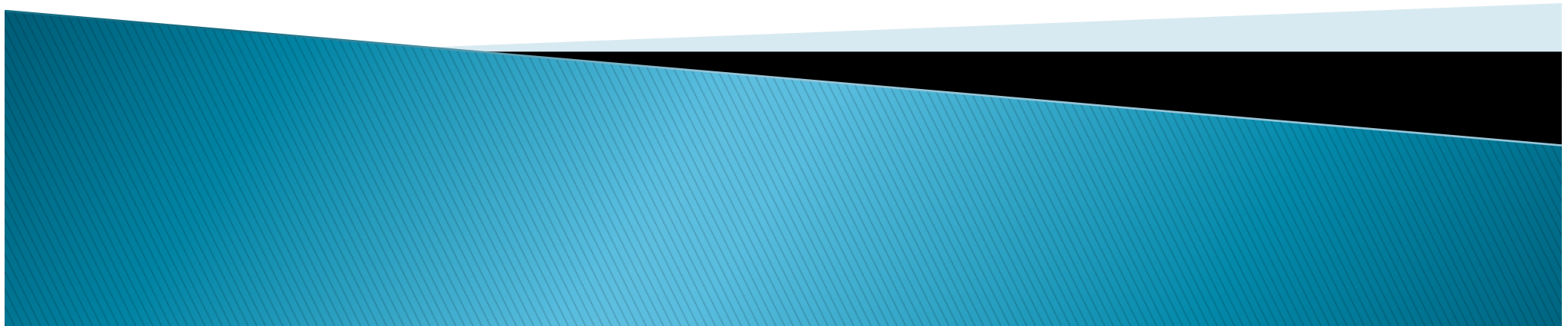




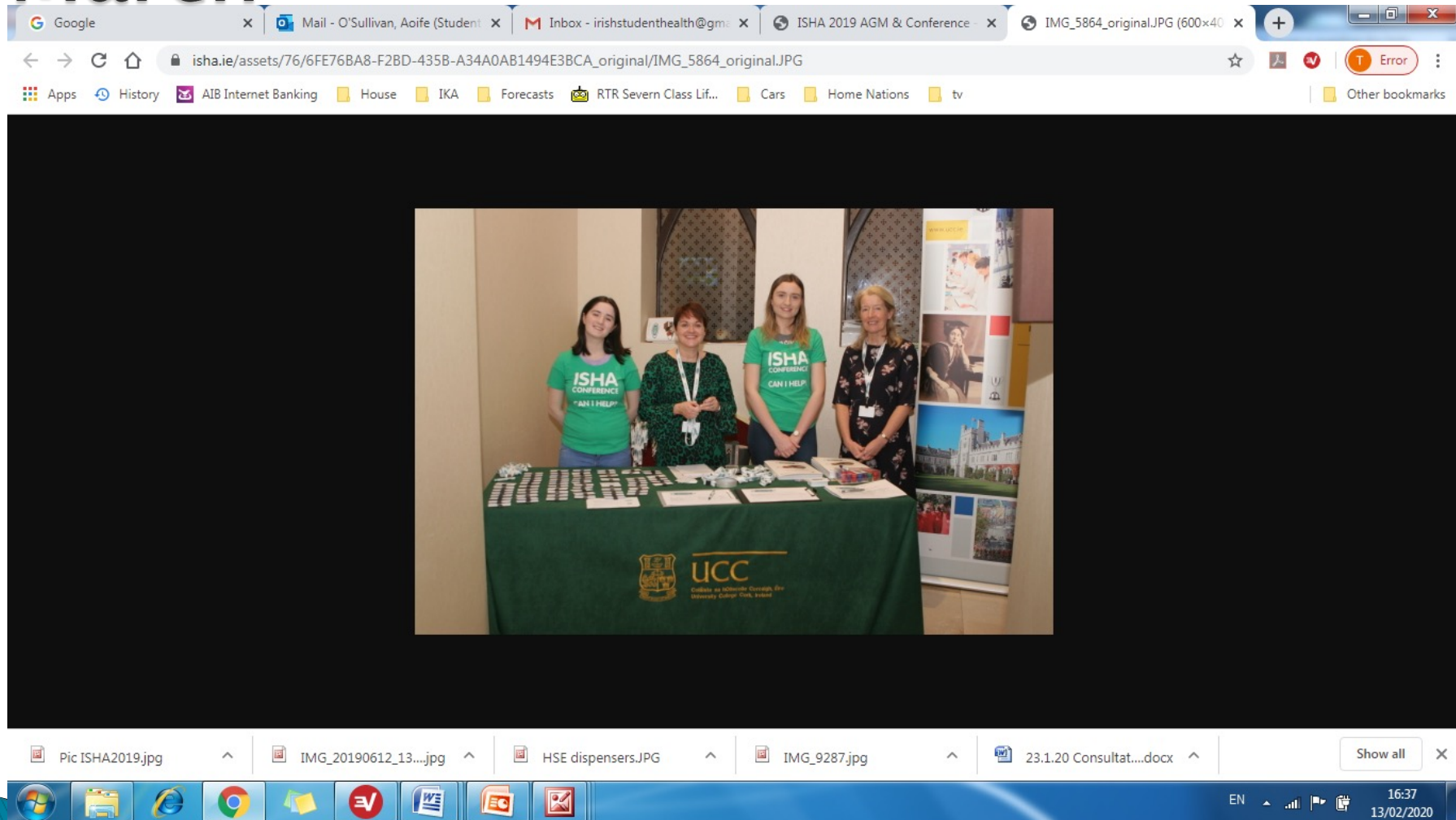
ISHA Annual Conference and AGM 2020

TCD/Alex Hotel 28th February 2020



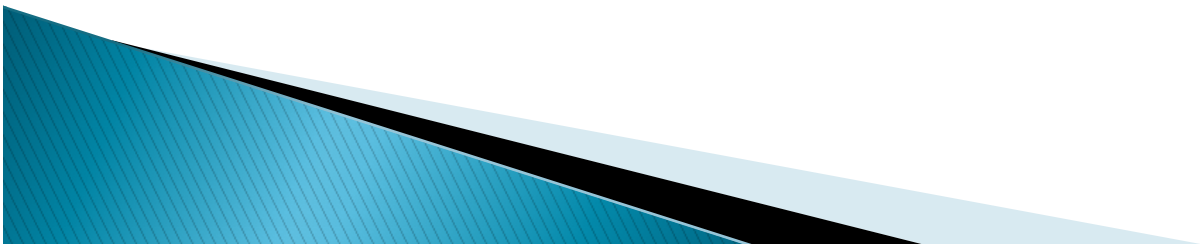
ISHA Conference and AGM 2019

UCC/Kingsley hotel – 1st/2nd March



ISHA 2019/2020


- ▶ New Committee – welcome to new committee members Theresa, Liz, Clare, Karita, Sarah, Jessie. Aoife, Eoin, Patricia and Sharon stayed on
- ▶ Inaugural meeting of the new committee March 2019 – 10 since, all teleconferences
- ▶ Email/Twitter



National women's health campaign

March 2019 – Irish

Independant/online/social media



Supporting health choices of female students

THERESA LOWRY-LEHNEN
ISHA Assistant PRO and Student Health Nurse,
IT Carlow

DR AOIFE O'SULLIVAN
ISHA President and GP
Student Health Department, University College Cork

The Irish student population continues to grow year-on-year, and with it, the demand for student health services in third-level education. CSO statistics show 52.2% of the 225,628 third-level students in 2016/17 were women. 68.2% of all 20-year-old women were students, highlighting the need for more awareness and promotion of women's health issues, as well as better resourcing of services to meet the specific health requirements of female students.^{1,2}

Help with health during college
Student health services are not gender-specific, but women's health needs often are – menstrual issues, contraception, pregnancy, breast care, cervical screening – but other health issues such as UTIs, STIs, and some mental health problems, especially depression and anxiety, are also prevalent in female students. Contraception is one of the main health concerns among female students, with a clear demand for convenient, reliable, affordable, and effective formulations (IARC), which should be the method of choice for this population group. This is because of their vastly superior efficacy in relation to failure rates, and as they are the only form of contraception linked with a reduction in abortion rates.^{3,4,5}

Abortion is free; contraception should be free too!
Emergency contraception is now accessible over-the-counter, but the cost for all methods of contraception, particularly IARC, is still an issue for many students. With termination of pregnancy now available – free in Ireland, the provision of free contraception, especially IARC/emergency contraception, needs to be addressed to ensure provision of evidence-based best practice and care to young Irish women.

