mailto:emmy.racine@ucc.ie) or to Niamh at [Niamh.mcgrath@ucc.ie](mailto:Niamh.mcgrath@ucc.ie).

Ms Emmy Racine and Ms Niamh Mc Grath

### SCHOOL NEWS

#### Implementation Science Training and Seminar

The School of Public Health is delighted to announce two exciting events in implementation science in 2018. These events will be hosted by the ESPRIT (Evidence to Support PRevention Implementation and Translation) Research Group in conjunction with the Health Research Board. For more information on these events, please see page 9 of this newsletter.

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### CORE TEACHING PROGRAMMES

- [BSc in Public Health Sciences](#)
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- [Postgraduate Certificate in Health Protection](#)
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- [MSc in Occupational Health](#)
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## The International Behavioural Trials Network (IBTN) Conference and Inaugural Summer School 2018

The bi-annual IBTN conference took place from May 24th to 26th in Montreal, Canada. The conference included plenary sessions from experts in behavioural trials, including Susan Michie, Linda Collins, Robert Kaplan, Jeremy Grimshaw and Ken Freedland. There were also interactive workshops covering topics such as optimization trial design, n-of-1 trial designs, and qualitative research in behavioural trials. There were also poster presentations throughout the conference. Dr Karen Matvienko-Sikar presented work on *Theory use and behaviour change techniques in healthcare professional-delivered infant feeding interventions to prevent childhood obesity*.

Karen also took part in the inaugural IBTN summer school from May 21st to 24th in Montreal. Attendance at the summer school was based on competitive applications and Karen was one of 30 individuals chosen from around the world to participate. Karen was also awarded a travel bursary for the summer school. The summer school covered a range of topics including intervention development, feasibility & piloting, stakeholder engagement, evaluation, and implementation. The summer school and conference provided excellent opportunities for learning and networking, and Karen would highly recommend members of the School to attend in Montreal in 2020!

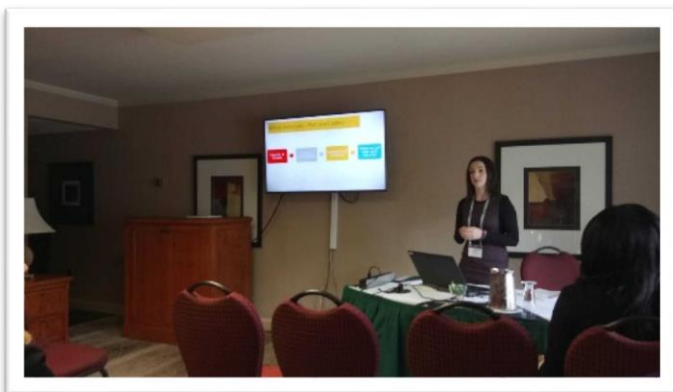


Dr. Karen Matvienko-Sikar (back row-center) attending the IBTN Summer School, 2018.

## 16<sup>th</sup> Qualitative Methods Conference, Alberta, Canada.

The 16<sup>th</sup> Qualitative Methods Conference took place from the 1<sup>st</sup> to the 3<sup>rd</sup> May in Banff, Alberta, Canada. The theme of the Conference was "A Time for Change". SPHeRE scholar,

Ms Ailbhe Spillane gave an oral presentation at the conference entitled *Overcoming methodological and ethical challenges in qualitative research involving vulnerable populations*. The next Qualitative Methods Conference is in Brisbane, Australia and abstract submission opens September 2018.



Ailbhe presenting her research at the Qualitative Methods Conference, 2018

## RECENT PUBLICATIONS

[Sustaining quality in the community: trends in the performance of a structured diabetes care programme in primary care over 16 years.](#) Riordan F, McHugh SM, Harkins V, Marsden P, Kearney PM. *Diabetic Medicine*. 2018; April 29. doi: <https://doi.org/10.1111/dme.13658>.

[What are the physical and psychological health effects of suicide bereavement on family members?](#) An observational and interview mixed-methods study in Ireland. Spillane A, Matvienko-Sikar K, Larkin C, Corcoran P, Arensman E.

[Increasing rates of self-harm among children, adolescents and young adults: a 10-year national registry study 2007-2016.](#) Griffin E, McMahon E, McNicholas F, Corcoran P, Perry IJ, Arensman E. *Social Psychiatry and Psychiatric Epidemiology*. 2018; May 2/ doi: [10.1007/s00127-018-1522-1](https://doi.org/10.1007/s00127-018-1522-1).

[Participants' perspectives and preferences on clinical trial result dissemination: The TRUST Thyroid Trial experience.](#) Racine E, Hurley C, Cheung A, Sinnott C, Matvienko-Sikar K, Baumgartner C, Rodondi N, Smithson WH, Kearney P. *HRB Open Research*. 2018; April 11. doi: [10.12688/hrbopenres.12817.1](https://doi.org/10.12688/hrbopenres.12817.1)

[Prenatal maternal stress and risk of neurodevelopmental disorders in the offspring: A systematic review and meta-analysis protocol.](#) Manzari N, Matvienko-Sikar K, Baldoni F, O'Keeffe GW, Khashan A.S. *HRB Open Research*. 2018; May 1. doi: [10.12688/hrbopenres.12827.1](https://doi.org/10.12688/hrbopenres.12827.1).

