

NETWORK OF GP TRAINEES CONFERENCE

Wellness is Inclusiveness



Sheraton Hotel, Athlone
10 & 11 November 2022

Thursday 10 November 2022

9:50 – 10:30	<p>Official Opening by Network of GP Trainees & Welcome <i>Dr Martin Rouse, Director of GP Training;</i> <i>Mr Fintan Foy, CEO, ICGP</i> <i>Dr John Farrell, Chairman, ICGP</i></p> <p>EPA's & Blended Learning – <i>Dr Karena Hanley, GP Training Innovation & Development;</i> <i>Lisa Donaldson, Academic Programme Manager</i></p>	Hoey Suite 1 st Floor
Keynote Address		
10:30 – 11:15	<p>How Can the Next Generation of GP's Make a Difference</p> <p><i>Professor Susan Smith, Trinity College Dublin</i> <i>Professor of General Practice, Public Health & Primary Care</i></p> 	
11:15 – 11:30	Morning Refreshments	Hoey Suite 1 st Floor
11:30 – 12:30	<p>Top Tips on Minimising Risk in your Practice to Relieve the Stress of a Claim or Complaint <i>Ms. Ruth Shipsey, CEO, Medisec; Ms Aisling Timoney, Legal Counsel, Medisec</i></p>	Grace 1 2 nd Floor
	<p>The 7 Things I Learned in my Career <i>Dr. Austin O'Carroll, Programme Director, North Dublin City GP Specialist Training Scheme</i></p>	Grace 2 & 3 2 nd Floor
	<p>Medical dermatology: Common skin conditions. When to treat and when to refer <i>Dr. Mark Wheeler, FRCGP MICGP; Diploma in Practical Dermatology (Cardiff)</i></p>	Hoey Suite 2 nd Floor
	<p>Palliative Care – when could and should diverge (and how to survive end of life) <i>Dr. Stephen Higgins, Consultant in Palliative Medicine, Our Lady's Hospice & Care Services & Tallaght University Hospital</i></p>	Burke 1 & 2 2 nd Floor
12:30 – 14. 00	Lunch	La Provence
14:00 – 14:15	<p>Presidents Welcome <i>Dr. Paul Armstrong, President, ICGP</i></p>	Hoey Suite 1 st Floor
14.15 – 15.00	<p>A Focus on Medication Safety for the GP Trainee <i>Dr. Paul Ryan, GP Cork</i></p>	Hoey Suite 1 st Floor





15:00 – 16:00	Setting Up in Practice: Panel Discussion <i>Dr. Brian McEllistrem, GP; Dr. Dave Hannon, GP; Dr. Grainne McHale, GP</i>	Hoey Suite 1 st Floor
	A Life Less Ordinary - Choosing a GP Career in the Irish Defence Forces <i>Captain Ross McKeown, GP and Medical Officer; Irish Defence Forces</i>	Grace 1 2 nd Floor
	Diabetes & Weight Management: Science versus Stigma <i>Dr. Jean O'Connell, Consultant Endocrinologist, St Columcille's and St Vincent's University Hospitals</i>	Burke Suite 2 nd Floor
	Top Tips in Complaint Handling <i>Dr. Ellen Walshe, Medicolegal Consultant, Medical Protection</i>	Grace 2 & 3 2 nd Floor
16.00 – 17.00	Scientific Update on Obesity and Current Challenges in our Gender Service <i>Professor Donal O'Shea, National Lead Management of Obesity, HSE</i>	Burke Suite 2 nd Floor
	Ophthalmology in General Practice: Common Eye Problems <i>Dr. Emma Kenefick, GP</i>	Grace 2 & 3 2 nd Floor
	Pigmented skin lesions; When to reassure, review, remove or refer? <i>Dr. David Buckley, GP Trainer, South West GP Specialist Training Scheme</i>	Grace 1 2 nd Floor
	Finance in the Practice <ul style="list-style-type: none"> Financial Planning for GP Trainees <i>Clíodhna Hughes – MGM Financial Services</i> Various Routes into GP: Exploring Structures & Models <i>Alan Connolly – BCC Accountants</i> Opportunities in GP: A Viable Career <i>Orla Murphy – Business Medical/GP Match</i> 	Hoey Suite 1 st Floor
17.00 - 18:00	Network of GP Trainees – AGM	Grace 1 2 nd Floor
20:00 til late	Gala Dinner <i>Please join us for a 3-course seated dinner followed by music and dancing.</i> <i>Cash bar</i> <i>Suggested Attire: Dressy casual</i>	 Hoey Suite 1 st Floor

