Dear alumni,

Welcome to the winter edition of our Alumni Newsletter. As you will read, the School of Nursing and Midwifery is going from strength to strength in the areas of education, research, practice and publications.

I hope you enjoy reading about the interesting research and civic engagement projects currently underway within the School. In this edition, we also profile some of our alumni and highlight the achievements of our current students and members of academic faculty.

Finally, may I take this opportunity to extend warm wishes for the festive season and a peaceful New Year.

With best wishes
Agnes

Professor Agnes Higgins,
Head of School of Nursing & Midwifery
My Midwifery Journey Down Under

Sarah Evans Gildea (Midwife)

Even when I was in the middle of my midwifery education in Trinity College Dublin and The Rotunda Hospital (2006-2010), I knew my dream was to use my qualification to move to Australia with my family.

I qualified a little later than anticipated due to an unexpected addition to my clan. As I didn’t really know where to start with the process of emigration, I accepted a job offer in the hospital I had trained in while I decided what the future held. After much paperwork and nail-biting anticipation of good news emails, I was eventually granted both Australian registration as a midwife and permanent residency all within eight weeks of each other. It was really happening, it suddenly became very scary. We finished our jobs, tied up loose ends and said our goodbyes. I started my current job in June 2012. It is a private hospital with four labour rooms and 26 en-suite single rooms on a combined antenatal / postnatal ward. It is very different to the environment I was used to back in Ireland. The hardest transition was actually basic things like the use of different medications and where supplies are kept. The eight-hour shifts were also a culture shock as I was back to working five days a week instead of three long days.

The job itself was the same - support, education and nurturing of women and babies. The importance of women centred care that was instilled in me during my midwifery education is with me throughout every shift. The evidence based practice we were bathed in during lectures has stood me in very good stead; not only have I received compliments from the women in my care, but also my peers. At present, I run the postnatal ward during my night shifts and also act as a second midwife in delivery suite. I have had some very eventful shifts and I am extremely grateful for our second year lectures on recognising abnormalities, and our head of year’s wise words of ‘you have to know the normal to recognise the abnormal’.

It is not my dream job, after all it’s an obstetric led unit, but I have plans to move to a midwifery led unit as soon as possible.

Sarah Evans Gildea, School of Nursing and Midwifery Graduate 2010

Foundation Scholarships 2013

Foundation Scholarships are a unique feature of life in Trinity College and some of the greatest alumni have been scholars. Scholarships are awarded solely on the basis of those achieving first class results in a series of specially set scholarship examinations that require students to demonstrate and integrate knowledge across a range of subjects.

In April 2013 there were eight students from the School of Nursing and Midwifery awarded Foundation Scholarships. These were: Ben Adams, Gary Fennessy, Brigid O’Reilly and Elizabeth Treacy from Psychiatric Nursing, Sinead Impey, Caitlyn Paclbar and Tsesola Ifelaja from General Nursing and Niamh Dunne from Children’s and General Nursing. Further information can be found at: http://ow.ly/rgR69
Alumni profile of Colm OBoyle

Dr Colm OBoyle Assistant Professor of Midwifery. Following my undergraduate degree in genetics, I undertook my professional nurse and midwife education in Belfast City and Jubilee Hospitals. While working on the labour ward / delivery suite in the Jubilee Maternity Hospital, I completed an M.Sc. in Midwifery in Queen’s University Belfast. I then went to serve as a volunteer for two years with Irish Aid (APSO Association for Personal Services Overseas) to teach Nurse Midwifery in Mzuzu. This is a small town in the North of Malawi, East Africa.

In Mzuzu, I worked as a nurse midwife teacher in St. John’s Hospital which was administered by the Medical Missionaries of Mary. I was involved in many aspects of midwifery and maternity care that I would not have had the opportunity to see in Ireland; this included valuable experience attending breech and twin births. Each nurse midwife student in Malawi must have supervised experience in complex deliveries prior to registration as a nurse midwife. I was also involved in the production of procedure manuals for the labour ward and in the development of a baby friendly / breast feeding promotion programme including promotional posters in the vernacular (Chi Timbuka). Overseas work was very rewarding and gave me invaluable insight into the realities and challenges faced by so many people who share our planet. It also made me thankful for the good things I have and, I hope, more conscious of my contribution to others.

I returned to a midwifery teaching post in the Rotunda Hospital and undertook a Postgraduate Diploma in Clinical Health Science Education in Trinity College Dublin. My postgraduate studies have enabled me to register as a Nurse Tutor with the Nursing and Midwifery Board of Ireland and, the introduction of an undergraduate degree in midwifery has facilitated my entrance into third level education with a lecturer’s post in Trinity College Dublin. I secured funding from the Health Research Board to conduct research about home birth midwifery and was conferred with a Ph.D in 2010. I carried a home birth midwifery caseload during my research study, not least to demonstrate my commitment to home birth. This practice has been delightful because it has allowed me to provide midwifery care in real relationships that are genuinely holistic and rewarding for mother and midwife. My home birth practice has also helped me to maintain my competence and credibility as a midwife educator. Independent home birth midwifery practice can be quite isolating and the combined demands of practice, teaching, research and publication can be difficult to sustain.

