



'Supporting,  
educating  
and raising  
our profile'

[www.ohnai.ie](http://www.ohnai.ie)

# OHNAI SUMMER 2018 NEWSLETTER

## SLEEP

PAGE 3

## THE IMPORTANCE OF INFORMATION SECURITY IN HEALTHCARE

PAGE 9

## OCCUPATIONAL HEALTH GLOBAL NETWORKING EVENT

PAGE 12

# President's Address

Dear Members,

It's hard to believe we are nearly half way into 2018 and what a busy year it has been for us all so far!

The highlight of the year so far has undoubtedly been the Occupational Health Global Networking event that we held in the Convention Centre during ICOH week.

This is a fantastic opportunity to collaborate with frontline specialists in the field of Occupational Health Nursing and share first hand experiences of evidence based best practice at an international level

This event which included representatives from ICOH SCOHN, FOHNEU, UK OH Forum, INMO and our own association was so well attended and enjoyed by all. It was a unique opportunity to network and share ideas and we had 13 countries represented including Australia, Belgium, Denmark, Hungary, Japan New Zealand, South Africa, Spain, Taiwan, UK, US, Zimbabwe and Ireland.

We were privileged to have Professor Ken Addley Chair of the Scientific committee ICOH Congress to open our event and Dean Blanaid Hayes also came gave us her support. Professor Addley advised that the last time ICOH was hosted by Ireland was in 1984 and the profit from that congress was used to host a annual congress lecture which today is known as the Jack Eustace lecture which is hosted each year by the Faculty of Occupational Medicine, the Occupational Hygiene Society of Ireland OHSI and the OHNAI.

Prof Ken acknowledged in his speech the importance of effective communication and collaboration within all disciplines involved with Occupational Health and his attendance and also that of Dean Blanaid Hayes who came to gave us her support was certainly testimony to that.

After a lovely buffet supper, our very own Ann Colohon opened the networking event. Ann gave an insightful overview of the Occupational Health services provided in An Post and discussed current challenges being faced by OH Nurses here In Ireland. To conclude she opened the debate up to the floor by posing the question "Are Challenges in Ireland the same as elsewhere to the representatives of the other countries in attendance?"

The following countries contributed to the discussion:

USA - Susan Randolph (Chair of ICOH SCOHN) | Hungary - Henriette Hirdi (President of FOHNEU)  
Denmark - Julie Staun | Ireland - Kathleen Treanor | South Africa - Kim Davies, Denise Minnie and Karen Mitchell  
UK - Vivienne Costley and Jenner Radford | Zimbabwe - Florence Moyo | Taiwan - Judy Shiao | New Zealand - Janice Regan  
Belgium - Medki | Greece - Stylani Tziafeni (ST) | Japan - Keiko Khan (KK)

General discussion followed on how do we move forward as a profession globally with standardised practice and education. Susan Randolph advised that people should join SCOHN and this would ensure a collective awareness and sharing of developments, research and also allow for dissemination of information. The evening concluded with refreshments in the Hilton Garden.

I would like to take this opportunity to acknowledge all the hard work of the committee in achieving a highly successful year for the association.

I am pleased to inform you that significant progress has been made with use of social media through our Facebook page. This has opened up a good avenue for networking and sharing of expertise knowledge among our profession. Several of our members have joined and participate fully the UK Jisc on line forum which is another viable resource for OH Nurses.

The OHNAI continues to be involved as a supporting organisation, in the planning and preparation of the 48th FOHNEU Board Meeting will take place in Dublin.

14th - 16th November 2018. We plan along with the INMO Occ Health committee to have a good welcome the members of the European countries during this important 2 ½ day event. Plans are also in place for The 7th FOHNEU International Congress which will take place in Budapest, Hungary in 24th-26th April, 2019. We shall keep you up to date with developments at our AGM later in the year.

The OHNAI really appreciates our members continued support and welcomes any feedback or suggestions you may have so please feel free to contact us at ohnaireland@gmail.com.

Finally, on behalf of the OHNAI committee, I hope you enjoy this newsletter and I trust you will find it topical and interesting reading.

