

9th INTERNATIONAL CASHEL CONFERENCE

Building a Compassionate Awareness for the Frail Older Person in Healthcare



Monday 6th November, 2017

at

**Brú Ború Cultural and Heritage Centre
Cashel, Co. Tipperary**



Office of the
Nursing & Midwifery
Services Director

**And in the end,
It's not the years in your
life that count,
It's the life in your years.
*Abraham Lincoln***



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CONTRIBUTORS

Mr Michael Brophy	BL, Chairperson of the HSE National Patient & Service User Forum, Healthcare Values Education Facilitator, Hearts in Healthcare
Dr Christina Donnellan	Consultant Physician in Geriatrics & General Medicine at HSE, South Tipperary General Hospital
Martin Dunne	Psychotherapist BA (Hon) MA in Psychotherapy, HG,Dip, MGHI, Human Givens Therapy
Ms Ann Hickey	MBA, RGN, ENB in Emergency Nursing, Higher Diploma in Quality and Risk UCD, Diploma in Quality Management - Lean Healthcare Systems, Limerick University
Chrissis McGinn & Richard Hewitt	M.A., Certificate in Transpersonal Psychotherapy BSc Hons, PGCE, DMS; Chartered Fellows of the Chartered Institute of Personnel and Development, Wisborough Transformation
Prof Sarah H. Kagan	(Afternoon Chair) PhD, RN; Lucy Walker Honorary Term Professor of Gerontological Nursing at the University of Pennsylvania, Gerontological Clinical Nurse Specialist in the Living Well Program at the Joan Karnell Supportive Care Program for the Abramson Cancer Center at the Pennsylvania Hospital
Mr James O'Shea	Director of Nurse Education (Mental Health), National Lead for Mental Health Nurse Education
Prof Sheila Payne	BA(Hons), RN, Dip.N, PhD, C.Psychol, Emeritus Professor in Palliative Care International Observatory on End of Life Care, Lancaster University, United Kingdom
Phil Prendergast	RGN, RM, former Councillor, Senator, & MEP
Dr Patrick Ryan	BA (Hons.), D.Clin.Psych., Reg.PsSI, Clinical Psychologist, University of Limerick
Prof Dana Walrath	PhD in Anthropology, MFA in Writing, BA in Visual Arts and Biology, Writer, Artist and Anthropologist

VENUE

The Brú Ború Cultural and Heritage Centre

The Brú Ború Cultural and Heritage Center, Cashel, Co. Tipperary is located at the foot of the world famous Rock of Cashel and is approx 500m from the centre of Cashel town, off the Dublin Road. It is an affiliate of Comhaltas Ceoltóirí Éireann, the Irish cultural movement which has over 400 branches worldwide.

Brú Ború promotes its cultural programme through education, research, publications, exhibitions, performances and information service. We have a policy of co-operation with other cultural interests at home and abroad. It offers you an unique Irish cultural experience nestling in the shadow of the ancient Rock of Cashel. Join the millions who have discovered Bru Boru. A Cead Mile Failte awaits you. Car parking will be available to anyone attending the conference in the car park beside Brú Ború.



The Rock of Cashel

The Rock of Cashel, more formally St. Patrick's Rock, it is also known as Cashel of the Kings. It is a spectacular group of Medieval buildings set on an outcrop of limestone in the Golden Vale including the 12th century round tower, The Rock of Cashel was the seat of the High Kings of Munster. Most of the buildings on the current site date from the 12th and 13th centuries when the rock was gifted to the Church.



