



APRIL 2023, ISSUE 9

SPHPSS IN FOCUS

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



WELCOME MESSAGE

Welcome to issue 9 of our school newsletter SPHPSS in Focus. We hope you had a lovely Easter break and that you are enjoying the brighter evenings. Many thanks to the Newsletter team and to everyone who contributed to this issue which is packed with news about our latest research, teaching, activities and achievements.

Since the last issue we have hosted visiting researchers, showcased our research at National and International conferences, secured new research funding, participated in a range of EDI activities and initiatives, and launched a new Professional Certificate in Evidence Synthesis and Evidence-Based Practice.

Congratulations to Assistant Professor Clare Reynolds who was awarded the Experimental Physiology Mid-career prize. Well done also to Clodagh McIntyre (final year BSc Physiotherapy) and Naomi McDonnell (MSc Clinical Nutrition & Dietetics) who were on the UCD team that won the All-Ireland Interprofessional Healthcare Challenge for Students, and to Chloe Lynch (third year BSc Physiotherapy) who won second prize in the NUI Dr HH Stewart Medical Scholarship in Physiotherapy. Fantastic achievements!

As we face into the final weeks of the Spring trimester, we look forward to upcoming events including UCD Festival, the Sustainable Food Systems in Nutrition & Dietetics Education event and the SPHPSS Summer School.

We hope you enjoy reading this issue of SPHPSS in Focus and encourage you to circulate it among your colleagues and 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](#)

Graduate Programmes Webinar Series 2023



The banner features the UCD logo in the top left corner, with the text 'UCD School of Public Health, Physiotherapy and Sports Science' below it. The main title 'Graduate Programmes Webinar Series 2023' is centered at the top. Below this, the specific programmes 'OCCUPATIONAL SAFETY & HEALTH AND MASTER OF PUBLIC HEALTH PROGRAMMES' are listed. Three circular portraits of speakers are shown: Dr. Conor Buggy, Associate Professor Mary Codd, and Professor Patricia Fitzpatrick, each with their name and title below. At the bottom, the date and time 'Wednesday, 19th April 2023, 7pm GMT' are displayed, along with a QR code and the text 'Register for Zoom webinar here'.

UCD School of Public Health,
Physiotherapy and Sports Science

Graduate Programmes Webinar Series 2023

OCCUPATIONAL SAFETY & HEALTH AND
MASTER OF PUBLIC HEALTH PROGRAMMES

DR CONOR BUGGY
PROGRAMME DIRECTOR,
OSH PROGRAMMES

ASSOCIATE PROFESSOR MARY CODD
PROGRAMME DIRECTOR,
MASTER OF PUBLIC HEALTH

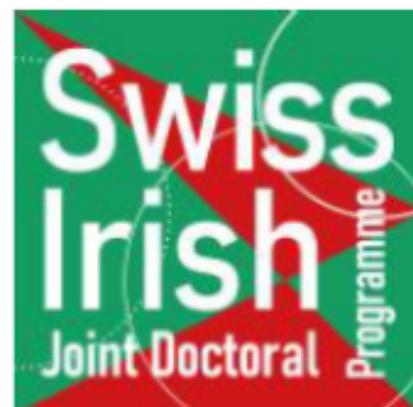
PROFESSOR PATRICIA FITZPATRICK
HEAD OF SUBJECT FOR
PUBLIC HEALTH

Wednesday, 19th April 2023, 7pm GMT
Register for Zoom webinar here

Following a very well attended webinar in February on our Professional Master of Physiotherapy and MSc in Clinical Nutrition & Dietetics programmes, we are continuing our Graduate Programmes Webinar Series 2023 on 19th April. Programme Directors Associate Professor Conor Buggy and Associate Professor Mary Codd will be joined by a panel of current students and graduates to talk about our Occupational Safety & Health and Master of Public Health programmes. The webinar will be chaired by Head of Subject for Public Health, Professor Patricia Fitzpatrick. You can register for the webinar [here](#) and a recording will be available on our [website](#) following the event.

Swiss-Irish Joint Doctoral Programme in Health Sciences

University College Dublin and University of Applied Sciences of Western Switzerland (HES-SO) have recently agreed a Swiss-Irish Joint Doctoral programme in Health Sciences. Students from HES-SO will have the opportunity to register as PhD students in UCD with supervisors from both universities. Three academics from our School (Associate Professor Olive Lennon, Assistant Professor Keith Smart and Assistant Professor Max Ditroilo), along with other colleagues from UCD, have recently travelled to Switzerland and attended a 3-day seminar in Lausanne (13-15 March 2023) to discuss the programme, with speakers from both universities. Three Swiss PhD students are currently registered (or are in the process of being registered) in UCD.



Healthy UCD @ UCD Festival

Healthy UCD is looking for volunteers from the SPHPSS to help out at our UCD Festival stand on Saturday 10th June. Our festival contribution is entitled "Healthy Food Fact Finders" and will include a number of activities aimed at children and families including building the food pyramid and a scavenger hunt.

If you would like to be involved, please contact healthyucd@ucd.ie

Invitation by Erasmus+ sports programme

Professor Eleni Theodoraki is delighted to have accepted an invitation to act as an expert in the Erasmus+ sports programme. Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life. It has an estimated budget of €26.2 billion. It supports priorities and activities set out in the European Education Area, Digital Education Action Plan and the European Skills Agenda. The programme also:

- supports the European Pillar of Social Rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport

The Erasmus+ programme creates opportunities in vocational education and training, school education (including early childhood education and care), adult education, youth and sport. For more information on the programme, please see the [Erasmus+ website](#).