[Intervention Fidelity Within Trials of Infant Feeding Behavioral Interventions to Prevent Childhood Obesity: A Systematic Review.](#) Toomey E, Matvienko-Sikar K, Heary C, Delaney L, Queally M, Hayes CB, Kearney PM, Byrne M. *Annals of Behavioural Medicine*. 2018; May 9. doi: [10.1093/abm/kay021](https://doi.org/10.1093/abm/kay021).

[General practitioners' knowledge, attitudes and experiences of managing behavioural and psychological symptoms of dementia: protocol of a mixed methods systematic review and meta-ethnography.](#) Jennings AA, Foley T, Walsh KA, Coffey A, Browne JP, Bradley CP. *Systematic Reviews*. 2018; 7:62.

[Responding to excessive alcohol consumption in third-level \(REACT\): A study protocol.](#) Davoren MP, Calnan S, Mulcahy J, Lynch E, Perry IJ and Byrne, M. *BMC Health Services Research*. 2018; May 11. doi: [10.1186/s12913-018-3173-z](https://doi.org/10.1186/s12913-018-3173-z).

[Measuring performance on the Healthcare Access and Quality Index for 195 countries and territories and selected subnational locations: a systematic analysis from the Global Burden of Disease Study 2016.](#) Fullman, N. et al. *The Lancet*. 2018. 391: 10136, 2236 – 2271.

[Enablers and barriers to physical activity in overweight and obese pregnant women: an analysis informed by the theoretical domains framework and COM-B model.](#) Flannery C, McHugh S, Anaba AE, Clifford E, O'Riordan M, Kenny LC, McAuliffe FM, Kearney PM and Byrne M. *Pregnancy and Childbirth*. 2018. 18:1:178.

Visit the school website for a full list of [publications](#)

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*Dr. Karen Matvienko-Sikar addressing the Oireachtas Joint Committee.*

Committee on Children and Youth Affairs in relation to the topic of tackling childhood obesity. Karen presented on key findings and recommendations from the CHERISH study, which is funded by a Health Research Board Interdisciplinary Capacity Enhancement Award led by Professor Patricia Kearney.

### Congratulations Aisling!

Dr Aisling Jennings was the recipient of two awards at the recent Joint Scientific Conference of the ICGP & AUDGPI held in National University of Ireland Galway in March 2018. Her presentation was entitled General practitioners' knowledge, attitudes and experiences of managing behavioural and psychological symptoms of dementia: a mixed methods systematic review. Aisling received the James McCormick Prize for Best Research Project and the AUDGPI Bursary for Best Presentation.



*Aisling receiving the AUDGPI Bursary for Best Presentation at the conference.*

### Psychology, Health and Medicine Conference, 2018 and Early Career Award.

The 15th Annual Psychology, Health and Medicine Conference was held at Ulster University, Coleraine on June 1st. Dr Karen Matvienko-Sikar presented on the content, format and delivery of primary care infant-feeding interventions to prevent childhood obesity. Karen was also awarded the Psychological Society of Ireland Division of Health Psychology Hannah McGee Excellence in Research/Practice Award. This is an early career award that is awarded based on the breadth of contribution to advancing the science and/or profession of health psychology nationally and internationally. Well done Karen!

### 'Abstract of Distinction' awarded at the 70th American Academy of Neurology Annual Meeting, Los Angeles, 2018.

Dr Eilis O'Reilly was awarded Abstract of Distinction for the abstract she submitted to the 70<sup>th</sup> American Academy of Neurology Annual Meeting, Los Angeles, April 2018. The abstract, which was entitled *Pre-diagnostic Plasma Polyunsaturated Fatty Acids and the Risk of Amyotrophic Lateral Sclerosis* was chosen for a platform presentation and received the award out of the 3000+ abstracts submitted. Eilis co-authored two other abstracts at the meeting: *Pre-diagnostic branched chain amino acids and the risk of ALS (K Bjernevik et al.)* with colleagues at Harvard TH Chan School of Public Health, University of Hawaii and University of Bergen, and *The Incidence of First Seizures, New Diagnosis of Epilepsy and Seizure Mimics in County Cork, Ireland; An Epidemiologic Protocol (E Maloney et al.)* with colleagues at Cork University Hospital. Well done Eilis!



Dr Zubair Kabir (front row-right) attending the GBD Training Workshop

### Advanced Global Burden of Disease Workshop

Dr Zubair Kabir attended this Advanced GBD Training Workshop following successful completion of the online Introductory GBD Training Course in April at Athens. The GBD Workshop provided hands-on learning of how to harness the full power of GBD results and data visualizations as well as how to understand analytical methods and strategies for communicating with stakeholders. Dr Zubair Kabir and other collaborators from The Global Burden of Disease Study recently published a paper in *The Lancet* entitled 'Measuring performance on the Healthcare Access and Quality Index for 195 countries and territories and selected subnational locations: a systematic analysis from the Global Burden of Disease Study 2016'. To read the paper, please click [here](#).

