

# REGISTRATION FORM

Conference – Thursday 11th April 2019 - Radisson Blu Hotel, Little Island, Cork.  
Masterclasses – Friday 12th April 2019 – Northridge House Education & Research Centre,  
St. Lukes Home, Castle Road, Mahon, Cork.  
(Registration desk for conference open from 8.30am)

Name(s) .....

Organisation .....

Address .....

Telephone .....

Email .....

Please tick this box if you consent to Northridge House Education & Research Centre retaining your registration details on a database for the sole purpose of notifying you of any further educational opportunities.

Conference only: €100  Two Masterclasses only: €90  Conference plus two Masterclasses: €175

**Conference plus one Masterclass: €140**

Masterclass with Prof. Amanda Phelan 10am – 1pm

Masterclass with Dr. Maeve Hurley 2pm – 5pm

**Masterclass only: €50**

Masterclass with Prof. Amanda Phelan 10am – 1pm

Masterclass with Dr. Maeve Hurley 2pm – 5pm

To register for this year's Conference please complete this Registration Form and return with Conference Fee to: Northridge House Education & Research Centre, St. Luke's Home, Castle Road, Mahon, Cork.  
Payment must be received in advance of the Conference to ensure a place.

Bookings can also be taken over the phone on  
021 4536551 or online at [www.northridgehouse.ie](http://www.northridgehouse.ie)

Closing date for registration Friday 5th April 2019.



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## BOOKINGS & ENQUIRIES TO:

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7th Annual Conference

Enhancing Quality of Life in Unrestricted Healthcare Environments

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Thursday 11th April 2019

RADISSON BLU HOTEL, LITTLE ISLAND, CORK

NMBI (CATEGORY 1)  
ACCREDITATION PENDING





### Mr. Peter Groarke

Peter Groarke is a Partner in Ronan Daly Jermyn's Healthcare team. Peter provides specialist advices on Inquest hearings and Professional Medical complaints to a range of healthcare clients and also represents a number of Nursing Home Facilities. Peter is a member of organisations such as the International Bar Association and Southern Law Association of Ireland. He was Former President of the Southern Law Association (2014-2015), Council Member of the Law Society of Ireland (2013 -2016) and currently sits on the Law Society Client Complaints and Relations Committee.



### Prof. Tony O'Brien

Tony O'Brien MB FRCPI is Clinical Professor of Palliative Medicine at the College of Medicine & Health, University College Cork and Consultant Physician in Palliative Medicine at Marymount University Hospital & Hospice and at Cork University Hospital, Ireland. He undertook his higher specialist training at St Christopher's Hospice, London.

Professor O'Brien has served as chairperson of the National Advisory Committee on Palliative Care, the National Council for Specialist Palliative Care, the Irish Association for Palliative Care and the Council of Europe Expert Committee on Palliative Care. He has published and lectured widely on various aspects of palliative care policy, pain and symptom management. He has a particular interest in ethical and legal issues at the end of life



### Prof. Amanda Phelan

Professor Amanda Phelan, is an Associate Professor in the UCD School of Nursing, Midwifery & Health Systems. Amanda also holds several positions in the School, namely, Associate Dean for Global Engagement and Co-Director of the National Centre for the Protection of Older People. Amanda serves on the NMBI Fitness to Practice, the Board of Directors of Third Age, AIGNA Management Committee, Sage Advocacy and Support for Older People (Policy and Procedures Committee) and the National Safeguarding Committee. She also served on several HIQA advisory committees, namely the review of the National Standards for Residential Care Settings for Older People in Ireland, Draft National Standards for Safeguarding Adults, and Restrictive Practices.



### Ms. Deirdre Lang

Ms Deirdre Lang: RGN, Scottish Quality & Safety Fellow (Cohort 10), FFMRCISI, MSc Leadership, BNS (Hons), Dip Mgt, HDip Gerontological Nursing, HETAC level 6 Special award in coaching. Deirdre initially trained in St Vincent's Hospital, Elm Park. She spent a number of years working in acute services in Australia and Ireland.. Her experience in Older Persons Services includes the role of Clinical Nurse Manger 2, Assistant Director of Nursing and Director of Nursing both in the HSE and private sector. Her role as Director of Nursing NCPOP brings together all aspects of her experience to date, together with her passion for the older patient and those who provide their care.

@deirdrelanglang



### Ms. Fiona Ryan

Fiona Ryan BSc. (Hons) Physiotherapy, MISC, qualified and worked in the UK prior to returning to Cork in 2000, where she acquired the Cork Physiotherapy and Sports Injury Clinic. In conjunction with running her clinic she has been working in St. Luke's Home for 15 years. Her vast experience in working with the older person has been invaluable in developing and maintaining best clinical practice within the home.