CASHEL CONFERENCE 2017

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Morning Session

8:45	Registration & Reception
9:00	Welcome Address Phil Prendergast, RGN, RM, former Councillor, Senator, & MEP
9:15	Introduction by Morning Chair - Professor Sarah H Kagan
9:30	Aliceheimer's: Alzheimer's through the Looking Glass Keynote Speaker: Professor Dana Walrath PhD in Anthropology, MFA in Writing, BA in Visual Arts and Biology, Writer, Artist and Anthropologist
10:15	Frail Elders - An ethical compass for compassionate care Dr. Patrick Ryan, BA (Hons.), D.Clin.Psych., Reg.PsSI, Clinical Psychologist, University of Limerick
10:55	Tea/Coffee
11:30	Frailty in the Older Person: Identification and approach to safe compassionate care Dr Christina Donnellan, Consultant Physician in Geriatrics & General Medicine at HSE, South Tipperary General Hospital
12:10	Elderly Anorexia Martin Dunne, Psychotherapist BA (Hon) MA in Psychotherapy, HG,Dip, MGHI, Human Givens Therapy
12:50	Plenary Session Prof Sarah H. Kagan PhD, RN; Lucy Walker Honorary Term Professor of Gerontological Nursing at the University of Pennsylvania, Gerontological Clinical Nurse Specialist in the Living Well Program at the Joan Karnell Supportive Care Program for the Abramson Cancer Center at the Pennsylvania Hospital.
13:00	Break for Lunch

Afternoon Session

14:00	Introduction by Afternoon Chair - Professor Sarah H Kagan
14:15	Remembering Sean Mr Michael Brophy, BL, Chairperson of the HSE National Patient & Service User Forum, Healthcare Values Education Facilitator, Hearts in Healthcare
14:35	Keynote Speaker Delivering Palliative Care to Older People in Need in Nursing Homes: International Evidence from the PACE Project. Professor Sheila Payne, BA(Hons), RN, Dip.N, PhD, C.Psychol, Emeritus Professor in Palliative Care International Observatory on End of Life Care, Lancaster University, United Kingdom
15:20	End of Life Care Ann Hickey, MBA, RGN, ENB in Emergency Nursing, Higher Diploma in Quality and Risk UCD, Diploma in Quality Management - Lean Healthcare Systems, Limerick University
15:55	Conscious Leadership: A Pastoral Care Approach for Everyone! Chrissie McGinn (M.A., Certificate in Transpersonal Psychotherapy) & Richard Hewitt (BSc Hons, PGCE, DMS); Chartered Fellows of the Chartered Institute of Personnel and Development, Wisborough Transformation
16:30	Plenary Session with Prof Sarah H. Kagan - Afternoon Chair
16:45	Conference Close – James O'Shea Director of Nurse Education (Mental Health), National Lead for Mental Health Nurse Education

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SPEAKER PROFILES

Mr MICHAEL BROPHY



Michael Brophy is a former Senior Investigator with the Office of the Ombudsman. In that capacity he had functional responsibility for the examination and investigation of all complaints received by the

Ombudsman about the public health service. In the course of this work Michael qualified as a Barrister. He is currently engaged in the conduct of complaint investigations/reviews on behalf of the Health Service Executive, under the Health Act 2004 (Complaints) Regulations 2006. Michael is Chairperson of the HSE National Patient & Service User Forum.

Michael was a member of the Departmental /HSE PPI Steering Group which established the national strategy for service user involvement in 2008.

In addition to his membership of the National Consultative Patient Forum within the HSE, Michael also serves as a lay member of the Fitness to Practice Committee with the Medical Council, a lay observer with the National Board of the College of Emergency Medicine in Ireland and as a representative of the public interest with the Irish College of General Practitioners' working group on national standards for safer better healthcare in general practice and primary care.

Michael also acts as chairperson with the Clareville Day Centre in Glasnevin, Dublin. In that capacity he facilitates a Socrates Café, a forum for service users who have graduated from the University of Life. The Café is designed to do as Socrates did, bring philosophy to the life of the ordinary individual. By using the Socratic method of questioning participants learn how to think, not what to think, about the events of their lives.

Michael is a member of Hearts in Healthcare, a network of individuals who are committed to the re-humanisation of healthcare on a worldwide basis. In his work in this area with the Third Age National Advocacy Service he has designed and facilitated values educational interventions for care staff in nursing homes and day centres throughout the country.