Other important health issues include education about cervical screening and encouraging regular self-breast examination from a young age.

Increase in STIs among 15-24-year-old women
Recent national figures published in November 2018 show a 5% increase in STIs, up to 13,628. Among 15-24-year-olds, 99% of recorded STIs were in women. 62% of all chlamydia and 81% of genital herpes cases in this age group are also in females.⁶

The provision of free, accessible STI screening nationwide is vital for third-level students, as is sexual health education regarding risks and prevention. Many UCC students surveyed only reported condom use 'some of the time' – the need for female students to have to insist on condoms is a very concerning trend; male students must also be encouraged to insist on using protection.

Chlamydia is the most common STI, with diagnoses increased up to 2,408⁷ (up to 80% of females with chlamydia have no symptoms. Likewise, most recent figures show gonorrhoea diagnoses in Ireland have risen to 2,149 cases.⁸ Undiagnosed chlamydia/gonorrhoea can affect future fertility – an added concern for young women and men.

Female students' mental wellbeing is lower than their male peers
College students represent a vulnerable population regarding mental health issues. The years during which young adults enter into and attend third-level education, represent a high-risk period for mental health disorders. In a 2012 national survey regarding the mental health profile of over 8,000 young Irish adults (17-25 years, females presented with lower levels of wellbeing than males. Overall, 48% of female students reported a score indicative of poor mental wellbeing. Body image issues and eating disorders are also more prevalent among female students.⁹

Sexual harassment/violence is another serious issue. In a 2018 survey of 632 students, by the NUI Galway SMART Consent research, 54% of first-year women students reported experiencing sexual hostility or crude gender harassment at some point since starting college. This rose to 64% among second-year and 70% among third-year female students.¹⁰

as much as – and more – than male students. In a 2015 UCC study, 62.3% of women reported hazardous alcohol consumption, versus 65.2% of men.¹¹ More women are being diagnosed with smoking-related cancers, with lung cancer now the main cause of cancer death among women. Low self-esteem, worries about weight gain, or wanting to fit in, contribute to young women starting/continuing to smoke.¹²