### World Congress on Occupational Health, Dublin

The School of Public Health was well represented at the last Triennial World Congress on Occupational Health, which took

part in Dublin's Convention Centre from 29 April to 4 May 2018 with an amazing number of over 2,200 delegates. Dr John Gallagher gave a keynote speech in which he discussed reasons for the recognition and under-recognition of occupational health and brilliantly set the scene for further sessions to come. Different research projects were presented in a special integrated session on environmental health organised and chaired by Prof John Gallagher. This session addressed the effect of different aspects of the environment on health. The environment is often considered to exist outside of the workplace stopping at the workplace entrance. From a public health perspective environmental influences also extend into the workplace through for example food policy, psychosocial, ergonomic and physical exposures. The session adopted an integrated approach, looking at the environment and the workplace as contiguous entities and as such having many shared influences.

Dr Fiona Geaney reported on the Food Choice at Work Study and discussed the lessons learned from design and evaluation to practical implementation of dietary interventions and the use of digital health tools in workplace health. Dr Dervla Hogan presented the newest results on physical and psychosocial work factors and work related musculoskeletal disorders in Chartered Physiotherapists, Physical Therapists and Athletic Therapists in Ireland, hereby showcasing the HITS Study. Dr Birgit Greiner addressed psychosocial and mental health issues in the workplace by talking about the ongoing SSIS-ACE study with the NSRF with the title 'The psychosocial work environment, suicide and self-harm: Results from a case control study'. The last presentation was about the 'classical environmental health issues in Ireland' presented by Dr Stig Hellebust of UCC's School of Chemistry and Environmental Research Institute, a new cooperation partner of the School of Public Health. In additional sessions Dr Greiner presented further results of the HITS Study the title: What explains gender differences in work-related upper limb disorders and also showcased the study with a poster.



Dr Stig Hellebust; Dr Birgit Greiner; John Gallagher, Dr Dervla Hogan and Dr Fiona Geaney at the World Congress on Occupational Health in Dublin.

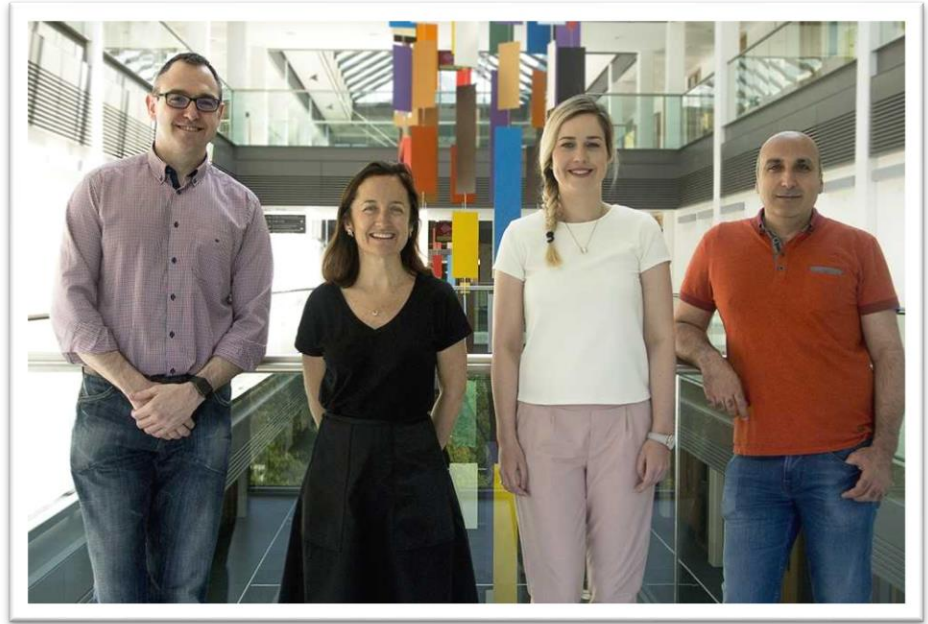
### Ireland's Public Health (Alcohol) Bill: A Critical Discourse Analysis

Ireland's Public Health (Alcohol) Bill was the subject of a paper published recently in the journal *Contemporary Drug Problems* by Ms Susan Calnan and co-authors Dr Martin Davoren, Professor Ivan Perry and Dr Órla O'Donovan. The paper examines the discourses around the Bill from the unique perspective of critical discourse analysis. A key objective was to analyse the current prevailing representations of alcohol and its regulation in Ireland but also to consider what they reveal about the underlying governing rationality in relation to alcohol regulation. The paper highlights how industry and public health advocates represent the issue of alcohol in markedly different ways, also demonstrating how critical discourse analysis can be applied to interrogate underlying assumptions in all sides of the debate.



## Exposure to hypertensive disorders of pregnancy may be associated with autism spectrum disorder and attention deficit/hyperactivity disorder in offspring.