CHRISSIE & RICHARD



Chrissie & Richard have worked together as Wisborough Transformation for over twenty years, providing courses, workshops, and coaching programmes for leadership, personal, and spiritual development.

Chrissie also has a counselling practise and is a spiritual director. They are particularly interested in bringing out the best in people by working with values and through building strong relationships.

Following a career with Marks & Spencer, Richard trained as an Industrial Relations Advisor, and became a Management Development Advisor with the Distributive Industries Training board. He was then a Senior Lecturer in Applied Social Studies at, what is now, the University of Chichester, where he taught management in health and social care. His qualifications include an Honours degree, a Post Graduate Certificate in Education, and a Diploma in Management Studies.

Richard was a founding Director of the West Sussex Enterprise Centre offering business advice and training to start-up businesses. He worked for a charity to train, place in work, and support people with learning disabilities. He was a Governor of a Church of England comprehensive school, and a volunteer chaplain at a Brighton hospital. He served for nine years on the committee of the Sussex CIPD, being the CPD Adviser for many of those years.

Chrissie worked for many years for Birmingham Social Services as a Home Help Organiser, a social work Trainer, and then as the Industrial Relations Officer. Following the birth of her son, she lectured part-time at, what is now, Brighton University, teaching psychology and employee development. She also ran her own management training consultancy, and was a partner in a medical locum agency. Her qualifications include an MA in manpower studies, (researching workplace stress), and a Certificate in Transpersonal Psychotherapy. Her voluntary roles have included chaplaincy at a Brighton hospital, being Chair of West Sussex Relate, where she first trained as a counsellor, Chair of the National Association for Children of Alcoholics, Chair of the Interfaith Seminary, and a governor of a comprehensive school.

Chrissie & Richard's interests over the years have led them into the area of integrating spirituality into healthcare. They worked with the Janki Foundation for Spiritual Healthcare to produce the "Values in Healthcare – a Spiritual Approach" manual, published in 2004, and have delivered many workshops and retreats using material from the programme and their own Conscious Leadership Programmes. In 2013 they co-designed and delivered with the Janki foundation an international conference/retreat in India for 120 invited medical practitioners.

In the field of leadership development, they are currently working with a local authority in NSW, Australia to develop a culture based on the qualities of trust, openness, caring and compassion. The project is now in its fourth year, and is still being developed.

DR. CHRISTINA DONNELLAN



Dr Christina Donnellan, Consultant Physician in Geriatrics & General Medicine at HSE, South Tipperary General Hospital

Dr Donnellan is a Consultant Physician in Geriatric and General Medicine at South Tipperary General Hospital, Clonmel. She is a Graduate of National University of Ireland, Galway. She completed her higher specialist training in Geriatric and General Medicine in Liverpool, and was appointed a Senior Lecturer in Geriatric Medicine in the University of Liverpool in 1998.

Dr Donnellan was the first Geriatrician appointed to South Tipperary when she took up her Physician post in South Tipperary General Hospital in 2000. She is also a Clinical Senior Lecturer with University College Cork and is a former National Specialty Director for General Internal Medicine with the Royal College of Physicians in Ireland. Her special interests include Stroke disease, Parkinson's disease and Dementia. She mentored the training of the first advanced nurse practitioner in dementia care in Ireland and is co-founder and Director of the Memory Clinic in St Patrick's Hospital, Cashel.

MR MARTIN DUNNE



Martin Dunne, Psychotherapist BA (Hon) MA in Psychotherapy, HG, Dip, MGHI, Human Givens Therapy.

Martin Dunne is a qualified Human Givens practitioner based in Carlow.

His specialist areas include: addiction (all kinds), anger

problems, anxiety and stress, depression, phobias, poor sleep, and post-traumatic stress disorder.