Pictured: Professor Theodoraki

Invited speaker in Qatar at "The Discourse on the Qatar 2022 World Cup Power, Politics, and Aspiration" event



Assistant Professor Joel Rookwood, pictured left, was invited to speak at the symposium "The Discourse on the Qatar 2022 World Cup Power, Politics, and Aspiration", hosted by Arab Center for Research and Policy Studies, in Doha on 16th March. It aimed to provide a critical analysis of the prominent discourse on the FIFA World Cup hosted by Qatar in November-December 2022.

A lecturer in Sport Management at the SPHPSS and a visiting fellow in Sport Marketing at the University of Vic – Central Catalunya, Spain, Joel has worked at 15 sports mega-events in various capacities, including the last six FIFA men's World Cups.

Joel presented a paper entitled: *Building soft power and avoiding soft disempowerment through football mega-events: Addressing multiculturalism and global culture*, which was live streamed on social media and translated in Arabic. The abstract for this presentation is as follows:

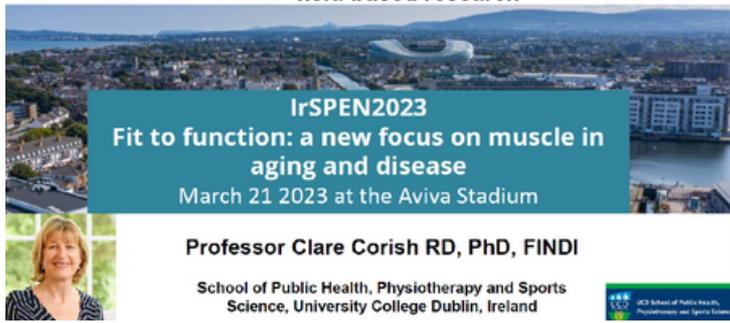
Qatar has built on its impressive portfolio of mega-event hosting by staging the pinnacle of international sports tournaments: the 2022 FIFA Men's World Cup. Many frame such engagements as attempts to influence international audiences and build soft power. The at times divisive world of global sport and international relations can also draw criticism towards host nations. Such critiques have been conceptualised as soft disempowerment. This research adopts a longitudinal approach and examines the perceived lessons learned from hosting two previous competitions – the 2011 Asian Cup and 2019 FIFA Club World Cup – and how these experiences were applied to the staging of the 2022 World Cup. Semi-structured interviews were undertaken with international fans and tournament volunteers at each event. The findings address perceptions of Qatar's cultural identity and mega-event hosting, framed through notions of global culture and multiculturalism, revealing key challenges faced and lessons learned through the staging of these events. Read more about the event [here](#).

Academic Intern Programme

Professor Patricia Fitzpatrick will be Academic Supervisor on the Academic Intern Track. During the three month academic intern position, the successful applicant will work with Patricia and colleagues on the Cancer Awareness in the Travelling Community funded research programme. More information can be found about the role here: <https://www.hse.ie/eng/staff/leadership-education-development/met/medical-intern-unit/academic-intern-track/>

Irish Society for Clinical Nutrition and Metabolism Conference

IrSPEN International Society for Parenteral Nutrition & Enteral Nutrition **A new approach to community-based nutritional care in older adults: new insights from field-based research**



Professor Clare Corish and Dr Werd al-Najim, Year 2 MSc in Clinical Nutrition and Dietetics student, were both invited speakers at the recent Irish Society for Clinical Nutrition and Metabolism Conference.

The Conference theme was 'Fit to function: a new focus on muscle in aging and disease' and was held in the Aviva Stadium on the 21st March.

Professor Corish spoke about research undertaken in UCD into malnutrition in older adults: 'A new approach to community-based nutritional care in older adults: new insights from field-based research' with particular focus on UCD's current multidisciplinary approach to the treatment of malnutrition, sarcopenia and poor appetite in older adults.



Pictured: Dr Werd al-Najim speaking about her research on the role of nutrition support in obesity care.

Dr Al-Najim spoke on 'Rethinking the role of nutrition support in obesity care when patients have substantial weight loss' with particular focus on potential nutrition interventions to ameliorate the loss of lean body mass observed in adults prescribed GLP-1 analogues for the management of obesity. Both talks were well-received with discussion carrying on over lunch and coffee breaks.

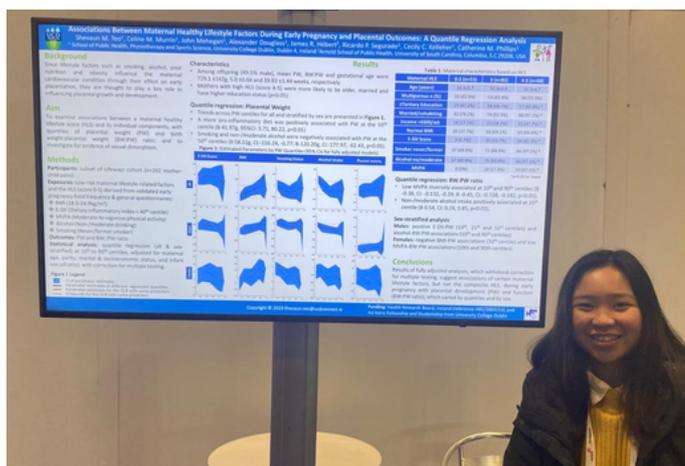
Society for Reproductive Investigation Conference

Assistant Professor Clare Reynolds was invited to present her research on the impact of artificial sweeteners on early life exposure at the 70th Annual Scientific meeting of the Society for Reproductive Investigation in Brisbane, Australia. Her talk entitled 'Sweet child o' mine - the impact of early life exposure to artificial sweeteners' was presented in the Fetal Physiology Satellite Symposium. The annual conference took place March 21st-25th and was attended by science and reproductive researchers from all over the world.



