This edition of our newsletter celebrates the continuing success of our students. We recently celebrated the graduation of our first cohort of graduates from our innovative Health and Society degree (see page 2). At this graduation Ms Ann Reilly was awarded the prestigious Chancellor’s medal (pictured on page 2 with DCU President Prof Brian McCraith and DCU Chancellor Dr Martin McAleese). Forty psychology students also graduated with their degree in psychology from DCU and one of the Psychology graduates Diego Garaialde won the overall undergraduate award at the recent Global Undergraduate Awards.

In this edition, Dr Mel Duffy and Dr Eileen Courtney’s research about families experiences of end of life care for relatives in nursing homes is featured on page 3. We also hosted another successful nursing careers fair in October (see page 4). The Healthy Living Centre at the school continues to expand its services read more about this on page 10. During the month of September some of the school staff walked over 1000 miles (see below) as part of the nationwide Pedometer challenge. Well done to all involved.

In October a group of Austrian student nurses spent two weeks at the school (see page 7 for more details of their visit) Finally the academic year started on a great note for psychology lecturer Dr Stella Viachou who was awarded a Teaching Hero Award ( part of the National Forum for the Enhancement of Teaching & Learning in Higher Education).

Thank you for reading.

Denise
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Ann Reilly, BHS3 student and recipient of the Chancellor's medal, with DCU President Professor Brian Mac-Craith and DCU Chancellor Dr Martin McAleese (right). Pictured with Professor Anne Matthews & Dr Mark Philbin (left).

The first group of students graduate with BSc Health & Society

Celebrations for the first group to complete the BSc Health & Society programme. It was with great pride and joy that lecturers on the BSc Health & Society programme at the School of Nursing & Human Sciences celebrated with the first cohort of students the day of their graduation (see opposite). These students began their programme in 2011 and have since then actively participated in the programme, in college life and in communities locally and globally. They have been enthusiastic ambassadors for the programme and for DCU and we wish them every success in their future lives.
SNHS Researchers launch qualitative study into the journey families experiences of the end of life care in nursing homes

In June 2014 the report by Dr Mel Duffy and Dr Eileen Courtney The Journey through Death and Dying was launched. Kathleen Lynch, Minister of State with Responsibility for Older People launched the report in the School. The study was commissioned by Nursing Homes Nursing Projects with the aim to uncover the experiences of families of end-of-life care that was being provided in private nursing homes. The data revealed how families noticed their loved ‘grow infirm, they age’ (Elias 1985 p.3) focusing on their journey through the ageing process. It uncovers the emotional journey of family members when they come to the realisation of the limitations of their ability to provide care for their loved ones. The majority of participants came to the realisation they could no longer provide the care their loved one needed.

They had to navigate both the cultural ideology and promises made that nursing homes was the place of last resort for caring for a family member. Finding a nursing home is not easy and the majority of participants reviewed a number of nursing homes until they found what they were looking for. The decision to admit their loved one was based upon their initial instinctive reaction to the home for the majority ‘it felt like home’. Life within a nursing home is unpacked, from the quality of life of residents to the quality of care and the process of partings. The report is centred on the stories people told of living with a loved one who was ill and how they journeyed with them until their death.

SNHS Academic Receives Research Funding for Child Protection Study

Dr. Rosaleen McElvaney (pictured) in collaboration with Dr. Rhonda Turner of Our Lady's Children's Hospital, Crumlin, has been awarded a BASPCAN award for child protection research 2014. BASPCAN is the British Association for the Study and Prevention of Child Abuse and Neglect (www.baspcan.org.uk). The grant is to support Dr. McElvaney's ongoing research programme on investigating informal disclosure of child sexual abuse. This is a multi-site study involving The Children's University Hospital, Temple St., Our Lady's Children's Hospital, Crumlin and the Community Child Centre, Waterford. A file audit is being conducted to collate data on children's experiences of informal disclosure of their experiences of child sexual abuse, before they come to the attention of the author-