Education and healthy lifestyle advice for women regarding consent, vaccination, contraception, screening, nutrition, exercise, dangers of drugs, alcohol and smoking is ongoing in student health centres. It is important we support, promote and improve the health choices of our female student population. □

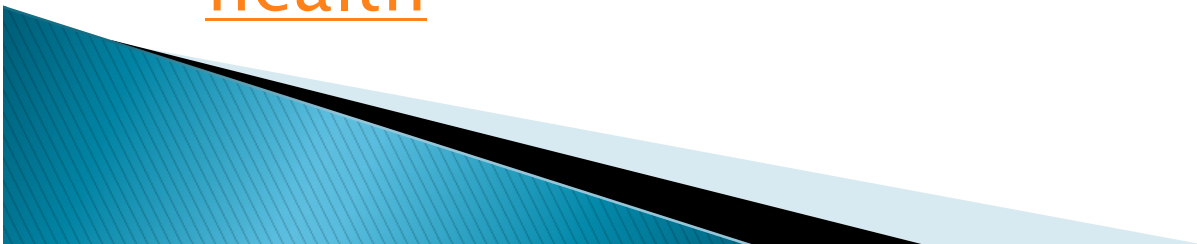
Increased alcohol consumption among female students
A notable recent health-related behaviour change is an increase in alcohol consumption among female students. They are now drinking

[Read more at healthnews.ie](#)

© CSO Statistics, Women and Men in Ireland: Education, Central Statistics Office, Dublin. Available at <https://www.cso.ie/en/media/csofiles/information/hygiene/womenandmen.pdf>.
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March 2019

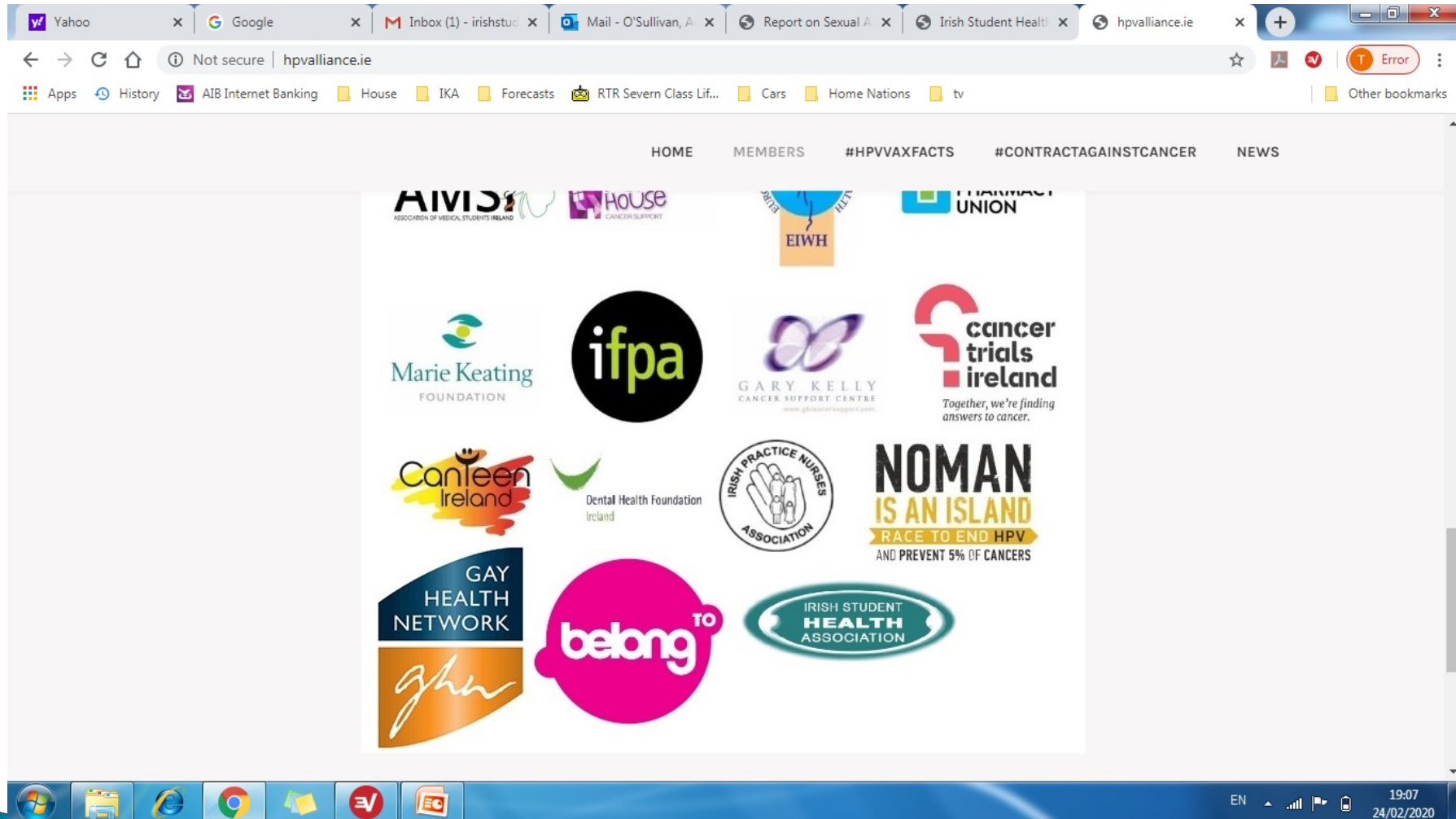
- ▶ USI Welfare –seeking ISHA advice/guidance for students re: crisis pregnancy.
- ▶ Invitation for ISHA Representative to join HEA Working Group “ Connecting for Life – Irelands National Strategy to Reduce Suicide 2015–2020” – Dr Michele Hill , Psychiatrist UCC nominated and agreed to represent ISHA
- ▶ Launch of SATU report by MOH
<https://www.isha.ie/go/news/report-on-sexual-assault-treatment-unit-satu-policy-review-process-launched-by-minister-for-health>