International Conference on Nutrition and Growth: London 2023

The 10th International Conference on Nutrition and Growth (N&G) was held between Thursday 30th March to Saturday 1st April in the ExCel Centre in London this year. Over 2000 delegates were registered to attend the conference both in-person and virtually. N&G highlights the latest research discussing the interplay between nutrition and growth in children, from disease factors through to treatment. The conference is particularly of interest to pediatricians, gastroenterologists, endocrinologists, neonatologists, dietitians, nutritionists, nurses and all those involved in child development. It was brilliant to see three representatives from UCD School of Public Health, Physiotherapy and Sports Science showcasing their interesting research in the area of perinatal nutrition. Postdoctoral research fellow Dr Kaat Philippe and two PhD students from the school, Shevaun Teo (both supervised by Assistant Professor Catherine Phillips) and Michelle Kearns (supervised by Assistant Professor Clare Reynolds) presented their research findings.



Pictured: Shevaun Teo with her e-Poster

Michelle Kearns (right) gave an oral presentation on her research titled: 'Association of paternal BMI and diet during pregnancy with offspring birth measures: The Steps Study' in the Neonatal & Prematurity session, and answered questions from the audience on her work.

Third year PhD Student Shevaun Teo (left) presented her work on the, "Associations between Maternal Healthy Lifestyle Factors during Early Pregnancy and Placental Outcomes: a Quantile Regression Analysis" during dedicated e-Poster sessions throughout the three days, which also served as a great networking opportunity to chat with other conference attendees!



Pictured: Michelle Kearns presenting her research



Pictured: Dr Kaat Philippe presenting at her oral session

Dr. Kaat Philippe, a postdoctoral research fellow working in the research team of Dr. Catherine Phillips, gave an oral presentation in a session dedicated to obesity on Friday 31st March. Kaat presented her recently conducted scoping review which aimed to identify elements that can help us understand the limited success of lifestyle preconception and pregnancy interventions in preventing childhood overweight and obesity. It was great to see such great representation of our School internationally!

Visiting PhD student under ERASMUS programme



Benjamin Pelican from the Université de Rouen Normandie is a visiting PhD student who is working under the supervision of Professor Eleni Theodoraki. Benjamin is visiting under the Erasmus programme and will study at UCD from the 6th of February to the 5th of May. The topic of Benjamin's PhD is Contribution to Analysis of the Relationship Between Consumers of Sports Entertainment and Club-Brands of Professional Sports Entities Seeking to Balance Internationalisation and Local Roots.

Experimental Physiology Mid-Career Prize

Congratulations to Assistant Professor Clare Reynolds who recently won the Experimental Physiology Mid-career prize. This initiative was introduced as a way of rewarding and recognising mid-career researchers, a demographic soon to be the leaders of their respective fields in physiology. The introduction of this award caters for experienced individuals at a career stage now ineligible to qualify for the journal's Early Career Author and Inaugural Review prizes.

As part of winning prize, Clare was invited to write a review which will be published in the journal of Experimental Physiology. The review will discuss novel insights into homeostatic and adaptive responses in health and pathophysiological mechanisms in disease. The title of the review will be: 'The impact of anti-inflammatory nutritional supplementation on adipose tissue development and metabolic homeostasis in offspring exposed to an adverse environment in utero'.



Pictured: Assistant Professor Clare Reynolds

Enteral Feeding Workshop with MSc in Clinical Nutrition and Dietetics Year 2 students

Thanks to Dr Ron Charles, pictured below, who ran a practical workshop for Year 2 MSc in Clinical Nutrition and Dietetics students on March 29th and to Beth Mulholland and Michelle Fitzpatrick who volunteered to have nasogastric tubes inserted - brave women - great for understanding what it is like to have a tube passed.



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 on our website at [UCD School of Public Health, Physiotherapy and Sports Science | Graduate Programmes](https://www.ucd.ie/schoolofpublichealth/graduateprogrammes). International students can find more information about studying at UCD at [UCD Global | International Students University in Dublin](https://www.ucd.ie/global/internationalstudents).



Airfield Estate Field Trip

On 13th February 2023, Year 2 of the MSc in Clinical Nutrition and Dietetics programme experienced their Food Sustainability lecture on-site at Airfield Estate with Dr. Kirstie McAdoo, Head of Education and Research at the urban farm. The field trip was designed as a pilot workshop to directly expose students to concepts of sustainable plant and animal food production, regenerative farming methods, circular systems of water, energy and nutrient conservation and opportunities for public awareness and education.



Pictured: Year 2 MSc Clinical Nutrition & Dietetics Students at Airfield Estate, Dublin

Sustainable Food Systems in Nutrition & Dietetics Education

The dietetics programme staff (Dr Sarah Browne and Prof Clare Corish) are collaborating with Airfield Estate on a project that aims to further develop educational standards for sustainable food systems on nutrition and dietetics programmes internationally.

Registration is now open for the Sustainable Food Systems in Nutrition & Dietetics Education event. This is an innovative Global Networking and Learning Event on Sustainable Food Systems (SFS) in Nutrition & Dietetics Education which will be hosted at UCD on 7th-8th June 2023.

Dr Sarah Browne received funding from the Global Engagement Seed Fund at UCD with co-funding from the Irish Nutrition & Dietetic Institute and the SPHSS to run the event, which is aimed at university educators, SFS researchers, nutrition and dietetics associations, and other organisations with an interest in SFS education and training. Several international collaborators are contributing to the development of an engaging programme and experts from Canada, Australia, the USA, Malawi, the UK and Spain will attend in person.

