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SPHPSS IN FOCUS

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



WELCOME MESSAGE

Welcome to the final issue of 2023! Thank you to everyone who contributed to this jam packed Autumn edition.

Since the last issue we welcomed new staff members Dr Caitriona Fingleton (Assistant Professor in Physiotherapy), Drs Tom Fabien and Andre Andrijew (Assistant Professors in Sports Management), Brian Spring (Teaching Fellow in Health and Performance Science), Frank Kenny (Senior Physiotherapist), Ryan Stewart (Senior Technical Officer) and Drs Madeeha Laghari and Gwinyai Masukume (Research Assistants with the NNSC and ICOS). We bid farewell to Archita Choudhury and Associate Professor Ulrik McCarthy Persson on his retirement.

Our graduates and postgraduate students did us proud at National and International conferences winning awards for presentations on their research, some of which has been published or profiled in the press, and at the National Muslim Youth Awards. Dr Oonagh Griffin won the St Vincent's University Hospital Coaching, Mentoring, Research, Education and Training Award 2023. Dr Clare Reynolds and Prof Kate Pumpa had success with the UCD CHAS STEM Challenge. Well done everyone on these fantastic achievements!

We wish the newly appointed Associate Deans, Privacy and GDPR Champion and Head of Subject Performance Science well with their portfolios, and thank our colleagues who stepped down from these roles for all of their hard work.

As always, we hope you enjoy reading SPHPSS in Focus and we encourage you to circulate this newsletter within your networks.

Assistant Professor Catherine Phillips
Editor of SPHPSS in Focus

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](#)
- [Prof Master of Physiotherapy](#)
- [MSc Coaching Science in Sport](#)
- [MSc Sports Management](#)

Retirement of Associate Professor Ulrik McCarthy Persson

We would like to wish Associate Professor Ulrik McCarthy Persson the very best on his retirement after 24 years with UCD. Colleagues and friends from SPHPSS gathered on September 7th to honour his contribution to the university and wider community. Ulrik is acknowledged as an international expert in Sports and Exercise Medicine. He spearheaded the development of postgraduate education in physiotherapy; designing and developing the MSc in Sports physiotherapy programme and leading it for 16 years. Ulrik also held the role of Associate Dean of Postgraduate Affairs during 2016-2019.

Throughout his career Ulrik has always been an excellent teacher, who embraced innovative teaching and learning methods. He completed the University Teaching and Learning Certificate and was awarded three teaching and learning awards during his career. The UCD Medical Faculty Premier Teaching Award in 2003, the College Teaching and Learning Award in 2018 and the University Award for Outstanding Contribution to Student Learning in 2018. This is the highest academic distinction awarded in Teaching and Learning in UCD.



Pictured: L to R Assoc Prof Tara Cusack, Prof Ulrik McCarthy Persson, Prof Catherine Blake, Prof Brian Caulfield, Assoc Prof Caitriona Cunningham and Assoc Prof Catherine Doody



Pictured: Assoc Prof Tara Cusack and Prof Catherine Blake with Prof Ulrik McCarthy Persson

As an expert international Sports Physiotherapist, Ulrik has served in many roles with the Irish Rugby Football Union including Head Physiotherapist for many of both the men's and women's international rugby teams. He was also instrumental in the development of the physiotherapy services offered by UCD Physio Hub, particularly in terms of "Better Bones", greatly enhancing health in the wider community.



Pictured: (L to R) Assoc Prof Tara Cusack and Assoc Prof Caitriona Cunningham presenting to colleagues at the retirement party; some of the attendees at Ulrik's retirement party

Above all Ulrik has been an exemplary colleague to us all. He has contributed immensely to UCD, to the SPHPSS, the physiotherapy profession, to sport and to society. The considerable impact of his knowledge and expertise in sports physiotherapy will be felt within the profession for many years and generations to come through the 300 MSc physiotherapy graduates, the over 1200 undergraduate physiotherapy graduates and his UCD colleagues.

Ulrik will be sorely missed by his physiotherapy colleagues, students, sports colleagues and the sports community, the SPHPSS and indeed the entire community in UCD. We wish him all the very best for the next chapter.

UCD becomes PARC Partner

The Partnership for the Assessment of Risks from Chemicals (PARC) initiative aims to develop next-generation chemical risk assessment to protect human health and the environment. It supports the European Union's Chemicals Strategy for Sustainability and the European Green Deal's "Zero pollution" ambition with new data, knowledge, methods and tools, expertise and networks. PARC started on 1st May 2022 with the participation of almost 200 organisations from 28 countries. The 7-year partnership under Horizon Europe has a total funding volume of €400 million for the next seven years, 50% funded by the European Union and 50% by Member States.



Pictured: Principal Investigators participating in a PARC workshop held in Brussels in May 2023

A key objective of PARC is to promote European cooperation, advance research, increase knowledge of chemical risk assessment and train relevant methodological skills. The results will help launch European and national strategies to reduce risks posed by hazardous chemicals to health and the environment. Further on they will help to reduce animal testing and implement strategies for next-generation risk assessment. This year Ireland entered into PARC as a new country with the Environment Protection Agency (EPA) as grant signatory and two affiliated entities, University College Dublin (UCD) and Dublin City University (DCU). Assistant Professor, Dr Alison Connolly, UCD Centre for Safety and Health at Work is the contact person within UCD and will be contributing to work package 4.1 on Human Biomonitoring. More information about PARC can be found by following the link [here](#).

Pain in Europe Congress of the European Pain Federation

The 13th Pain in Europe Congress of the European Pain Federation (EFIC) took place in September 2023. Two thousand delegates convened in Budapest for the three day meeting under the theme of 'Personalised pain medicine....the future is now'.

