



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Child Health Research Festival

Front Square, Trinity College Dublin

Wednesday 25th September 2024

3pm to 7pm



Welcome to our Child Health Research Festival 2024!

I am delighted that this festival is taking place here in Trinity. Research is a really important part of the mission of our university. We conduct research in order to gain insights, make breakthroughs and solve challenging issues that face the world. This festival is about bringing to life the vital research we do in children's health through interactive demonstrations, hands-on activities, games, fun installations, and exciting visual displays on the main Trinity campus.

There is a fantastic programme of events showcasing the wonder of the research, as well as showcasing the creativity of our staff in making that research accessible. Making research accessible is much more than simply telling you about what we do; it is also about you telling us what you think. The festival deals with serious health issues and in tackling them together we can build a better future for all.

I am delighted that my colleague Dr Susa Benseler, Chief Academic Officer of Children's Health Ireland, will be joining me in the ceremonial launch of the event, and we look forward to welcoming you and your family to Trinity. I very much hope any budding scientists, medics and researchers who visit will be spurred into action by what they see and experience.

Dr Linda Doyle

**Provost
Trinity College Dublin,
the University of Dublin**





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Professor Linda Doyle,

Provost & President,
Trinity College Dublin,

and Dr Susa Benseler,

Chief Academic Officer and
Head of Paediatric Health Affairs
Children's Health Ireland (CHI)



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Acknowledgements



Protecting babies' brains

Our immune system is dynamic and complex. How does the immune system work in fighting infection and inflammation? What are antibodies, viruses, and bacteria? How does medicine work in fighting pathogens? Through hands on activities, visitors to the Protecting Babies' Brains exhibit will learn how antibodies and medicines fight against the viruses and bacteria that cause inflammation and make us sick.

Squishy-squashy bugs: Using Play-Doh, visitors will have a chance to get creative and model their own antibodies, viruses, and bacteria.

Fighting Fit Teddy Bears: Our Teddy Bear Hospital will then demonstrate how these viruses and bacteria attack our Teddy Bear patient's immune system and how antibodies do their best to fight infection.



Superhero Medicines: Visitors can then help perform testing procedures on Teddy and administer "Superhero" medicines to help Teddy feel better.

The Children's Research Laboratory is led by Professor Eleanor Molloy, Chair of Paediatrics and Consultant Neonatologist. Research in the lab focuses on infants with neonatal encephalopathy, pre-term infants, and children with Down Syndrome. It aims to improve outcomes in neonatal inflammation and inflammatory conditions in children.

Professor Eleanor Molloy,
Professor and Chair of Paediatrics,
Trinity College Dublin, and Consultant
Neonatologist and Paediatrician at
Children's Health Ireland.

Listening to children's voices in research

Employing participatory research techniques is a very useful way of listening to children in research. Children and parents are invited to participate in different activities that demonstrate how researchers work with children. Lego Serious Play (LSP), drawing and creative collage activities are among some of the different techniques used to engage children in research, allowing them to voice their opinions about what matters most to them. We will have different stations, set up by experienced children's researchers, for visitors to participate and join in the fun of LSP and art.

Lego Serious Play: Visitors will have a chance to experiment with this technique that fosters creativity, sharing and reflecting. It also allows children to have a dialogue with researchers by promoting storytelling with Lego.



....serious, serious play

Drawing and creative collage activities: Visitors can join in the fun of drawing and collage making, while communicating their opinions and thoughts through the medium of art.

Professor Catherine Comiskey,
Dr Eleanor Hollywood,
Dr Sonam Banka-Cullen,
Dr Marie Hyland, and Orla Walsh (MSc),
School of Nursing and Midwifery,
Trinity College Dublin.





...brainwaves

The ADHD revolution

Jane McGrath (Consultant Child and Adolescent Psychiatrist) and Robert Whelan (Professor in Psychology) have many years' experience in investigating better ways to diagnose and treat children with Attention Deficit Hyperactivity Disorder (ADHD).

At the festival, visitors will learn about positive developments in clinical assessment and treatment for young people with ADHD in Ireland through three separate demos.