The event represents an opportunity to demonstrate leadership on SFS education, practice and research, and expand and deepen international partnerships. Further details of the Programme and for registration can be found here:

<https://www.ucd.ie/phps/newsandevents/sustainablefoodsystemsinnutritionanddieteticseducation/>

University College Dublin
Ireland's Global University

Global Networking & Learning Event on
Sustainable Food Systems (SFS) in Nutrition & Dietetics Education
at University College Dublin, Ireland 7-8th June 2023
 Event Information: <https://tinyurl.com/Sauaz34h>

June 7 th	
Opening Address	University College Dublin Irish Nutrition & Dietetic Institute
Sustainable Food Systems	Giuseppe Russolillo, ICDA President Stacia Nordin, ICDA SFS
The State of SFS in Dietetics	<ul style="list-style-type: none"> - Positioning SFS in dietetics commitments & roles - How do dietitians define SFS in their work?
SFS in Dietetics Education	<ul style="list-style-type: none"> - An international scan of curriculum & standards
SFS Excellence in Dietetics Education	<ul style="list-style-type: none"> - Examples of teaching practice - Panel & facilitated discussions
Urban Farm Field Trip	<ul style="list-style-type: none"> - Tour & dinner hosted by Airfield Estate
June 8 th	
Exploring Big Questions	<ul style="list-style-type: none"> - Panel and facilitated discussions - Inquiry about scope and approach - Learning from SFS nutrition and health research - Integration into education and practice
Building Relationships	<ul style="list-style-type: none"> - Exploring research & practice futures - Opportunity for networking and discussion
<p>Registration €160 https://tinyurl.com/yxepjakt</p>	

Dr HH Stewart Medical Scholarship in Physiotherapy



Pictured: Chloe Lynch

Congratulations to Chloe Lynch, third year BSc Physiotherapy student, who was awarded second prize in the NUI Dr HH Stewart Medical Scholarship in Physiotherapy.

The Dr HH Stewart Medical scholarships are offered in a range of subject areas and disciplines across Medicine, Nursing and Midwifery, and Health Sciences. Chloe's award was based on her outstanding results in second year.

COORDINATE Transnational Access Visits Programme: Researcher visit



Assistant Professor Catherine Phillips and Professor Patricia Fitzpatrick were pleased to welcome Dr Diego Montano, a research associate and lead of the Cardiovascular and Metabolic Health Research Group at the Department of Population-Based Medicine of the University of Tübingen, Germany, to the SPHPSS during March 22nd-31st.

The research visit was funded through the COORDINATE Transnational Access Visits programme which offers researchers in Europe, working in the area of child and youth wellbeing, the opportunity to visit and gain access to international birth cohort, panel and cross-sectional survey data residing in participating countries. Diego thoroughly enjoyed his visit and we look forward to future research collaborations.

Further details about the COORDINATE programme and application process for bursaries, open to academic researchers from PhD students to full professors, as well as policy practitioners and other researchers or analysts working in EU countries and associated states, can be found here: <https://www.coordinate-network.eu/>



Pictured: Dr Montano

UCD Physiotherapy Hub: ACE Programme



The UCD Physiotherapy Hub has relaunched a new iteration of its highly successful Active Campus Europe (ACE) programme. ACE offers inactive students on campus a free exercise programme as well as measurements of body composition, fitness, strength and flexibility before and after the programme. Students who take part can avail of a tailored 4-week (3 day/week) programme composed of resistance and aerobic exercise.

As part of their clinical education, BSc. and MSc. physiotherapy students will lead this innovative programme (under the supervision of Clinical Tutor Mary E. Davis) which aims to encourage and support more students to be active and ultimately live healthier lives while studying at UCD.

New Professional Certificate in Evidence Synthesis and Evidence-Based Practice

We are happy to introduce the [Professional Certificate in Evidence Synthesis](#), designed for both beginners and experienced learners. This programme provides a number of modules created to impart thorough knowledge and abilities in evidence synthesis, evidence-based practice, and advanced systematic reviews, including the creation and use of clinical recommendations.

Our programme is a UCD Level 4 qualification incorporating three modules, each worth 5 ECTS credits. Core modules include PHPS40980 Introduction to Knowledge Synthesis, Systematic Reviews & Meta-analysis, and PHPS40990 Systematic Reviews, Meta-analysis and Clinical Guidelines. In addition to these modules, students can choose from the following optional modules based on their professional background and/or career plans: PPTH41200 Evidence-Based Practice for Healthcare Professionals, PHPS40970 Clinical Trials, PHPS41150 Introduction to Biostatistics or PHPS41160 Patient-Centred Outcomes. Our flexible programme allows students to complete the certificate in one year or up to three years.

The Introduction to Knowledge Synthesis, Systematic Reviews & Meta-analysis (PHPS40980) offers a range of synchronous and asynchronous lectures, which will provide students with the rationale to conduct systematic reviews, understand the types and methods of evidence synthesis, understand the steps to complete an evidence synthesis project, and explore the use of existing software pertaining to systematic reviews (Excel, RevMan, Covidence, R). The assessment strategy includes applying a systematic review to a real-world decision-making scenario, and students will also complete a protocol for a SR. The second core module, Systematic Reviews, Meta-analysis and Clinical Guidelines (PHPS40990) comprises a blended learning format that facilitates teaching software and communication skills.

The Professional Certificate in Evidence Synthesis and Evidence-Based Practice will give students the skills and knowledge necessary to succeed in the evidence-based healthcare industry. The deadline for applying is 31st July 2023.

University College Dublin
Ireland's Global University

Advance Centre

PROFESSIONAL CERTIFICATE IN EVIDENCE SYNTHESIS

The certificate is aimed at professionals working in industries where evidence synthesis is frequently needed to inform decision-making.

CERTIFICATE COURSES:

You can register in three modules, each worth 5 ECTS credits, that combine remote and face-to-face learning:

Core Courses:

- Introduction to Systematic Review (SR) and Meta-analysis
- Advanced Systematic Review, Meta-analysis, and Clinical Guidelines

Optional Courses:

- Evidence Based Practice
- Randomised Clinical Trials
- Patient Reported Outcomes
- Introduction to Biostatistics

Who can apply?

