

Bon Secours Hospital Cork and
The Catherine McAuley School of Nursing & Midwifery, University College Cork
jointly present:

COMPASSIONATE **MINDFUL** HEALTH CARE

Where are we now?
INAUGURAL CONFERENCE

SATURDAY **17** SEPT. 2016

VENUE: BROOKFIELD HEALTH SCIENCE COMPLEX,
UNIVERSITY COLLEGE CORK

Mindfulness is a concept which is developing great momentum in the health sector and its relationship to compassion is intrinsically motivating

*Book Your
Place*

Places are limited, so to secure your name please email
mindfulnessconference@bonsecours.ie
on or before **19th August 2016.**

COMPASSIONATE MINDFUL HEALTH CARE

Where are we now?
CONFERENCE

Jointly organised by:



BON SECOURS HOSPITAL

SATURDAY 17 SEPT. 2016

VENUE:

**BROOKFIELD HEALTH SCIENCE CONFERENCE,
UNIVERSITY COLLEGE CORK**

9:00 - 9:30	Registration
9:30 - 9:45	Morning Conference Chairperson & Opening Address: Mr Harry Canning , Hospital Manager, Bon Secours Hospital, Cork
GUEST SPEAKERS: Session 1	
9:45 - 10:15	Dr Siobhan O'Halloran , Chief Nursing Officer, Department of Health Focusing Policy Development on Patient Outcomes
10:15 - 10:45	Mr Christy Kenneally , Irish author, speaker, poet, TV presenter and scriptwriter Integrating Compassion and Mindfulness: How can we know the Dancer from the Dance?
10:45 - 11:15	Coffee
GUEST SPEAKERS: Session 2	
11:15 - 11:45	Professor Tony O'Brien , Clinical Professor of Palliative Medicine UCC & Consultant Physician at Marymount Hospice, Cork Compassion in Medicine - a Palliative Care Prospective
11:45 - 12:15	Professor Lazelle Benefield , (HSC), Dean and Parry Endowed Professor University of Oklahoma Compassionate Leadership
12:15 - 12:30	Panel Discussion / Questions
12:30 - 13:30	Lunch & Musical Recital
13:30 - 13:45	Afternoon Conference Chairperson: Professor Eileen Savage , Head of School of Nursing & Midwifery, UCC
GUEST SPEAKERS: Session 3	
13:45 - 14:15	Dr Declan Ahern , Director of Oakwood Psychological Services and Head of UL Student Counselling Service - University of Limerick Mindfulness: East & West
14:15 - 14:45	Professor Wilf McSherry , Professor in Dignity of Care for Older People Can Care be Compassionate Without Spirituality?
14:45-15:25	Ber Mulcahy , Director of Nursing, Mary Forde , Nurse Practice Co-ordinator, Lilian O'Sullivan , Clinical Nurse Specialist, Bon Secours Hospital, Cork Creating a Compassionate Mindful Working Environment - Where are we?
15:25-15:40	Panel Discussion / Questions
15:40-15:45	Closing Address: Mr Andrew McCarthy , Group Mission Leader, Bon Secours Hospital Health System, College Road, Cork

As healthcare professionals cope with increasing patient acuity and higher levels of throughput, it becomes even more important to address humanity within the process, dealing compassionately with staff so that they in turn can do the same for patients. This is the response of **Bon Secours Hospital Cork** in conjunction with **The Catherine McAuley School of Nursing & Midwifery, University College Cork** to help develop a supportive culture for Healthcare professionals which underpins the three core values **Compassion, Care** and **Commitment** which were identified and agreed from a national consultation process with nurses and midwives.

The concept and practice of mindfulness has taken hold in hospitals, universities, clinics, management, and in our daily lives. The unifying theme in the growing art and science of mindfulness is an effort to lessen suffering and bring more joy and compassion in this world.