Kind regards,

*Mary Doran* - OHNAI President 2017/2018

# “EVEN A SOUL SUBMERGED IN SLEEP IS HARD AT WORK AND HELPS MAKE SOMETHING OF THE WORLD.” *Heraclitus*

by Breda Dooley - Counselling Psychology

Sleep – we all love it. We also expect it just to happen. In truth your sleep is very much dictated by how you live your day. Rushing, not eating well, worrying and eyes fixed on mobiles all effect our sleep. Mindfulness can really improve sleep. Like brushing your teeth, a four minute Mindfulness Breathing session (Dr Weil YouTube) should become part of your wake-up and bed-time routine and reduces the stress hormone cortisol. Mindfulness means being in the now, not worrying about future challenges or churning up the past. It’s about getting the ‘have to’s, musts’, should have’s and why didn’t I’ phrases out of your head. These thoughts are unhelpful and cannot be changed when you are lying in your bed. Try to let them go and along with the breathing visualise them floating away in a river or floating up with the clouds. This practice takes time and you will get distracted, but go back to your breath as an anchor. With practise this can be your ‘Space’

Going to bed with high Cortisol means going to bed with your body chemistry working against sleep. This Cortisol puts us into the stress state of fight or flight, an ancient state of preparedness not to be eaten by a lion. There are no lions now but it seems negative and worrying thoughts can impede sleep – these appear to be our new lions. These thoughts do not exist in the NOW but are us projecting into the future which rob us of sleep. Mindfulness brings you into a state of the ‘Now’ where your mind can take time out to relax and recover and even prepare you for sleep. Even constantly thinking these thoughts can increase Cortisol

Melatonin is the chemical in your brain that promotes sleep. It is secreted into the brain from 9pm in the hope that you will be asleep before 12pm. It begins to shut down secretion at approximately 7am preparing us to wake up. From this we can see that doing very physical exercise after 9pm is not

helpful and that from about 10pm we should begin a wind down period. As we do with young children, adults should try to get into a routine at night going to sleep at roughly the same same as well as waking. That Box Set may be tempting but its messing with your Melatonin. As in everything an 80/20 rule should hold so do not be too hard on yourself. Indeed before embarking on any changes keep a sleep diary to see how you in fact sleep and with what type and length of sleep do you feel best.

But what do you do if you are in bed and you still cannot sleep, being kept awake by worry. Writing out your thoughts on a pad in a non-stop stream can relax the brain. Another approach is to do Progressive Muscle Relaxation working up from the feet tensing and relaxing the muscles until you get to your head and repeating. Mindful breathing is also very effective whilst in bed. Finally one of the best things you can do is to remove Blue Light from your bedroom. The light emitted from Smart Phones and Tablets has been shown to prevent the secretion of melatonin and thus keeps the brain awake. Avoid them. If you have to work on a computer prior to going to bed try the f.lux software to help with this.

If you experience ongoing problems such as early wakening or difficulty getting to sleep contact your Doctor or Nurse as it could indicate depression or anxiety. Ongoing sleep disturbance that develops into insomnia should be dealt with by a medical professional. Take your sleep seriously, you plan your shopping trips, your time at the gym and evenings out. Give your sleep the same attention - the average recommended for an adult is 6-7 hours a night so approximately 48-50 hours a week. Short term sleep deficits can be made up but not long term and can then develop into more serious problems. Sleep does not just happen - we need to contribute to the quality of our sleep.



**Sleeping well directly affects your mental and physical health and the quality of your waking life. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need. There is a solution. Making simple but important changes to your daytime routine and bedtime habits can have a profound impact on how well you sleep, leaving you feeling mentally sharp, emotionally balanced, and full of energy all day long.**

### How can I get a better night's sleep?

Getting a good night's sleep may seem like an impossible goal when you're wide awake at 3 a.m., but you have much more control over the quality of your sleep than you probably realize. Just as how you feel during your waking hours often hinges on how well you sleep at night, so the cure for sleep difficulties can often be found in your daily routine.

Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. But by experimenting with the following tips to find the ones that work best for you, you can enjoy better sleep at night, improve your mental and physical health, and improve how you think and feel during the day.