Friday 11 November 2022

10:00 – 10:45	Hot Topics in Womens Health <i>Dr. Noirin O'Herlihy, Director of Womens Health, ICGP</i>	Hoey Suite 1 st Floor
10.45 – 12:00	Yoga & Mindfulness <i>Dr. Ming Rawat & Dr Paddy Gowen</i>	Hoey 3 1 st Floor
	Paediatric Allergies: Asthma, Eczema, Allergic Rhinitis and Food Allergies <i>Dr. Muhammad Tariq, Consultant Paediatrician with Respiratory and Allergy Interest at Midland Regional Hospital Portlaoise</i>	Hoey Suite 1 st Floor
	A Focused Knee Examination in General Practice <i>Dr. Nathan Wall, GP and Diploma in MSK course tutor</i>	Burke Suite 2 nd Floor
12:00 -12:15	Smoothie Break	Hoey Reception 1st Floor

12:15 – 13:00	Inclusion Health – a GP job with a difference <i>Dr Patrick O'Donnell, GP; MB BCh BAO MICGP MSc PhD</i> <i>Clinical Fellow in Social Inclusion, School of Medicine, UL</i>	Grace 1 2 nd Floor
	Adolescent mental health - your questions answered <i>Dr. Anna Beug, GP Trainer, North Dublin City Scheme</i>	Grace 2 & 3 2 nd Floor
	MICGP Exams <i>Mr. Brian O'Malley, ICGP Executive Director of Training & Assessment</i>	Hoey Suite 1 st Floor
13:00 – 13:15	Conclusion <i>GP Trainee Network</i>	Hoey Suite 1 st Floor

Speakers

Dr Anna Beug 	<p>Dr Anna Beug is from Cork and graduated from TCD in 1997. She has been a GP in Dublin's south inner city for 21 years and is a trainer on the North Dublin city scheme. She has been a lecturer in UCD for 20 years is also currently hosting a community mental health post CSCST fellowship. . She has been involved in post graduate teaching in Child and Adolescent mental health for the past 8 years. Dr Beug is currently working on a blended learning resource with the ICGP on the topic of Adolescent mental health for GP trainees nationally.</p>
Dr David Buckley 	<p>Dr David Buckley is a founding member of the Primary Care Surgical Association and the Primary Care Dermatology Society of Ireland. He is a trainer in the South West GP Training Programme. He has lectured extensively on the area of dermatology, cutaneous surgery and cryosurgery in primary care in Ireland, the UK, Europe, USA, Canada, Africa, Russia and China. He has published 11 scientific papers in peer review journals and published a chapter in two international textbooks on Cryosurgery. He was made a fellow of the RCGP in 2018 for his contribution to medicine. He recently published he second book on dermatology entitled "Textbook of Primary Care Dermatology" published by Springer in 2021. https://link.springer.com/book/10.1007/978-3-030-29101-3. There is a special offer of 20% off the book from 06/11/22 until 04/12/22. At the "Place your order" page add the coupon code: Y13xzwSS4MXM2F</p>
Alan Connolly 	<p>Alan has developed specialist expertise in dealing with Doctors and the complications that can exist in their tax returns. Alan has worked in practice for over 30 years and has a wealth of experience in all areas of personal and corporate taxation. Alan has a wide range of auditing and accountancy experience covering most business types.</p>
Lisa Donaldson 	<p>Lisa Donaldson is the Academic Programme Manager at ICGP having recently joined from Dublin City University (DCU). She is currently focused on leading the blended learning and eportfolio initiatives to best support the trainee learning experience.</p> <p>Lisa's educational background includes an undergraduate degree in Business & IT, post graduate qualifications in Teaching & Learning, and an M.Sc. in Applied Elearning. She was DCU's first Advance HE Senior Fellow in 2020, winner of the teaching support category of the DCU President's Award for Excellence in Teaching 2022, and Learning Technologist of the Year (Association of Learning Technology), 2018.</p>