HPV Alliance



HPV Alliance



<https://www.isha.ie/go/news/hpv-vaccination-the-facts>

SHARE

vaccination

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HPV vaccination: the facts

Theresa Lowry-Lehnen, Clinical Nurse Practitioner and Associate Lecturer at Institute of Technology Carlow Assistant PRO Irish Student Health Association

There are more than 100 known varieties of human papillomavirus (HPV) and approximately 80 per cent of people will get a HPV infection during their lifetime. Most HPV infections cause no symptoms and resolve spontaneously, however, sometimes the infection can give rise to cancer.¹ HPV types 6 and 11 cause more than 90 per cent of genital warts. Most HPV infections are low risk and don't lead to cancer, however, there are at least 12 high risk strains of which two cause the majority of HPV related cancers. HPV types 16 and 18 can cause cancer of the cervix, vagina, vulva, anus, penis and oropharynx. These infections are often transmitted sexually or through other skin-to-skin contact. Vaccines can help protect against the strains of HPV most likely to cause genital warts or cervical cancer.²

Globally, HPV is the most common sexually transmitted infection. In 2018, an estimated 569,000 new cases and 311,000 deaths occurred from cervical cancer worldwide.³ Nearly all cervical cancers are caused by HPV infections, but can take 20 years or longer to develop after an HPV infection. Vaccination against HPV infection is the best protection from cervical cancer. HPV infection and early cervical cancer typically don't cause noticeable symptoms, so it is very important that women have regular screening tests to detect precancerous changes in the cervix that might lead to cancer.⁴

In 2008, The Nobel Prize in Physiology or Medicine was part awarded for the discovery of human papilloma virus (HPV) causing cervical cancer.⁵ Against the prevailing view during the 1970s, German Doctor Harald zur Hausen proposed a role for human papilloma virus (HPV) in cervical cancer. He realised that HPV DNA could exist in a non-productive state in tumours, and should be

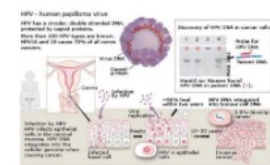
detectable by specific searches for viral DNA. He figured that if tumour cells contained an oncogenic virus, they should harbour viral DNA integrated into their genomes. The HPV genes promoting cell proliferation should therefore be detectable by specifically searching for such viral DNA. Dr zur Hausen pursued his idea for over 10 years by searching for different HPV types, a search made difficult by the fact that only parts of the viral DNA were integrated into the host genome. He found HPV DNA in cervical cancer biopsies, and discovered the tumorigenic HPV16 type in 1983. In 1984, he cloned HPV16 and 18 from patients with cervical cancer. The HPV types 16 and 18 were consistently found in about 70 per cent of cervical cancer biopsies throughout the world. His great discovery led to characterisation of the natural history of HPV infection, an understanding of mechanisms of HPV induced carcinogenesis and the development of prophylactic vaccines against HPV acquisition.⁶

The first HPV vaccine, Gardasil was first licensed for use in 2006. The HSE HPV vaccination programme was introduced in Ireland in 2010 using the HPV vaccine to protect young women from HPV infection and the risk of developing cervical cancer later in life. Following good practice and successful use in other countries, the HPV vaccine will now also be offered for the first time to boys in secondary school life year.

From September 2019, the HSE will begin to offer the HPV9 vaccine Gardasil9 to both boys and girls in first year in second level schools on the recommendations of the National Immunisation Advisory Committee, to protect them against cancers caused by HPV virus and genital warts in adulthood. HPV9 vaccine is offered to this age group before sexual contact occurs and they are exposed to HPV and because the response to the vaccine is best at this age. Research has shown that receiving the vaccine at a young age is not linked to an earlier start of sexual activity. Once infected with HPV, the vaccine might not be as effective or might not work at all but, if given before someone is infected, the vaccine can prevent most cases of cervical cancer. Under the age of 15, two doses of the vaccine are required, but at 15 years and older three doses are necessary for full protection.⁷

The HPV vaccine is available free of charge from the HSE for students in 1st year of second level school. The vaccine is given through a school based programme, to ensure high vaccine uptake. If a student misses the vaccine in school, the HSE will arrange for the student to be vaccinated at a HSE clinic.