Demonstration of the ADMiRE ADHD App for assessment and treatment of ADHD: The App is a secure, web-based app that translates the complex clinical protocols for assessment and treatment of ADHD into one easy to use App and reduces wait times in clinics for assessment and treatment.

Measure your brainwaves: Visitors will see a mobile, home-based system for measuring brainwaves, which aims to show how effective medication is by studying changes in brain activity.

Test your memory and impulses with computer games: Be prepared to queue to play computer games that are being used to measure behaviours such as impulsivity and memory.

Professor Jane McGrath, Associate Professor Consultant, Psychiatry, Trinity College Dublin & Consultant Child and Adolescent Psychiatrist, HSE Linn Dara Child and Adolescent Mental Health Services.

Professor Robert Whelan, Professor of Psychology at the Global Brain Health Institute, and Trinity College Institute of Neuroscience, Trinity College Dublin.



Empowering children with intellectual disability and their families

Carmel Doyle (Assistant Professor Intellectual Disability Nursing) has been involved in exploring the area of blended feeding in recent years, especially for children with intellectual disabilities.

At the festival, visitors will get an opportunity to learn more about blended feeding and what it entails. A photo poster board will be used to present a visual story of a typical day in the life of Dylan, whose blended feeding is delivered via a gastrostomy feeding tube as an alternative to commercial feeding products. Visitors to the stand can learn how different foods are delivered via a gastrostomy feeding tube and compare them to unblended foods. There will be some samples of blended and unblended foods on display. Dylan and his mother will be in attendance and can detail the realities of daily life in terms of feeding.



Dr Carmel Doyle, Assistant Professor Intellectual Disability Nursing, PhD student Amanda Shovlin, Michelle Cleary, School of Nursing and Midwifery, Trinity College Dublin, Linda and Dylan Brannigan (mother and child).



Diabetes in children



One in ten people around the world are living with diabetes. How can we manage the condition and prevent serious complications such as Diabetic Ketoacidosis (DKA) developing? Using interactive videos and colourful presentations, researchers and advocates will explain how the Irish Childhood Diabetes National Register and the TEST Campaign are managing care for patients with diabetes.

The Power of Data: Visitors to our stand will learn how *The Irish Childhood National Diabetes Register* has recorded data for diabetes patients over the last 14 years and how this data is used for health planning, resource allocation, enabling audit, research and optimising clinical care, as well as developing targeted interventions. It can also help identify DKA at an early stage.

The TEST Campaign: Our interactive videos will teach visitors about this successful campaign that is raising awareness about the symptoms of Type 1 diabetes, informing us how to spot the early signs, how to seek help and how to avoid the development of Diabetic Ketoacidosis (DKA).

Meet the Patients: Patients with diabetes and representatives from the main diabetes patient organisation, Diabetes Ireland will be on hand to answer any questions you might have about diabetes management or their experience with diabetes.

Professor Edna Roche, Professor in Paediatrics, Trinity College Dublin, Consultant Paediatrician and Paediatric Endocrinologist at Children's Health Ireland.

Making research fun for children

At our stall we will demonstrate how to make research fun for children and young people using creative participatory methods and digital techniques. It is important to find ways to hear children's voices especially those from diverse backgrounds and communities. Using examples from our many research projects we will demonstrate how to use different tools in a fun way. Children will be able to use the props and learn how to make research fun.

Browse our bestselling book on how to use creative, digital, and innovative participatory techniques with children and young people. Do come along we promise it will be fun!



Having fun with research: Visitors will be able to experiment with digital and innovative methods for engaging with children and young people. Children will be able to use the props and learn how to do research in a fun way.

Professor Imelda Coyne, Lisa Kirwan (PhD student), Efa Aprianty (PhD student), and Seb Lennon UG student, School of Nursing and Midwifery, Trinity College Dublin.



Smile Safari – explore dental health

A smile is the universal language for happiness so keeping your teeth healthy is important for everyone. Dental disease in children is seven times more common than asthma, but it is preventable. Visit us to find out what is needed to keep teeth safe from cavities and find out what our researchers are doing to limit the need for dental work.