UCD was well represented at the Congress; Associate Professor Brona Fullen, President of EFIC and chair of the Congress, opened the congress, Associate Professor Catherine Doody was a member of the scientific programme committee, and postgraduate students and academic staff from the UCD Centre for Translational Pain Research presented research as platform and poster presentations.



Pictured: (left) Assoc Prof Brona Fullen opening EFIC Congress; and with Natasha Hinwood (above)

Healthy Eating and Living (HEAL) Week

Healthy UCD's 'Healthy Eating & Active Living Week' (HEAL) is an annual event aimed at encouraging eating well and getting active, with practical tips and advice on how to achieve a healthy lifestyle. HEAL takes place between the **13th-16th November** this year. It is organised by first year MSc Clinical Nutrition and Dietetic students, second year MSc Physiotherapy students and Healthy UCD.

Have a look at our calendar below and join us for a variety of fun activities on offer throughout the week. These events aim to promote the health and wellbeing of our student & staff body here at UCD. There will be some complimentary refreshments and samples handed out during the week, and competitions with the chance of winning some exciting prizes.



Healthy Eating Active Living Week

13th-16th Nov 2023

Event Calendar

Look out for Smart Food Choice Indicators at SU shops. Spot the Healthy UCD Logo

Monday 13th

- 11am & 1pm Fitzgerald Room (Student Centre) Fresh Start Wellness Workshop (exercise class and free healthy snacks)
- 11am-2pm 20 minute Scavenger Hunt around campus with great prizes! (starts @James Joyce Library)
- 12pm-2pm Hula Hoop Competition - Top three longest hula hoopers will win prizes! Outside Newman today!

Tuesday 14th

- 11am & 1pm Red Room (Student Centre) Fresh Start Wellness Workshop (exercise class & free healthy snacks)
- 11am-2pm 20min Scavenger Hunt on campus. Great prizes! (starts @ James Joyce Library)
- 12pm Fit Foods Vending Machine Launch. Free FF meals Health Science & James Joyce Libraries
- 12pm Woodland Walk Commencing from Sports Centre Statue
- 12pm-2pm Hula Hoop Challenge outside Quinn!

Wednesday 15th

- 11am & 1pm Meeting Room 2,3,4 (Student Centre) Fresh Start Wellness Workshop (exercise class & free healthy snacks)
- 11am-2pm 20min Scavenger Hunt on campus. Great prizes! (starts @James Joyce Library)
- 12pm Woodland Walk from Sports Centre Statue
- 12pm-2pm Hula Hoop Challenge outside Student Centre!

Thursday 16th

- 9am Woodland Walk from Sutherland School of Law
- 11am & 1pm Red Room (Student Centre) Fresh Start Wellness Workshop (exercise class & free healthy snacks)
- 11am-2pm 20min Scavenger Hunt on campus. Great prizes! (starts @James Joyce Library)
- 12pm Free Fit Foods meals and competitions at Health Science & James Joyce Library
- 12pm Woodland Walk from Sports Centre Statue
- 12pm-2pm Hula hoop Challenge outside James Joyce Library!

Be sure to follow @HealthyUCD on Instagram, Twitter, and TikTok, to keep up to date with the week's events!



Academic Appointments in the SPHPSS

Congratulations to the SPHPSS faculty members who were appointed, with effect from September 1st, as:

- Associate Dean of Graduate Research Education: Assistant Professor Clare Reynolds
- Associate Dean of Research Innovation and Impact: Assistant Professor Cailbhe Doherty
- Associate Dean of Global Engagement: Associate Professor Conor Buggy
- Privacy and GDPR Champion: Assistant Professor Grainne O'Donoghue
- Head of Subject Performance Science: Professor Kate Pumpa

Professor Blake, Head of the SPHPSS, thanked the following colleagues who stepped down from their Associate Dean roles and acknowledged their hard work on behalf of the School in their portfolios:

- Associate Professor Cliona O'Sullivan: Associate Dean of Global Engagement
- Associate Professor Olive Lennon: Associate Dean of Graduate Research Education
- Professor Brian Caulfield: Associate Dean of Research Innovation & Impact
- Professor Eamonn Delahunty: Head of Subject Performance Science and Associate Dean of Sport and Performance Science
- Professor Eleni Theodoraki: Privacy and GDPR Champion

SPHPSS Graduate and Student win National Muslim Youth Awards

UCD MSc in Clinical Nutrition and Dietetics graduate Sali Abouhajar and UCD BSc Sport & Exercise Management student and Special Olympics Ireland Ambassador Ayoub Deboub won 1st and 2nd place respectively in the Academia category of the 2023 National Muslim Youth Awards ceremony held on 17th September 2023.

The inaugural awards were hosted by Young Muslims Eire on Sunday 17th September. Their aim was to bring young Muslims from across Ireland together under one roof for a day of excitement and inspiration in which Ireland's top achieving Muslim youth were recognised and awarded for their outstanding achievements. Congratulations Sali and Ayoub!



Pictured: Ayoub Deboub receiving his award at the 2023 National Muslim Youth Awards



Pictured: Sali Abouhajar receiving her award at the 2023 National Muslim Youth Awards

Fragility Fracture Network Global Congress

The FFN Global Congress took place between October 3rd – 6th 2023 in Oslo. UCD SPHPSS was well represented at the congress by Prof Catherine Blake, Assoc Prof Caitriona Cunningham and Postdoctoral Fellow Dr Mary Walsh as well as physiotherapist colleague from Mater Misericordiae University Hospital, Shanice Vallely.

The Fragility Fracture Network was created in Europe in 2011 to address the growing burden of fragility fracture patients to our health care system and societies. THE FFN allows for interaction with leading Orthopaedic Surgeons, Rheumatologists, Anaesthesiologists, Radiologists, Geriatricians, Rehabilitation Experts, Osteoporosis Experts, Primary Care Doctors, Nurses, Physiotherapists and other Allied Health Professionals from all over the world.