Ms. Gillian Maher, 2nd year SPHeRE Scholar, along with primary supervisor Dr. Ali Khashan, co-supervisors Dr. Gerard O'Keeffe, Prof. Patricia Kearney and Prof. Louise Kenny, and collaborators Prof. Ted Dinan and Ms. Molly Mattsson recently conducted a systematic review and meta-analysis entitled: Association of Hypertensive Disorders of Pregnancy with Risk of Neurodevelopmental Disorders in Offspring. This systematic review has recently been accepted for publication in JAMA Psychiatry, and suggests that exposure to hypertensive disorders of pregnancy (HDP) may be associated with increased chances of developing autism spectrum disorder (ASD) and attention deficit/hyperactivity disorder (ADHD) in offspring. Based on a pre-prepared protocol, a systematic search of the literature identified 61 articles for inclusion in the review. Twenty studies reported estimates for ASD. Eleven of these reported adjusted estimates, with a pooled adjusted odds ratio of 1.35 (95% CI: 1.11-1.64). Ten studies reported estimates for ADHD. Six of these reported adjusted estimates with a pooled odds ratio of 1.29 (95% CI: 1.22, 1.36). Thirty-one studies met inclusion criteria for all other neurodevelopmental disorders. Individual estimates reported for these were largely inconsistent, with few patterns of association observed. The authors feel these findings highlight the potential need for greater pediatric surveillance of infants exposed to HDP to allow early intervention that may improve neurodevelopmental outcome. However, before more definitive conclusions can be reached, more robust research is needed addressing key limitations in the literature.



*Ms Gillian Maher pictured with her supervisors.  
(l-r Dr Gerard O' Keeffe, Prof Patricia Kearney, Ms Gillian Maher, Dr Ali Khashan)*

## Sustained improvements in the performance of a diabetes care programme.

Ms. Fiona Riordan, a PhD researcher at the School of Public Health was first author on a recent paper which found that a structured primary care programme to manage the treatment of type 2 diabetes delivered sustained improvements in the quality of care over time. The study was conducted in collaboration with the HSE Midland Structured Diabetes Care programme. The programme, which is based in four counties in Ireland (Longford, Westmeath, Laois and Offaly), employs several evidence-based components: adoption of clinical guidelines, patient register and recall and protected time for review (patients attend three 30-minute visits per year), organisation and coordination of care by practice nurses, structured multidisciplinary support, and professional and patient education. The research used data from patients enrolled in the programme, which were collected at different points in time between 1999 and 2016. Recording of care processes had improved significantly since 1999, with the exception of patient BMI and smoking status; these remained less well recorded when compared with other processes. While patient attendance at annual review had increased between 1999 (18%) and 2008 (91%), this had dropped again in 2016 (77%). Over time the proportion of patients with good control for all risk factors ranged from 12% (1999) to 39% (2016).

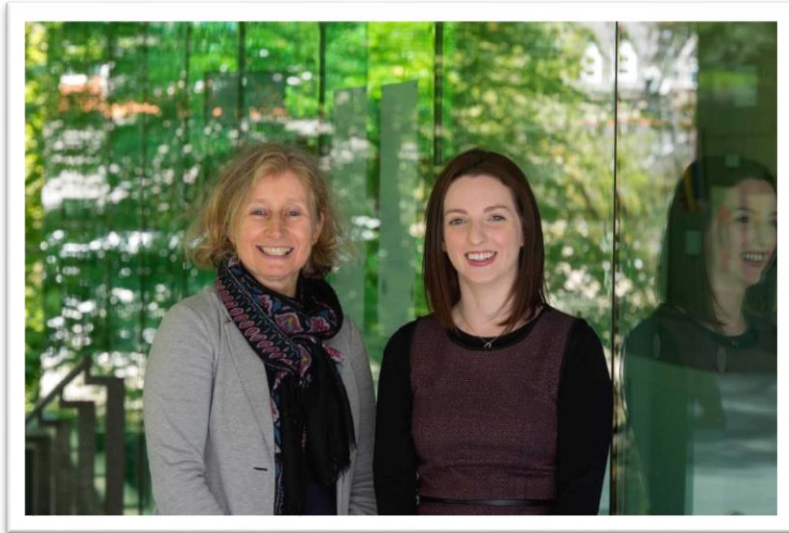
The study demonstrates the sustainability and feasibility of delivering a structured diabetes care programme in primary care, if it is well supported and organised. The Midland programme is the longest running diabetes care programme in Ireland and it has achieved significant improvements in terms of the care processes delivered to patients over time. However, the findings in relation to patient attendance, recording of lifestyle processes, and the proportion of patients with poor risk factor control indicates there is scope for further improvements.

Ms Riordan commented on the study, stating that "While the overall findings are encouraging, they also suggest there may be limits to what can be achieved by structured care programmes, particularly when they operate within the resource constraints of primary care and the wider health system. We need to support these programmes to engage in continuous quality improvement and seek to better understand general practitioner management decisions, patient attendance, adherence and self-management. Understanding and addressing these areas may deliver further improvements in the delivery of these programmes."

## National Suicide Research Foundation Update

### Recent Publication examining rates of self-harm among young people in Ireland

On May 4th 2018, a new publication entitled 'Increasing rates of self-harm among children, adolescents and young adults: A 10-year national registry study 2007-2016' was published in *Social Psychiatry and Psychiatric Epidemiology*. Dr Eve Griffin who conducted the research, examined rates of self-harm among young people in Ireland over a 10-year period, as well as trends in self-harm methods using data from the National Self-Harm Registry Ireland. The findings indicate that the age of onset of self-harm is decreasing. Increasing rates of self-harm, along with increases in highly lethal methods, indicate that mental health promotion and targeted interventions in key transition stages for young people are warranted. The article may be accessed [here](#).