<p>Dr Paddy Gowen</p> 	<p>Dr. Paddy Gowen is a practicing dentist and trained psychotherapist. Paddy has established a regular meditation practice since 2008 - starting with TM transcendental meditation, Aikido then yoga. Paddy is IMA - Institute for Mindfulness Approaches certified to teach the MBSR- mindfulness-based stress reduction course. Paddy has also trained and delivered Koru mindfulness courses to GP trainees the last 2 years.</p>
<p>Dr Karena Hanley</p> 	<p>Dr Karena Hanley is the current Director for the ICGP GP Training Innovation & Development and the former ICGP National Director of GP Training from 2016 to 2021.</p>
<p>Dr David Hannon</p> 	<p>Dr David Nicholas Hannon completed his GP Training on the TCD/HSE GP Training Scheme in 2020. As a Trainee he co-Chaired the Network of GP Trainees, represented ICGP Trainees on the Forum of Irish Postgraduate Training Bodies and chaired the 2019 GP Trainee Conference. He is the Editor of the current ICGP Trainee Handbook and a member of the ICGP NEGS Committee. Dave is a Partner at Marian Road Medical in Rathfarnham, South County Dublin which he runs with his brother Brian. He has a Special Interest in Medical Education and Minor Surgery.</p>
<p>Dr Stephen Higgins</p> 	<p>Dr Higgins was an early convert to Palliative Medicine and on the first national intake of trainees in Ireland. Following his specialist training he moved to London where he worked in St Josephs' Hospice in Hackney before returning to his current consultant post in Dublin in 2005. His clinical work is split between a consult service in Tallaght Hospital and rotating roles in Ireland's largest Hospice - Our Lady's Hospice, Harold's Cross. He has served as Medical Director of OLH for over 8 years.</p>
<p>Clíodhna Hughes</p> 	<p>Clíodhna is a Certified Financial Planner with years of experience in the financial sector. In more recent years, through her work with MGM Financial Services, Clíodhna has specialised in the medical sector and has extensive knowledge of the unique challenges that brings. She has specialist knowledge in all financial aspects of both the HSE and GMS contracts advising how best to make the transition from one to the other from a financial planning perspective.</p>
<p>Dr Emma Kenefick</p> 	<p>Dr Emma Kenefick MRCPI MRPGP DRCOphth Dip Primary Care Ophthalmology Dr Kenefick qualified from UCC in 2000 and after basic training in both medicine and ophthalmology in Cork completed her general practice training in the North East of England. She then returned to Ireland and worked in a busy suburban Cork practice for 10 years. Five years ago Dr Kenefick returned to her first love of ophthalmology, having completed a two year Diploma with the University of Edinburgh in Primary Care Ophthalmology. She now works in Cork Medical Eye Centre seeing various medical eye conditions and diseases.</p>

Dr Brian McEllistrem



Dr McEllistrem is a General Practitioner, Medical Educator and Occupational Health Physician. He completed his medical training in University College Dublin graduating in 2010 and he completed his Specialist General Practice training with the Irish College of General Practitioners (ICGP) in 2017. He has worked in a variety of both hospital based and GP roles since qualification, in Ireland and abroad.

Dr McEllistrem is the Scheme Director of the ICGP Specialist Training Scheme Mid-West based in the University of Limerick. He has completed a Master's in Medical Education from the University of Edinburgh and is currently undertaking a part time PhD in Medical Education also with the University of Edinburgh. He has published articles in both medical and medical education journals. He is a fellow of Advance HE (Higher Education).