### Tip 1: Keep in sync with your body's natural sleep-wake cycle

Getting in sync with your body's natural sleep-wake cycle, or circadian rhythm, is one of the most important strategies for sleeping better. If you keep a regular sleep-wake schedule you'll feel much more refreshed and energized than if you sleep the same number of hours at different times, even if you only alter your sleep schedule by an hour or two.

- Try to go to sleep and get up at the same time every day. This helps set your body's internal clock and optimize the quality of your sleep. Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock, you may need an earlier bedtime.
- Avoid sleeping in—even on weekends. The more your weekend/weekday sleep schedules differ, the worse the jetlag-like symptoms you'll experience. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm.
- Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon.
- Fight after-dinner drowsiness. If you get sleepy way before your bedtime, get off the couch and



do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep.

## Tip 2: Control your exposure to light

Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. Your brain secretes more melatonin when it's dark—making you sleepy—and less when it's light—making you more alert. However, many aspects of modern life can alter your body's production of melatonin and shift your circadian rhythm.

### During the day:

- Expose yourself to bright sunlight in the morning. The closer to the time you get up, the better. Have your coffee outside, for example, or eat breakfast by a sunny window. The light on your face will help you wake up.
- Spend more time outside during daylight. Take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night.



- Let as much natural light into your home or workspace as possible. Keep curtains and blinds open during the day, and try to move your desk closer to the window.

- If necessary, use a light therapy box. This simulates sunshine and can be especially useful during short winter days.

### At night:

- Avoid bright screens within 1-2 hours of your bedtime. The blue light emitted by your phone, tablet, computer, or TV is especially disruptive. You can minimize the impact by using devices with smaller screens, turning the brightness down, or using light-altering software such as f.lux.
- Say no to late-night television. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead.
- Don't read with backlit devices. Tablets that are backlit are more disruptive than e-readers that don't have their own light source.



- When it's time to sleep, make sure the room is dark. Use heavy curtains or shades to block light from windows, or try a sleep mask. Also consider covering up electronics that emit light.
- Keep the lights down if you get up during the night. If you need some light to move around safely, try installing a dim nightlight in the hall or bathroom or using a small flashlight. This will make it easier for you to fall back to sleep.

### Tip 3: Exercise during the day

People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep.

- The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality.
- It can take several months of regular activity before you experience the full sleep-promoting effects. So be patient and focus on building an exercise habit that sticks.

#### For better sleep, time your exercise right.

Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. This isn't a problem if you're exercising in the morning or afternoon, but too close to bed and it can interfere with sleep.

Try to finish moderate to vigorous workouts at least three hours before bedtime. If you're still experiencing sleep difficulties, move your workouts even earlier. Relaxing, low-impact exercises such as yoga or gentle stretching in the evening can help promote sleep.

### Tip 4: Be smart about what you eat and drink

Your daytime eating habits play a role in how well you sleep, especially in the hours before bedtime.

- Limit caffeine and nicotine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime.
- Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Spicy or acidic foods can cause stomach trouble and heartburn.

- Avoid alcohol before bed. While a nightcap may help you relax, it interferes with your sleep cycle once you're out.
- Avoid drinking too many liquids in the evening. Drinking lots of fluids may result in frequent bathroom trips throughout the night.
- Cut back on sugary foods and refined carbs. Eating lots of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep.

#### Night-time snacks help you sleep

For some people, a light snack before bed can help promote sleep. For others, eating before bed can lead to indigestion and make sleeping more difficult. If you need a bedtime snack, try:

- Half a turkey sandwich
- A small bowl of whole-grain, low-sugar cereal
- Milk or yogurt
- A banana



### Tip 5: Wind down and clear your head

Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well.

If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying and look at life from a

more positive perspective. Even counting sheep is more productive than worrying at bedtime.

If the stress of work, family, or school is keeping you awake, you may need help with stress management. By learning how to manage your time effectively, handle stress in a productive way, and maintain a calm, positive outlook, you'll be able to sleep better at night.