Pictured: International Physiotherapy Delegates at FFN, in Oslo, October 2023 including Prof Catherine Blake, Assoc Prof Caitriona Cunningham, Dr Mary Walsh and Shanice Vallely

UCD Graduate Studies Graduate Research Orientation 2023

The Graduate Research Student Orientation for incoming graduate research students took place on Friday 22 September 2023 in the UCD Village Auditorium. This event intended to give research students a helpful overview of key information and supports at UCD as well as an opportunity to meet other incoming research students from across the University.

PhD student Mary E. Davis was invited to represent SPHPSS and be part of the Research Student Panel to discuss the PhD journey and provide key tips for a successful graduate experience with UCD.

Pictured: Dr Emer Cunningham (UCD Graduate Studies), Mary E. Davis, Sergey Katsuba and Ishani Atukoralalage.



HPX Performance Nutrition Conference



Professor Kate Pumpa was invited to chair the HPX Performance Nutrition Conference on the 28th of September which focused on the assessment of composition.

This conference aims to improve knowledge on current practice and complexities associated with body composition as a health and performance variable. The conference was attended by more than 100 dietitians, nutritionists, academics and sport scientists, and was hosted by Sport Ireland.

Pictured: Prof Kate Pumpa at the HPX Performance Nutrition Conference

Science of Running Symposium at UCD

Insight SFI Research Centre for Data Analytics in conjunction with the Jerry Kiernan Foundation and UCD held the second Science of Running Symposium on September 16th.

Following on from the success of last year's symposium, this event, officially opened by Jack Chambers TD, Minister of State, Department of Transport and the Department of Environment, Climate and Communications, explored the latest advancements in the Science of Running. Expert presentations were followed by a panel discussion featuring some of the greatest Irish athletes of the last 40 years.

The SPHSS was represented by Assistant Professor Cailbhe Doherty, and Professors Barry Smyth and Kate Pumpa.



St Vincent's University Hospital Awards Night 2023

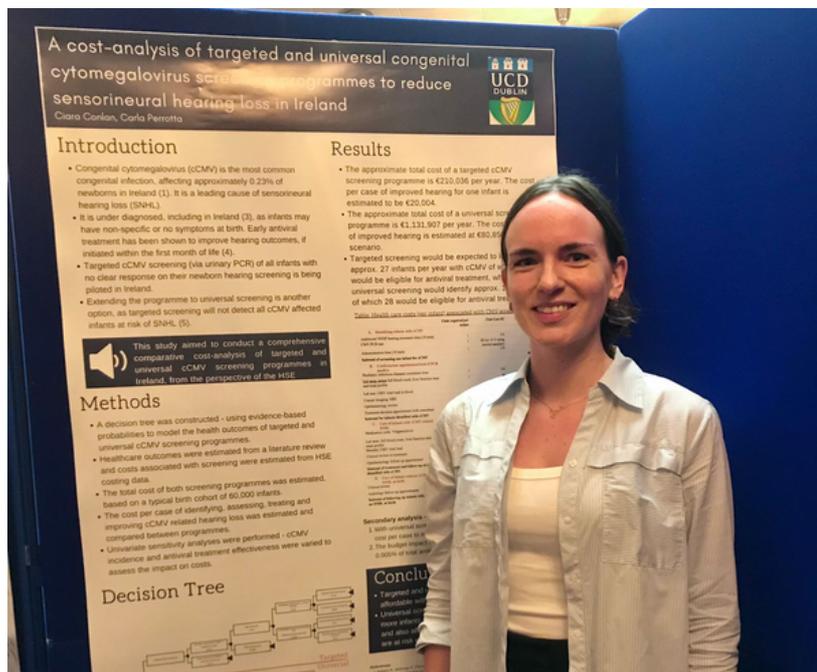


Pictured: Dr Oonagh Griffin being presented her award

Congratulations to Dr Oonagh Griffin, Registered Dietitian and Adjunct Assistant Professor in the School of Public Health, Physiotherapy and Sports Science on winning the St Vincent's University Hospital Coaching, Mentoring, Research, Education and Training Award 2023.

St Vincent's University Hospital stated that "Oonagh's expertise as a dietitian, mentor, researcher and teacher shines through" and we in the School who have worked with her strongly reiterate that sentiment. Well done Oonagh!

Irish Society of Clinical Microbiology Conference Poster Award



Pictured: Dr Ciara Conlan with her winning poster

Dr Ciara Conlan won best poster presentation for her research, "A cost-analysis of targeted and universal congenital cytomegalovirus screening programmes to reduce sensorineural hearing loss in Ireland" at the Irish Society of Clinical Microbiology conference on the 29th of September.

The research was conducted as part of her MPH thesis (Class 2022/23) under the supervision of Assistant Professor Carla Perrotta.



SPHPSS Alumni Profile: Orla Hayes



Studying BSc Health and Performance Science at SPHPSS opened doors for Orla Hayes that led to a job coaching for Leinster Rugby. A rugby player herself, Orla was able to draw a lot of connections between what she was learning at UCD and her athletic performance. Balancing her rugby training with her studies wasn't easy, but Orla found the transition to online learning during the pandemic helped her to manage her time better.

"It was difficult. I won't say it was easy, but with the Covid-19 lockdown, I was able to commit myself a lot more to training because I was able to do my classes in my own time. Everything was recorded and posted online. I could go train mornings from Monday to Friday, and then spend my evenings doing my lectures. In that context it did make it a lot easier." Orla credits the faculty with supporting her in her studies and as a student

athlete, in particular Dr Domenico Crognale, her thesis supervisor and Professor James Matthews who she said made Psychology in Sport classes very interesting. Her proudest achievement during her time at UCD has been working with Leinster Rugby, as part of her internship. The internship allowed Orla to build experience around her interest in athletic development and motivated her to apply for an enhanced internship role with Leinster. Read Orla's full interview [here](#).

