

July 2018 NIPC Alliance e-Bulletin

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5TH Annual Prevention Conference – REGISTRATIONS NOW OPEN!

5th Annual National Prevention Conference

NIPC National Institute for Preventive Cardiology

Prevention Matters:
Making The Difference

FREE TO ATTEND
REGISTRATIONS NOW LIVE!
VISIT:
www.nipc.ie/conferences.html
CPD APPLIED FOR

Friday 23rd November 2018
Johnstown Estate Hotel,
Enfield, Co Meath

To register please visit our website [here](#)

HOT OFF THE PRESS!

England's poorest areas are fast food hotspots

New figures from Public Health England (PHE) reveal England's poorest areas are fast food hotspots, with 5 times more outlets found in these communities than in the most affluent. The data also suggests fast food outlets – including chip shops, burger bars and pizza places – account for more than a quarter (26%) of all eateries in England. Read [more](#)

Clocking up 45+ working hours/week linked to heightened risk of diabetes in women

Clocking up 45 or more working hours in a week is linked to a heightened risk of diabetes in women, finds an observational study published online in the journal *BMJ Diabetes Research & Care*. No such heightened risk was found among women working 30 to 40 hours a week, the findings show, prompting the researchers to suggest that sticking to this total might help curb the risk of the disease. Read [more](#)

PTSD raises heart and stroke risk in World Trade Centre cleanup crews

More than 16 years after cleanup was completed at the site of the September 11, 2001 attack on New York City's World Trade Center complex, many who worked at the disaster site still struggle with post-traumatic stress disorder (PTSD) and may also have an elevated risk of heart attack and stroke as a result, researchers say. Among more than 6,000 men and women who worked at "ground zero" in the last few months of 2001, the risk of heart attack or stroke more than 10 years later was up to three times higher among those with PTSD, the study team found. Neither exposure to dust from the site, nor depression explained the results, researchers note in the journal *Circulation: Cardiovascular Quality and Outcomes*. Read [more](#)

NUI Galway researchers hope blood clots will advance stroke research

Dr Karen Doyle, Senior lecturer in physiology in NUI Galway is leading a new project which aims to study the composition of blood clots that cause strokes. It is a collaborative study with Beaumont Hospital and international clinical and scientific partners. Dr Doyle's work will inform the development of new medical devices to help remove difficult to shift clots and may even identify new biomarkers and therapeutic approaches to preventing and treating stroke. Read [more](#)

High blood pressure in pregnancy linked to mother's heart function

Pregnant women who develop high blood pressure, or have small babies, may have hearts that pump less blood with each beat. The findings, from Imperial College London, also suggest pregnant women who develop high blood pressure (pre-eclampsia), or fetal growth restriction (where a baby's growth slows or stops before birth), may have differences in their blood circulation. Read [more](#)

Genetic basis of heart rhythms explored in large population study

New knowledge about biological processes related to the heart's electrical activity has been gained through a major genome science study. The research had the largest sample size ever of a project of this type. The molecular mechanisms explored in this study offer insights into cardiac electrical diseases and could suggest avenues of drug research for preventing and treating heart rhythm or conduction problems. The project involved more than 125 researchers at several institutions across the globe. Read [more](#)

SPOTLIGHT ON INNOVATION:

VIRTUAL REALITY AND TRANSFORMING CARDIOVASCULAR CARE



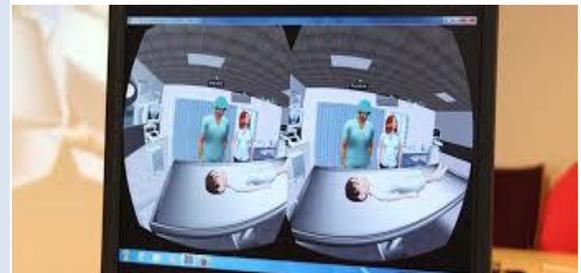
Rapid advancements in virtual reality technologies are leading to new developments in cardiovascular treatment and improved outcomes for patients, according to a review published in *Journal of American College of Cardiology: Basic to Translational Science*. Led by the mobile device industry, recent hardware and software developments — such as head-mounted displays and advances in display systems — have enabled new classes of 3D platforms that are transforming clinical cardiology.

Virtual reality provides complete control over the wearer's visual and auditory experience as they interact within a completely synthetic environment, while augmented reality allows the wearer to see their native environment while placing 2D or 3D images within it. Merged reality and mixed reality allow for interaction with digital objects while preserving a sense of presence within the true physical environment.

These kinds of advances allow patients and family members to better understand their cardiac conditions, helping them to make more informed decisions surrounding their medical care. Medical students and trainees can better visualise cardiac abnormalities with virtual reality, which allows trainees to simulate operating environments and multiple physicians to interact while viewing the same educational material in a natural environment.

You can access the article [here](#) and learn more about fascinating VR technology from

Dr Keith Grimes, GP & Digital Health Care Consultant
at our National Prevention Conference on
Friday 23rd November



NHS
Health Education England

**The Topol Review –
Submit your evidence**

#TopolReview

Dr Keith Grimes is also a key participant in the **Topol Review** – a project led by cardiologist, geneticist, and digital medicine researcher Dr Eric Topol to explore how to prepare the UK healthcare workforce, through education and training, to deliver the digital future. This will enable NHS staff to make the most of game-changing technologies such as genomics, digital medicine, artificial intelligence and robotics to improve services. The interim report was recently published and can be accessed [here](#)

NIPC TRAINING AND EDUCATION EVENTS

Motivational Interviewing (Level 3)

Thursday 20th & Friday 21st September, Croí Heart & Stroke Centre, Galway

Equipping practitioners to optimise their skills in the strategic use of technical aspects of Motivational Interviewing. This course is designed for practitioners who already have an understanding and applied experience of MI technical and relational skills.

“Demystifying the ECG” Workshop

Saturday 20th October, Croí Heart & Stroke Centre, Galway

This one-day workshop addresses the needs of primary care nurses and doctors, hospital based nurses, private and public, paramedics and other allied healthcare professionals who encounter ECG monitoring and traces. It aims to be as interactive as possible with participants encouraged to bring along ECGs for discussion. The course assumes no knowledge of ECG and is an excellent foundation course in ECG and rhythm recognition.

Motivational Interviewing (Level 1)

Thursday 24th & Friday 25th January 2019, Croí Heart & Stroke Centre, Galway

This two-day course aims to equip you to confidently and successfully support patients with complex lifestyle behaviour change. It is practically focussed and introduces participants to the use of MI in primary care and health behaviour change settings.



How Can We Meet Your Training Needs? – Have Your Say!

We would like to invite interested participants to take part in a survey to inform our Training & Education portfolio into the future. If you would like to take part please contact info@nipc.ie and we will be in touch with you directly to obtain your feedback. We look forward to hearing from you!



The NIPC was established by Croí and is an affiliate of NUI Galway

To contact NIPC: Tel: +353 (0)91893299 Website: www.nipc.ie

To unsubscribe from our mailing list please contact us at info@nipc.ie

Your privacy is really important to us and we are committed to ensuring that your personal information is protected and never misused. We will continue to give you an opportunity to manage your preferences about receiving communications each time we contact you. The NIPC is the controller of your personal data which means that we are responsible for how your personal data is collected, used and protected. We respect your personal data and take great care to ensure security and confidentiality are maintained at all times. Please note that the NIPC will not share your data with a third party without your permission.