Prof Ella Arensman and Ms Ailbhe Spillane at the recent launch of the press release

### The impact of suicide bereavement on family members in Ireland

In recent weeks, a press release was published in connection with two papers written by Ms Ailbhe Spillane, and colleagues in the National Suicide Research Foundation and School of Public Health. The press release outlined important findings from the papers. Among family members bereaved by suicide, 24%, 18% and 27% had elevated levels of depression, anxiety and stress, respectively. They experienced other psychological problems including, panic attacks, suicidal thoughts, intrusive images, nightmares and post-traumatic stress disorder (PTSD). Family members bereaved by suicide were also at an increased risk of a number of adverse physical health conditions, including chronic obstructive pulmonary disease (COPD), hypertension, diabetes and cardiovascular disease (CVD). They also experienced more physical health complaints, physical illnesses and physical pain. Considering these health difficulties, family members

expressed a need for adequate formal and informal support. Challenges faced by these family members included difficulties accessing formal support services due to grief reactions, being unsure where to access such support and not having the financial means to pay for such support.

Professor Arensman, Chief Scientist with the National Suicide Foundation, commented on the findings by stating that "this research underlines the importance of increasing awareness among health and mental health professionals to prioritise assessment and early identification of mental health and physical health problems among people bereaved by suicide".

The press release can be accessed [here](#).

## Food Choice at Work Update

### Food Choice at Work visits the Áras!

On the 4<sup>th</sup> of May, Dr Fiona Geaney, Food Choice at Work was invited to attend a reception at Áras an Uachtaráin which celebrated Female Entrepreneurship, Innovation, Creativity and the Sustainable community. Two hundred leading female entrepreneurs were invited to attend. The reception was hosted by President Michael D. Higgins and his wife Sabina and supported by Enterprise Ireland.

## Future Health Summit

On the 28<sup>th</sup> of May, the annual Future Health Summit took place at the Convention Centre in Dublin. Approximately 1500 delegates were in attendance and 100 speakers invited. The overarching theme for the Summit was 'Collaboration is key to excellence in healthcare'.

Dr Fiona Geaney, CEO, Food Choice at Work was amongst the invited guests asked to speak at the *Wellness Summit*. Chris Flack, Founder/CEO of unplug was Chair of the session. Maureen Walsh, CEO DeCare Dental conducted the opening address. Others in attendance were Professor Dame Carol Black, Expert Advisor at NHS & Public Health England and Enda Campbell, Workplace Health Promotion officer at Irish Heart Foundation.



Pictured at the Áras (from left), Sabina, Michael D. Higgins and Dr Fiona Geaney.



*The new ESPRIT logo.*

### Re-brand for ESPRIT Research Group

The ESPRIT (Evidence to Support, Prevention, Implementation and Translation) research group has recently launched a new logo and visual image. The group which is based in the School of Public Health and led by Prof. Patricia Kearney has a shared vision to conduct research to inform the implementation of evidence based healthcare and improve patient and outcomes. You can view the ESPRIT website [here](#).

### Launch of the feasibility study 'Feasibility of an Intervention to Improve Attendance for Diabetic Retinopathy Screening'.

Diabetic retinopathy is a serious and common condition affecting the sight of people with diabetes and it can cause blindness. It is preventable through screening and can be treated if found in time. However, the success of screening is dependent on people attending when invited. Studies show that a number of people with diabetes do not attend regular screening and experience barriers to accessing and using the service. This month, an important feasibility study was launched in the School of Public Health, UCC. The study led by Dr. Sheena McHugh will investigate the feasibility of an intervention in primary care to increase retinopathy screening registration, consent and attendance. The study is funded by the HRB Definitive Interventions and Feasibility Awards (DIFA) and is being undertaken in collaboration with a number of co-applicants including Prof. Patricia Kearney and Prof. John Browne in the School of Public Health, Dr Aileen Murphy at the School of Economics and Prof. Susan Smith from the Royal College of Surgeons and HRB Primary Care Clinical Trials Network. For more details on the feasibility study, please click [here](#).

### HRB-TMRN Summer Student Scholarship

BSc Public Health Sciences student Holly McGrath has been awarded a HRB TMRN Summer Student Scholarship, and will be investigating recruitment methods for Patient Public Involvement partners in trials. This research will take place within the Feasibility of an Intervention to Improve Attendance for Diabetic Retinopathy Screening trial under the supervision of Dr Sheena McHugh.

### Congratulations to Ms. Emily Kelleher!

Ms. Emily Kelleher recently secured funding to host a one day Implementation Science Seminar in the School of Public Health, UCC. The funding which was awarded by the HRB under the Conference and Events sponsorship scheme creates an opportunity for institutions, organizations and researchers to host health related research events, workshops or conference in Ireland. More details on the Implementation Science seminar on page 9 of this newsletter.