Irish Pain Society Meeting Awards

There was a lot to celebrate at the 2023 Irish Pain Society annual scientific meeting held in Cork, 21st October 2023.

Natasha Hinwood, PhD candidate won Best Clinical Short Oral Presentation 2023 for her presentation "Multidimensional pain profiling in people living with obesity: an interim analysis of baseline data for a longitudinal cohort study". Congratulations Natasha!



Pictured: Natasha Hinwood (left) and Brona Fullen

Migraine: Not Just A Headache
O.Flynn^{1,2}, C. Blake^{1,2}, B.M Fullen^{1,2}
UCD School of Public Health, Physiotherapy and Sports Science, University College Dublin.¹
UCD Centre for Translational Pain Research, University College Dublin.²

INTRODUCTION & AIM
The complex neurological disorder of migraine is prevalent (19%) & burdensome in university students!
Qualitative research exploring the lived experience of migraine in students has yet to be conducted

METHODS, PROCEDURE & SURVEY CATEGORIES
• Students clinically diagnosed with migraine (ICHD-IIIβ) recruited (convenience sampling) for a one-time anonymized Zoom focus group/individual interview
• Ethical approval: HREC-S-FLYNN-FULLEN-18-30
• Questions sent in advance, participants could provide a drawing
• Interviews were audio-recorded, transcribed & triangulated
• Thematic content analysis was undertaken!

RESULTS
24 participated, age (mean, range) 23.4 (19 - 46) years, & 62.5% (n = 15) were female. Age at onset (mean, range) was 13.5 (6 - 23) years

Main themes (n=4) and some subthemes (n=13) summarised below

- **Migraine Characteristics:** *not just a headache, but a debilitating sensory experience*
- **Clinical Pathway:** students had limited pathophysiology knowledge & obtained information from their GP or verifiable sources
- **Migraine Management:** students overall satisfied with self-management but not GP management or neurologist waiting lists
- **Migraine Impacts** range from time/loss & financial issues to social & interpersonal difficulties

CLINICAL PATHWAY: MIGRAINE LITERACY & KNOWLEDGE ACQUISITION
... constricted blood vessels in your head. Um, I'm not entirely sure... P8
... read one or two clinical articles... but like my diagnosis came from my GP... P4

CLINICAL PATHWAY: CLINICIAN ATTENDANCE & EXPERIENCE
...not really a solution... see a neurologist but I'm just on a waiting list... imbo... P3
... on estrogen birth control... someone said, you can have like a stroke if you're on this with the migraines... I had like no idea... P20

IMPACTS: OVERALL IMPACT
"rational... I know I can't really afford more medication." P3
"you're always on edge... not knowing when they'll come on is quite debilitating." P6

IMPACTS: ACADEMIC AND WORK
"I have to pick the classes that I think are most important for me." P1
"can't make it into the office... not because I'm lazy... like, I actually cannot get there." P20

IMPACTS: RELATIONSHIPS
"if you don't drink, they're like what's wrong with you?" P17
"very hard... I just have to leave the conversation behind... the migraine it's getting so bad." P19

MANAGEMENT: MEDICAL MANAGEMENT
"gained 15-18 kilos over 3 years." P7
"if I've got something on... the next day, I won't take the medication." P1

MANAGEMENT: MANAGEMENT SATISFACTION
... not dissatisfied with how my migraine is being managed... just a very slow process... waiting lists... P9
"I'm happy not with the way my migraine is managed, but I'm happy with the way I manage my migraine." P12

MANAGEMENT: ACCOMMODATIONS
... often I have to go to go in or else... make up the time and do extra papers as punishment... P17
... registered with the disability office... lecturers very begrudgingly give it to me... don't see migraines as an excuse... P15

DISCUSSION & CONCLUSION
• Students carry a wide range of migraine

PhD candidate Orla Flynn (supervisors Professor Catherine Blake and Associate Professor Brona Fullen) was awarded second prize for the poster presentation competition at the Irish Pain Society ASM. Orla presented the results of a qualitative study investigating the impact of migraine on university students, "Migraine: Not just a headache". Well done Orla!

Royal Academy of Medicine in Ireland Research Award



Pictured: Dr Kelly accepting the award from Prof James Jones, on behalf of all authors

The Royal Academy of Medicine in Ireland in association with the Irish Journal of Medical Science hosted the RAMI Research Awards 2022. The event was held at the Royal College of Surgeons in Ireland on the 25th September.

Huge congratulations to Dr Caitriona Kelly, whose published article based on research conducted as part of her MPH thesis (Graduate 2021) under the supervision of Professor Patricia Fitzpatrick, won the Royal Academy of Medicine in Ireland Research Award in the Public Health Medicine/Epidemiology category. The medal was presented by Prof. James Jones to Dr Caitriona Kelly for the winning paper “*Screen-detected ductal carcinoma in situ 2008-2020 An observational study*”, which can be found [here](#).

