



## Editorial: Professor Caroline McIntosh, Head of Discipline of Podiatric Medicine



Dear Students and Colleagues,

Welcome to the 3rd edition of Podiatry News, the official newsletter of the Discipline of Podiatric Medicine at NUI Galway. Firstly, welcome to all of our new first year students and a warm welcome back to all other years.

There have been several interesting activities and projects completed by our students and graduates since our last newsletter which I am sure you will enjoy reading about in this edition.

We are particularly proud of the Discipline's excellent performance in the review and accreditation process which took place over the summer. All University Disciplines are regularly assessed by external bodies to audit the standard of education delivered to students. The Discipline of Podiatric Medicine achieved the highest level of accreditation and was commended on its delivery of the B.Sc (hons) Podiatry programme.

Many thanks to the University and HSE staff and students who contributed to our success and participated in the accreditation process.

It's hard to believe that we are already in study week of the first semester and that we are starting to look towards Christmas and Semester 2.

I wish you all the best as you prepare for exams and best wishes for the Christmas season and 2017.

Prof. Caroline McIntosh

Head of Discipline



### In this Issue:

- Congratulations • International Student Placement • Conference News • HCPC Annotation Changes • Recent Publications • Volunteering in Tanzania • CMNHS Summer Scholarships
- Accreditation Success • Successful Open Day • Pod Summer in USA • Graduate in the Spotlight- Molly Smith

# Congratulations

## INTERNATIONAL SUCCESS IN FINAL YEAR PROJECT COMPETITION

Congratulations to Danielle Linehan and Oyinkansola Margaret Adesiyan recent 2016 graduates who were two of the five students shortlisted in the UK College of Podiatry Inaugural Undergraduate Final Year Project Competition. Margaret was runner-up and Danielle took 3<sup>rd</sup> prize.

It is a great achievement for the Discipline of Podiatric Medicine to be so well represented in this international competition and a reflection of the high standard and quality of research projects completed by our final year students. Well done to Margaret and Danielle and their respective research supervisors x and X.

*Well done to the Class of 2016 who graduated on November 22<sup>nd</sup> – good luck to all in your careers!*



Pictured Staff and graduates from the recent conferring ceremony. Congrats all!



Margaret's project was *'The perceived and actual knowledge of diabetes mellitus in general nursing students and podiatry students'*.



Danielle's project was *'The relationship between age and body mass index on the foot posture in adults and elderly people'*.



## INTERNATIONAL STUDENT PLACEMENT

A new initiative that will facilitate international placement opportunities between the Discipline of Podiatric Medicine at NUI Galway and The Discipline of Podiatric Medicine at Western Sydney University, Australia commenced over the summer period.

Twelve Australian students spent 6 weeks on placement at Merlin Park Podiatry Clinic (MPPC) gaining valuable public sector experience in a busy HSE outpatient podiatry facility managing patients with a range of podiatric conditions. Thank you so much to our colleagues at Merlin Park for facilitating the placement.

Pictured in red tops are the students on placement. In blue, the HSE staff at MPPC.



## CONFERENCE NEWS

It is with great pleasure that we can announce details of the 3<sup>rd</sup> Transatlantic Wound Science and Podiatric Medicine Conference. This conference will take place 31<sup>st</sup> March- 1<sup>st</sup> April 2017 at the Galway Bay Hotel, Salthill, Galway. NUI Galway and NYCPM are delighted to act as educational partners for this forthcoming conference in conjunction with The Society of Chiropodists and Podiatrists of Ireland and The Irish Chiropodists/ Podiatrists Organisation. Further details and the agenda can be found at: [www.conference.ie/Conferences/index.asp?Conference=486](http://www.conference.ie/Conferences/index.asp?Conference=486).

Discounted student rates are available at €35 per day or €60 for the 2 day conference.



## 3<sup>RD</sup> TRANSATLANTIC WOUND SCIENCE AND PODIATRIC MEDICINE CONFERENCE

**SAVE THE DATE:  
31st March and 1st April 2017**

**LOCATION: GALWAY BAY  
Hotel**  
CONFERENCE - LEISURE CENTRE



## COLLEGE OF PODIATRY ANNUAL CONFERENCE & EXHIBITION, SECC GLASGOW 17-19 NOVEMBER 2016

The College of Podiatry annual conference took place in Glasgow this month. There was an excellent 3-day programme with over 50 specialist sessions and workshops. Poster presentations from NUI Galway Podiatry staff and students were made at the conference. Prof. Caroline McIntosh lead a research master class on Thursday 17 November entitled "Patient-related outcome measures; the most important measure of performance".