Dr Grainne McHale



Gráinne McHale is a GP in Tullamore, Co. Offaly. Having qualified as an Engineer at University College Galway, Gráinne's wide-ranging early career included positions such as Welding Engineer & Metallurgist, Engineering Manager and Operations Manager in multinational and indigenous industries. After 10 years in the private sector, Gráinne became a Chartered Engineer, completed an MBA at NUIG and retired to the more sedate world of academia, initially part-time at NUIG and later as a Senior Lecturer at AIT's Engineering School. She subsequently was appointed Head of Department of Life & Physical Sciences at AIT. During this time, she undertook a B Sc in Human Biology. In 2008 Gráinne took a career break (maybe THE longest in history) to study Medicine at the University of Bristol. She completed GP training with the Midlands Training Scheme in 2021. She lives in Portarlinton with her husband Donal and daughter Isla, where she is an active member of Meals on Wheels.

Capt. Ross McKeown



Captain Ross McKeown is a General Practitioner and Medical Officer in the Irish Defence Forces. After 14 years as an Artillery Officer in the Army, he underwent the Graduate Entry Medical programme in UCD. Ross completed his General Practice training with the North-East GP training scheme in 2021. After training as a GP, Ross returned to the Army as a Medical Officer, where his role combines General Practice, Occupational Medicine and Immediate Care. Ross obtained licentiatehip from the faculty of occupational medicine (LFOM) and also trained with the Royal Air Force in 2021, qualifying as a medical examiner for military aircrew. Ross has served with various peacekeeping missions overseas, including tours of duty in Bosnia (2013) and Chad in central Africa (2009). Last month he returned from overseas service with the United Nations in Syria, where he was the Senior Medical Officer for the Irish military contingent there.

Ross lives in North Dublin with his wife Sheila and two children. He enjoys keeping up to date with developments in General Practice, and occasionally finds time to play golf.





Orla Murphy



Orla Murphy is the first point of contact in Business Medical. Orla formed the group in 2012 after identifying the need to establish a coordinated network of experienced consultants under the one umbrella to provide clarity and accurate advice to GPs.

After completing her B.Comm in UCD in 2002, Orla was accepted onto the Smurfit Kappa Graduate Management Programme and continued to work in the Smurfit Kappa Group for over 5 years, in areas of health and safety and business development.

In 2007, Orla joined IMO Financial Services as a financial consultant where she worked for 4 years. During this time, Orla gained valuable experience and understanding of the business and financial needs of doctors which encouraged her to pursue the Business Medical network concept.

<p>Dr Austin O'Carroll</p> 	<p>Dr Austin O Carroll is an inner-city GP since 1997. The focus of his career has been improving access for communities affected by marginalization or deprivation to quality primary healthcare. He founded several initiatives:</p> <ul style="list-style-type: none"> • Safetynet (2007) which provides GP services to over 6000 marginalized patients annually throughout Ireland. He initiated specialised services in several food halls/drop-ins/hostels; GP services for Roma community in two medical centres; a Mobile Health Unit for rough sleepers; a Mobile Health Screening Unit; He was Medical Director from 2007-2017. • GMQ, a primary care programme for homeless people which also specialises in addiction services (including methadone treatment and alcohol and benzodiazepine detoxes. • Partnership for Health Equity, a research, education, policy and service delivery collaboration. • GPCareforAll, a new social enterprise that creates new GP practices in areas of deprivation. • North Dublin City GP Training programme, the first programme internationally that trains GP's to work in communities affected by deprivation or marginalization. • He set up the GP service for the McVerry Stabilization Centre in Barrymore House. <p>He was Dublin HSE Covid Lead for the Homeless Population between 2020 and 2022. He completed a Doctorate in ethnographic research into the health service usage behaviours of homeless people. He was a co-founding member of Northdoc. He received the Fiona Bradley Award; the Time & Tide Award for his work with migrants; the Healthcare professional of the Year Award 2015 and was awarded an Honorary membership of the RCPI the Doolin Award 2019; and Gertrude Ronan Award 2019. He was awarded the 5 Star Doctor Award from Wonca Europe in 2020. He participated in 2016 Paralympics in sailing.</p>
<p>Dr Jean O'Connell</p> 	<p>Jean is an endocrinologist and bariatric physician. She is clinical lead at St Columcille's and St Vincent's University Hospital multi-disciplinary weight management service, a member of the National Obesity Programme Clinical Advisory Group, and a founding member of the Association for the Study of Obesity in Ireland (ASOI).</p>
<p>Dr Patrick O'Donnell</p> 	<p>Dr Patrick O'Donnell is a GP with a clinical, research and teaching roles in inclusion health. He works in Limerick city with HSE Social Inclusion and as a Clinical Fellow in Social Inclusion at the University of Limerick School of Medicine.</p> <p>He graduated from medicine at UCD in 2006 and completed the Sligo Specialist Training Scheme in General Practice in 2012.</p> <p>He also holds a master's degree in Global Health from Trinity College Dublin and a PhD in Medicine from UL.</p> <p>His main research interests are social exclusion, health equity, homelessness, addiction, and the provision of healthcare to people from marginalised groups.</p> <p>He is involved in teaching about the needs of people from marginalised groups to students at undergraduate and postgraduate levels around the country.</p>
<p>Dr Noirin O'Herlihy</p> 	<p>Dr Noirin O Herlihy is a GP in Mallow Co. Cork and is currently Assistant Medical Director and Director of Women's Health with the ICGP. She was previously the Quality and Safety in Practice Officer in the ICGP. Noirin completed the Southeast GP Training Scheme, has a Master's in Public Health and an MD in Medicine.</p>

