



ISHA Educational Conference and AGM 2023



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

Hosted by the University of Galway



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UNIVERSITY OF GALWAY

Friday 14th April 2023

INMO Meeting – 12.00pm –13.00pm.

12.00 - 13.00: Registration

13.00 -13.30: Welcome address – Dr Serena O Connell

Dr Serena O Connell is the current President of the Irish Student Health Association, and a GP in the Student Health Unit in University of Galway.

13.30 - 14.15: ACT for Meningitis - Siobhán Carroll

ACT for Meningitis was set up in 2011 by Siobhan and Noel Carroll following the tragic loss of their daughter Aoibhe, aged just 4, to meningitis. Their mission is to raise awareness, to promote education and to provide support to those affected by meningitis in Ireland. They also run various National Annual Awareness Campaigns in crèches, schools, colleges, clubs, and workplaces, and provide free Meningitis Training Programmes to pharmacies and medical professionals.

14.15 - 15.15: “Hidradenitis Suppurativa” A clinical update – Dr Barry McGrath

Dr Barry McGrath has been living with hidradenitis suppurativa (HS) for over 30 years and has witnessed dramatic changes in HS care, research, and treatment in that period. Barry uses his extensive lived experience as an HS advocate and patient research partner with HS researchers in Ireland and internationally. He co-founded and manages HS Ireland, an association for people affected by HS living in Ireland, comprising approx. 1200 people with HS and their families, partners, and carers, and also includes healthcare professionals and others. He enjoys communicating HS-related information to various audiences. Barry is a former scientific researcher and university lecturer and currently works with a contract research organisation.

15.15 - 15.30: Tea/coffee

15.30 - 16.30: Breakout Meetings

Delegates will divide into their relevant groups - Administrative Staff, Nurses, and Doctors. The meetings will be held in three separate rooms, and you can bring your tea or coffee with you.

16.30 -17.30: An Inspirational Talk by Jack Kavanagh

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In 2012 Jack Kavanagh suffered a life changing spinal cord injury leaving him with 15% muscle function, and in the years since Jack has challenged the perceived limitations of his situation. In 2014 Jack gave the acclaimed TEDx Talk "*Fearless Like a Child, Overcoming Adversity*" and in 2019 was awarded as one of "*Ten Outstanding Young People of The Year*". Jack has also received several international awards for his documentary *Breaking Boundaries*.

As a Pharmacist, Speaker and Facilitator Jack is passionate about the value of health & wellbeing as drivers for business performance coupled with cultivating diverse & inclusive environments where people belong and are valued.

Jack is host of the 'Only Human Podcast' and sits on the board of directors of the National Disability Authority and Centre for Excellence in Universal Design as well as leadership development organisation Common Purpose Ireland.

For more inspiration, words of encouragement, or even to help a friend going through a hard time, please check out his website: <https://jack-kavanagh.com/>

******* End of day 1 of conference*******

The evening will then kick off with a Drinks Reception at 8.00pm and Gala Dinner at 8.30pm with an evening of wonderful entertainment to follow with guaranteed excellent entertainment by Galway's one and only Sean De Burca: "The Piano Man"!

Visit <https://thepianoman.ie/index.html>



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Saturday 15th April 2023

08.30 – 09.00: Registration/address

Dr Serena O Connell is the current President of the Irish Student Health Association, and a GP in the Student Health Unit in University of Galway.

09.00 – 10.00: 'Contraception - Your Choices, including Long Acting Reversible Contraceptive Options' Dr Emma Kilgarriff

Dr Emma Kilgarriff is a graduate of NUI Galway and is a GP working in Galway city for many years. Emma has a specialist interest in contraception and particularly in LARC methods. She is a member of the Reproductive and Sexual Health Committee of the Irish College of General Practitioners and is an ICGP Tutor in long-acting reversible contraception. Tá Gaeilge líofa aici.

10.00 – 11.00: Dermatology - "Common Skin Conditions Affecting Young Adults - From Scabies to Psoriasis, and Acne to Eczema" - Dr. Eilis Nic Dhonncha

Dr. Eilis Nic Dhonncha graduated from National University of Ireland, Galway in 2011. She completed the Irish Higher Specialist Training Scheme in Dermatology in 2022. She is currently working as a Locum Consultant Dermatologist in UHG. Her clinical interests include inflammatory skin disease, vulval dermatology and paediatric dermatology.

11.00 - 11.15: Tea/Coffee

11.15 – 12.00: "Drug Use in Higher Education in Ireland (DUHEI) Survey" - Dr Michael Byrne, UCC Student Health Department

Dr Michel Byrne is Head of the Student Health Department in University College Cork since 2006. Previously he was a GP partner in a practice in Edinburgh as well as Head of an Air Base Clinic in Saudi Arabia. His clinical interests include the use of I.T. in aiding clinical care, and clinician-led research in the areas of drugs and alcohol related harm. Outside of work, Michael enjoys gardening, following 'The Dubs', and walking.

12.00 – 12.30: Mental Health: “Exploring the perceptions of University of Galway students and staff maintaining wellbeing and a sense of hope following participation in the Wellness Recovery Action Planning (WRAP®) Training Programme” – Nóirín Mannion and Dr Louise Murphy

Dr Louise Murphy is a lecturer in Mental Health Nursing in the Department of Nursing and Midwifery, EHS Faculty in UL. Louise is a Registered Psychiatric Nurse and Registered Nurse Tutor with extensive clinical and education experience in mental health. Louise teaches across a range of undergraduate and postgraduate nursing programmes and is currently Course Director for the BSc in Nursing (Mental Health) programme at UL.

Nóirín Mannion is the Mental Health Support Worker in University of Galway based in the Student Health Unit. Nóirín is the Project Lead of the WRAP programme in the University and has been bringing WRAP® to the students since 2015. She is trained as an Advanced Level Mental Health Recovery and WRAP® Facilitator.

12.30 – 13.15: “Migraines” - Dr Eddie O Sullivan

Dr Eddie O Sullivan is a GP from Cork. He also runs the very successful Migraine Clinic in Cork University Hospital. He is the Oracle for all things headache in Cork! His talk will be covering everything from the diagnosis of migraines to the management of them.

13.15 – 14.00: ISHA AGM

NOTE: Assumpta Gallagher - speaker for administrative staff:

Saturday morning 9.30am – 11.30am

“As I work in Practices throughout Ireland, I observe the very real challenges of working as a Medical Receptionist in General Practice. It is only when you sit in the “hot seat” that you get a sense of what is involved in this role. From phones that ring constantly to dealing with multiple patient queries, working as a Medical Receptionist requires a multitude of skills.

In my experience of working in all types of Practices, I listen to Receptionists talk about the challenges which include dealing with a huge demand for GP services and patients who at times can be very demanding. It can be very stressful at times trying to balance the many aspects of this role and multitasking is key!

Sometimes, the solutions can be simple and there are many strategies and tools that can be used to help make the role less stressful.”

Kindly sponsored by the Medical Protection Society



13.15 – 14.00: ISHA Annual General Meeting (AGM)

At the AGM, we will announce the winner of the **Dr Pauline Carberry Award** poster competition, and the winner of the **Dr David Thomas Award** to the person who has been chosen for their 'outstanding contribution to 3rd level student health'.

14.00: Lunch and Close of Conference

Note: In the case of unavoidable circumstances, times/speakers may be subject to change.