Fun quiz to test your knowledge: Join our fun quiz and games and discover how to keep teeth safe during sports. Explore the oral cavity and teeth and test your knowledge on your child's dental health. Learn about the current research and how to protect the teeth from damage.

Register for High Tech Teeth Screening: How about registering your child for a screening with our top academic dentists.



....a happy smile

Professor Anne O'Connell, Professor in Paediatric Dentistry, School of Dental Science, Trinity College Dublin.

Innovation in children and young people's healthcare

At the festival, visitors will be encouraged to learn about several ongoing projects in the school. Through a range of poster board presentations and interactive demonstrations, they will learn about our research in the following fields 1) digital service innovation in Children's Health Ireland through an Advance Nurse Practitioner, 2) the impact of training on nurse's self-efficacy in child protection, 3) needs of Traveller youth in relation to their sexual health, and 4) an educational innovation for nursing and medical students with neurodiversity to prepare them for practice placement.

Dr Mary Hughes, Katie Essenne Deevey (PhD Student), Albandari Almutairi (PhD Student), Cathy Roets (PhD Student), School of Nursing and Midwifery, Trinity College Dublin.



....a future in health

Tummy troubles - curing coeliac disease

Coeliac disease is a lifelong condition where a person's own immune system reacts against a substance known as gluten, which is found in a wide range of common foodstuffs. In Ireland it is a relatively common condition and is estimated to affect 1 in 100 people, one of the highest rates of incidence in Europe. For those affected it can cause significant illness and symptoms which often first appear during childhood.

To see if there may be alternatives to maintaining a strict gluten free diet, Dr Patrick Walsh and his collaborators are exploring ways to treat this condition and trying to understand the root causes of how the body reacts against what for most is a harmless food stuff. Central to this effort, is understanding how gluten exposure initiates such damaging inflammation in the lining of the small intestine.



3D Human Anatomical Models: Using life size anatomical models, we will take you on a visual journey that will demonstrate how gluten exposure can drive damaging inflammation, which causes the symptoms of Coeliac disease. Explore the intricacies of the human anatomy with life size 3-D models showing the intricate organs and systems of the body not normally visible and normally reserved for medical students in the anatomy lab.

We will also showcase how new scientific advances have allowed us to generate an atlas of the different cells involved and demonstrate how they communicate with each other to drive disease in the small intestines of children affected with Coeliac disease. These discoveries will be central to identifying new therapeutic options in the future.

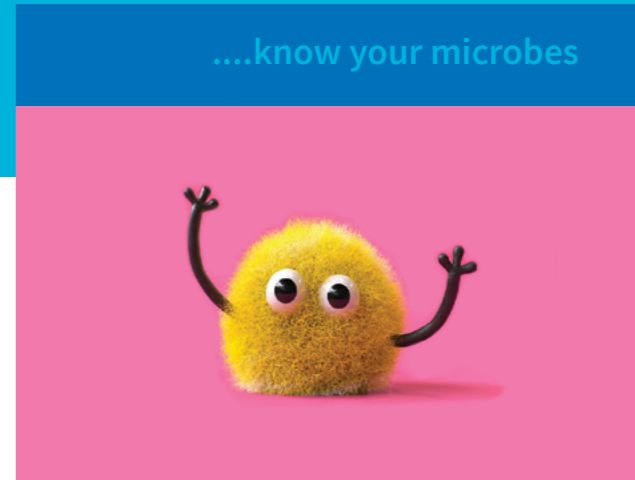
Dr Patrick Walsh, Associate Professor in Paediatric Immunology, Clinical Medicine, Trinity College Dublin/National Children's Research Centre, CHI Crumlin.

Paediatric sepsis awareness

Did you know sepsis is the most common avoidable cause of death in children? Sepsis occurs in children when they get an infection and their immune system doesn't respond as it should. This abnormal immune response can damage their organs which can be life-threatening. We can treat and resolve most infections, but any infection could become sepsis. Children with existing medical conditions are most at risk of getting sepsis. Visit our stand to know what to look out for and what you can do.

Sepsis Awareness videos: This short video will give visitors the opportunity to increase their general awareness of the symptoms of sepsis and recommend ways to keep your child safe.