New Assistant Professor: Dr Andre Andrijw

Dr Andre Andrijw is a newly appointed lecturer/assistant professor of sport management in the SPHPSS. Prior to UCD Andre completed his undergraduate and master's degrees in sport management at Brock University (St Catharines, Ontario, Canada); and garnered his doctoral degree, in kinesiology, sport, and recreation, from the University of Alberta (Edmonton, Alberta, Canada). As an undergraduate student, and under the tutelage of Dr Craig Hyatt, Dr Andrijw conducted a study of non-local fandom and published the results thereof in the Journal of Sport Management. From there, Dr Andrijw's attention turned to athletic career retirements and transitions, and his doctoral thesis, on how organizations and managers enable and constrain individual development, informed the publication of a work in Sport Management Review. Concerned then by the narrow demographics that typified ice hockey, Dr Andrijw collaborated with Dr F. Michelle Richardson of Coppin State University (Baltimore, Maryland, United States) to explore the lived experiences of Black women who identified themselves as fans of the sport. This work, in turn, has inspired him to pursue related research, on such matters as accessibility and how professional teams, governing bodies, and grassroots programs do and do not work together to make the sport of ice hockey more diverse and inclusive.

Keen to draw upon insights from varying fields, including management, sociology, psychology, and, most recently, geography, Dr Andrijw is an interdisciplinary scholar whose research interests, although varied, reflect an unwavering desire to explore how sport may act as a vehicle for positive individual and social development.

8th HRB Trials Methodology Research Network Symposium



Pictured: Dr Sinead Holden

Dr Sinead Holden presented at the HRB Trials Methodology Research Network (TMRN) Trials Methodology Symposium, held in the National University Ireland, Galway, in October 2023. This year's theme was “Priorities in Trials Methodology Research”.

The TMRN organizes an annual Trials Methodology Symposium, aimed at uniting renowned experts from around the globe to disseminate their extensive knowledge of trials methodology among our members. The event is hosted by a distinguished HRB-TMRN Partner, ensuring a fresh and invigorating experience each year.



CHAS STEM Challenge Fund Awards

The UCD STEM Challenge Fund is a joint initiative between the three UCD Colleges of Science, Engineering & Architecture, and Health & Agricultural Sciences to support highly collaborative and high-impact STEM research in UCD. Two SPHPSS faculty members were successful in the CHAS STEM Challenge!

Dr Clare Reynolds was awarded the CHAS STEM Challenge Fund, with collaborators Sharleen O'Reilly, Aifric O'Sullivan and Martina Wallace in School of Agriculture and Food Science (SAFS), for proposed research titled, 'Weighing in on breastmilk bioactives - the impact of breastmilk pro-inflammatory bioactives on infant growth and development'. This project will highlight the bi-directional nature of the maternal - breastmilk - infant triad and examine the impact of issues such as maternal mental health, socioeconomic status and support structures on milk composition and early childhood development. Good luck to everyone involved in this exciting research!

Prof Kate Pumpa was also awarded CHAS STEM Challenge Funding for the project entitled 'Peak Performance Wearables: When near enough isn't good enough' with collaborators Associate Professor Stephen Redmond (Biomedical Engineer, UCD School of Electrical and Electronic Engineering), Dr Ricardo Simon Carbajo (Director of Innovation & Development at CeADAR), Dr Polat Gokas (Post-doc CeADAR), and Dr Jocelyn Mara (Data Scientist, University of Canberra Australia). This project is aimed at designing a wearable device to accurately measure energy expenditure during all forms of exercise, including team sports, where traditional devices such as watches are not permitted to be worn. Congratulations Kate!

Farewell to our 2023 Graduates

On 7th September, we bid farewell to our BSc Health & Performance Science, BSc Physiotherapy, BSc Sport & Exercise Management and Professional Master of Physiotherapy Class of 2023 students. Congratulations to all of our graduates and best of luck in your future careers!



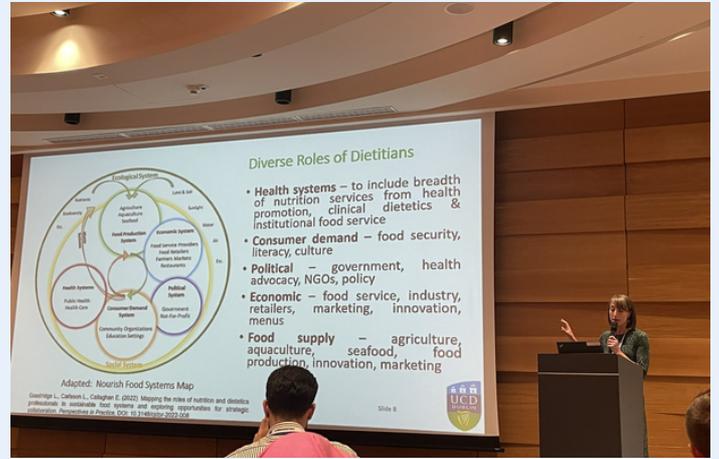
Pictured: BSc Health & Performance Science Class of 2023; BSc Sport & Exercise Management Class of 2023



Pictured: BSc Physiotherapy Class of 2023; Professional Master of Physiotherapy Class of 2023

European Federation for the Associations of Dietitians Congress

Sarah Browne, Assistant Professor in Clinical Nutrition and Dietetics was invited to present on 'Sustainable Food Systems in Nutrition and Dietetics Education: Learning from an international networking event 2023' at the European Federation for the Associations of Dietitians Congress in Budapest on the 12th - 13th October 2023. There were opportunities to network with nutrition and dietetics educators and researchers working to integrate sustainable food systems into curricula across Europe.



Pictured: Dr Sarah Browne presenting to the European Dietetics Congress

UCD MSc Sport Management Programme Ranked 20th in World



The SPHPSS MSc Sport Management programme continues to go from strength to strength and has been ranked 20th in the world, up 4 places from last year's rankings, in the 2023 SportBusiness Postgraduate Course Rankings. It is now ranked 6th in Europe, up from 7th place in 2022. The programme is ranked number 1 for salary in Europe and 5th overall for career advancement. Read the report in full [here](#). Find out more about the UCD MSc Sport Management programme [here](#).