Martin has a private practice in a dedicated, multi-disciplinary holistic clinic for clients in Leinster or Munster. Additionally, he has extensive experience in group and individual psychotherapy. His main focus at this time is in 'eating disorders' both in treating and writing about them from a Human Givens perspective.

Martin is a professional member of Human Givens Institute (MHGI).

MS ANN HICKEY



Ann Hickey, MBA, RGN, ENB in Emergency Nursing, Higher Diploma in Quality and Risk UCD, Diploma in Quality Management - Lean Healthcare Systems, Limerick University.

Ann worked as an Assistant Director of Nursing, Out of Hours at Tallaght Hospital and is currently End of Life Co-ordinator at the hospital. Having trained in Romford Hospital, London in 1990, she has extensive experience in Emergency Nursing in London, Riyadh and Dublin and completed her post graduate training in Emergency Nursing while working in the UK. She assumed the role co-ordinator for the Higher Diploma in Emergency Nursing at the Mater Hospital, Dublin and thereafter became the Site Manager.

A University College Dublin MBA graduate Ann has studied healthcare extensively abroad more specifically as part of the HOPE Exchange Programme in Denmark. Ann trained and facilitated "Leading an Empowered Organisation" and also the National Practice Development programme for End of Life Care. Currently she facilitates Final Journeys Communication Workshops in End of Life Care at Tallaght Hospital.

Ann has a track record in building partnerships with key stakeholder to implement organisation change and quality improvements in care processes.

She is passionate about providing and improving person centred care for patients and their families at end of life. In order to achieve this goal she has worked with multi-disciplinary teams in the hospital and external stakeholders to improve the hospital environment.

PROF SARAH H KAGAN



Sarah H. Kagan PhD, RN is the Lucy Walker Honorary Term Professor of Gerontological Nursing at the University of Pennsylvania (Philadelphia, PA USA) and the Gerontological Clinical Nurse Specialist in the Living Well Program at the Joan Karnell Supportive Care Program for the Abramson Cancer Center at the Pennsylvania Hospital.

Prof Kagan currently holds several international appointments in Nursing and in Public Health including Visiting Professor at the School of Nursing and Midwifery, University College Dublin; Honorary Professor at Queen Margaret University in Edinburgh; Adjunct Professor at the American University of Armenia; Visiting Professor at the Oxford Brookes University Faculty of Health and Life Sciences; and Honorary Professor in Public Health and in Nursing at the University of Hong Kong. Prof Kagan is Editor in Chief of the *International Journal of Older People Nursing*

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1748-3743](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1748-3743). She serves on the Editorial Boards of four journals – *Cancer Nursing*, *Geriatric Nursing*, *Research in Gerontological Nursing*, and *PTJ: Physical Therapy*. Additionally, Professor Kagan writes regularly for the lay press as a contributor to Calkins Media, authoring the monthly column *Myths of Aging* for newspaper and online content.

Professor Kagan's education and training includes a Bachelor of Arts in Behavioral Science from the University of Chicago, a Bachelor of Science in Nursing from Rush University, and a Master's Degree in Gerontological Nursing and a PhD from the University of California San Francisco. Since arriving at the University of Pennsylvania some two decades ago, Professor Kagan has focused her scholarship in undergraduate nursing education, care of older people, and qualitative research. She currently directs the University of Pennsylvania Benjamin Franklin Scholars in Nursing Program and two clinically-based undergraduate international exchange programs in nursing – one in the United Kingdom and one in Australia. In addition, Professor Kagan teaches short term study abroad for the University of Pennsylvania in partnership with the University of Hong Kong.

Professor Kagan maintains an active program of clinical scholarship and practice in gero-oncology which serves as a wellspring for her clinical pedagogy and anchors her understanding of the clinician-patient relationship as well

as provision nursing care. Professor Kagan's work is acknowledged nationally and internationally as innovative, sophisticated, and clinically relevant.