Dr. McElvaney is also the Irish Principal Investigator in a research team headed by Dr. Delphine Collin Vezina of McGill University, Montreal which has been successful in securing a SSHRC grant for their study, Uncovering pathways and processes of child sexual abuse disclosures in youth. This is a three year project with colleagues from Montreal, Quebec, Ottawa and Toronto. The SSHRC is the Social Sciences and Humanities Research Council in Canada.
**Annual Nursing Fair**

On 29th of October, DCU Careers Service and the School of Nursing and Human Sciences hosted a Nursing Fair. This event focused on raising awareness of the various career and educational opportunities available to nursing and health and society students upon graduation and was attended from across our undergraduate programmes in the school. Thanks to Deirdre Corby for organising it.

**Psychology Team News @ SNHS**

It has been a busy semester for the psychology lecturers here in the school. Dr Stella Vlachou was named as one of the 2014 Teaching Heros. This student nominated award from National Forum for the Enhancement of Teaching and Learning in Higher Education in Ireland is the first of its kind in Ireland. We are very proud to have a Teaching Hero as part of our academic staff.

The SNHS Mid-Career (Research Capacity Building) Grant was awarded to Prof. Pamela Gallagher for her project: Assistive Technology Outcomes Measures (ATOM) and her colleague Dr. Sinead Smyth, was awarded the two-year DCU Career Enhancement Grant for her project “Game On!: behaviour change in secondary schools.” Prof Theresa Burke, Dr. Stella Vlachou & Dr. Lorraine Boran all received funding for summer student internships through our school funding scheme.

Congrats to one of our final year psychology student Diego Garaialde won an award for his final year research project Academic Year 2013-2014 (supervisor: Dr. Stella Vlachou) - Global Undergraduate Awards. Last but not least Mr. Patrick Boylan obtained First Class Honours in his Masters in Cyberpsychology.

**NEW NET - Network European Ways of Nursing Education and Training**

Another exciting development within the SNHS at DCU is its involvement in the establishment of an European Network for nursing education, namely ‘NEW NET - Network European Ways of Nursing Education and Training’. The School of Nursing and Human Sciences was represented through Ms Daniela Lehwaldt (Lecturer and Academic Co-ordinator of International School Affairs – see mid right in picture below) at a recent meeting in Groningen, the Netherlands.

At the meeting, the establishment, membership, potential and focus of the network were discussed. In addition, the group began to organise their first Nursing Symposium to be held at the University of Oldenburg, Germany in March 2015. Further information regarding NEW NET and the forthcoming Nursing Symposium can be obtained from daniela.lehwaldt@dcu.ie or by checking the next editions of this newsletter!
On 18th and 19th November, Dr Briege Casey SNHS ran a body mapping workshop with Canadian art therapist/facilitator Christine Lummis. This was followed on 20th November by a half day workshop outlining the theoretical foundations of this research/therapeutic approach. Body-Mapping is a self-reflective arts-based methodology that can be used in research and therapy to explore/address a range of body concerns such as trauma, illness, treatment, self-image, and self-care. Art and narrative processes are used to create a symbolic autobiography. Both events achieved a high level of interest and participation and were positively evaluated by SNHS staff and students as well as participants from external therapy and research contexts. A sample of body maps completed during the workshop are shown below.
Dementia Elevator launch their first awareness video

Dementia Elevator, a dementia up-skillling project lead by Dr. Kate Irving in the School of Nursing and Human Sciences has launched their first dementia awareness video which asks that people give 'support not sympathy' to those living with dementia. The video was very positively received and was recently shown at the Alzheimer Europe conference in Glasgow. It is accompanied by a free downloadable resource pack to facilitate group delivery and discussion of the video. The Elevator team are committed to examining the values and beliefs in communities and workplaces with a view to developing creative ways to interrupt and alter established stigmatising ideas. The project team are developing a range of training programmes for people working in public facing community including retail, emergency services, transport, leisure, legal and financial services. Training is also being developed for family carers, as well as staff who are working in health care services. The video and resource pack as well as information on other Elevator training programmes can be accessed on the project website www.dementiaelevator.ie. Elevator will launch their online training for customer facing retail staff in November. For more information contact ann-marie.coen@dcu.ie

Meet our new Post grad rep on the School Research Committee

Hi,

I’m Emmet Mallon and I’m reading for a PhD in the School of Nursing and Human Sciences. I began my research in 2011 under the supervision of Dr. Gerard Moore. My research examines psychopathy as a diagnostic category in Psychiatry, Forensic Psychology and Psychoanalysis. I’m married with a two year old little girl and when not engaged in my paternal duties I occupy myself with all things Psychoanalytic. Freudian-Lacanian Psychoanalysis is my passion and I am to be found wherever it raises its head.