DR SIOBHÁN O'HALLORAN

Chief Nursing Officer in the Department of Health

Dr. Siobhán O'Halloran, PhD, MSc, FFMRCISI, BNS, RGN, RMHN, RNT has had a distinguished career in nursing spanning over thirty years. Since 1999 she has held several key positions in the Irish health service with the Department of Health (DOH), the HSE and in the nursing education sector. These include Nursing Adviser (DOH); Executive Director, National Implementation Committee (DOH), where she oversaw the transfer of all undergraduate nursing education to the third level sector; Executive Director, Health Reform (DOH); Nursing and Midwifery Services Director (HSE) advising the HSE Management Team and Board on policy direction regarding nursing and midwifery issues; Head of the School of Nursing, Midwifery, Health Studies and Applied Science at Dundalk Institute of Technology.

In January 2011 Dr O'Halloran was appointed HSE Assistant National Director with lead responsibility for Acute Services. Most recently she was tasked with establishing the Programme Management Office within the Department of Health to implement the Government's health reform programme 'Future Health'. In 2016 Dr O'Halloran was appointed Chief Nursing Officer in the Department of Health.



MR CHRISTY KENNEALLY

Irish Author, Speaker, Poet, TV presenter and Scriptwriter

Mr Christy Kenneally is a Communications Consultant and International Lecturer and Keynote Speaker with specialist expertise in the areas of Bereavement & Loss, Suicide Prevention and Postvention, Building Resilience and Effective Communication. He is also a Published Author, Scriptwriter for Television and Video, with over 35 years experience working within Ireland and Internationally.

Christy has worked tirelessly over the last three decades in the areas of Bereavement and Loss, Cancer Support and Positive Mental Health with organisations such as Console, Living Links, The Samaritans, A Little Lifetime Foundation, Accord, The Hospice Foundation, Bethany Bereavement Groups, The Irish Heart Foundation, & The Irish Cancer Society.

He has published five novels, four books of poetry, three autobiographical works and two non fiction books, 'Life after Loss', a guide for those working with the bereaved and 'Say Yes to Life, Discover your Pathways to Happiness and Well-Being' a self help programme for overcoming depression and anxiety which he co-wrote with his wife Dr. Linda Finnegan, Principal Clinical Psychologist. Christy is passionate about promoting positive mental health and The Say Yes to Life programme has been very successfully delivered across three mental health settings and is the subject of an ongoing clinical research trial with Professor Alan Carr and the Department of Psychology in University College Dublin.

Christy has worked extensively in the area of Corporate Communication both nationally and internationally and is well known for his television series, 'Heaven on Earth' and the 'The Lost Gods' is six-part documentary series on the religions of the Egyptians, Greeks, Romans, Maya, Inca and Celts, won Gold Medals at the Hamburg and Texas Film and Television Festivals.



PROFESSOR TONY O'BRIEN

Consultant Physician in Palliative Medicine

Professor Tony O'Brien is clinical professor of palliative medicine at the College of Medicine & Health, University College Cork, Ireland. He holds the post of consultant physician in palliative medicine at Marymount University Hospital & Hospice and at Cork University Hospital, Cork, Ireland. Prof O'Brien undertook his specialist training in palliative medicine at St Christopher's Hospice, London where he was subsequently appointed to the post of consultant physician. He returned to Ireland to take up his current clinical post in 1991.

Prof O'Brien served as chairperson of the National Advisory Committee on Palliative Care and was appointed as chairperson of the inaugural National Council for Specialist Palliative Care. He also served as chairperson of the Council of Europe expert committee on palliative care. Prof O'Brien has served on the board of the European Association for Palliative Care (EAPC) and has chaired the Irish Association for Palliative Care. Dr O'Brien has published and lectured widely on various aspects of pain and symptom control in palliative care, service development and ethical issues at the end of life.

WHO SHOULD ATTEND?