Visiting Professor from Azusa Pacific University

The SPHPSS was delighted to host a visiting professor from Azusa Pacific University, California for a week in November.

In addition to meeting several staff members, Professor Teresa Dodd-Butera delivered an insightful lunchtime seminar for our students on the importance of environmental health. She also participated in a teaching workshop with Associate Professor Conor Buggy.

Pictured: Professor Teresa Dodd-Butera, Azusa Pacific University California with SPHPSS Associate Professor Conor Buggy



CARA Network Conference

The 'Collaborating Across Borders: a multidisciplinary approach to Antimicrobial Stewardship' Conference took place on the 3rd of Oct 2023 at the Ashling Hotel in Dublin. The conference was jointly organised by the CARA Network (University College Dublin) and AMS Insight. Collaborators include St James Hospital, Trinity College Dublin, University College Cork and Medicines Optimisation Innovation Centre (MOIC) from Northern Ireland.

Multi-disciplinary participants from around the Island of Ireland presented their research. Keynote speakers included Dr Eimear Brannigan (AMRIC), Dr David Farren (NI) and Vanessa Carter (the AMR initiative, patient representative) and a workshop was delivered by Prof Rob Cunny (Temple Street CUH).

The CARA Network was officially launched by Prof Akke Vellinga, Prof Cecily Kelleher (College Principal, College of Health and Agricultural Sciences) and Prof Claire Collins (COO, Irish College of General Practitioners).

The CARA Network works with GPs to develop interactive dashboards to visualise their practice data, to compare their data (anonymously) with other practices and to generate audit reports.



Pictured: Row 1, Left to Right: Dr Heike Vornhagen, Prof Cecily Kelleher, Prof Akke Vellinga; Row 2, Left to Right: Sana Parveen and Prof Claire Collins, and Row 3 – Dr Lukasz Porwol



Pictured: Prof Cecily Kelleher (UCD College Principal) speaking at the launch



Pictured: Prof Akke Vellinga, SPHPSS, explaining the CARA Network project



Pictured: Prof Claire Collins (COO, Irish College of General Practitioners)



Pictured: Conference at the Ashling Hotel

Public Health Reform Expert Advisory Group Report



In July 2021, the Minister for Health and Government agreed to establish a Public Health Reform Expert Advisory Group. In January 2022, the government approved the Group's membership and mandate, and the Group commenced its work. The Group was requested to examine the public health response to the COVID-19 pandemic in Ireland and included three Ministerial appointed members from UCD, Prof Patricia Fitzpatrick, Prof Cecily Kelleher and Dr Tadhg Crowley. The report was published in September 2023 and can be found [here](#).

MPH Dissertation Publication Success

Congratulations to recent MPH graduates Patrick Elliott, Soraeya Kharaty, Emily O’Leary and Dr Claire Power (class 2021/22) and Aine Masterson (class 2020/21) on the successful publication of their MPH dissertation research.

Patrick and Soraeya published their research on plant based dietary indices and lipid and inflammatory biomarkers, conducted under the supervision of Assistant Professor Catherine Phillips, in *Atherosclerosis* (see doi: [10.1016/j.atherosclerosis.2023.117190](https://doi.org/10.1016/j.atherosclerosis.2023.117190)) and the *European Journal of Nutrition* (see doi: [10.1007/s00394-023-03242-5](https://doi.org/10.1007/s00394-023-03242-5)). They also had the distinction of publishing a joint narrative review on the topic of plant based diet and cardiovascular disease biomarkers in *Nutrients*, you can read that here: doi: [10.3390/nu14245371](https://doi.org/10.3390/nu14245371).

Emily O’Leary’s research on adverse childhood experiences and later life lipid profiles and atherogenic risk indices, also supervised by Dr Phillips was published in *SSM Population Health* (see doi: [10.1016/j.ssmph.2023.101393](https://doi.org/10.1016/j.ssmph.2023.101393)).

Using data from the Children’s Sport Participation & Physical Activity Study 2018 and Healthy Ireland Wave 3, Dr Claire Power and Aine Masterson published their research on active commuting, conducted under the supervision of Professor Patricia Fitzpatrick and Assistant Professor Catherine Phillips, respectively, in *Preventive Medicine Reports* (see doi: [10.1016/j.pmedr.2023.102404](https://doi.org/10.1016/j.pmedr.2023.102404)) and the *Journal of Public Health* (Berlin) (see doi.org/10.1007/s10389-022-01752-w).



SPHPSS Newsletter - Postgraduate Research Student Wanted!



We are looking for a new member to join the School Newsletter Committee in the new year. If you are interested in taking up this active role, contributing to four issues per year, or have any queries please contact the newsletter Editor Dr Catherine Phillips (catherine.phillips@ucd.ie). Further opportunities will arise again later in 2024 as the current PhD students complete their studies.

Movember: Move or Grow to Save a Bro



Last year, in 2022, a team of SPHPSS students, staff, researchers and friends took part in Movember where we had some fun, grew some hair, got some exercise and raised awareness and funds for men’s health.

This year, we’re doing it all again and we’d love you to join us!

All you have to do is either:

Grow a mo; and/or

Move 60kms during November

Click [here](#) to sign up and/or find out more.

“Look after your mo, and your mo will look after you”.

UCD Alumni Awards



Congratulations to SPHPSS BSc Sport & Exercise Management alumnus and Ireland and Leinster Rugby flanker, Josh van der Flier, who will be receiving the UCD Alumni Award for Sport at this year's UCD Alumni Awards.