I am fortunate and delighted to be able to share my passion for midwifery with pre-registration students and with those undertaking Masters and Doctoral studies. I continue to support and develop professional midwifery practice, particularly in midwifery led, community and home birth services. It is useful as an alumnus of Trinity College Dublin to have made a network of committed and passionate midwives who, together, work to influence maternity policy and to optimise women centred choices in Irish maternity services.

Feedback
Your comments on this newsletter are welcome at ryanjen@tcd.ie

Stay in Touch
We would be delighted to hear from our alumni if they have a news story they would like to include in future editions of the newsletter. We cannot guarantee that every story will be used but please do get in contact with Jeni Ryan (ryanjen@tcd.ie) if you have a story you would like to share.
Academics from the School of Nursing and Midwifery involved in European Collaboration on Innovative Masters Level E-Learning Development

Professor Agnes Higgins, Dr Louise Doyle and Dr Brian Keogh have been successful in their joint application with seven partner institutions across Europe, in securing €360,000 to develop an e-learning package aimed specifically at mental health nurses who wish to develop their knowledge in three key areas.

The project known as ‘eMenthe’ will begin by consulting with key stakeholders across Europe to elicit their views on the key knowledge, skills and personal values that are required by mental health nurses in a number of areas. Based on this information, the learning materials will be developed and available to Masters level students as part of their academic programmes. This will lead to consistency across all partner institutions and more importantly, learning materials that are based on the needs and experiences of key mental health stakeholders including service users and their families. The three themes on which the e-learning materials will be based on are:

1. Recovery and Social Inclusion
2. Mental Health Promotion & Prevention
3. Working with Families and carers

The partner universities involved in the research are:

- Tampere University of Applied Sciences, Finland
- Trinity College Dublin, Ireland
- Halmstad University, Sweden
- University of Applied Sciences, Utrecht, The Netherlands
- Turku University of Applied Sciences, Finland
- Diakonia, University of Applied Sciences, Finland
- University of Nottingham, United Kingdom

Alzheimer Café Involvement

Dr Louise Daly, Assistant Professor in the School of Nursing and Midwifery and lecturer on the M.Sc. in Dementia, is a member of the steering committees of two Alzheimer Cafés. The Alzheimer Café movement originated in Holland and each café is a social space where people living with dementia, their carers and friends come together with professionals to share stories, information and support each other over a cup of tea/coffee and cake. There is no cost to attend and anyone with an interest in, or who is affected by, dementia is welcome.

The Alzheimer Café – South County Dublin takes place in Bloomfield Health Services, Stocking Lane Rathfarnham on the second Wednesday of each month from 7-9 pm. The café celebrated its first anniversary on 9 October 2013 with a tea dance and broadcaster Mr Pat Kenny attended on the night to celebrate the event. The first Alzheimer Café in County Kildare was launched in Naas by Mr Pat Kenny on 25 September 2013. This café takes place in the convent tea rooms in McAuley Place, Sallins Road, Naas on the last Wednesday of each month from 7-9 pm.

Further information on the Alzheimer’s Cafés can be found at:

The South County Dublin Alzheimer Café: www.bloomfield.ie/Alzheimercafe.aspx

Kildare Alzheimer Café: contact Ms Anne Harris 087 605 7265 or anne.harris@hse.ie
2nd Annual Career and Recruitment Event

On Tuesday 10 September 2013, the School of Nursing and Midwifery Alumni Committee hosted the 2nd annual career event for Junior and Senior Sophister Nursing and Midwifery students. This included presentations by two alumni. Susan Kent (Regional Specialist for Child Health and Immunisation for Dublin North East) shared the inspiring story of her career journey to date and Lianne Noonan (Staff Nurse, St James’s Hospital Dublin) described her first year in practice as a registered nurse and offered advice to new registrants.

Other presenters were Sean Gannon from the TCD Careers Advisory Service and John Dillon from the TCD Alumni Office and both highlighted the supports and resources available to Trinity alumni. There were ten recruitment companies in attendance and the Careers Advisory Service also conducted a CV clinic for attendees, which was evaluated very positively.

Open House Dublin

The School of Nursing and Midwifery took part in Open House Dublin on 5 October 2013. It was the School’s first time to be involved in this event and it was a great success. 174 members of the public toured the building and were given the opportunity to admire its unique and beautiful features.

Members of staff and students acted as tour guides for the day and each visitor was given a leaflet to commemorate their visit. The tour ended with a short video created by Ailish White (Senior Executive Officer in the School of Nursing and Midwifery) which showed some of the restoration process of this fine and beautiful building.

http://ow.ly/rgReg

‘Tell Me About’ public lecture series 2013-14

In keeping with the College’s strategic plan, a Civic Engagement Committee was formed in the School in 2012. One initiative from this committee is the public lecture series entitled ‘Tell Me About’, which is now in its second year.