- All Healthcare Professionals who have an interest in embracing the 3 core values of **Compassion, Care & Commitment.**



PROFESSOR LAZELLE BENEFIELD

Dean, University of Oklahoma Health Sciences Center, College of Nursing in Oklahoma, USA.

Professor Lazelle Benefield is Dean, University of Oklahoma Health Sciences Centre College of Nursing in Oklahoma, USA, and Professor and Parry Chair, Adjunct Professor College of Medicine, and Director of the Reynolds Centre of Geriatric Nursing Excellence. She provides executive oversight for the College's Case Management Program serving 1300 citizens across Oklahoma. The Health Sciences Centre, Oklahoma's major health professions educational institution, prepares nurses, physicians, dentists, pharmacists, public health specialists, and allied health personnel. Professor Benefield has promoted a culture of interdisciplinary scholarship facilitating college-community linkages and attracting substantive funding resources to support the preparation of generalists, advanced practice nurses and nurse scientists.

Professor Benefield is a champion for interdisciplinary models for training health providers, competencies to support transitions in clinical care, and leadership development in the global environment. Professor Benefield has a keen interest in promoting linkages and relationships between faculty, clinical staff, and students affiliated with health entities in Ireland and the USA, and has most recently served as Fulbright Scholar to the Catherine McAuley School of Nursing and Midwifery, College of Medicine and Health at UCC.

WHY SHOULD I ATTEND?

- Caring for the Carer
- National and international speakers, experts of mindfulness and compassion for you to ask questions relevant to your organisation.
- Get most upto date information & strategy tips.
- Build new relationships with like minded professionals.
- Awaiting approval for RCPI CPD points and NMBI CPD points.



DR DECLAN AHERN

B.A., M.A., M.Psych.Sc., PhD, Dip. Psych.(Gestalt), A.F.Ps.S.I. Reg. Psychol.

Dr Declan Ahern is a clinical psychologist and gestalt psychotherapist and has been Head of Counselling at UL for the past 30 years where almost 1,000 students have attended this psychology- based primary mental health care facility in the last academic year. He has been practicing mindfulness for 30 years and incorporates mindfulness based interventions throughout his clinical practice. He is module leader for the mindfulness self-care in medicine module delivered to all UL GEMS students in both 1st year and 2nd year. He is project leader of the mindfulness based schools initiative being delivered at Corpus Christi national school in Moyross, Limerick. He has numerous articles published including papers on suicide and stress and he is engaged in on-going research on mindfulness in educational settings.



PROFESSOR WILFRED MCSHERRY

Professor in Dignity of Care for Older People, NHS

Professor Wilfred McSherry was appointed Professor in Dignity of Care for Older People in August 2008. This is a shared appointment between Faculty of Health Sciences, Staffordshire University and the Shrewsbury and Telford Hospital NHS Trust (United Kingdom). Wilf is also Part-time Professor at Haraldsplass Deaconess University College, Bergen, Norway. He is director of the Centre for Health and Social Care Research in the Faculty of Health Sciences.

Wilf has had a career in nursing working as a Registered Nurse primarily within Acute Hospital Care. His interest in the spiritual dimension developed alongside a realisation that this aspect of care was neglected and forgotten by some healthcare professionals. He has published several books and many articles addressing different aspects of the spiritual dimension such as educational issues, and spiritual assessment. He completed his doctoral studies at Leeds Metropolitan University in May 2005 researching 'The meaning of spirituality and spiritual care: An investigation of healthcare professionals, patients and public's perceptions'.

Prior to being appointed to his current role, Wilf was a senior lecturer in nursing at the University of Hull where he was also instrumental in creating with colleagues the Centre for Spirituality Studies of which he was the director. He is a founding and executive member of the British Association for The Study of Spirituality (BASS) (<http://www.bassspirituality.org.uk/about-us/>) and a Principal Fellow of The Higher Education Academy. In 2012 he was made a Fellow of the Royal College of Nursing for his unique contribution to nursing in the areas of spirituality and dignity.

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