I’m a psychotherapist by profession and work in private practice in Ranelagh and in the Healthy Living Centre in DCU. My current research interests are Psychoanalytic Nosology, the Unconscious in Research and the clinic of Personality Disorders.

As the newly appointed post-grad representative on the School Research Committee I look forward to hearing from anyone with concerns or compliments that they would like to be raised with the School. I can be reached at emmet.mallon3@mail.dcu.ie.
This semester, we had the first cohort of Austrian students from Institute of Nursing Research and Practice at Paracelsus Medical Private University Salzburg over for an international university-based Internship at SNHS in DCU. The four Austrians were undergraduate nursing students from the mental health branch. They engaged in various classes (1\text{st}, 2\text{nd} and 4\text{th} year BSc modules), skills sessions as well as they visited two of our clinical partner services at St. Vincent’s Fairview (see picture 1 below) and Beaumont Hospital.

The students were very interested in exploring the similarities and differences between mental health nursing and health care in Ireland and Austria. They met with some of the experts and lecturers within SNHS, who provided them with an overview of the developments in this country. The students also provided their overview on mental health nursing, education and health systems in Austria in a session to our 4\text{th} year BSc students, led by the mental health pathway leader Mary Farrelly (see second picture below). The internship was a great success in that both sides, students from Austria and Ireland learned about the two health systems and mental health nursing in each country. We are looking forward to more such stimulating exchanges!
Forthcoming events in SNHS 2015

Our 8th Qualitative Research Summer

We plan to have an innovative schedule of sessions with both international and national research experts participating. Details to follow in the next newsletter.

8th Symposium on Open Dialogue
Approaches to Engagement with Mental Health Communities
‘Uncovering Truth, Co-constructing Futures’

Thursday 22nd January 2015, 9.30–16.30
School of Nursing & Human Sciences

With Professor Michaela Amering (Professor of Psychiatry, Medical University of Vienna, Department of Psychiatry and Psychotherapy, Austria)

With Liam Mac Gabhann & Paddy Mc Gowan (Dublin City University)

If you wish to participate please contact:

Liam Mac Gabhann by e-mail: liam.macgabhann@dcu.ie or telephone 01 700 8805 (voicemail), giving the three names, geographical area you are coming from and contact details (phone and/or e-mail).
Healthy Living Centre in School of Nursing & Human Sciences expands its services

Since 2012 the Health Living Centre (HLC) has been incorporated into the School of Nursing and Human Sciences. As a community health care service the HLC offers an opportunity for the School to integrate research, education and practice, whilst providing valuable community health services. Staff and Students from the School of Nursing and Human Sciences engage in academic practice and supervised practice placements in the HLC, further enhancing the experience of integrating academia and real world practice. Since the 2013 the service provision has gone from strength to strength. The Counselling and Psychotherapy service has doubled its provision and continues to provide a valuable practice placement for our Psychotherapy students. The HLC continues to develop and enhance their menu of services:

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<tr>
<th>Counselling and Psychotherapy</th>
<th>Occupational Health (Pre-employment evaluation etc.)</th>
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<tr>
<td>General Health Screening (Cholesterol, BMI, Blood Pressure etc.)</td>
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<td>Sight Testing</td>
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<td>Memory Screening</td>
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<td>Vaccinations</td>
<td>Neurofeedback Services and Training for improving brain function</td>
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Due to popular demand we have now introduced a new GP service Mon/Wed together with community surgery on Thursdays. In the pipeline for the near future is a new One Step Addictions service, watch this space…

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