

Dr Therese Connell Meehan, RGN, Ph.D



Therese received a Diploma in Nursing from the Auckland Hospital Board School of Nursing, New Zealand, a Bachelor's degree in nursing from the University of Pennsylvania, a Master's degree in nursing with a minor in education and a Doctoral degree in nursing from New York University. Her clinical practice has been primarily in the nursing care of adults in acute care settings. She has had several years experience in nursing education as a teaching fellow, assistant professor, lecturer and senior lecturer.

Her research background has been in quantitative clinical research in acute care settings. She has served as nurse researcher for an area health board in New Zealand and as assistant director of nursing for research at a major medical centre in the United States and received significant public and private funding for clinical research projects. She led the first study to identify nursing and midwifery research priorities in Ireland. She is an Honorary Fellow of the Faculty of Nursing, Royal College of Surgeons Ireland.

In recent years she has turned to historical research, specialising in the early development of nursing in Ireland from 1800-1870. She received the Lillian Shultis Brunner Fellowship for 2003 from the Center for the Study of the History of Nursing, University of Pennsylvania and the Barbara Brodie Fellowship for 2004-2006 from the Center for Nursing Historical Inquiry, University of Virginia. She is a member of the American Association for the History of Nursing and the International Philosophy of Nursing Society.

Her historical research led her to a deep appreciation of the knowledge and practice of 19th century Irish nurses and their largely unrecognised contribution to the early development of modern nursing. This appreciation, together with education in nursing theory development received at New York University, led her to the development of the Careful Nursing Philosophy and Professional Practice Model.

Dr Rayla Tadjimatova, BMaths, BA, MA, PhD



Dr. Rayla Tadjimatova is originally from Uzbekistan where she was graduated firstly as a mathematician at the National University Uzbekistan and then as a theatre and film actress at the National Theatre and Arts Institute in Tashkent, Uzbekistan. While teaching maths in the National Secondary Schools, she has got specific training in Konstantin Stanislavsky, Evgeniy Vakhtangov and Michael Chekhov acting and directing techniques. This training is dedicated for the development of the actors' self-awareness and communication skills in the stressful environment of public performance.

Dr. Tadjimatova has worked as an actress in the National Russian Theatre of Uzbekistan and took there a two-year apprenticeship to be trained as a theatre director. She has staged a number of productions for different theatre companies and for the National Russian Theatre in Uzbekistan.

In Ireland, Dr. Tadjimatova obtained an MA and PhD in Theatre and Performance Studies at University College Dublin. Her PhD thesis entitled *Re-considering Vakhtangov: Theatrical/Fantastic Realism as a Model for Agency*. It explores how Vakhtangov's method empowers theatrical performance and activates all participants including the audience.

Dr. Tadjimatova has a special interest in the application of acting and performance techniques into areas that are not particularly artistic such as education (at the second and third levels), personal development, team building and consulting services. She put this approach into practical use in teaching maths in Uzbekistan and in teaching undergraduate and postgraduate Drama students in UCD and UCC, as well as when organising performance/cultural events. Dr. Tadjimatova's most recent research initiative is the investigation into how particular acting/ performing techniques can empower and enhance self-awareness and communication skills in the highly performative and demanding work of contemporary nurses.

Dr Catrina Heffernan, Dr Elizabeth Heffernan, Ms Joan Murphy, Mr Michael Anthony Reen and Ms Gerardina Harnett are all nurse educationalists who contribute to nursing education and research at a national and international levels. They form part of a dynamic team of nurses that drive the academic advancement of the discipline of nursing.

Dr Catrina Heffernan



Dr. Catrina Heffernan is a lecturer at the School of Nursing and Health Care Sciences, Institute of Technology Tralee. She is also an adjunct professor at Sacred Heart University, Connecticut. She is a member of the Critical Care National Advisory Group and Critical Care Nurse Workforce Planning Group of the South South West Hospital Group. She is published in both books and journals and is a reviewer for international journals and boards. Her research is focused on disciplinary issues in nursing, knowledge generated with theory-based research and concepts that relate to nursing including caring and anxiety.

Dr Elizabeth Heffernan



Credentials: EMBA, BSc (Hons) Nursing Studies, MA Health Service Studies, H.Dip Education, H.Dip Healthcare Management, RNT, RGN, RM.

Elizabeth Heffernan is the Director of Nurse Education in the Kerry Centre for Nurse and Midwifery Education (CNME), NMPDU (Cork/ Kerry) and she lectures part-time in the Department of Nursing and Health Care Sciences, Institute of Technology Tralee (ITT). She is a registered nurse, midwife, nurse tutor and has a number of nursing and managerial qualifications, been awarded the Gild Medal by the RCSI for outstanding academic performance in 2007. She has participated as a steering committee member and an education sub-group member for National Clinical Leadership Committee, ONMSD, HSE, (2009 and 2010) and reviewed the E-learning Clinical Leadership Competencies for HSELand. She is a reviewer for the British Journal of Nursing and has completed her Doctorate of Nursing Thesis at the Catherine McAuley School of Nursing and Midwifery, University College Cork: examining the factors that influence the maintenance of continuing professional competence. Other areas of research interest are: preceptorship, ethics, breastfeeding, education, management and leadership.