### Study Within A Trial (SWAT) funding awarded to Prof. Patricia Kearney

Prof. Patricia Kearney was recently awarded €25,000 funding by the HRB- TMRN to carry out a Study Within A Trial (SWAT). The study which is entitled 'Seldom heard: Listening to patients and the public during intervention development' will examine the impact of patient and public involvement (PPI) in the development of an intervention to improve uptake of retinopathy screening. The study will take place within Dr Sheena Mc Hughs' 'Feasibility of an Intervention to Improve Attendance for Diabetic Retinopathy Screening'. Ms. Emmy Racine who has previous experience and a keen interest in PPI will lead the SWAT research as part of her PhD.



*HRB TMRN Summer student Holly McGrath with her supervisor Dr. Sheena McHugh*

### Date for your diary! Annual Diabetes in Primary Care Conference, 2018

The Annual Diabetes in Primary Care Conference will take place on the 26th September, 2018 in the Silversprings Hotel, Cork. The theme of the conference this year is 'National Strategy: Local Implementation'. This conference has grown from strength to strength with an attendance of 250 booked for the last 6 years. For more information on this event please contact [katie.murphy@ucc.ie](mailto:katie.murphy@ucc.ie)

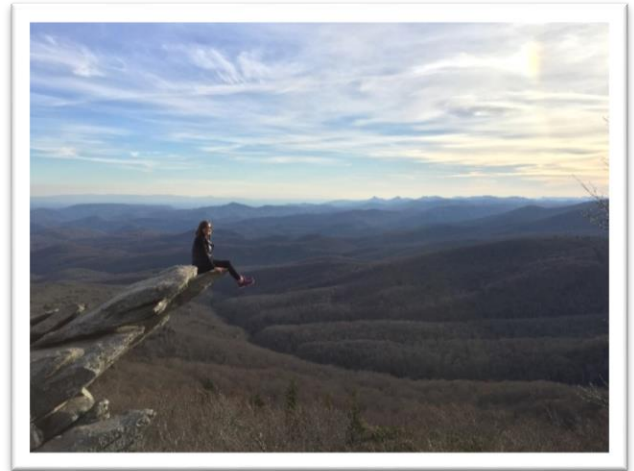


## Special Feature! Dr. Sheena McHugh reflects on her Fulbright Scholarship in North Carolina

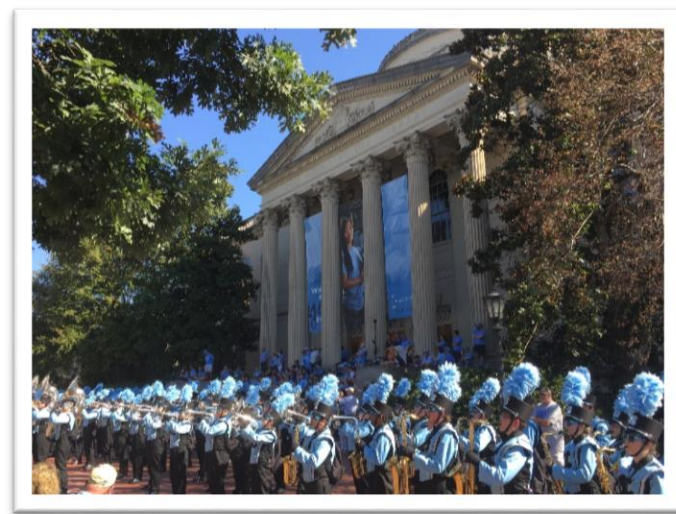
A lookout is a vantage point that affords us a wide view to observe and absorb what is going on around us. In academia we are often programmed to think about the next thing –the next paper, the next grant, the next contract...

In 2017 the Fulbright Scholarship afforded me the opportunity to observe, absorb and be part of life in the US. I moved to Chapel Hill in North Carolina, home to the University of North Carolina (UNC), the first public university to award degrees in the US.

Chapel Hill is a relatively small place with around 60,000 people, roughly the same population as Co. Roscommon so I felt at home despite the change in temperature! The university has approximately 30,000 students, 11,000 of whom are post-graduate students. It is the ultimate university town; the campus forms its centre, university buildings are woven throughout and the students and their achievements are the life and soul of the community. You are easily swept along in the school spirit whether its tailgating before a football game on Saturdays, owning far too many clothes with the UNC logo or watching the Tar Heels basketball team overcome their fiercest rivals, Duke University and 'rushing' Franklin Street to watch the celebrations. It was just like a county final but with cheerleaders, ESPN coverage and a 200-person strong marching band.