The more overstimulated your brain becomes during the day, the harder it can be slow down and unwind at night. During the day, many of us overstress our brains by constantly interrupting tasks to check our phones, emails, or social media. Try to set aside specific times for these things, and focus on one task at a time. When it comes to getting to sleep at night, your brain won't be accustomed to seeking fresh stimulation and you'll be better able to unwind.

### Relaxation techniques for better sleep

Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Try:

- Deep breathing. Close your eyes and take deep, slow breaths, making each breath even deeper than the last.
- Progressive muscle relaxation. Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up to the top of your head.
- Visualizing a peaceful, restful place. Close your eyes and imagine a place that's calming and peaceful. Concentrate on how relaxed this place makes you feel.

### Bedtime rituals to help you relax

Create a 'toolbox' of relaxing bedtime rituals to help you unwind before sleep. For example:

- Read a book or magazine by a soft light
- Take a warm bath
- Listen to soft music
- Do some easy stretches

- Wind down with a favourite hobby
- Listen to books on tape
- Make simple preparations for the next day
- Dim the lights in the hours leading up to bed



### Tip 6: Improve your sleep environment

A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Sometimes even small changes to your environment can make a big difference to your quality of sleep.

#### Keep your room dark, cool, and quiet

- Keep noise down. If you can't avoid or eliminate noise from neighbours, traffic, or other people in your household, try masking it with a fan or sound machine. Earplugs may also help.
- Keep your room cool. Most people sleep best in a slightly cool room (around 65° F or 18° C) with adequate ventilation. A bedroom that is too hot or too cold can interfere with quality sleep.
- Make sure your bed is comfortable. Your bed covers should leave you enough room to stretch and turn comfortably without becoming tangled. If you often wake up with a sore back or an aching neck, you may need to experiment with different levels of mattress firmness, foam toppers, and pillows that provide more or less support.
- Reserve your bed for sleeping and sex. By not working, watching TV, or using your computer in



bed, your brain will associate the bedroom with just sleep and sex and make it easier to wind down at night.

### Tip 7: Learn ways to get back to sleep

It's normal to wake briefly during the night but if you're having trouble falling back asleep, these tips may help:

- Stay out of your head. Hard as it may be, try not to stress over your inability to fall asleep again, because that stress only encourages your body to stay awake. To stay out of your head, focus on the feelings in your body or practice breathing exercises. Take a breath in, then breathe out slowly while saying or thinking the word, "Ahhh." Take another breath and repeat.
- Make relaxation your goal, not sleep. If you find it hard to fall back asleep, try a relaxation technique such as visualization, progressive muscle relaxation, or meditation, which can be done without even getting out of bed. Even though it's not a replacement for sleep, relaxation can still help rejuvenate your body.
- Do a quiet, non-stimulating activity. If you've been awake for more than 15 minutes, get out of bed and do a quiet, non-stimulating activity, such as reading a book. Keep the lights dim and avoid screens so as not to cue your body that it's time to wake up.
- Postpone worrying and brainstorming. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve. Similarly, if a great idea is keeping you awake, make a note of it on paper and fall back to sleep knowing you'll be much more productive after a good night's rest.





# THE IMPORTANCE OF INFORMATION SECURITY IN HEALTHCARE

*Justin Boggins, Enguard*

We have all heard terms like data breach, data protection, GDPR (General Data Protection Regulations), cyber attacks and ransomware being thrown around news headlines for some time now.

It is a subject gaining traction in popular media and is no longer restricted to the conversations of those who work in the field, and rightly so.

The awareness of information security and the understanding of the importance of protecting data accordingly is integrating itself deeper and deeper into all our careers, regardless of industry.

However, at the core of information security is the understanding that the classification of the data in question will determine its potential risk and should therefore lead to the implementation of appropriate controls in order to protect the data.

By classification of data I am referring to its level of sensitivity. The GDPR defines two such classifications as personal data and sensitive data. Both of which are hugely relevant to healthcare.

Personal data meaning any information relating to an identifiable person who can be directly or indirectly identified in particular by reference to an

identifier including name, identification number, location data or online identifier, reflecting changes in technology and the way organisations collect information about people.