## A summer volunteering in Tanzania – Sarah O’Connell, Podiatry Class of 2016

Summer 2016 - savannah landscape, on the back of a motorcycle, translator and medical pack all in tow. A regular morning as a podiatrist in eastern Tanzania and a million miles away from completing final podiatry exams in Merlin Park in May 2016 ! Myself, Cliona Murray and Fiona Murphy loaded with donated and sponsored podiatry supplies travelled to Tanzania and spent seven weeks on the most incredible journey, using our unique podiatry skills in a country that does not even have a word in their language (Swahili) for podiatry. We travelled with the Draíocht Society which is a charity founded by a group of NUIG students to create sustainable communities in developing countries through the promotion of healthcare and health education to create sustainable communities. In 2013, Draíocht established a partnership with The Olive Branch for Children (TOBFC), an NGO located in the Mbeya region of Tanzania. Since 2014, Podiatry students from NUIG, have travelled to Mbeya to provide mobile foot clinics and support grassroot training of the local Home Based Care (HBC) team to provide basic foot care and foot health education, wound management and infection control and prevention.

The working week of a podiatrist in Tanzania was very different! All the communities we worked in were rural so we had to either cycle (up to 30km), hop on the back of a motorbike (along with a driver and your translator) or pile into a vehicle that was passing one of the 22 villages we visited. We were often up at very early as it took 4 hours to reach some villages as there with no direct roads. During the trip to the village, you were met by dust and children yelling 'mazungu!' (white person). The first task on arrival in the village was to identify a suitable shaded area to set up our clinic. More often than not, a tree and plastic patio chair was as close to the sterile conditions we work in at home. Treatment was observed by whatever locals were around including four legged locals!



A flip of a coin decided who was to adventure out on house calls for the day. High sun at midday decided lunch time of rice and beans in the dead heat of up to 35 degrees. Depending on the time of arrival into each village, up to 70

patients could be seen on a daily basis, each more thankful than the last.

Nothing prepared us for some of the shocking pathologies we saw; elephantitis, chronic wounds and kaposi sarcoma secondary to HIV, snake bite, untreated severe metatarsus adductus. More common pathologies were osteoarthritis, nerve damage related to home child birth, biomechanical issues such as plantar fasciosis due to lack of or poor footwear and no knowledge of stretching. Another culture shock came with the disclosure of confidential patient information through our translators, from Swahili to English. Occasionally, due to there being many tribal languages, two or more translators were necessary to get a clear patient history.

The highest priority patients were those suffering with ulcers. This summer the podiatry programme focused on continuing to develop the capacity of the HBC team to treat lower-limb ulcers, improving community response to chronic leg and foot pain, educating communities to the value of foot and leg hygiene and supporting provision of at home ulcer care for patients.



Through The Olive Branch for Children, NUIG Draíocht Society and the support of the Podiatry Department in NUIG, we are sharing our podiatric knowledge and skills and bringing these communities in Tanzania a step closer to basic human health care rights. I will be travelling out again this summer and I am counting down the days.

**If you are interested in voluntary work with Draíocht in Tanzania have a look at [www.draiocht.nuigalway.ie](http://www.draiocht.nuigalway.ie) or follow us on facebook.**



## ACCREDITATION SUCCESS

*We are delighted to advise that we have secured a further 5 years' of dual professional accreditation from The Society of Chiropractors and Podiatrists of Ireland and the College of Podiatry, UK. Both professional bodies approved the new BSc Podiatric Medicine curriculum. Overall our feedback from the reviewers was excellent. We achieved unconditional accreditation and received a number of commendations; we were particularly commended on our excellent clinical facilities at Merlin Park Podiatry Clinic, the new curriculum, student and graduate satisfaction and our research achievements. Well-done team podiatric medicine!*



## CMNHS Summer Scholarship 2016

Final year student, Sophie Mok, was awarded a College of Medicine, Nursing & Health Sciences student scholarship to undertake research over the summer period. Sophie's research complemented existing research in the Discipline of Podiatric Medicine. A mixed methods design was used in this study:

**Quantitative Design:** A cross sectional study was carried out involving the collection of data over an 8 week period from Merlin Park Podiatry Clinic (MPPC) to determine the prevalence of onychomycosis in patients attending the clinic.

Health related quality of life (HRQoL) questionnaires were also distributed for willing participants with onychomycosis to fill in. These questionnaires determined how the onychomycosis affected the participant in their day-to-day life. This would also assess the participant's general foot health status.

**Qualitative Design:** The qualitative component was made up of semi-structured interviews held over the phone. Eight participants were interviewed. The interview questions were based off the HRQoL questionnaire that had been previously distributed. Questions involving footwear, treatments, quality of life and future treatments were asked in order to best determine the participant's thoughts and feelings on the subject of onychomycosis. The findings of this study will hopefully aid in the development of a clinical trial of a new topical treatment for onychomycosis. A prevalence study was necessary to carry out in order to determine sample size and feasibility for this future clinical trial.