She is a fellow of the Gerontological Society of America and the American Academy of Nursing. Among the awards she has received for her practice, research, and teaching are the Sigma Theta Tau International Founders Award for Excellence in Nursing Practice and the John D. and Catherine T. MacArthur Fellowship. Professor Kagan received an Honorary Doctorate of Science from Oxford Brookes University in June 2013.

PROF SHEILA PAYNE



Professor Sheila Payne BA(Hons), RN, Dip.N, PhD, C.Psychol, Emeritus Professor in Palliative Care, International Observatory on End of Life Care, Lancaster University, United Kingdom

Professor Sheila Payne is a health psychologist with a background in nursing. She holds an Emeritus Chair at the International Observatory on End of Life Care at Lancaster University. She is a Visiting Professor at the University of Ulster, Northern Ireland, and Zurich University of Applied Sciences, Switzerland.

During her career, she established and led three research groups; firstly the Health Research Group at the University of Southampton (1996-2000), secondly the Palliative and End of Life Care Research Group, University of Sheffield (2003-2006) and latterly the International Observatory on End of Life Care, Lancaster University (2009-2014). She was President of the European Association of Palliative Care (2011-2015). She has worked closely with the WHO as a temporary advisor in the Eastern Mediterranean Region, contributed to a WHO Manual on Medical Devices in Cancer (2017) and has been involved in the *ad hoc* Technical Working Group on the implementation of the World Health Assembly resolution. She is a Salzburg Global Health Fellow and has contributed to the outcomes of 'Rethinking care towards the end of life' seminar in December 2016.

Professor Payne has a long track record in palliative care research and scholarship. Her research focuses on palliative and end-of-life care for older people. She currently holds two European Commission Framework 7 programme funded major international grants and has supervised over 35 PhD students. She has published over 433 papers in academic and professional journals and published 13 books, with another book in preparation.

MS PHIL PRENDERGAST



Phil Prendergast, RGN, RM, former Councillor, Senator, & MEP

Philomena Prendergast is a former Irish Labour Party politician who served as Member of the European Parliament (MEP) for the South constituency from 2011 to 2014, Leader of the Labour Party in the Seanad in 2011 and a Senator for the Labour Panel from 2007 to 2011.

Phil was born in County Kilkenny. She was a midwife at South Tipperary General Hospital for more than 20 years, having trained in Waterford Regional Hospital. She is a former local branch officer with the Irish Nurses and Midwives Organisation, on the Executive Board of which she served in 1994.

She served on Clonmel Borough Council and South Tipperary County Council from 1999 to 2007, where she was elected originally as a member of the Workers and Unemployed Action Group (WUAG). She first contested an election to Dáil Eireann in June 2001. In June 2005, she left the WUAG to join the Labour Party. She was a Labour candidate at the 2007 general election in the Tipperary South constituency; she was unsuccessful, but was subsequently elected to the Seanad Eireann by the Labour Panel. Previously a Labour spokesperson on the Older Person, Prendergast served in the Seanad as a spokesperson on Health, Art and Sports, and Social and Family Affairs. She unsuccessfully contested the 2011 general election in Tipperary South.

As a Member of the European Parliament in 2011 Phil sat on the Committee on the Internal Market and Consumer Protection, and on the Agriculture and Rural Development Committee. She served as an MEP until 2014.

DR PATRICK RYAN



Dr Patrick Ryan, Clinical Psychologist, BA (Hons.), D.Clin.Psych., Reg.PsSI.

Dr Patrick Ryan is the Director of the Doctoral Programme in Clinical Psychology at the University of Limerick, Ireland. He is a graduate of The Queens University of Belfast. A clinical psychologist for 17 years, he has been involved in the training of mental health professionals for ten years with a

particular interest in the area of life span development and its contribution to understanding family relations.

He previously worked with The Psychological Society of Ireland as its first Director of Training and Accreditation. He received a recognition award from The Psychological Society of Ireland in 2004.