- ✓ Applicants currently residing inside the EEA Region
- ✓ Applicants who hold a second-class honours degree at a 2.2 level or higher in any professional field
- ✓ In exceptional circumstances, where an individual has substantial experiential or professional learning, this may be considered an alternative entrance route
- ✓ In addition, all applicants whose first language is not English must have evidence of competence in written and spoken English (IELTS score of 6.5 or equivalent, with no element below 6.0).

You can apply using the UCD online application system:

PROGRAMME OVERVIEW

Duration of the Certificate: You can complete the certificate in one year or up to three years.
Attendance: Part Time.
Mode of delivery: Blended.
Next intake: 2023/2024 September.

University College Dublin
Ireland's Global University

Advance Centre

BACKTRACK Project

BACKTRACK is a research project led by Associate Professor Cliona O'Sullivan (UCD), Professor Brian Caulfield (UCD) and Professor Jerome Kabakyenga (Mbarara University of Science and Technology). Funded by Science Foundation Ireland and Irish Aid, the project aims to reduce the burden and impact of low back pain in Uganda using technology enabled care pathways.

The research team have developed a clinical decision support system called BACKTRACK for clinical officers and nurses working in rural health centres in Uganda. The BACKTRACK app facilitates the assessment of patients with low back pain through a series of precise questions which enables the clinician to safely identify low back pain cases that are amenable to self-management and assists the clinician in dispatching evidence-based self-management advice and identification of those cases that should be referred onwards for specialist assessment and interventions. Since January, BACKTRACK has been implemented into routine practice in 10 rural health centres in the Mbarara district of Uganda. The UCD BACKTRACK team has travelled three times to Uganda in the last 12 months to engage with stakeholders, to co-design BACKTRACK with end users and to evaluate the impact of BACKTRACK on patients and care pathways.



Pictured: BACKTRACK in Action March 2023



Pictured: Members of the UCD-MUST Backtrack Team: L-R: Prof Jerome Kabakyenga, (co-PI), Herman Kazibwe, (Head of Physiotherapy, MUST), Associate Professor Cliona O'Sullivan, (PI), Gloria Ndekezi, BACKTRACK Research Physiotherapist, MUST, Paul Harscouet, BACKTRACK research Physiotherapist, UCD, March 2023



Pictured: Co-design session with Gloria Ndekezi, Oct 2022



Pictured: Co-design session with Paul Harscouet, BACKTRACK research Physiotherapist, Mbarara, October 2022



Pictured: Stakeholder feedback, Assoc Prof O'Sullivan, March 2023

All-Ireland Interprofessional Healthcare Challenge

The All-Ireland Interprofessional Healthcare Challenge for Students (AIPEC) is a national competition for healthcare students in Ireland, designed to promote multidisciplinary collaboration and teamwork to achieve patient-centred clinical excellence. This year, the event was hosted by the University of Galway on Friday 24th March and multidisciplinary students teams from University of Galway, University of Limerick, University College Cork, University College Dublin, Trinity College Dublin, Royal College of Surgeons of Ireland, University of Ulster and Queen's University took part. Participating teams were given six weeks to research and design a care plan for a patient with complex needs.

Each team had 8 minutes to present their case, followed by questions from the judging panel. The standard of presentations was excellent from all University teams. Ms. Karen Golden, CEO of Galway Simon Community, gave a thought-provoking keynote address on homelessness and inclusive health care. The UCD team, pictured below included Aditi Chaturvedi (Medicine), Ava Giblin (Radiography), Meghan Jennings (Nursing), Naomi McDonnell (Dietetics), Clodagh McIntyre (Physiotherapy), Sai Manoj Reddy Narava (Medicine) and Noel Portley (Social Work).

Many congratulations to the UCD team, who won the competition!

The team was supported by UCD Health Affairs, and the academic mentors were Associate Professor Cliona O'Sullivan, School of Public Health, Physiotherapy and Sports Science and Dr Brynne Gilmore, School of Nursing, Midwifery and Health Systems. Many thanks to Dr Orla Mongan, University of Galway and the organising committee for a great event.



UCD Access Taster Event

On Tuesday 21st March, UCD Access invited prospective fifth year students from their linked DEIS schools, mature students and students currently attending further education colleges to the UCD campus to improve their awareness of college supports available to them, and to increase their belief in their own ability to study at third level by experiencing taster lectures, a campus tour, lunch and a student panel. 350+ prospective students were in attendance.

Special thanks to Physiotherapy Clinical Tutor Caoimhe Kenny who delivered a lecture on behalf of our school.



University College Dublin
University for All

UDL Leaders Case Studies

On February 2nd, the [Learning from UDL Leaders Case Studies](#) Publication were launched by the University for All Faculty Partnership Programme. This collection features case studies from each of the 26 University for All Faculty Partners from all six UCD Colleges. It represents a rich body of knowledge, learning and advice on embedding Universal Design across a wide variety of disciplines and contexts. It serves as an excellent practical guide for those seeking to develop Universal Design capacity both within UCD and the wider tertiary sector. There are currently 26 faculty partners from across UCD, including Associate Professor Caitriona Cunningham.



Research Funding: Cancer Research

Congratulations to Professor Patricia Fitzpatrick on her recent grant funding success! Prof. Fitzpatrick has been awarded €119,369 from the National Cancer Control Programme as a co-applicant in research related to Cancer Awareness in the Travelling Community (PI Trish Fox, School of Nursing, Midwifery & Health Systems). We are delighted to welcome Reuel Jalal (MPH 2020) as Research Assistant on this research project too.

Prof. Fitzpatrick is also a co-opted collaborator on the EU-funded prostate cancer screening consortium: PRAISE U, with PI Mr David Galvin, UCD/Mater Misericordiae University Hospital & St Vincent's University Hospital.