HPV vaccination of boys provides direct protection against HPV-related diseases. Each year in Ireland, over 6,500 women require hospital treatment for pre-cancerous lesions of the cervix, 300 women develop cervical cancer, and 90 women die from it. Of the 538 cancers associated with HPV diagnosed in Ireland each year, a quarter are diagnosed in men. The number of oropharyngeal cancers caused by HPV is increasing in men. Vaccinating boys will now provide greater protection to everyone by preventing the spread of



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Illustration: Annika Rönk

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nursinggeneralpractice

vaccination

HPV virus which will reduce the burden of cervical cancer further. HPV infection is a known cause of other cancers. Of 153 cancers of the oropharynx, 57 are caused by HPV and are mostly seen (75 per cent) in men. Annually HPV causes seven out of 38 cancers of the vulva, seven out of 10 cancers of the vagina, four out of the rectal cancers in men and women and 10 out of 37 cancers of the penis in men. HPV virus also causes a range of precancerous lesions in both men and women.⁸

The HPV vaccine Gardasil protects against HPV types 16 and 18 that cause seven out of 10 cervical cancers. HPV9 vaccine Gardasil9 protects against HPV types 16, 18, 31, 33, 45, 52, and 58 that cause nine out of 10 cervical cancers. HPV9 vaccine also protects against nine out of 10 oropharyngeal cancers and cancers of the back passage and penis caused by HPV for which there is currently no screening programmes.⁹

In 2018, the National Immunisation Committee (NIC) also recommended the HPV vaccine for men and women living with HIV up to and including 35 years of age and for men who have sex with men (MSM), including MSM living with HIV, up to and including 45 years of age.¹⁰

HPV vaccines have been endorsed by national and international regulatory bodies and proven to be very safe. The safety of the HPV vaccine has been strictly monitored for more than 12 years and is frequently reviewed by the European Medicines Agency (EMA), the Global Advisory Committee on Vaccine Safety of the World Health Organisation and the Centers for Disease Control and Prevention in the US (CDC). The HSE is guided by the recommendations of the National Immunisation Advisory Committee (NIAC) and the World Health Organisation (WHO). All vaccines used by the HSE, including Gardasil are licensed by the Health Products Regulatory Authority (HPRA) and the European Medicines Agency (EMA).

Since HPV vaccine was first licensed in 2006, research conducted all over the world shows that the vaccine is safe and prevents cancer. The World Health Organisation (WHO) considers HPV vaccines to be extremely safe. There is no scientific evidence in Ireland or any other country that the HPV vaccine causes any long term medical

signal for HPV vaccine Gardasil. Gardasil Gardasil9 is currently used in 94 government funded HPV immunisation programmes globally. Over 244 million doses of Gardasil have been distributed worldwide and it is currently used in over 75 European countries, the United States, Canada, Australia and New Zealand. In Ireland, 730,000 doses of Gardasil have been distributed and more than 260,000 girls have been fully vaccinated against HPV.¹¹

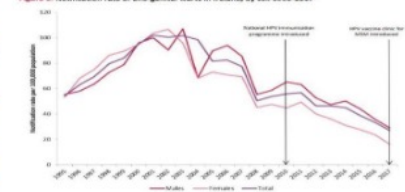
There is currently no specific treatment for HPV infection and vaccination is paramount in the prevention of HPV related illnesses. Safer sex practices are typically a first line of HPV defence for most people and should always be a part of HPV prevention plans. Condoms are central to reducing risk of HPV, however, it is important to understand that they do not protect potentially vulnerable areas of tissue such as those in and around the scrotum, vagina, vulva, or anus.

Since the introduction of HPV vaccine in Ireland in 2010 the reports of ano-genital warts have continued to decrease as shown in the figure below.

There were 1,281 cases of ano-genital warts notified in 2017, compared to 1,593 cases in 2016. The notification rate (NR) continued to decrease to 26.9 per 100,000 population in 2017, down from 33.5 per 100,000 population in 2016. The highest age specific rate was among 25-29 year olds, for both males and females, at 92.3 per 100,000 population and 48.6 per 100,000 population, respectively. The NR of ano-genital warts has decreased by 8 per cent since its peak in 2001, when it was 101.9 per 100,000 population. Between 2001 and 2010 the NR declined by 45 per cent, to 55.7 per 100,000 population, and between 2010 and 2017 it declined by a further 52 per cent, to 26.9 per 100,000 population.¹²

A study published February 2019 in Cancer Epidemiology Biomarkers and Prevention using data from the Centers for Disease Control and Prevention (CDC) provides evidence that the HPV vaccine is effectively reducing the numbers of cervical cancer pre-lesions that can become cervical cancer. The researchers tested tissue samples collected between 2008 and 2014 from more than 10,000 women ages 18 to 39 years who were diagnosed with cervical pre-cancers. The percentage of pre-cancers caused by HPV types 16 and 18