Alongside his academic work Dr Ryan continues to work as a clinical practitioner in the area of mental health in adolescence and adults. His doctoral thesis examined the thinking factors that underlie adolescent depression. He has a particular interest in working with people who exhibit offending behaviour and also in the area of family law.

He leads a team of researchers at the University of Limerick which examines a range of research topics in areas related to intellectual disability; child and adolescent mental health; relationship and attachment issues; parenting programmes and adult mental health, and has written, co-written and edited numerous research reports. He has supervised 25 PhD theses to completion to date.

Dr Ryan lectures extensively nationally and internationally and has been consultant to organisations in Ireland, UK, Poland, and Sri Lanka. He is a regular contributor to both the print and broadcast media on a range of psychological issues particularly in the areas of mental health and family relations.

He is the psychological consultant for the RTE television series “21st Century Child” which is examining family life in Ireland and in particular the developmental journey of new born babies and their families. He was also psychological consultant to the RTE series “Cracking Crime” which examined the profiles of individuals convicted of series crime in Ireland.

In 2010, his book ‘You Can't Make Me – How to get the best out of your teenager’ was published by Gill & McMillan. In 2011, his book ‘Ageing and Older Adult Mental Health – Issues and Implications for Practice’ was published by Routledge.

PROF DANA WALRATH



Professor Dana Walrath, PhD in Anthropology, MFA in Writing, BA in Visual Arts and Biology, Writer, Artist and Anthropologist

Dana Walrath, a writer, artist and anthropologist, likes to cross borders and disciplines with her work. After years of using stories

and art to teach medical students at University of Vermont's College of Medicine, she spent 2012-2013 as a Fulbright Scholar in Armenia where she completed *Like Water on Stone*, her award winning verse novel about the Armenian genocide of 1915. Loosely based on the story of her grandmother, *Like Water on Stone* is a Notable Book for a Global Society Award Winner, a Bank Street Best Book of 2015, a Vermont Book Award finalist, a Middle East Outreach Council 2105 book award winner and more. Her graphic memoir, *Aliceheimer's* (Penn State Press 2016) about life with her mother, Alice, before and during dementia, has been featured in the *New York Times*, the *Los Angeles Review of Books*, the *Philadelphia Inquirer* and on NPR. She has spoken extensively about the role of comics in healing throughout North America and Eurasia including two TEDx talks. She has shown her artwork in a variety of venues throughout North America and Eurasia.

Passionate about the power of art for social change, her most recent art installation "[View from the High Ground](#)" uses interactive artist's books to engage with dehumanization in nine of the genocides of the past five hundred years. This piece has already garnered her invitations to share it with a broad international audiences ranging from the annual conference of the Paris based group Women in War: Think Tank for Gendering Armed Conflict, to an inner city Philadelphia public high school, to exhibits in Tokyo and Kobe Japan. Her anthropological work on childbirth, genocide, and the end of life has appeared in edited volumes and anthropological journals and she is a co-author of one of the leading college textbook series in anthropology. Her recent essays and commentary have appeared in *Slate*, *Somatosphere*, *Foreign Policy* and on Vermont Public Radio's "All Things Considered." She holds a PhD in Anthropology from the University of Pennsylvania, an MFA in writing from Vermont College of Fine Arts, and a BA in visual arts and biology from Barnard College. You can visit her at danawalrath.com

His qualifications include: MA (Supervision), MA (Education), Hdip (Education), HGdip (Counselling), BSc Hons (Counselling & Psychotherapy), Prof Cert Mindfulness Teaching (MBSR/MBCT), Prof Cert (Addiction Counselling) RPN, RGN.

PROF JAMES O'SHEA



James O'Shea, Director of Nurse Education (Mental Health), National Lead for Mental Health Nurse Education.

James has worked for 30 years in the Irish health Service (HSE). He is currently director of Nurse Education and national lead for Mental Health Nurse Education with the Office of Nursing & Midwifery Services Director (ONMSD) and the Mental Health Services.