Ms Joan Murphy



Joan Murphy is a nurse lecturer in the Institute of Technology Tralee. Her clinical background is in mental health nursing and she has worked predominantly in acute mental health settings in Ireland and the UK for many years. Currently she is completing a Doctorate in Nursing in University College Cork, exploring the lived experience of hope for individuals in mental health recovery.

Mr Michael Anthony Reen



Michael Anthony Reen MSc, BSc, a native of County Kerry, is an assistant Mental Health Lecturer in the Institute of Technology, Tralee. He has held this position since September 2013. His role encompasses a wide range of tasks, including teaching student Nurses on many aspects on mental health such as self-awareness, mental ill health and recovery from mental illness. His role also consists of teaching practical nursing skills to undergraduate nursing students.

Between 2011 and 2014 he successfully completed a higher diploma and masters programme in Dublin City University on Mental health nursing practice. As part of this masters programme, he wrote a thesis that investigated “the influences that affect mental health student nurses perceptions of clients that are diagnosed with a personality disorder”. He has commenced a Doctorate of Nursing Programme in University College Cork in 2015 and is currently undertaking the research aspect of it.

Ms Gerardina Harnett



Ms Gerardina Harnett is the Head of Department in the Department of Nursing and Health Care Sciences at the Institute of Technology in Tralee. She is a member of the Council of Professors, Deans, Heads of Nurses and Midwives in Ireland and the Institute of Community Health Nursing. She has a strong commitment to the value of nursing and midwifery to society and she continues to practice as a public health nurse within the HSE. Her research interests focus primarily on the areas of resilience and nurses' intention and this is motivated by the recorded low levels of resilience in nurses internationally and the potential link between resilience and nurses' intention to leave the profession.

Mr Ralph Quinlan Forde BSc(Hons) *CEO Learning to Exhale*



Bestselling health guru Ralph Quinlan Forde is author of The Book of Tibetan Medicine which is now in 11 languages and endorsed by Professor Jan De Vries. He is the CEO of Learning to Exhale which has now trained 2000 people in Mindfulness Meditation with a curriculum that he devised. This has now been successfully delivered in 6 hospital systems and has been assessed as 10/10 repeatedly by healthcare professionals. The course has also been accredited by the NMBI. The course effects have also been studied by The University of Galway. Through his Mindful Beauty brand he hopes to take 160 HSE nurses for a half day spa in collaboration with The Limerick College of Further Education. Working as a Holistic Medicine Consultant with a degree in Biotechnology, for over a decade, he uses herbal medicine, homeopathy and nutrition to restore health and wellbeing. Last year he published his book NutriWine which details how wine can protect from a heart attack and diabetes and even certain cancers. He has been practicing mindfulness for 20 years. Ralph has been featured in the Irish Examiner, BBC and Newstalk. www.learningtoexhale.ie

Ms Caitriona Hayes



Caitriona Hayes is a General trained nurse with over 25 years of peri-operative nursing experience. Her initial nurse training was undertaken at Sir Patrick Dun's Hospital, Dublin, followed by Peri-Operative nurse qualification awarded from St, James's Hospital, Dublin. In addition to clinical awards, she holds qualifications in HR & Employee relations, Employment Law, Health Care Management and most recently Lean Sigma Black belt awarded in July 2016.

She has worked as a staff nurse & manager in Irish, UK and Middle Eastern operating theatres and supported University Hospital Kerry's, Operating Theatre as Clinical Nurse Manager 3 for eight years before undertaking the role of Assistant Director of Nursing for Medicine at the hospital in 2016.

She has a keen interest in education, innovation and in exploring how systems can be improved to support staff to deliver quality health care in a positive working environment.

In February 2017, University Hospital Kerry was selected as a pilot site for *TQIP* which is the National Theatre Quality Improvement Project. Caitriona is currently employed as TQIP Coordinator at University Hospital Kerry.

Professor Linda Morrow, DNP, MBA, MSN



Dr. Morrow earned her BSN at Edinboro University of Pennsylvania, her MSN at Georgia College & State University, an MBA at Mercer University and a DNP at Duquesne University. Her research topics include nursing administration, leadership development and management, patient safety and quality, magnet recognition programs, nursing informatics and faith community/parish nursing. She is a Certified Peri-

Operative Nurse (CNOR) a Certified Professional in Healthcare Quality (CPHQ) and also has a Six Sigma Green Belt Certification. Dr. Morrow has been an American Nurses Credentialing Center (ANCC) Magnet Appraiser since 2005. Dr. Morrow's clinical background includes serving in the role of Director in various hospital and ambulatory departments (i.e. Patient Care Administrative Services, Peri-operative Services, Physician Practice Management, Risk Management, Case Management, Accreditation Services, Community Health and Education). Dr. Morrow has also worked in the Information Systems Department as a Clinical Nurse Analyst, Nursing Administration as House Supervisor as well as, in the field of managed care within the insurance industry.