<p>Brian O'Malley</p> 	<p>Executive Director for Training & Assessment with the ICGP. Responsible for strategic and academic development of the Irish GP Training Programme.</p>
<p>Prof Donal O'Shea</p> 	<p>Qualified from University College Dublin in 1989 and then moved to Hammersmith Hospital in London. Completed research with Professor Sir Stephen Bloom on how the brain controls appetite. Moved to current position establishing the first hospital based multidisciplinary treatment unit for the management of adult obesity in the country. Is a member of the Department of Health Policy group on obesity established in 2011 and chaired a group carrying out a health impact assessment on the potential benefits and harms of a tax on sugar sweetened drinks. Has presented the EU Ministers for Health and the Director General of the WHO on the importance of prevention of childhood obesity. Has specific research interests in gender issues as well as obesity and has published over 200 research papers. He is currently National lead for management of Obesity with the HSE.</p>
<p>Dr Ming Rawat</p> 	<p>Ming is working as a GP for the last 22 years and medical educator for the last 15 years currently as assistant program director on the north Dublin City GP training program which she co-founded with Dr Austin O'Carroll in 2009.</p> <p>Ming is trained as a yoga teacher (2010) and qualified MBSR program teacher (mindfulness base stress reduction) with the IMA institute for mindfulness approaches (2014). She has encouraged the development of the self-care and resilience building module with her colleagues on the NDCGP programme which incorporates the MBSR course, Balint sessions and resilience building workshops.</p>
<p>Dr Paul Ryan</p> 	<p>Paul works as a GP in Cork. He is also a qualified pharmacist and has a passion for teaching. He is the founder of GPConsult.ie which is a free website containing over 300 evidence based consultation templates seen in everyday GP practice. He is also founder of PrescriptionRevision.com which contains tutorials helping Trainees prepare for the MICGP exam. The tutorials are reimbursable on the TSS scheme.</p>
<p>Ruth Shipsey</p> 	<p>A solicitor with over thirty years' medico-legal experience, Ruth understands the medico-legal landscape and the challenges it creates for healthcare professionals and indemnifiers. Ruth promises to always try to arrange the best professional indemnity insurance in the market and is dedicated to ensuring that Medisec is respected as the membership organisation of choice for healthcare professionals by providing exemplary complaints and disciplinary support to members, while supporting and promoting optimum care for patients. Ruth is committed to ensuring that Medisec's strong reputation of service to members is maintained and enhanced and she personally; alongside her team, makes herself available on a 24/7 basis to support members with their medico- legal queries and concerns.</p>
<p>Prof. Susan Smith</p> 	<p>Susan Smith is Professor of General Practice at Trinity College Dublin and works as a General Practitioner at Inchicore Family Doctors in Dublin 8. Her research interests include improving outcomes for patients with multimorbidity and related clinical issues such as medicines management, including access to medicines. She has been the PI or Co-PI on eight RCTs of interventions for chronic disease management in Irish primary care settings. She is an editor and author with the Cochrane Collaboration and is an advocate for Evidence Based Medicine and Shared Decision Making. She also has an interest in health</p>