Network of European Funding for Neuroscience Research

ERA-NET NEURON
Together for brain research



Congratulations also to Assistant Professor Keith Smart who was successful in winning a Network of European Funding for Neuroscience Research (NEURON), 'Transnational Networking Groups on Chronic Pain' award (€48K) (Networking Group Call 2022 "Chronic Pain" - ERA-NET NEURON (neuron-eranet.eu)).

Project title: Optimising clinical trial methods for complex regional pain syndrome (CRPS): a methodological framework initiative. It is a one year project with the aim of developing a methodological framework for researchers, clinicians and patients when designing and undertaking clinical trials in patients with complex regional pain syndrome, as a rare disease.

SPHPSS Video Stars!

In late March, academic staff and students from our undergraduate programmes in Physiotherapy, Sport & Exercise Management and Health & Performance Science became stars for the day and were recorded chatting about the programmes and their experiences of them. The videos are coming soon. In the meantime, check out some images from behind the scenes!



PPI Case Studies



There is a rich diversity of public and patient involvement (PPI) happening across UCD. We are firm believers in learning from peers. Some examples of the different examples of PPI in UCD, both past and present, have been made available for you to explore, consider, and get inspired.

Prof. Patricia Fitzpatrick has provided a case study as part of the Irish Cancer Society funded research on smoking cessation for patients with cancer which can be viewed here: <https://www.ucd.ie/ppi/casestudies/>

World Obesity Day 2023

The theme of World Obesity Day (WOD), which was held on 5th March this year, was about 'changing perspectives', getting people to talk about obesity as well as highlighting the need for everyone to 'Address Obesity Together'. The occasion served as an opportunity to address misconceptions and stigma about this disease, promote the voice of people living with obesity and encourage a collective response towards better services for the management of this disease.

Marking WOD, PhD researcher Natasha Hinwood spoke with World Physiotherapy Future Network for World Obesity Day about some of the research she is involved in which examines pain in people living with obesity.



WORLD OBESITY DAY

With Natasha Hinwood

HI NATASHA! HOW ARE YOU TODAY?

Hi Future Network! I'm great, thanks! I hope you're all well too.

CAN YOU TELL US A BIT ABOUT YOURSELF AND WHAT YOU DO LATELY?

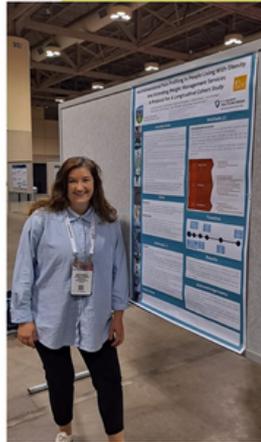
I am a physiotherapist based in Ireland, and currently in my second year of my PhD at University College Dublin. The focus of my research is on pain in people living with obesity. Additionally, I work part-time clinically in an acute hospital in Dublin, Ireland.

WHAT INSPIRED YOUR PHD THESIS?

There were several factors that drew me to this project. The first was the content and aims of the project – both areas are really interesting areas for research. As a physiotherapist, I'm lucky enough to see how that can translate into practice directly for patients and the wider public.

The second was the supervisor and team associated with the project – I'm lucky to work with supervisors and experts who have a huge amount of academic and clinical experience but are also incredibly supportive of the project and have been balancing guiding me and pushing me in equal measure. UCD is such a lovely place to be studying and working.

Thirdly, this was a funded project – which I know isn't the case for lots of projects and I wouldn't have the privilege to do this work if it was self-funded.



WHAT IS THE SIGNIFICANCE OF WORLD OBESITY DAY AND HOW DO YOU BELIEVE RAISING AWARENESS ABOUT THIS ISSUE CAN IMPACT PUBLIC HEALTH?

World Obesity Day (WOD) is Saturday March 4th and it's a call to action for support and cross-sector response to the global obesity crisis. There is a lot of misunderstanding about obesity, and a strong body of evidence that highlights stigma and blame that is unfortunately placed on the shoulders of people who live with obesity.

That blame and stigma is completely misplaced and incongruent with what we now know and are learning all the time about the disease of obesity. WOD helps us to amplify new understanding and fight inaccurate stereotypes in an overall effort to improve inequities experienced by people living with obesity.

Social Media and Webpage:
linktr.ee/WorldPhysioFuture



ADDRESSING OBESITY IS CHALLENGING DUE TO MISCONCEPTIONS ABOUT IT. WHAT ARE SOME MISCONCEPTIONS YOU OFTEN HEAR ABOUT OBESITY?

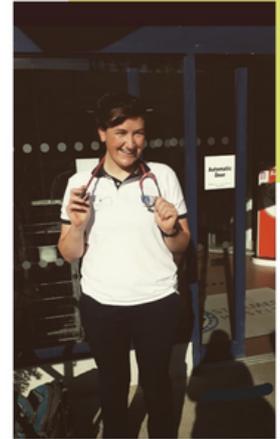
There are a lot of biases, misconceptions and misunderstandings. Personally, I think some of the online media narrative stigmatising treatments for obesity (pharmaceutical or surgical, but also sometimes lifestyle) are particularly harmful due to their subtlety and extensive reach.

My research is focused on some of the questions around obesity and pain. We now know that people living with obesity tend to respond less well to pain treatments or management compared to people living without obesity. So our research is focused on better understanding the relationship between obesity and pain. You can read more about our study here: <https://bmjopen.bmj.com/content/12/12/e065188.full>

Thankfully there are a lot of advocacy groups like It's Not Your Fault, ICPO (The Irish Coalition for People Living with Obesity) and EPO (The European Coalition for People Living with Obesity) that are doing phenomenal work around education and advocacy and are really well connected to researchers and the scientific community and offer brilliant resources for people living with obesity as well as anyone who works with or loves someone who lives with obesity.

HOW CAN PHYSIOTHERAPISTS BETTER ADDRESS THE WEIGHT STIGMA AND CHALLENGES FACED BY PEOPLE LIVING WITH OBESITY?