Teddy Bear Vaccination Clinic: One of the most effective ways to prevent sepsis is to make sure your child has had all the recommended vaccinations.



To demystify the vaccination process for children, they are invited to bring their favourite teddy for a vaccine to the Teddy Bear Vaccination Clinic at our Paediatric Sepsis Awareness stand.

Fun, fluffy collectibles: Bacteria or microbes are tiny living things that are found all around us and are too small to be seen by the naked eye. Choose from our huge range of colourful, humorous, and educational collectible microbes to take home. Each microbe includes a printed card with fascinating facts.

Dr. Cilian Ó Maoldomhnaigh, Consultant in Paediatric Infectious Diseases, Children's Health Ireland, Rainbow Clinic Research Group, Nuala Clarke, Group Sepsis Assistant Director of Nursing, Children's Health Ireland, Professor Sarah Doyle, Professor In Immunology, Trinity College Dublin, Dr. Kiva Brennan, Senior Research Fellow, Trinity Institute of Neurosciences (TCIN), Trinity College Dublin, HSE National Sepsis programme.

Reaching new heights in quality of cancer care for children, adolescents and young adults

It is well documented that enrolment into clinical trials is fundamental to improve clinical outcomes. Over the last 10 years, in particular, cancer-directed therapies for Children, Adolescents and Young Adults with cancer have advanced with remarkable results, leading to vast improvements in survival rates. Through a series of stunning visuals, visitors to this important exhibit will see how new approaches to treatment for child and adolescent leukaemia are improving the likelihood of survival and enhancing long-term quality of life for survivors.

Professor Owen Smith, Professor of Child, Adolescent and Young Adult (CAYA) Oncology and Professor of Haematology, Trinity College Dublin, and Consultant Paediatric Haematologist at Children's Health Ireland at Crumlin.



Neurodiversity, genetics and research – children's interactive artistic workshop

This workshop will engage children in a hands-on journey through genetics and research. Through interactive activities, children can uncover the fascinating world of neurodiversity, understanding how genes shape who we are. By fostering curiosity, they can learn to appreciate the meaning of neurodiversity and the vital role of genetic research in furthering our understanding of neurodiversity.

Strengths and Challenges Board: Children can identify different strengths and challenges and learn from others by posting them on a board. This activity encourages them to recognise individual strengths, while also fostering empathy and understanding for the challenges that some may face.



Sensory Exploration: A sensory exploration station with various materials will be set up to encourage children to explore items using different senses, discussing how they feel, smell, and look. This is to help children understand sensory differences.

DNA Bracelet Making: We will provide materials for making DNA bracelets with different letter patterns. We will discuss how each bracelet is unique, just like people's genetics, brains, and personalities.

Dr. Niamh Ryan, Senior Research Fellow, and Dr. Ciara Molloy, Senior Research Fellow are researchers in the Autism and Neurodevelopment Research Group, Discipline of Psychiatry, Trinity College Dublin.

LGBTQI+ young people: mental health and well being

Being LGBTQI+ in Ireland is a national study of the mental health and wellbeing of LGBTQI+ people in Ireland with a special emphasis on young people. It is the largest study of LGBTQI+ people in Ireland to-date with over 1200 adolescent and young people under the age of 25 years. Visitors to our stand will:

View poster boards: to learn about mental health and wellbeing of young LGBTQI+ people, including their experience in school, experience with social media and contact with healthcare. Listen to the words of young people as they describe what they like about being a member of the LGBTQI+ community and what we can do to support young LGBTQI+ people to thrive.



Talk with people: from **Belong To** who will co-host the stand with us. **Belong To** is the national LGBTQI+ organisation for young people aged 10-24 years. **Belong To** Receive some materials to take home including our key findings report, information on LGBTQI+ supports and other LGBTQI+ resources and materials.

Professor Agnes Higgins, Dr. Louise Doyle, Carmel Downes, Mark Monahan, Jan De Vries & Thelma Begley, School of Nursing and Midwifery, Trinity College Dublin, and Matt Kennedy (Belong To).

Characterising brain blood flow in children

The Discipline of Physiology is actively pursuing several research strands that impact on child health.