	<p>equity and coordinates the Deep End Ireland Group, which advocates for appropriate primary care services for socioeconomically disadvantaged groups. During the COVID-19 pandemic she has been a member of the HIQA COVID19 Expert Advisory Group, which provides evidence-based guidance to inform public policy and guidance.</p>
<p>Prof. Muhammad Tariq</p> 	<p>Prof Tariq Who is Consultant Paediatrician in Midland Regional Hospital Portlaoise and Associate Professor at University college Dublin within School's Academic section of women's & Children's health. He has special interest in paediatrics allergy & respiratory and developed allergy and asthma service at Midland Regional Hospital Portlaoise five years ago. He achieved his allergy diploma and certificate from Southampton and Newcastle UK and finishing his MSc in allergy soon. He did his respiratory training from King College London UK.</p>
<p>Aisling Timoney</p> 	<p>Aisling has over 10 years' experience in healthcare law and medical negligence litigation, with rounded knowledge of the medico legal environment in Ireland and the particular challenges associated with regulatory and disciplinary proceedings. Having previously worked as In-House Legal Advisor to the Medical Council of Ireland, her particular interest lies in the regulatory sphere and in advising doctors who are the subject of regulatory complaints. She was the lead defence solicitor in a high profile Medical Council Fitness to Practise Inquiry concerning wrong site surgery and in subsequent successful Judicial Review proceedings which changed the landscape of regulatory law in Ireland.</p>
<p>Dr Nathan Wall</p>	<p>Dr Nathan Wall is a full-time GP in Blessington, Co Wicklow with a sub-specialty in Sport and Exercise medicine. He currently works as the club academy doctor for Shamrock Rovers FC and is a clinical tutor on the FSEM/ICGP Diploma in Musculoskeletal Injury Management. Nathan has completed an MSc in Sport and Exercise Medicine through the University of Bath and has completed membership of the Faculty of Sport & Exercise Medicine in Ireland and in the UK.</p>
<p>Dr Ellen Walshe</p> 	<p>Dr Ellen Walshe is a Medicolegal Consultant at Medical Protection. Ellen graduated from UCC in 1996 and worked in General Paediatrics and Paediatric Intensive Care in Dublin and London. Ellen has worked in the medicolegal field since 2007, joining Medical Protection in 2020. She has extensive experience advising and supporting members throughout the UK and Ireland with ethical and legal issues including claims, regulatory, disciplinary, coronial and complaint investigations and professional performance concerns.</p>
<p>Dr Mark Wheeler</p> 	<p>Dr Mark Wheeler qualified in London in 1987 and completed his specialist GP training in the UK, Ireland & Australia. In 1997 he established Edenpark Medical in Raheny, Dublin 5. He is Member of Irish College of General Practitioners and was elected Fellow of the Royal College of General Practitioners in 2019. He is a member of the Primary Care Dermatological Society of Ireland and the Primary Care Surgical Association and is an Associate Member of the Irish Association of Dermatologists. He previously served on the Board of the Irish Skin Foundation</p> <p>Though first and foremost a GP he has always had a keen interest in diseases of the skin since working in dermatology at Hume Street Hospital in Dublin. He holds weekly skin clinics at Edenpark Medical and works in the Department of Dermatology in Beaumont Hospital both in out-patients and performing skin surgery.</p> <p>Together with the NGO Standing Voice he established a Skin Cancer Prevention and treatment Program for people with Albinism in Malawi. He remains active as medical adviser to the NGO and travels out regularly to Malawi.</p>

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