Figure 3: Notification rate of ano-genital warts in Ireland, by sex 1999-2017*

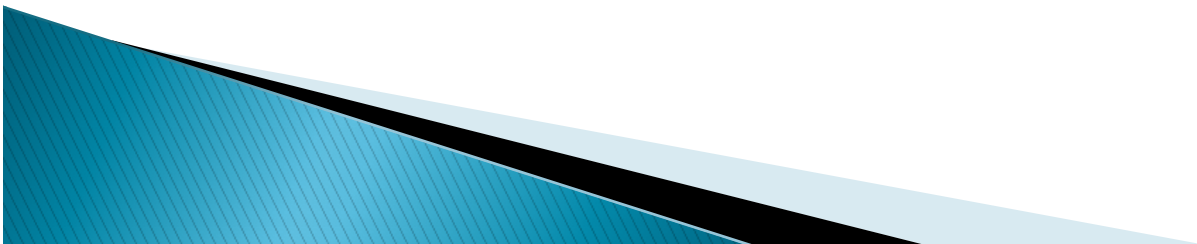


Source: HSE HPSC (2018). Annual Epidemiological Report: Ano-genital warts in Ireland, 2017

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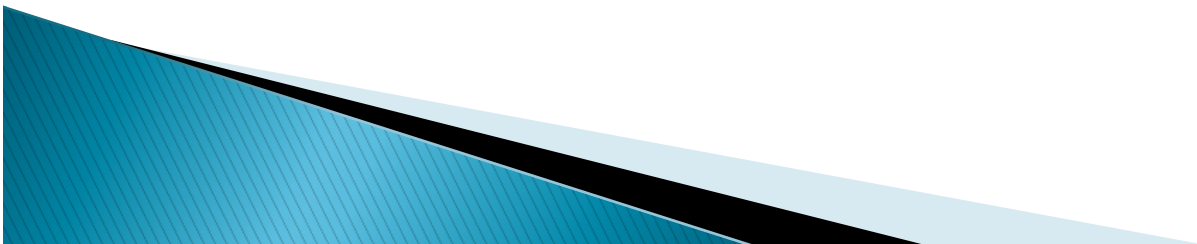
Consent

- ▶ April 2019 Minister M. Mitchell O Connor launched the Framework for Consent in HEI
- ▶ <https://www.isha.ie/go/news/05-april-2019-minister-mitchell-o-connor-launches-framework-for-consent-in-higher-education-institutions>
- ▶ Instrumental in this were the ESHTA (Ending Sexual Harassment and Violence in Third Level institutions), SMART Consent in NUIG and Bystander Intervention in UCC.



Student Health Matters!

- ▶ End April 2019 the First draft of the E-Book on **Student Health Matters** was circulated – launched initially May 2019
- ▶ Proposals put to Ministers (AGM 2019)
- ▶ *To provide funding for accessible comprehensive free contraceptive care for patients*
- ▶ *For equity in funding for medical services, across all education including I.T.s, to safeguard the provision of student health services.*



Sexual Health



- ▶ **HSE Sexual Health and Crisis Pregnancy Programme May/June 2019 (AOS, Niamh Murphy, Patricia Brady)**
- ▶ Free Condoms/Dispensers; STI screening; High Risk Vaccines
- ▶ Sexual Health promotion/education/prevention; Sexual Health Services and Sexual Health Intelligence
- ▶ Not involved with Contraception/LARC provision

Dispensers

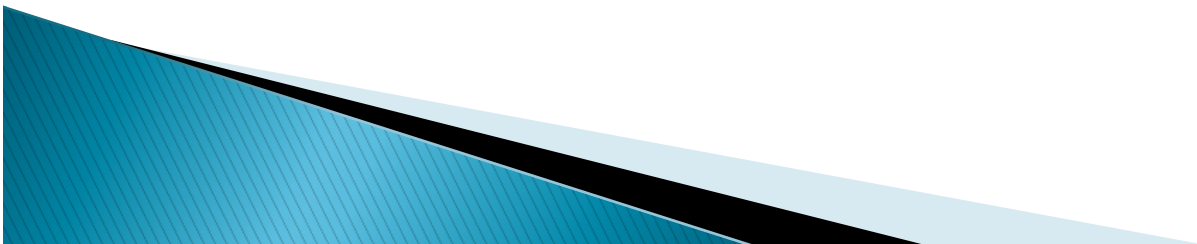


SAI Summit Cork June 2019



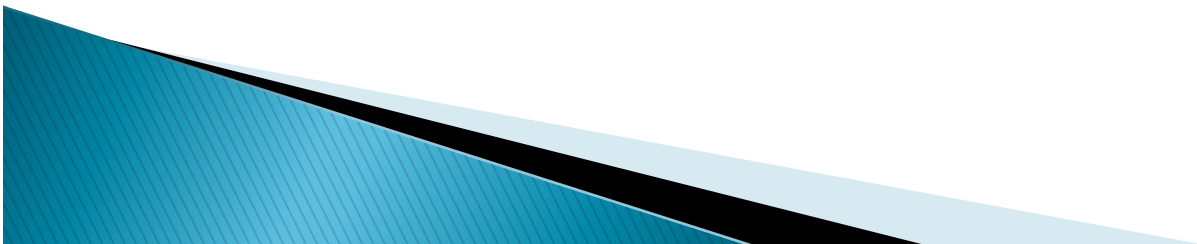
UK SHA 2019

- ▶ UK Student Health Association Annual Conference in Sheffield July 2019
<https://www.isha.ie/go/news/uk-student-health-association-annual-conference-2019>
- ▶ Theresa represented ISHA
- ▶ Student Health Matters App born!
- ▶ Summer 2019 – Student Health Matters App – Theresa, Laura Tully and Knut Schroder