The GDPR refers to sensitive personal data as 'special categories of personal data' including racial or ethnic origin, political opinions, religious beliefs, trade union activities, physical or mental health, sexual life, or details of criminal offences.

It is therefore fair to say, the more sensitive the data is, the higher the risk level is and therefore the better the controls should be.

So when you consider an industry such as healthcare where the data required for its daily running is of the most sensitive classification, it highlights the requirement for the complete adoption of an information security culture and integration of appropriate controls across the entire spectrum of the service.

Despite the exhausting recent coverage and communication on GDPR, it brings with it a framework of data protection guidelines that are to be adopted by all industries operating in the EU for the greater good.

You see, the core purpose of the GDPR is to protect the 'data subject' who is, as defined by the GDPR, 'any person whose personal data is being collected, held or processed'.

So in essence, it is fair to say we are all data subjects and in time we should all benefit from the enforcement of this new regulation, despite its difficult adoption process.

The GDPR's main tool for protecting the data subject is the introduction of the data subject's rights, of which 8 are outlined. They are as follows:

- 1. The right to be informed**
- 2. The right of access**
- 3. The right to rectification**
- 4. The right to erasure**
- 5. The right to restrict processing**
- 6. The right to data portability**
- 7. The right to object**
- 8. Rights in relation to automated decision-making and profiling.**

It is every organization's responsibility to now assess their current compliance with the GDPR. Is your organisation in a position where it can support all the rights of the data subject? Is your organisation aware of the type of data it holds and how and why it processes it?

All these questions should be addressed in your first step towards information security compliance – an audit. Every organisation should get a measure of their current compliance levels by answering the difficult questions, including the ones mentioned above. Once these questions are answered and a compliance level is determined, the risks will have been identified, thus allowing for the controls to be calculated and implemented, allowing for an improved level of compliance going forward.

All substantial audits will require the participants to gain an in depth understanding of the organisations processing activities.

Achieving an accurate and in depth understanding of processing activities in the organisation would require what can appear on the surface to be the simple task of completing a data flow map.

A data flow map can be described as a map in the form of table or diagram that clearly defines what data enters your organisation, what that data did while it was in your organisation and how it left your organisation.

Once this basic first step is complete you can begin adding to it, by defining who has provided the data, how and if their consent was captured, what exactly they consented to and so on.

The list of steps you can add to your data flow map is long, but the more you add, the more you understand and you begin to develop a clear picture of your organisations processing activities.

Once this is completed, you can begin to assess the risk levels. At what point is the data subject at risk? What controls could be implemented to mitigate the identified risk?

As you can see, all organisations, not only those processing the most sensitive of data such as health-care, now find themselves in a position where they are responsible for the adoption of a comprehensive information security compliance project that should see them measured against the standards outlined in the GDPR and a plan to mitigate all the risks identified along the way.

Our best advice is to start with the basics, engage the experts for support and guidance and conduct an audit as your first step.

**FAS****First Aid Systems Ltd**

First Aid Systems Ltd  
 Unit 2, Glasnevin Business Centre  
 Ballyboggan Rd  
 Glasnevin  
 Dublin 11

T: 01 8828435 / 6 / 7  
 F: 01 8828453  
 E: sales@firstaidsystems.ie  
 W: www.firstaidsystems.ie

- Defibrillators
- Medical Consumables
- Medical equipment & furniture
- First aid kits & bags
- Health screening supplies
- Training manikins & supplies



## **Kathleen Treanor Consultant Ergonomist**

*Would you like to free up some time?*

*Wouldn't it be nice to take a work smart approach to your everyday tasks?*

*Let me do your ergonomic assessments for you. You can be assured that you are getting the best available advice and service.*

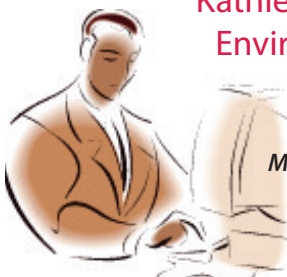
*I can carry out all your ergonomic assessment and I guarantee to meet all your requirements.*

I also provide a wide range of occupational health and safety services and training.