In 2022, Josh became only the third Irishman to be named World Rugby Men's 15s Player of the Year and was selected for the World Rugby Men's 15s Dream Team of the Year. He was also crowned the EPCR European Player of the Year (receiving over 30,000 votes from across Europe), Leinster Rugby Players' Player of the Year, Rugby Players Ireland Players' Player of the Year (voted on by his peers) and Guinness Rugby Writers of Ireland Player of the Year in 2022 in a unanimous vote. He is consistently one of Ireland's and Leinster's top performers on the pitch. He was a key member and put in a fantastic performance at the 2023 Rugby World Cup in France this Autumn.

Graduate Programmes: Apply Now!



The UCD School of Public Health, Physiotherapy and Sports Science offers a wide range of graduate programmes across all of our disciplines and at various levels. Courses range from short-term part-time Professional Certificates to two-year full-time Masters programmes.

Full information, including application requirements and deadlines, are available [here](#). International students can find more information about studying at UCD [here](#).

Hybrid-E Conference in UCD

Ruth Charles, Clinical Tutor on the Master of Science in Dietetics Programme presented a digital case study at the Hybrid E Conference held in UCD on 21st August 2023. Hybrid is an Erasmus project supporting Higher Education Institutions (HEI) to embrace a mix of on-campus teaching and the use of digital technology for online, hybrid and blended components.

Deepdive Dietetics is a case study undertaken as part of the University Teaching and Learning Diploma's Active Learning with Technology Module. This case explored the use of PollEv and Jamboard as technological tools to promote active listening and learning during student clinical case presentations as part of their Practice Placement Acute Module. The pilot study was very successful in achieving the objectives of activating existing knowledge, knowledge deficits and engagement. It was well accepted by the class as a valuable learning tool. Learnings from the pilot need to be more fully evaluated but Ruth aims to continue its use as a teaching enhancement tool. Thanks are due to Prof David Jennings from UCD Teaching and Learning for the invitation to present. More information on the Erasmus funded Hybrid Project are available at this [link](#).



19th European Geriatric Medicine Society Conference

Members of the APPETITE consortium attended the 19th European Geriatric Medicine Society (EuGMS) conference in Helsinki, Finland in late September.

The conference focused on 'Healthy Ageing in the Changing World' and was open to specialists and health care professionals with a shared interest in geriatrics as well as anyone involved in the care of older persons, to understand the medical, clinical, and psycho-social approaches to geriatric diseases and issues.



During the 3-day conference, attended by over 1,600 participants, participants had the opportunity to choose among various scientific and industry sessions, oral communications, and discussions on various topics. Themes included issues related to older persons including but not limited to multimorbidity, frailty, technology to support ageing, end of life, ageism, and access to services with each session lasting 75 minutes.

The APPETITE consortium hosted a symposium on 'Anorexia of Aging – New Evidence and Approaches'. MRes student, Anna Quinn (primary supervisor Dr Katy Horner) concluded the symposium with an update on current research on 'Innovative lifestyle interventions to address poor appetite in older adults' and an overview of the ongoing APPETITE project.

UCD SPHPSS Research in the Media

Assistant Professor Sinead Holden's research was featured in a recent article with the Irish Independent. Dr Holden was subsequently interviewed on RTE Radio 1 Drive time where she discussed her research on Osgood Schlatter Disease and the challenge of overuse injuries in active adolescents.

Read the article at <https://www.independent.ie/irish-news/focus-on-football-hurling-and-soccer-can-increase-risk-of-child-knee-injuries-fourfold-new-irish-research-shows/a318403350.html> or listen to the interview on radio at <https://www.rte.ie/radio/radio1/clips/22306559/>.

Irish Independent

Focus on football, hurling and soccer can increase risk of child knee injuries fourfold, new Irish research shows



THE IRISH TIMES

Education

Parents' reliance on cars a factor in children not taking enough physical activity, study finds

Just one-third of children walk or cycle to school

Also in October, research based on Dr Claire Powers' MPH dissertation, supervised by Professor Patricia Fitzpatrick, SPHPSS, was profiled in an article in the Irish Times. The results show that the vast majority of pupils are not getting enough daily exercise, with only 20% of primary school students and 10% of second level students meeting the World Health Organisation's physical activity recommendations. Just one third of children actively commute to school by walking or cycling, with parental reliance on commuting by car for school journeys an important contributing factor.

Read the article here <https://www.irishtimes.com/ireland/education/2023/10/16/parents-reliance-on-cars-a-factor-in-children-not-taking-enough-physical-activity-study-finds/>.

Collaborations with International Committees

UCD Physiotherapy Clinical Tutor and PhD student, Mary E. Davis was invited to be part of the American College of Sports Medicine Exercise is Medicine On Campus (EIM-OC) committee for 2023/2024. The EIM-OC committee aims to support universities and colleges to promote physical activity as a vital sign of health and encourages faculty, staff and students to work together toward improving the health and well-being of the campus community.



Mary was also invited to be part of the Physiotherapy Research Society (PRS) Executive Committee in April 2023 and has been an active member since May, representing SPHPSS. The PRS aims to promote an understanding and implementation of research and best evidence and to develop physiotherapy practice and promote high-quality patient care.



**Exercise
is Medicine**



The Exercise is Medicine On Campus (EIM-OC) committee is pleased to announce our selections for the 2023-24 student representatives: Mary Davis and Kevin Rice. Congratulations!

These two outstanding EIM-OC representatives will have the opportunity to participate in the committee during the 2023-2024 academic year and help propel the committee forward. Get a chance to meet your student representatives more below.

We received so many terrific nominations this year, and we want to thank and commend all of this year's nominees.

2023-24 EIM-OC Student Representatives



Mary Davis (Graduate Representative)
University College Dublin



Kevin Rice (Undergrad Representative)
Rowan University

New Bachelors Programme in 2025

The review of the Health Performance Science degree has been approved by the School's Programme Board, with the new Bachelor of Sport, Health and Exercise Science to be rolled out in the 2025/2026 academic year.