## Conference Agenda for the Day

TIME	EVENT	SPEAKER
08.30 - 09.15	Registration & Coffee	
09.15 - 09.30	Opening Address	<b>Dr. Paul Colton,</b> President, St. Luke's Charity & Home

### SESSION 1

09.30 - 10.00	Practical Implications of Recent Legislation in Residential Care Settings	<b>Mr. Peter Groarke,</b> Partner, Ronan Daly Jerymn, Cork
10.00 - 10.30	Appropriate use of Psychotropic Medications in People with Dementia - Practical Implementation of a Forthcoming National Clinical Guideline	<b>Dr. Suzanne Timmons,</b> Consultant Geriatrician University College Cork
10.30 - 11.00	Implications of Forthcoming Capacity Legislation for Older People with Dementia	<b>Prof. Shaun O'Keeffe,</b> Consultant Geriatrician Galway University Hospital
11.00 - 11.15	Questions	
11.15 - 11.45	Coffee and Visit Exhibitors	

### SESSION 2

11.45 - 12.15	The Journey	<b>THE CARER'S VOICE</b> <b>Mrs. Nora Owen,</b> Former Minister for Justice
12.15 - 12.45	Don't you Know Who I am?	<b>Prof. Tony O'Brien,</b> Consultant Palliative Care, Marymount University Hospital & Hospice
12.45 - 13.00	Questions	
13.00 - 14.15	Lunch and Visit Exhibitors	

### SESSION 3

14.15 - 15.00	Understanding Rights and Restrictive Practice: A History of the Present	<b>KEY NOTE ADDRESS</b> <b>Prof. Amanda Phelan,</b> Co-Director NCPOP, Associate Dean Global Engagement, UCD.
15.30 - 16.00	National Frailty Education Programme Framing Frailty: A Step Toward Positive Healthcare Outcomes	<b>Ms. Deirdre Lang,</b> Director of Nursing/National Lead Older Persons Services, Clinical and Integrated Programmes
15.30 - 16.00	Maintaining a Restraint Free Environment - A Physio's Perspective	<b>Ms. Fiona Ryan,</b> Physiotherapist, St. Luke's Home
16.00 - 16.30	Questions and Close	<b>Rev. Bruce Pierce,</b> Director of Education, Northridge House Education & Research Centre

## MASTERCLASSES

**FRIDAY 12th April 2019**

**NORTHRIDGE HOUSE EDUCATION**

**& RESEARCH CENTRE**

ST. LUKES HOME, CASTLE ROAD,

MAHON, CORK.



### Prof Amanda Phelan

10am – 1pm

**RESTRICTIVE PRACTICES... UNDERSTANDING HOW WE PROMOTE RIGHTS**

Restrictive practices are a serious and potentially harmful intervention. Central to restrictive practice

reduction models is the need to deliver services in therapeutic environments and in accordance with person centred, value based care which focuses on promoting rights and aims to enhance quality of life. Prof. Phelan serves on the NMBI Fitness to Practice, the Board of Directors of Third Age, AIGNA Management Committee, Sage Advocacy and Support for Older People (Policy and Procedures Committee) and the National Safeguarding Committee. She has two books in progress due for publication in 2019: Advances in Elder Abuse Legislation, Policy, Practice & Research (Springer) and Changing horizons in the 21st century: Perspectives on ageing (Cambridge Scholar). This workshop will focus on a rights based approach to care of older people in healthcare settings..

### Dr Maeve Hurley

2pm – 5pm

**PRESENT & ATTUNED – A RELATIONAL APPROACH**

The Masterclass will explore the potential of a relational approach to enhance the quality of life for older people. Introducing the evidence of the link between the quality of relationships and health outcomes, Dr Maeve Hurley, founder of Ag Eisteacht, will highlight and discuss opportunities for social integration in later life. An experiential exercise will allow participants to reflect on and explore how a residential setting may be experienced by the resident, family members and staff. Ag Eisteacht's ABLE model (Adopt a relational approach, Build, Listen and Empower) will be introduced as a framework to support practitioners to be present and attuned and build responsive relationships with residents and families.



### Dr Maeve Hurley, MB, MRCGP, founder of Ag Eisteacht

Dr Maeve Hurley, a former GP, founded Ag Eisteacht, a registered charity, in 2001. Her goal is to highlight relationships as a core component of health and well-being to ensure improved outcomes for children, families and communities. Ag Eisteacht's accredited and evidenced-informed ABLE (Adopt a relational approach, Build, Listen and Empower) training programme equips practitioners within the health, education, social, youth, justice and community sectors with the skills, knowledge and confidence to build relationships with clients. This involves considering the patient or client in the context of their relationships and being attuned and present when individuals turn to them for support while attending to their own well-being at the same time. Ag Eisteacht has delivered training to over 2,000 practitioners in Ireland to date.

**Please note that Masterclasses are taking place in Northridge House Education & Research Centre, Castle Road, Mahon.**

**<https://www.northridgehouse.ie/how-to-get-here/> Eirecode T12 H970**