There are so many things we can do to better facilitate care for people living with obesity. It's really important to be thinking about using and encouraging non-stigmatising language that is person centred e.g. 'person with obesity' rather than 'obese person'. Addressing weight can be really challenging for a lot of reasons and lots of people might feel very vulnerable discussing it, but a great starting point includes shifting focus to 'health gain' rather than specifically 'weight loss'. Finally, there are some really excellent evidence-based guidelines that have been developed which can give further insight into clinical practice approaches in a variety of settings (e.g. the 2020 Canadian Clinical Practice Guidelines or the 2022 Irish Clinical Practice Guidelines) <https://aso1.info/guidelines/> or <https://obesitycanada.ca/guidelines/>



WHAT ADVICE CAN YOU GIVE TO STUDENTS/NEW GRADUATES HOPING TO PURSUE THIS AREA OF INTEREST?

Get involved! It's really easy to get involved to whatever degree you can – just look for your regional physio or obesity research organisation. EASO (the European Association for the Study of Obesity - <https://easo.org>) have a brilliant website with a lot of resources and is always hosting free webinars and information events. They also have a really strong early career network which I think is free to join. The 20th European Congress on Obesity will be on in May in Dublin Ireland, but for anyone who wants to attend online, that is also a possibility.

Finally, the World Physiotherapy congress is this June in Dubai. It's also possible to attend remotely for anyone who can't make it in-person. There are a lot of networking events and opportunities to meet other researchers and clinicians. I'll be co-chairing a speed-dating style networking session (NWS10) for researchers with Prof. Anne Moseley - which is amazing because she's amazing. So come along and get involved (even if it's just to watch me try to be cool in front of Anne, which I'm not sure I'll be able to do on the day).

Social Media and Webpage:
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In the lead up to World Obesity Day, Mary E. Davis (Clinical Tutor and PhD Researcher) worked alongside other members of the Association for the Study of Obesity on the Island of Ireland (ASOI) to help increase awareness about WOD. Mary worked with the committee to promote the new Clinical Practice Guidelines for the Management of Obesity in Adults in Ireland alongside some key resources and interviews with healthcare professionals and people with obesity.



Independent.ie

Premium

Five myths about obesity and the facts we all need to know about weight loss

Experts from The Association for the Study of Obesity on the Island of Ireland (ASOI) explain the frequent errors in discourse on obesity, and the stigma attached to it



Health has more factors than just weight, including fitness and metabolism. Photo: expmedia.org

Dr Cathy Breen, Dr Jean O'Connell, and Mary E Davis
March 08 2023 12:00 AM

This year, the WOD-Ireland resources focused upon four key themes: 1) weight stigma and bias, 2) enabling participation, 3) mental health and 4) childhood obesity (all videos can be accessed via @ASOIreland on Twitter).

In addition, Mary collaborated with Dr Cathy Breen and Dr Jean O'Connell on an article published in the Irish Independent, about addressing the myths of obesity and facts about weight loss.

RECENT PUBLICATIONS

Cunningham C, Mc Laughlin H, O Donoghue G. Physiotherapy post Vertebral Fragility Fracture: A Scoping Review, *Physiotherapy*,2022, ISSN 0031-9406, <https://doi.org/10.1016/j.physio.2022.11.001>.

Fitzpatrick P, Bhardwaj N, Masalkhi M, Lyons A, Frazer K, McCann A, Syed S, Niranjana V, Kelleher CC, Brennan S, Kavanagh P, Fox P. Provision of smoking cessation support for patients following a diagnosis of cancer in Ireland. *Preventive Medicine Reports* 2023 Feb 20;32:102158. [doi: 10.1016/j.pmedr.2023.102158](https://doi.org/10.1016/j.pmedr.2023.102158).

Fullen BM, Wittink H, De Groef A, Hoegh M, McVeigh JG, Martin D, Smart K. Musculoskeletal Pain: Current and Future Directions of Physical Therapy Practice. *Archives of Rehabilitation Research and Clinical Translation*. 2023; 5:100258. [doi: 10.1016/j.arrct.2023.100258](https://doi.org/10.1016/j.arrct.2023.100258).

Gethin G, Vellinga A, McIntosh C, Sezgin D, Probst S, Murphy L, Carr P, Ivory J, Cunningham S, Oommen AM, Joshi L, Ffrench C. Systematic review of topical interventions for the management of odour in patients with chronic or malignant fungating wounds. *J Tissue Viability*. 2023 Feb;32(1):151-157. [doi: 10.1016/j.jtv.2022.10.007](https://doi.org/10.1016/j.jtv.2022.10.007). Epub 2022 Nov 9. PMID: 36376189.

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Lecorguillé M, Schipper M, O'Donnell A, Aubert AM, Tafflet M, Gassama M, Douglass A, Hébert JR, Kelleher C, Phillips CM, Gaillard R, Lioret S, Heude B. Parental lifestyle patterns around pregnancy and risk of childhood obesity in four European birth cohort studies. *Lancet Global Health*. 2023 Mar;11 Suppl 1:S5. [doi: 10.1016/S2214-109X\(23\)00090-6](https://doi.org/10.1016/S2214-109X(23)00090-6).