These studies use a variety of approaches and techniques that allow us to span from circuits to whole organisms with the aim of translating these findings to the clinic. The research focuses on brain blood flow responses both during and after exercise and activities of daily living across the lifespan and in different patient populations. Members of the team have previously shown marked child-adult differences in brain blood flow at rest and during exercise. During this workshop, visitors will have the opportunity to complete a couple of fun and interactive tasks whilst the scientists use ultrasound to non-invasively measure blood flow in visitors' brains.



Can you hold your breath for 20 seconds? Visitors will try to hold their breath for 20-30 seconds. Due to increases in blood carbon dioxide, increases in brain blood flow will be continuously measured.

Can you find "Where's Larry" in 40 seconds? Visitors will try to find "Larry", a comic character in a busy picture in the shortest time possible. Due to increases in neural activity, increases in brain blood flow will be continuously measured.

Dr Mikel Egana, Dr Norita Gildea and Dr Max Weston, Department of Physiology, Trinity College Dublin.

How dogs can help children with cerebral palsy to walk

Children with cerebral palsy often need help to walk, but can a furry friend help to make walking more fun and more manageable? Researchers from the School of Engineering, the School of Medicine, and the Central Remedial Clinic have teamed up to measure change in walking patterns, activity levels, and quality of life in children who receive specialised mobility assistance dogs.

Mobility Assistance Dogs in Training: Meet some of the puppies from Dogs for the Disabled who will be trained to become mobility assistance dogs. Visitors to the stand can meet some of the team and learn how these dogs are trained specially to help children with physical disabilities.



....make walking fun

Robotic Sensors: Children can see how their walking is measured in the gait laboratory as they are turned into a 'robot' while sensors detect their movement patterns.

Professor Ciaran Simms, School of Engineering, Heather Curtin, PhD student, Dr Michelle Spirtos, Discipline of Occupational Therapy, School of Medicine, Professor Richard Reilly, Trinity Centre for Bioengineering, Trinity College Dublin, Dr Damien Kiernan, Central Remedial Clinic and Dogs for the Disabled.

The power of parents

In the Infant and Child Research Lab in the School of Psychology, we look at how parents and children interact with each other. Through this exhibit we will present findings from some of our studies to help parents engage in high quality play and to learn about the features of interaction (e.g. speech styles, responsive behaviours) with infants and toddlers that support their development:

Timing is everything: parents will learn the importance of recognising and responding to their babies' signals within a specific window of time.

Baby talk: parents will learn about features of child-directed speech and what helps baby's language development.

....interaction



Learning for school starts early and at home – parents will learn about the benefits of reading different types of books with their children, and how to introduce maths at home during everyday informal activities.

This exhibit will also present what we have learned from our research with families of preterm children and children with Down Syndrome with a focus on what might be different about how mothers and fathers interact with their babies and toddlers.
Infant and child research lab

Dr. Elizabeth Nixon, Associate Professor, Psychology and Dr. Jean Quigley, Associate Professor, Psychology, Trinity College Dublin.



Fighting fatal childhood diseases with gene therapies

One area of Child Health research which has seen outstanding success is the introduction of single treatment gene therapies to treat once fatal childhood conditions like spinal muscular atrophy (SMA), cystic fibrosis and congenital heart disease. At this exhibit, a leading team of scientists from the Clinical Research Facility, at James Hospital have created an entertaining space to discover what genes are and what they are up to in your body.

Gene Genie's Puppet Theatre: A creative collaboration between the puppet master and the scientists. The players will treat the audience to a magical show where puppets will act out the story of genes and what they are up to in your body. The theatrical performance will act out how genes express themselves and call out what can happen when genes misbehave or go missing.



Professor Martina Hennessy, Director of the Wellcome Clinical Research Facility, St James's Hospital, & Consultant Physician, Eilis O'Toole, Clinical Nurse Manager, Clinical Research Facility, Edel O' Dea, Chief II Pharmacist, Clinical Research Facility, Gerry Hughes, Research Synergies Manager, Clinical Research Facility, St. James's Hospital.





Child Health Research Festival Exhibitor List

Professor Eleanor Molloy, Professor and Chair of Paediatrics, Trinity College Dublin, and Consultant Neonatologist & Paediatrician at Children's Health Ireland.