All services are nationwide and can be tailored to meet your needs.

Please feel free to contact me to discuss your requirements.

**Kathleen Treanor, RGN OHN MSc in Health Ergonomics. MSc in Environmental Health Risk Management, MSc in Healthcare (Risk Management and Quality)**



**Mobile: 0862269912 or 01 8310174 Email: [Kathleentreanor@eircom.net](mailto:Kathleentreanor@eircom.net)**

**Website: [www.kathleentreanor.com](http://www.kathleentreanor.com)**



Lorraine Begley – M.Sc. Health&Wellbeing, H.Dip.OH, Dip.Nursing Mgmt., RGN

# OCCUPATIONAL HEALTH GLOBAL NETWORKING EVENT @ ICOH

The above networking event was very successful and below is a summary of the main challenges that our Occupational Health (OH) colleagues shared with us on the evening of the 1st of May.

Common themes emerged as representatives from each of the 13 countries gave a brief update on OH within their own country.

## MAIN CHALLENGES / THEMES:

### LACK OF RECOGNITION

In Ireland there is no recognised occupational health nursing qualification. An Bord Altranais do not recognise the multidisciplinary qualification available from UCD, UCG, UCC etc. Representatives from the OHNAI met with an Bord Altranais a number of years ago to put forward the case for a recognised qualification but were unsuccessful. Henriette Hirdi from Hungary advised that a OHN were mandatory in the SME sector in her country and that they had recently introduced an Advanced Nurse Practitioner (ANP) course for OHN's.

Kim Davis from South Africa (SA) advised that she had been involved in lobbying the Council of Nursing in SA since the 80's in an attempt to establish training for OHN. In 1996 Nursing Council of SA agreed to recognise the new Bachelor of Technical Occ. Health Nursing but would not recognise anyone pre 1996. The lobby group threatened the council of Nursing with legal action and won their case. Kim advised that it has been an ongoing battle with SA Nursing Council over the years and OHN training is very expensive to undertake.



### NO CONSISTENCY IN FURTHER EDUCATION

There are a number of courses available in the form of certificate, diploma and MSc from Irish universities but An Bord Altranais do not recognise the multidisciplinary qualification. Florence Moyo from Zimbabwe advised that there was no university training in OHN available in her country. A number of her colleagues trained in SA but the qualification was not recognised by the Zimbabwe Nursing Council. Janice Regan advised that it was similar in New Zealand with no formal training for OHA's available, training tended to be on the job. She stated that the provision of OH services was very disjointed and that the private sector contracted nurses to work for them. In Hungary there is a one year training programme to certify as an OHN and they have recently introduced Advanced Nurse Practitioner training(OH). Judy Shiao from Taiwan advised that although it was mandatory for employers with over 100 employees working in a high risk environment to employ an OHN that there was no OH education programme available in her country.

In the US Susan Randolph advised that there were 12-14 universities that provided advanced education for OHN's. There were two main routes to follow; advanced education in the form of MSc / Doctorate or a certificate examination which demonstrated prior learning and practice. In Greece there was a multi disciplinary programme available from universities in addition to a OH degree.



Julie Staun from Denmark advised that Federation of Occupational Health Nurses within the European Union (FOHNEU) had inputted into the development of an MSc programme in OHN. The programme was developed at Sheffield University in the UK however it did not receive the expected uptake from European countries. This may have been due to the fact that the MSc was promoted mainly in the UK rather than throughout the FOHNEU community. Julie encouraged all in attendance to log onto the FOHNEU website to keep up to date with the latest developments in research.

### AN AGING NURSING WORKFORCE

The aging nursing workforce was cited by the US as one of their major challenges. A number of countries including Ireland, UK and Greece were facing similar issues. The majority of representatives agreed that the lack of available OH trained resources would be a major challenge in the years to come.

In Ireland some companies have addressed the lack of trained OH resources by recruiting RGN's and training them in-house. This in-house training can be augmented by completion of a multidisciplinary course (ideally sponsored by the company) at a later date. There is a global recognition that the availability of qualified OHN's are limited, it is a challenge for us all to look at new ways of attracting, training and retaining nurses into the discipline of OH to ensure provision of OH services going forward.

