



The Meath Foundation

Healthcare Research and Education at the Hospital in Tallaght

Volume 1 Edition 2: Winter 2004



"The Chairman and Directors of the The Meath Foundation Board send their best wishes for the holiday season to our governors, members, contributors and staff."

**Meath Foundation Awards €125,000 in Research Grants
Tackling Post Stroke Depression
How you can support the Meath Foundation
A Stroke of Genius**

The Meath Foundation awards €125,000 for Research at the Hospital in Tallaght.



Professor Richard Conroy,
Chairman of the Research
Committee

The Meath Foundation is delighted to announce the award of its 2004 grants for research in

the hospital at Tallaght. This year €125,000 is to be divided across 7 research projects in the hospital. Grants have been awarded for research in a broad range of disciplines including healthcare delivery, medical and nursing. According to the Chairman of the Research Committee Professor Richard Conroy, "the Hospital at Tallaght continues to develop as a flagship for healthcare research in Ireland and the Meath Foundation is playing a major role in supporting this development by

awarding Research Grants on an annual basis."

As well as medical grants, one of the grants was allocated within the Nursing field and one within the Allied Health Professionals field.

The complete list of successful applicants and a detailed description of their projects is available on our website at www.meathfoundation.com and we will feature their work over the coming year in the Meath Foundation Newsletter.

A Stroke of Genius

The Meath Foundation was delighted to co-sponsor the recent Stroke of Genius Symposium and Concert at the National Concert hall. Both the symposium and concert enjoyed practically full houses and attendees at the symposium were impressed by speakers from the UK, Germany and Ireland such as Professor Paul Robertson of the Medici Quartet and Channel 4's Music and the Brain who spoke about the impact of neurological illness on the brain and Prof Stefan Evers of the University of Munster who described Handel's strokes.

Prof Robert Turner displayed new research on neuro-

imaging and music and Prof Des O'Neill gave an overview on disease and creativity. The symposium was rounded off by a very stimulating talk on the role of music therapy in stroke by Dr Wendy Magee.

The theme of the day was carried through into the evening's concert with The National Symphony Orchestra conducted by Gerhard Markson who pulled together the various strands of the day in a musical score that the Sunday Business post described as "breathe taking".

The symposium and concert further cemented the Meath Foundations association and support of the Arts and Medicine.



Gerhard Markson, Conductor of the National Symphony Orchestra, Professor Des O'Neill of TCD and the Meath Foundation, and Professor Bob Turner of University College London.



Ian Dodson, Development Executive with the Meath Foundation, Gerhard Markson, Conductor of the National Symphony Orchestra, Professor Des O'Neill of TCD and The Meath Foundation, Mairead Shields Company Secretary of the Meath Foundation and Dr Hugh J. Galvin former Consultant Anaesthesiologist with the Meath Hospital.



Speakers at the Conference were Professor Martin Evers, Dr Wendy Magee, Prof Des O'Neill, Prof Bob Turner and Prof Paul Robertson of the Medici String Quartet

Date for your Diary

The annual General Meeting of the Meath Foundation will take place on Thursday, 24th of March, 2005 at the Hospital in Tallaght.

The 1st Meath Foundation Golf Classic will take place at South County Golf Club on Thursday, 12th of May, 2005.



Tackling Post Stroke Depression

Each Quarter we feature a recipient of one of the Meath Foundation's research Grants. This quarter we feature Dr. Gregory Swanwick Consultant Psychiatrist at the Hospital in Tallaght and Dr. Leona Judge who have conducted valuable research on the incidence of depression in older people hospitalised with acute physical illness.

According to Dr. Swanick, the research set out to bring some clarity to the area of post stroke depression, which is a "somewhat controversial concept in the current medical literature, with rates, causes and treatment options all being widely disputed". "Recent Studies", he added "have questioned the very existence as a separate entity and have argued that depression is no commoner post-stroke than after any other medical illness."