Professor Catherine Comiskey, Dr Eleanor Hollywood, Dr Sonam Banka-Cullen, Dr Marie Hyland, and Orla Walsh (MSc), School of Nursing and Midwifery, Trinity College Dublin.

Professor Jane Mc Grath, Associate Professor Consultant, Psychiatry, Trinity College Dublin & Consultant Child and Adolescent Psychiatrist, HSE Linn Dara Child and Adolescent Mental Health Services. PhD students Alannah Smyth, Tom Farnan, Declan Quinn and research assistant Clodagh Earley.

Professor Robert Whelan is a Professor of Psychology at the Global Brain Health Institute, and Trinity Inst. of Neurosciences (TCIN), Trinity College Dublin.

Dr. Carmel Doyle, PhD student Amanda Shovlin, Michelle Cleary, School of Nursing and Midwifery, Trinity College Dublin, Linda and Dylan Brannigan (mother and child).

Professor Edna Roche, Professor in Paediatrics at the University of Dublin, Trinity College Dublin and Consultant Paediatrician and Paediatric Endocrinologist at Children's Health Ireland (CHI) at Tallaght University Hospital.

Professor Imelda Coyne, Lisa Kirwan (PhD student), Efa Aprianty (PhD student), and Seb Lennon UG student, School of Nursing and Midwifery, Trinity College Dublin.

Professor Anne O'Connell, Professor in Paediatric Dentistry, School of Dental Science, Trinity College Dublin.

Dr Mary Hughes, PhD Students - Katie Essenne Deevey, Albandari Almutairi, Cathy Roets, School of Nursing and Midwifery, Trinity College Dublin.

Dr Patrick Walsh, Associate Professor in Paediatric Immunology, Clinical Medicine, Trinity College Dublin/National Children's Research Centre, CHI Crumlin.

Dr. Cilian Ó Maoldomhnaigh, Consultant in Paediatric Infectious Diseases, Children's Health Ireland, Rainbow Clinic Research Group, Nuala Clarke, Group Sepsis Assistant Director of Nursing, Children's Health Ireland, Professor Sarah Doyle, Professor In Immunology, Trinity College Dublin, Dr. Kiva Brennan, Senior Research Fellow, Trinity Inst. of Neurosciences (TCIN), HSE National Sepsis programme.

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Dr Mikel Egana, Dr Norita Gildea and Dr Max Weston, Department of Physiology, Trinity College Dublin.

Professor Ciaran Simms, School of Engineering, Heather Curtin, PhD student, Dr Michelle Spirtos, Discipline of Occupational Therapy, School of Medicine, Professor Richard Reilly, Bioengineering, Trinity College Dublin, Dr Damien Kiernan, Central Remedial Clinic and Dogs for the Disabled.

Dr. Elizabeth Nixon, Associate Professor, Psychology & Dr. Jean Quigley, Associate Professor, Psychology, Trinity College Dublin.

Professor Martina Hennessy, Director of the Wellcome Clinical Research Facility at St James's Hospital, & Consultant physician, Eilis O'Toole, Clinical Nurse Manager, Clinical Research Facility, Edel O' Dea, Chief II Pharmacist, Clinical Research Facility, Gerry Hughes, Research Synergies Manager, Clinical Research Facility | St. James's Hospital.



Acknowledgements

Special thanks to

Ms. Bridget Gavin, Research Impact Officer, School of Medicine, Trinity College Dublin.

Dr. Luciana Lolich, Research Impact Officer, School of Nursing & Midwifery, Trinity College Dublin.

Dr Jennifer Daly, Research Strategy and Policy Manager, Trinity Research.

Ms. Beth Corcoran, Programme Manager & Down Syndrome Research Group PPI Representative, School of Medicine, Trinity College Dublin.

Ms. Lauren Shaw and the children attending The Down Syndrome Centre Summer Camps for the wonderful artwork.

Ms. Emma Finnegan, Medical Student, Trinity College Dublin and TCD Paediatrics Society.

Mr. Jerry Huysmans, Creative AD.

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Start Talking
About Research
Today