O'Reilly S, Carroll HK, Murray D, Burke L, McCarthy T, O'Connor R, Kilty C, Lynch7, Feighan J, Cloherty M, Fitzpatrick P, Falvey K, Murphy V, O'Leary MJ, Gregg S, Young L, McAuliffe E, Hegarty J, Gavin A, Lawler M, Kavanagh P, Spillane S, McWade T, Heffron M, Ryan K, Kelly P, Murphy A, Corrigan M, Redmond HP, Redmond P, Walsh, Tierney P, Zhang M, Bennett K, Mullooly M. Impact of the COVID-19 pandemic on cancer care in Ireland – Perspectives from a COVID-19 and Cancer Working Group. *Journal of Cancer Policy* 2023 [DOI: 10.1016/j.jcpo.2023.100414](https://doi.org/10.1016/j.jcpo.2023.100414)

Philippe K, Teo SM, Perrotta C, McAuliffe FM, Phillips CM., Why do preconception and pregnancy lifestyle interventions show little evidence in preventing overweight and obesity in children? A scoping review. *Lancet Global Health*. 2023 Mar;11 Suppl 1:S20. [doi: 10.1016/S2214-109X\(23\)00103-1](https://doi.org/10.1016/S2214-109X(23)00103-1).

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RECENT PUBLICATIONS

Van der Velden, A. W., van de Pol, A. C., Bongard, E., Cianci, D., Aabenhus, R., Balan, A., Böhmer, F., Bralić Lang, V., Bruno, P., Chlabicz, S., Coenen, S., Colliers, A., García-Sangenís, A., Ghazaryan, H., Godycki-Ćwirko, M., Jensen, S., Lionis, C., van der Linde, S. R., Malania, L., Pauer, J., ... Butler, C. C. (2022). Point-of-care testing, antibiotic prescribing, and prescribing confidence for respiratory tract infections in primary care: a prospective audit in 18 European countries. *BJGP open*, 6(2), BJGPO.2021.0212. <https://doi.org/10.3399/BJGPO.2021.0212>

Vellinga A, Luke-Currier A, Garzón-Orjuela N, Aabenhus R, Anastasaki M, Balan A, Böhmer F, Lang VB, Chlabicz S, Coenen S, García-Sangenís A, Kowalczyk A, Malania L, Tomacinschii A, van der Linde SR, Bongard E, Butler CC, Goossens H, van der Velden AW. Disease-Specific Quality Indicators for Outpatient Antibiotic Prescribing for Respiratory Infections (ESAC Quality Indicators) Applied to Point Prevalence Audit Surveys in General Practices in 13 European Countries. *Antibiotics*. 2023; 12(3):572. <https://doi.org/10.3390/antibiotics12030572>

Wanat, M., Hoste, M. E., Gobat, N. H., Anastasaki, M., Böhmer, F., Chlabicz, S., Colliers, A., Farrell, K., Hollerbach, S., Karkana, M. N., Kinsman, J., Lionis, C., Marcinowicz, L., Reinhardt, K., Skoglund, I., Sundvall, P. D., Vellinga, A., Goossens, H., Butler, C. C., van der Velden, A., ... Tonkin-Crine, S. (2022). Patients' and clinicians' perspectives on the primary care consultations for acute respiratory infections during the first wave of the COVID-19 pandemic: an eight-country qualitative study in Europe. *BJGP open*, 6(2), BJGPO.2021.0172. <https://doi.org/10.3399/BJGPO.2021.0172>

CONFERENCE PRESENTATIONS

The Lancet Summit - Childhood obesity: consequences across the life course, Online. 2-3 March

Philippe K, Teo SM, Perrotta C, McAuliffe FM, Phillips CM., Why do preconception and pregnancy lifestyle interventions show little evidence in preventing overweight and obesity in children? A scoping review. [Oral Presentation]

Lecorguillé M, Schipper M, O'Donnell A, Aubert AM, Tafflet M, Gassama M, Douglass A, Hébert JR, Kelleher C, Phillips CM, Gaillard R, Lioret S, Heude B. Parental lifestyle patterns around pregnancy and risk of childhood obesity in four European birth cohort studies. [Oral Presentation]

Society for Research on Nicotine & Tobacco Annual Meeting, San Antonio, Texas, USA. 2-4 March

Fitzpatrick P, Bhardwaj N, Frazer K, Lyons A, Niranjana V, Syed S, Masalkhi M, Kavanagh P, Brennan S, Quinn S, Johnson M, Wall J, McCann A, Fox P. Co-development of a tailored smoking cessation protocol for and with cancer patients - findings from a multi-method study. [Oral presentation]

10th International Conference for Nutrition & Growth Conference, London, UK. 30 March-1 April

Kearns ML, Reynolds CM, Lahdenperä M, Rautava S, Galante L, Lagström H. Association of paternal BMI and diet during pregnancy with offspring birth measures. The STEPS Study. [Oral Presentation]

Philippe K, Teo SM, Perrotta C, McAuliffe FM, Phillips CM., Why do preconception and pregnancy lifestyle interventions demonstrate limited success in preventing overweight and obesity in children? A scoping review. [Oral Presentation]

Teo SM, Murrin CM, Mehegan J, Douglas A, Hébert JR, Segurado R, Kelleher CC, Phillips CM., Associations Between Maternal Healthy Lifestyle Factors During Early Pregnancy and Placental Outcomes: A Quantile Regression Analysis, [ePoster presentation]

CONFERENCE PRESENTATIONS

Cystic Fibrosis Ireland National Conference, Dunboyne, Co. Meath, Ireland. 31 March-1 April

Ateuyi G, Tecklenborg S, Byrne S, Tallon R, Fitzpatrick P. Evaluation of pilot electric bike scheme for persons with Cystic Fibrosis.

Bhatnagar R, Tecklenborg S, Segurado R, Fitzpatrick P. COVID-19 pandemic impact on employment and mental health of a high-risk group – People with Cystic Fibrosis .

Bhatnagar R, Segurado R, Linnane B, Herzig, M, Ni Chroinin M, Mullane D, Elnazir B, Greally P, Williamson M, Slattery D, Healy F, Cox D, O'Reilly R, Ahmareen O, McNally P, Javadpour S, Kirwan L, Fitzpatrick P. Evaluation of the clinical and psychological impact of the Cystic Fibrosis Newborn Screening Programme: The Irish Comparative Outcome Study (ICOS) Part 2

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