The first lecture in the 2013-14 series took place on 24 October 2013 and was presented by Dr Damien Brennan. The title of the lecture was ‘Irish Insanity - The Excessive Use of Mental Hospitals in Ireland’. Further information on the ‘Tell Me About’ public lecture series is available at:

http://ow.ly/rgRnK
Books recently published

Quantitative Health Research: Issues and Methods

A new book edited by Elizabeth A. Curtis (School of Nursing and Midwifery, TCD) and Jonathan Drennan (School of Nursing, Midwifery and Health Systems, UCD) was launched on 17 October 2013 by Professor J.B. Walsh, Consultant Physician and Clinical Professor at Trinity College Dublin. The book, *Quantitative Health Research: Issues and Methods* is published by Open University Press/Mc Graw-Hill Education and was written by a team of research experts from several universities in Ireland and abroad.

Irish Insanity 1800-2000

On 24 October 2013, Dr Damien Brennan’s book entitled *Irish Insanity 1800-2000*, published by Routledge, was launched by Professor Mary McCarron, Dean of the Faculty of Health Sciences, Trinity College Dublin. A response was provided by Senator Ivana Bacik. This book offers an empirically based analysis of the social, cultural, economic and political dynamics that have underpinned the excessive confinement of Irish people in mental hospitals.

Staff in School of Nursing and Midwifery appointed to strategic boards

Professor Imelda Coyne was elected as a board member of the European Academy of Nursing Science (EANS) Board. To read more about this group go to: [http://ow.ly/rgRLC](http://ow.ly/rgRLC)

Dr Louise Daly was appointed to the Nursing and Midwifery Board of Ireland Ethics Committee [www.nmbi.ie](http://www.nmbi.ie)
School of Nursing and Midwifery Annual Student Awards Ceremony

On Wednesday 20 November 2013, the School of Nursing & Midwifery hosted its Annual Student Awards Ceremony for the Academic Year 2012-13. The School established the Student Awards in order to celebrate the academic achievements of our students. To be eligible for an award, a student much achieve distinction level (minimum 70%) in their end of year results and be the highest marked student in their overall category. A total of 32 awards were presented to the School’s top students across our undergraduate and postgraduate courses.

School of Nursing and Midwifery Inaugural Preceptorship Award

Preceptors work alongside our students, in our linked hospitals and health service providers, to guide and facilitate them to achieve the required level of competency. The work of preceptors is highly valued by both the School and the students: this award recognises the importance of their contribution to student education.

The winner of the inaugural Preceptor Award is Siobhan Gilboy, who was presented with her award by Professor Agnes Higgins, Head of the School of Nursing & Midwifery. Professor Higgins praised Ms Gilboy (who is a graduate of the Higher Diploma in Children’s Nursing in the School of Nursing & Midwifery) for her dedication to guiding and facilitating students in their clinical and personal development. Professor Higgins added that all candidates for the award are nominated by students and selected by a panel of peers, and as such the award highlights the excellence in mentorship and support Ms Gilboy has given to students.

Student Christmas Party

The School hosted its 2nd annual Christmas party for students this November. Two charities benefited from the generosity of the staff and students attending the party: €250 was raised for the Médecins Sans Frontières Philippines Typhoon Appeal and €150 for World AIDS Day.

Congratulations to Junior Freshmen Psychiatric Nursing Students

Eileen obtained Health Research Board (HRB) Summer Project funding for a research study entitled ‘A mixed method exploration into the unmet demand for home birth in Ireland’. She was supervised by Dr Jo Murphy-Lawless and Dr Colm O’Boyle from the School of Nursing and Midwifery to devise and administer an online questionnaire to women who wanted home birth but were unable to obtain support.

Congratulations to Junior Freshmen Psychiatric Nursing Students

Congratulations to Niamh Barry, Zara Griffith, Rebecca Durham and Michaela Kinsella who received a student award for the best poster at the Annual Irish Institute of Mental Health Nursing Conference held in Athlone Institute of Technology on the 6 June 2013. The title of the poster was ‘The Influence of Gender on the Patterns of Mental Health and Well Being/Mental Distress’. The students were mentored by Padraig McBennett, Mental Health Clinical Tutor in preparing the abstract and poster.

School Awards Prizewinners with Professor Agnes Higgins

Professor Agnes Higgins and Siobhan Gilboy

Congratulations to Eileen Kenny, Junior Sophister B.Sc. Midwifery

Padraig McBennett, Rebecca Durham, Michaela Kinsella, Zara Griffith, Niamh Barry

Christmas Party 2013
Alumni Appeal
Thank You

Thanks to all those alumni who have donated to the Alumni Appeal over the past three years.

www.tcd.ie/development/alumniappeal

Front Gate Online

Get connected with Front Gate Online. Update your details, connect with fellow alumni, register for events and join the career network.

www.tcd.ie/alumni/frontgateonline

Alumni Branches

From Switzerland to Singapore; Boston to Brussels, wherever life takes you, there is a Trinity branch for you.

www.tcd.ie/alumni/groups

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