*Rough Ridge Lookout, Blue Ridge Mountains, NC*

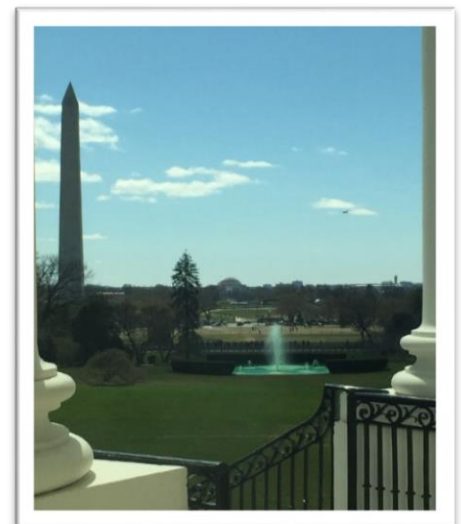


*UNC Marching Band*

I was based at The Gillings School of Public Health, the #1 public school of public health in the US. There I worked with Prof. Byron Powell in the Department of Health Policy and Management. Byron is an expert in implementation science, the study of ways to promote the uptake of research into routine practice including the study of influences on professional and organisational behaviour. One of the main features of implementation science is the variety of frameworks describing the 'what', 'when', 'where' and 'why' of implementation. For my project I examined the parallels between two frameworks that describe 'how to' implement change in healthcare – a compilation of implementation strategies developed by Prof. Powell and colleagues in the US, and the Behaviour Change Technique Taxonomy developed by Prof. Susan Michie and colleagues in the UK. Frameworks have been compared to toothbrushes, nobody wants to use someone else's - through my research I am identifying ways to integrate existing frameworks and improve their usefulness for research and practice.

While I was there I also had the opportunity to lecture on the 'Implementation Science in Health' course and helped faculty facilitate seminars and events organised by the cross-discipline Implementation Science Student Group. Given the huge financial commitment of going college, students expect a lot from their lecturers and their courses. While undeniably challenging, the expectations for career progression seemed clearer for researchers and faculty. The Fulbright Scholarship was a perfect conversation starter and made 'networking' much easier. I had the chance to spend time at the University of Michigan in Ann Arbor where I completed their mixed methods research programme and gave seminars at the Department of Learning Health Sciences and VA Center for Clinical Management Research (CCMR). I visited the Centre for Ageing and Population Health in Pittsburgh and had the opportunity to get involved in an NIH R01 grant on measurement development in implementation science. And to make sure I kept up the Fulbright commitment to cultural exchange, I tried to visit as many places as possible just for fun from San Diego to Charleston.

Having the opportunity to spend time in the US as a Fulbright Scholar was a privilege and I want to thank the people here who helped to make it possible. I would wholeheartedly recommend it and offer my help to anyone interested in applying in the future. The experience highlights your own social, professional and cultural programming and gives it a jolt. When you are on the lookout, you are more open and alert to your surroundings because you really don't want to miss out on anything.



*View from inside The White House looking out at the green fountain in honour of my visit/ St Patrick's Day*



## Implementation Science Training and Seminar



Training Institute for  
Dissemination &  
Implementation  
Research in Health  
Ireland

### Implementation Science Training Course

The ESPRIT: Evidence to Support Prevention Implementation and Translation Research Group and the School of Public Health in conjunction with the Health Research Board were delighted to launch **TIDIRH-Ireland**, a training course in implementation science developed in collaboration with the very successful US-based TIDIRH programme. This training will equip participants with the knowledge and skills required to undertake high quality Dissemination & Implementation (D&I) research relevant to their field and identify gaps that need further

exploration thus potentially informing practice and influencing policy. TIDIRH-Ireland is comprised of a 3-month online course and a 2-day in-person training to be held in University College Cork, Ireland. Training will be facilitated by leading academics and researchers in theory, methods and evaluation approaches related to D&I. This course will prepare individuals for; creating partnerships and multilevel, transdisciplinary research teams; research design, methods, and analyses appropriate for D&I investigations; and conducting research at different and multiple levels of intervention (e.g., clinical, community, policy). Applications for the training course are now closed. The selection process has started and accepted participants will be notified via email.

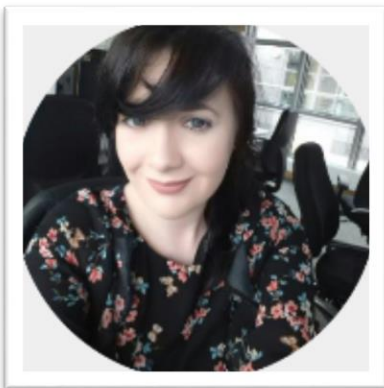
### Date for your diary! Implementation Science Seminar

The ESPRIT team are proud to host an implementation science seminar on the 28th of November, 2018 at the School of Public Health, University College Cork.

The purpose of this seminar is to encourage researchers, health professionals and policy makers to explore implementation questions within their own field of research or health care setting. This seminar will be led by national and international experts in the field of implementation research. With a focus on implementation strategies and research methods this seminar will offer practical advice to participants trying to study or implement interventions. It will also be an opportunity for researchers, health practitioners and policymakers to share their knowledge, and capacity to enhance implementation research in Ireland.

*For more details please contact the Esprit research team at [esprit@ucc.ie](mailto:esprit@ucc.ie)*

## MEET...



## Ms Emily Lynch

Emily completed the BSc in Public Health & Health Promotion in 2012 and went on to graduate with a Master's in Public Health in 2013, specialising in epidemiology. She has worked in UCC since 2012 in a variety of different roles including: data manager with the Coagulation Centre in Cork University Hospital, health promotion project worker and health promotion evaluation and support worker with UCC Health Matters, research assistant on the REACT project and placement coordinator for the BSc Public Health Sciences degree.

Throughout her time in UCC Emily has also been an active member of various committees including Cork Healthy Cities and the Southern Regional Drug and Alcohol Taskforce alcohol strategy working group. She was recently involved in delivering the Bystander Intervention module in UCC.