### RECOGNITION OF TRAINING INTERNATIONALLY

Several countries proposed that occupational health nurse training should be recognised internationally and across borders. It was suggested that a competency framework such as the one available from the RCN in the UK would be a useful tool. This tool outlines competencies from entry level to expert level in OHN and may be useful to assist countries facing difficulties with lack of recognition from their respective nursing councils. Judy Shiao from Taiwan suggested that what was required was for all countries to align to ensure that qualifications and training were recognised internationally.

### MOVING FORWARD

A general discussion followed on how to move forward as a profession globally with standardised practice and education. Susan Randolph advised that people should join the Scientific Committee of Occupational Health Nursing (SCOHN); this would ensure a collective awareness and sharing of developments, research and also allow for dissemination of information.





# INTERNATIONAL COMMISSION IN OCCUPATIONAL HEALTH ICOH EVENT - CONVENTION CENTRE 1ST MAY 2018













## COMMITTEE CONTACT DETAILS

- President** - Mary Doran | mary@healthmattersni.com
- Treasurer** - Lorraine Begley | lorraine.begley@vhi.ie
- PR Officer** - Monica Donnelly | monica.donnelly@cmo.gov.ie
- Assistant PR Officer** - Ann Colohan | Ann.Colohan@anpost.ie
- Secretary/Email Moderator** - Liz Twomey | twomeye7@gmail.com
- Newsletter Editor** - Elaine Martyn | elaine@chi.ie
- Education Officer** - Ann Marie Robb | annmarierobb@hotmail.com
- IT & Website Coordinator** - Edel Casey | edelbe2012@gmail.com
- Committee Member** - Ciara Mc Gowan | ciaramcgowan@beaumont.ie
- Committee Member** - Breege Beirne | breegebeirne@gmail.com
- Committee Member** - Daragh Devane | DDEVANE@its.jnj.com



## NEWSLETTER ARTICLES

Newsletter articles are always welcome and very much appreciated. Topics can include anything from research, health promotion activities in your workplace, wellbeing, advertisements, posters etc.

There is a €100 paid for each published article greater than 400 words. Also any social news new births/ marriages etc. is welcome. Please forward anything you want submitted to: elaine@chi.ie

Thank you,  
Elaine

## ADVERTISING TYPE COSTING

|   |      |
|---|------|
| * Newsletter (1/4 A4 page)                      | €32  |
| * Newsletter (1/2 A4 page)                      | €65  |
| * Newsletter (1 A4 page)                        | €130 |
| * Newsletter (insert)                           | €100 |
| * Conference stand (incl. lunch for one person) | €320 |
| * Insertion of flyer in 'conference pack'       | €100 |
| * E-mail  | €50  |
| * E-mail and insert in 'job-box' in newsletter  | €100 |
| * Flyer (mail shot)                             | N/A  |
| * OHNAI Website advertisement                   | €50  |

All cheques are to be made payable to:  
OHNAI, PO Box. 5616, Dublin 8.

All payments must be received prior to the publishing/circulation of the advertisement.

## JISC MAIL

*Jisc mail* is an online forum which discusses OH practice and research. It has over 1000 subscribers from different countries (including Irish nurses). It's entirely free and the link to subscribe is:

<https://www.jiscmail.ac.uk/cgi-bin/webadmin?A0=OCC-HEALTH>

## OHNAI MEMBERSHIP

If you wish to join there are 3 payment methods available:

1. Cheque payable to the OHNAI P.O. Box 5616 Dublin 8
2. Paypal at [www.ohnai.ie](http://www.ohnai.ie)
3. Electronic Bank transfer – Allied Irish Bank, Main Street, Malahide.  
Sort Code 93-25-23 | Account Number 46900-181  
IBAN: IE46 AIBK 9325 2346 9001 81 | BIC: AIBKIED2D

If you have any queries, please contact us via [ohnaireland@gmail.com](mailto:ohnaireland@gmail.com) and a committee member will deal with your query.