August 2019

- ▶ Working Group on Access to Contraception conducted a public consultation until 5th August 2019 – promoted by ISHA
- ▶ REACT Launch and USI Mental Health Survey Launch August 2019, attended by ISHA reps
- ▶ Publicity on the Student Health Matters app including radio and newspaper interviews from Eoin and Theresa



App Goes Live September 2019

✕ Exit full screen



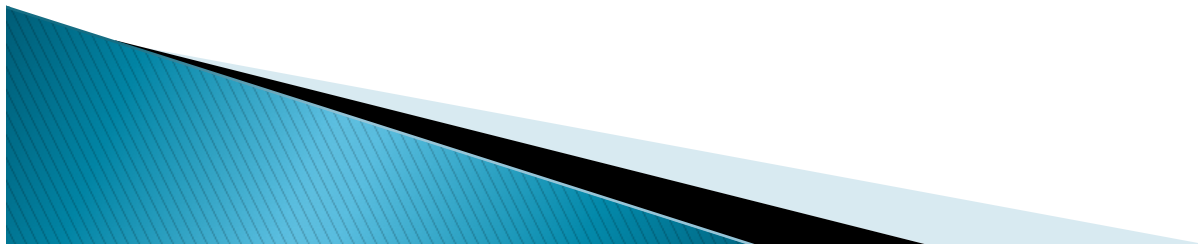
Student Health Matters (ISHA)

Expert Self Care Ltd



Congratulations!

- ▶ Sept/Oct 2019 – Theresa had a double success in relation to her smoking cessation interventions as part of the 'Smokeless Campus' initiative in IT Carlow, with her winning the 'Nursing Project of the Year' award of the Irish Healthcare Centre Awards (IHCA) and the 'Educational Bursary' at the 2019 Irish Practice Nurses Association (IPNA) Conference.
- ▶ These successes follow close on the heels of her having been nominated and shortlisted for a second successive year for the 'Practice Nurse of the Year' award at the GP Buddy Awards and Practice Nurse of the Year at the Irish Healthcare Awards.
- ▶ Speaker at the European Nursing Congress (London 2019)
- ▶ Editorial Board Member with the “Nursing and Practice Journal” and “World Science–Microbiology and Infectious Disease therapy Journal”

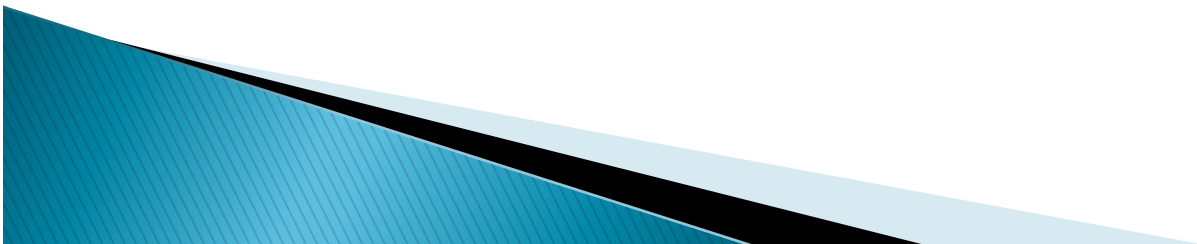


Congratulations!



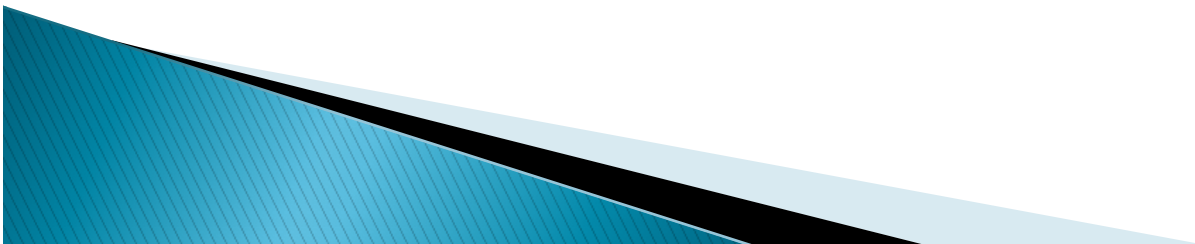
GP Consult/ICGP

- ▶ Collaboration with Dr Paul Ryan of www.gpconsult.ie
- ▶ Templates for Eating Disorders and Psychosis
- ▶ ICGP “Quality in Practice” Guidelines in both due to be completed published 2020
- ▶ ISHA acknowledged in all