Emily has recently joined the programmes administration team within the School of Public Health and is looking forward to this exciting new chapter. Congratulations Emily! We wish you all the best with the new position.

### Did you know?

As a child Emily won medals for disco dancing and gymnastics but has since "retired" and in her spare time enjoys cooking for family and friends, theatre and walking the dogs.

## UPCOMING EVENTS

## 2018

## April

[Society for Behavioural Medicine 39th Annual Scientific Meeting and Sessions](#) 11<sup>th</sup>-14<sup>th</sup> April 2018, New Orleans

[32nd International Congress on Occupational Health - ICOH 2018](#) 29<sup>th</sup> April – 4<sup>th</sup> May 2018, Dublin

## May

[16<sup>th</sup> Qualitative Methods Conference](#) 1<sup>st</sup>-3<sup>rd</sup> May 2018 Banff, Alberta, Canada

[International Forum on Quality and Safety in Healthcare](#) 2<sup>nd</sup>-4<sup>th</sup> May 2018, Amsterdam

[86<sup>th</sup> EGHRN Conference](#) 10-13<sup>th</sup> May 2018, Lille, France

[The Inaugural IBTN Summer School: Developing Behavioural Interventions and Conducting High-Quality Trials](#) 21<sup>st</sup>-26<sup>th</sup> May 2018, Montreal, Canada

[25<sup>th</sup> European Congress on Obesity](#), 23-26<sup>th</sup> May 2018, Vienna

[International Conference on Integrated Care 2018](#) 23-25<sup>th</sup> May 2018, Utrecht, Netherlands

## June

[International Society of Behavioural Nutrition and Physical Activity \(ISBNPA\)](#) 3-6<sup>th</sup> June 2018, Hong Kong

[11th International Conference on Workplace Bullying and Harassment](#) 5<sup>th</sup>-8<sup>th</sup> June 2018, Bordeaux

[2018 International Health Conference](#) 28-30<sup>th</sup> June 2018, Oxford

## July

[European Congress of Epidemiology Conference](#) 4<sup>th</sup>-6<sup>th</sup> July, Lyon, France

[The 47th Annual Scientific Meeting of the Society for Academic Primary Care](#) 11-12<sup>th</sup> July 2018, London

[5<sup>th</sup> World Congress on Public Health, Nutrition and Epidemiology](#) 23<sup>rd</sup>-24<sup>th</sup> July 2018, Melbourne, Australia.

## August

[32<sup>nd</sup> Annual Conference of European Health Psychology Society](#) 21<sup>st</sup> – 25<sup>th</sup> August 2018, Galway

## September

[Annual Diabetes in Primary Care Conference.](#) 26<sup>th</sup> September, 2018, Silversprings Hotel, Cork, Ireland.

[19th Nursing Ethics Conference and 4th International Ethics in Care Conference](#) 1<sup>st</sup>-2<sup>nd</sup> September 2018, Cork, Ireland

[Society for Social Medicine Annual Scientific Meeting 2018](#) 5<sup>th</sup>-7<sup>th</sup> September 2018, Glasgow, Scotland,

[5<sup>th</sup> UK Congress on Obesity](#) 6<sup>th</sup>-7<sup>th</sup> September 2018, Newcastle, England

[Euro-Global Conference on Paediatrics and Neonatology](#) 13<sup>th</sup> – 15<sup>th</sup> September 2018, Rome, Italy

[55th Annual Meeting of the European Association for the Study of Diabetes](#) 16<sup>th</sup>-20<sup>th</sup> September, Barcelona, Spain.

[Irish Gerontological Society Annual Scientific Meeting](#) 27<sup>th</sup>-29<sup>th</sup> September 2018, Cavan.

## October

[Global Conference on Addiction and Behavioural Health](#) 4<sup>th</sup> – 6<sup>th</sup> October 2018, Las Vegas, USA

[4th Annual Trial Methodology Symposium 2018](#) 11<sup>th</sup> October, Galway.

[27<sup>th</sup> European Cardiology Conference](#) 22<sup>nd</sup>- 24<sup>th</sup> October 2018, Rome, Italy

[15<sup>th</sup> World Neonatal Conference](#) 26<sup>th</sup>-27<sup>th</sup> October 2018, Toronto, Canada

[24<sup>th</sup> Annual Qualitative Health Research Conference](#) 27<sup>th</sup> – 29<sup>th</sup> October 2018, Halifax, NS, Canada

## November

[28<sup>th</sup> World Congress on Cardiology and Heart Diseases](#) 5<sup>th</sup>-6<sup>th</sup> November 2018, Amsterdam, Netherlands.

[13<sup>th</sup> European Diabetes and Endocrinology Congress](#) 26<sup>th</sup>-27<sup>th</sup> November 2018, Dublin, Ireland

[11th European Public Health Conference](#) 28<sup>th</sup> November-1<sup>st</sup> December 2018, Cankarjev Dom, Ljubljana, Slovenia

## December

[European Conference on Epidemiology and Public Health](#) 4<sup>th</sup>-5<sup>th</sup> December 2018, Lisbon, Portugal

## Ongoing

[Stata courses](#)

[Stata training](#)

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