The aim of the project then was to establish the rate of depression in an acutely-ill hospitalised elderly population and to compare rates in a post stroke group and the non-stroke group. Patients were assessed at two weeks, six weeks, six months and one year after initial presentation. They were assessed using a variety of psychiatric scales and interviews.

"To date" Dr Judge explained, "72 stroke patients and 53 non-stroke patients have been entered. 67 of these patients have been followed up for one year and follow-up is ongoing in the remainder." The researchers expect to complete this process by early 2005. "Thus far" Dr Judge added "there is clear evidence of an increased rate of depression in the post-stroke group as compared to the acutely-ill group. We hope that publication of our findings will increase awareness, and early

treatment of this condition as many studies have shown an increase in mortality and reduced recovery of the activities of daily living in post-stroke patients with a concomitant depression."

To date the initial findings have been presented at local, national and international meetings. The results were presented at the Irish Geriatric Society Meeting in September 2003 and also at the inaugural meeting of the All Ireland Institute of Psychiatry where the project won the Wyeth prize for the best poster presentation. In February 2004 the project was well received at the meeting of the American Association of Geriatric Psychiatry and Dr Judge recently received Royal College of Psychiatrist's Phillip Davis Prize for Old Age Psychiatry.

What is post-stroke depression?

Post-stroke depression is a depressive episode which occurs usually within three months following a stroke but it can occur after this.

How common is it?

Studies have reported an incidence of anything from 16-54% in post stroke patients.

Why is it important?

Post-stroke depression is important, not only because of the reduced quality of life associated with it but because it can increase

mortality and reduce physical recovery after a stroke.

How is it treated?

It is treated like any other episode of depression with antidepressant medication, usually an SSRI (serotonin reuptake inhibitor) and/or psychotherapy.

The Meath Foundation:

The Mission of the Meath Foundation is to carry on the best traditions of the Meath Hospital by providing a focus for voluntary input into the Adelaide & Meath Hospital, Dublin Incorporating the National Children's Hospital.

We do this by supporting the development of the Hospital in Tallaght particularly through the promotion of Healthcare Research and Education within the Hospital and the wider community.

Our core values of Voluntarism/Self Help, Inclusiveness, Innovation/Originality, Effectiveness and Objectivity inform and guide our work to develop a credible and sustained programme of broadly defined research activity at the hospital.



The Hospital at Tallaght

If you would like to submit articles, news or information about events to the Meath Foundation for inclusion in our newsletter, please contact us at the address below.

The Meath Foundation
Adelaide & Meath Hospital, Dublin
Incorporating the National Children's
Hospital
Tallaght
Dublin 24.

Tel: + 353 1 4142432

Fax: + 353 1 4145949

Web: www.meathfoundation.com

Email: meathfoundation@amnch.ie

How You Can Help ?

BECOME A MEMBER

At the Meath Foundation we value individual members for their participatory role and their diversity of opinion. On payment of a yearly subscription of €32.00 Members will receive our quarterly news letter. As a member you can help to shape the agenda and objectives of the Meath Foundation. To join please fill out the form below and return it to the Meath Foundation.

ORGANISE AN EVENT

You may be able to donate your time and organisational ability to running an event for the Meath Foundation. See our website for Details www.meathfoundation.com or contact us at the number below for further information

GIVE NOW

You can donate online at our website www.meathfoundation.com or by filling in the form below and returning it with your cheque to the Meath Foundation

GIVE REGULARLY

"Planned Giving" is the most efficient and effective way to support The Meath Foundation. Setting aside a specific sum of money each month is easily organised through your bank by standing order. Fill out the form below and we'll send you a Standing Order form or see our website for further details. (www.meathfoundation.com)

POST/FAX

Fill out the form below and post it to the address opposite, or fax it to 01 4145949

Name.....

Address.....

Phone.....

E-mail.....

I would like to become a member of The Meath Foundation and enclose a cheque for €32.00

I would like to make a donation of €_____ to The Meath Foundation.

(Cheques only please to the Address below)

I would like to set up a standing order, please send me a Standing Order Form