On completion of the study Sophie stated,

*"As a final year podiatry student, I had begun to carry out my undergraduate research as part of my thesis. I thoroughly enjoyed the process of preparing for my thesis in the coming year. This experience prompted me to apply for this summer research position, as I wanted to gather as much experience as possible before heading into my final year. Overall I found this research experience to be a positive one".*





## Successful Open Day for Prospective Students.....

The NUI Galway open day 2016 was a great success thanks to all of our student volunteers. According to Year 4 student Emma Noone; "The new Podiatric Medicine stand attracted lots of prospective students. I enjoyed answering their questions about the course, Galway and college life in general! I feel the students left with a real view of what its like to study Podiatric Medicine and most importantly, able to make an informed decision about their future career choices."

## Pod Student Summer in US – Abbie McCarey, Current Year 4 student



It is impossible to squeeze the experience of a whole summer spent in America into a few short lines. I was lucky enough to get the opportunity to spend over two months in Chicago, traveling, working, living and playing football with some of the nicest, craziest and best people there is. It truly is the greatest chance to meet both new and old friends. All of the Irish just flock together and take over and it is amazing how small the world is even

when you travel 3580 miles across it. You end up telling the same Irish tales to all the Americans in the hope they will 'tip' you better after their meal. You can drive Mustangs, stand at the edge of the Grand Canyon, share a house with seventeen girls with only one functioning bathroom, celebrate the 4th of July, eat copious amounts of pizza, take weekend trips to see Barack Obama at the White house and then end up in Times Square bumping into every Irish person you know because McGregor is fighting. You can do you're washing in the apartments communal laundry room like Sheldon and Penny, get your food at the mall and carry it in big paper bags like in the films, go to see a baseball game even though you don't have a clue what is going on, and spend the rest of your time trying to explain Gaelic football. The weather, the people you go with and meet there, and all the memories you create, will make it the most memorable summer of your life.



Grand Canyon, Arizona - Pods on Tour !



Angela Ferris, Gemma O'Dwyer, Abbie McCarey, Emma Noone

## Graduate in the Spotlight –

# Molly Smith

## Podiatrist in a General Hospital



I graduated with a B.Sc. in Podiatry in 2013. I was fortunate enough to obtain a post in a major Dublin teaching hospital under a wonderful mentor where I gained invaluable experience in treating high risk foot disease. I set up a private practice and I also did a little bit of locum work part time in two different practices.

A year later I moved to a general hospital to set up a diabetes podiatry service. This was very challenging but rewarding. I learned a lot about policies, networking and service provision while advancing my clinical skills. I also ceased doing locum work and concentrated on my private practice which was getting steadily busier.

I have just commenced a clinical doctoral research fellowship in early diagnosis of Charcot Neuroarthropathy, a topic which has always fascinated me! I am super excited and I hope my research will help inform clinical practice.

My advice to undergraduates and new graduates would be to make the most of opportunities. It is a

little bit scary when you are a new grad I won't lie! Use each other as a source of support and do what works for you. Remember you have a fantastic qualification and don't undersell yourself in your first year like I did!

You may find that the concept of podiatry in Ireland is still relatively new particularly outside of Galway. I hope you will come and join the force showing people what we can do!

Best wishes to all,

Molly

If any student has research information, an interesting anonymous patient case study (with consent), is representing the Discipline in any way including charity work e.g. the Alive project, Draocht, Explore etc. or would like to nominate a past student of NUI Podiatry for our Graduate in the Spotlight section please contact Andrea or Caroline with details

The Discipline of Podiatric Medicine

School of Health Sciences

Aras Moyola

National University of Ireland, Galway

**3<sup>rd</sup> Transatlantic Wound Science and Podiatric Medicine, Galway  
Bay Hotel, Salthill, Galway, 31<sup>st</sup> March-1<sup>st</sup> April 2017**



**NUI Galway  
OĒ Gaillimh**



## CALL FOR ABSTRACTS

**3<sup>RD</sup> TRANSATLANTIC  
WOUND SCIENCE AND  
PODIATRIC MEDICINE CONFERENCE**

**SAVE THE DATE:  
31st March and 1st April 2017**

**LOCATION: GALWAY BAY  
Hotel**  
CONFERENCE - LEISURE CENTRE



*"Sharing the Vision- innovation, integration, new horizons"*

**DEADLINE FOR SUBMISSION**

**31<sup>st</sup> January 2017**

**Abstracts for Oral and Poster Presentations welcome.**

**Please submit abstracts not exceeding 300 words to:**

**[transatlanticconference@nuigalway.ie](mailto:transatlanticconference@nuigalway.ie)**