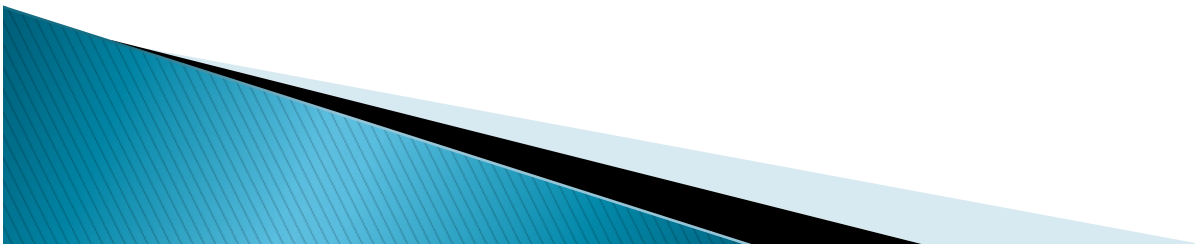
Publications by Theresa Lowry Lennen since joining the ISHA Exec Committee March 2019

- Lowry Lennen, T. (2020). Management of atopic eczema. Medical Independent: Clinical Dermatology. 20th February: Issue 4: Volume 11: pp 23–24. Available at: https://issuu.com/greencrosspublishing/docs/digital_mi04.2020february20/23
- Lowry Lennen, T. (2020). Smoking Cessation Interventions. Nursing in General Practice Journal. Volume 13, Issue 1 2020, pp 31–34. Available at: https://issuu.com/greencrosspublishing/docs/nursing_in_general_practice_jan_feb_2020/32
- Lowry Lennen, T. (2020). Anxiety Disorders: An Overview. Update Journal Neurology and Psychology. Volume 6, Issue 1 2020 pp 43–46. Available at: <https://www.medicalindependent.ie/update-neurology-psychology-issue-1-2020/>
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- Lowry Lennen, T. (2019). Haemochromatosis. Medical Independent: Clinical Haematology. 5th December: Issue29: Volume 10: pp22. Available at: https://issuu.com/greencrosspublishing/docs/digital_mi29.2019dec5/22
- Lowry Lennen, T. (2019). Epilepsy: An Overview. Medical Independent November 25th 2019. Issue 20: Volume 10. Available at: <https://www.medicalindependent.ie/epilepsy-an-overview/>
- Lowry Lennen, T. (2019). Addison's Disease– diagnosis and treatment guidance. Update Journal Endocrinology and Diabetology. Volume 5: Issue 9: pp 20–22. Available at: <https://www.medicalindependent.ie/update-endocrinology-diabetology-2019/?rkey=12M43>
- Lowry Lennen, T. (2019). Managing urinary tract infections. Medical Independent: Clinical Genitourinary. 14th October: Issue 24: Volume 10: pp: 26–27. Available at: <https://www.medicalindependent.ie/medical-independent-14-october-2019/?rkey=12M43>
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- Lowry Lennen, T. (2019). Addison's Disease. Rare Clinical Disorders. Medical Independent. 3rd October 2019. Issue 23: Volume 10: pp 28–29. Available at: https://issuu.com/greencrosspublishing/docs/digital_mi23.2019oct3/28



Publications by Theresa Lowry Lehnen since joining the ISHA Exec Committee March 2019

- ▶ Lowry Lehnen, T. (2019). HPV Vaccination: The Facts. Nursing In General Practice Journal. Issue 5: Volume 12: pp14–16. Available at: https://issuu.com/greencrosspublishing/docs/nursing_in_general_practice_iss_5_sept_oct_2019/16
- ▶ • Lowry Lehnen, T. (2019). Crohn's Disease. Nursing In General Practice Journal. Issue 4: Volume 12: pp 30–34. Available at: https://issuu.com/greencrosspublishing/docs/nigp_july-august_2019/32
- ▶ • Lowry Lehnen, T. (2019). Diagnosing and Managing Rheumatoid Arthritis. Update Journal (Rheumatology). Volume 5: Issue 6: pp 16–20. Available at: https://issuu.com/greencrosspublishing/docs/digital_ud_vol5issue6_2019pdf/18
- ▶ • Lowry Lehnen, T. (2019). Rheumatoid Arthritis: Clinical Presentation, Diagnosis and Pharmacological Treatment. Published in Irish Medical Times Newspaper (IMT) (April 6th 2019). Dublin.
- ▶ • Lowry Lehnen, T. (2019). Crohn's Disease: Presentation, Diagnosis and Management. The Medical Independent nursecpd.ie Available at: <https://www.medilearning.ie/nursecpd/crohn's-disease-%E2%80%94-presentation,-diagnosis-and-management>
- ▶ Lowry Lehnen, T. (2019). Asthma: An overview. Nursing & Primary Care Journal (ISSN 2639–9474) Volume 3. Issue 4. Available at: <http://scivisionpub.com/pdfs/asthma-an-overview-798.pdf>
- ▶ • Lowry Lehnen, T. (2019). Asthma: A comprehensive overview. Medical Independent Update Journal (Respiratory Medicine). Volume 5: Issue 5: pp 39–44. May 2019. https://issuu.com/greencrosspublishing/docs/update_respiratory_medicine/40



More Congratulations..

- ▶ Dr Eoin McDonncha – Medical Director, Student Health Centre, NUIG
- ▶ Theresa Lowry Lehnen (IT Carlow) and Sarah Hickey (CIT) – Nurse Prescribing Course
- ▶ Student Health TCD– new medical centre!