New Assistant Professor: Dr Tom Fabian



Tom began in the Sport Management Programme in August 2023, moving his family to Ireland from Australia. His research profile encompasses a number of disciplines within sport studies, including sport history, sport anthropology, play studies, leisure studies, and sport management. In his current role, he teaches sport ethics and governance (undergraduate) and co-teaches management of high performance sport (graduate), has a couple of research programs investigating (1) nature play and (2) heritage populism, and is the incoming (Jan 2024) MSc Sport Management programme director.

Originally from Toronto, Tom completed his BSc Kinesiology at McGill University. After working in the sports industry for a number of years, he completed his MA Sport History & Culture at De Montfort University with a dissertation focusing on the role of varsity football in Canadian universities. His PhD at the University of Western Ontario examined the sociocultural study of sport and the safeguarding of traditional games within the UNESCO framework. Prior to UCD, Tom held an assistant professorship at St Francis Xavier University (Antigonish, NS) and postdoctoral fellowships at the University of Ottawa and the University of Queensland (Brisbane).

Tom's research uses traditional games as a lens through which to understand culture. Specifically, his research is focused on the various articulations of traditional games in the modern sporting landscape. Tom's work investigates cultural heritage, populist politics, ethnic identity, body culture, and ecological sensibilities. He has researched and lectured on traditional games in Azerbaijan, Japan, and New Zealand, with future plans to do ethnographic research in Hungary. Tom is also eager to delve into the Gaelic Games ecosystem in Ireland. Other areas of interest include citizenship swapping in international sport, ethics in sport governance, and community development through sport. Lastly, Tom is involved with a number of academic organizations, including the World Ethnosport Confederation, European Association for Sport Management, International Network for the Anthropology of Sport, Sport Ecology Group, and the British, North American, and international sport history associations.

Global Engagement: Dietetics Team Visit Malawi

In September 2023, Assistant Professors Sarah Browne and Clare Reynolds with Professor Clare Corish visited the Department of Nutrition and Dietetics at Lilongwe University of Agriculture and Natural Resources (LUANAR), Malawi. The project is part of an ESTHER Ireland, Irish Aid/HSE funded grant aimed at enhancing health service development in Africa. After some months of planning, the UCD team connected in person with LUANAR collaborator and lecturer in clinical nutrition and dietetics, Dr Gertrude Mphwanthe, and learned more about their strong commitment to high quality dietetics education and research.



Pictured: Asst Profs Sarah Browne (left), Clare Reynolds, Dr Gertrude Mphwanthe and Prof Corish (right) at LUANAR, Malawi



Pictured (L-R): Dietetics team pictured with the dietetics students from LUANAR; Prof Corish presenting to the students

Established in 2016, their programme faces many challenges as dietetics is a young profession in Malawi and practical training opportunities are limited; students must travel to South Africa for periods of advanced clinical practice experience before graduating. The UCD team met nutrition and dietetics students and delivered lectures on early life nutrition, obesity assessment and management, and older adult nutrition and care. Prof Clare Corish also presented overviews of SPHPSS postgraduate programmes. The team spent time with dietetics students to co-design older adult case studies in preparation for online knowledge exchange workshops with Irish dietetics students, which are ongoing successfully this Autumn trimester. The ESTHER grant incorporates funding for the first older adult malnutrition prevalence study in the Malawian acute setting. At the Kamuzu Central Hospital the team met the dietitians who are undertaking the data collection; we await results of this study. Dietitians described the challenges involved in developing new services and it was clear how shortages at the hospital limit basic clinical nutrition interventions. Nevertheless, the small team of dietitians continue to support student training and grow the Malawian dietetics association to raise the profile of the profession nationally.



Pictured: L-R The UCD team touring the Area 25 Health Centre Garden and at the Irish Embassy

Through the UCD Sustainable Food Systems networking project the team visited a busy, public maternal health centre that also houses a vibrant permaculture garden producing vegetables, starches, and fruits. During their stay, women and their guardians can make full use of the garden and kitchens and are invited to participate in education and demonstration workshops. The project was an excellent example of promoting maternal, infant and planetary health, and dietary diversity which would be of benefit for dietetic student training. The UCD dietetics team intend to develop the research and education partnership with LUANAR and are working on a Memorandum of Agreement for ongoing collaboration. Finally, the team met with the Irish Embassy staff in Lilongwe to understand Irish health and nutrition related work in Malawi and future opportunities for funding.

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CONFERENCE PRESENTATIONS

Irish Society of Chartered Physiotherapists Annual Conference, October 2023, Online

Gannon, E., Mc Veety, L., Dwyer, R., Mc Mahon, L., Murphy, C., & Cunningham, C. Physiotherapists' perspectives on the management of low back pain in primary care: a cross-sectional survey of Irish physiotherapists.

Holden, S. Grow-up, it's just pain! Challenges of growth related overuse injuries in active adolescents. [oral presentation]

Fragility Fracture Network Global Congress, October 2023, Oslo, Norway.

Cunningham, C. Advanced Physiotherapy Practice-Fragility Fractures [Invited Interdisciplinary Workshop Presentation].

Walsh, M., Cunningham, C., Savin, B., Brent, L., & Blake, C. Challenges And Facilitators in Recording Long-Term Outcomes after Hip Fracture: Experience of Healthcare Professionals in Ireland. [presentation]

8th HRB Trials Methodology Research Network (TMRN) Trials Methodology Symposium, October 2023, Galway, Ireland

Holden, S. Priorities in Trials Methodology Research [Oral presentation]

Irish Pain Society Annual Scientific Meeting, October 2023, Cork.

O. Flynn C. Blake, B. Fullen. 'Migraine: Not just a headache' (Poster presentation) 2nd prize poster winner.

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