

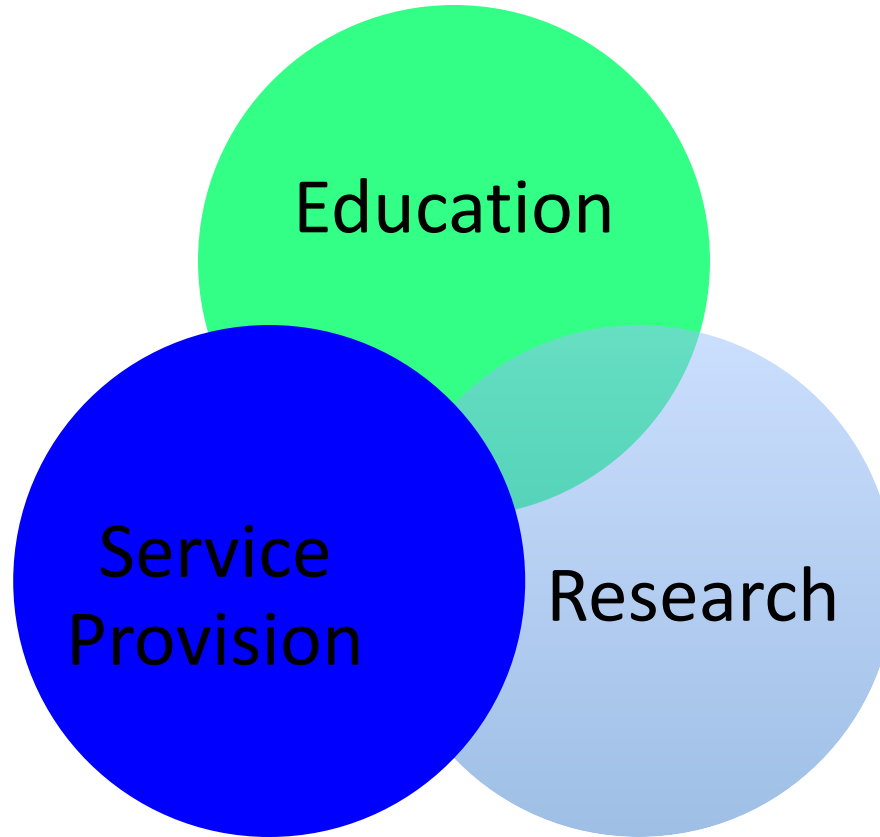


Physio Hub



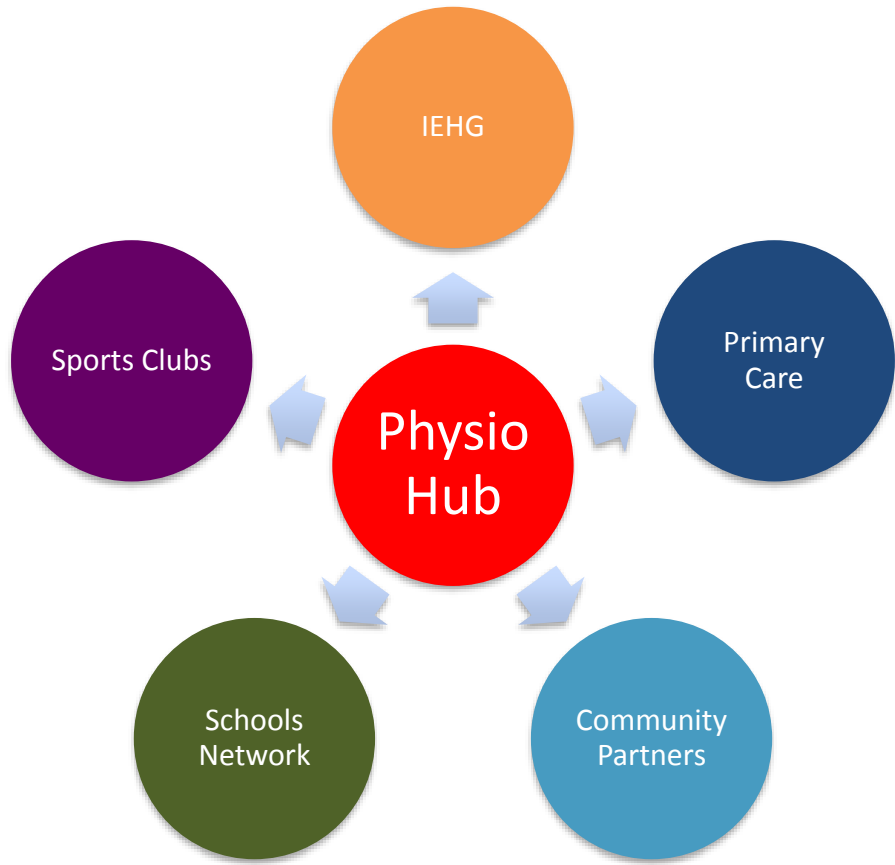
**C Cunningham, C Blake , K Cradock Purcell C, U Mc Carthy ,
S Mc Mahon ,
School of Public Health, Physiotherapy, Sport Science**

Hub Philosophy



Community Exercise and Health Promotion

...the effective centre of an activity,
region, or network



Cofounders:
C. Cunningham, C.
Blake, S. Mc Mahon,
2015



UCD Get in Gear



C. Blake, C. Keane



UCD

Better Bones

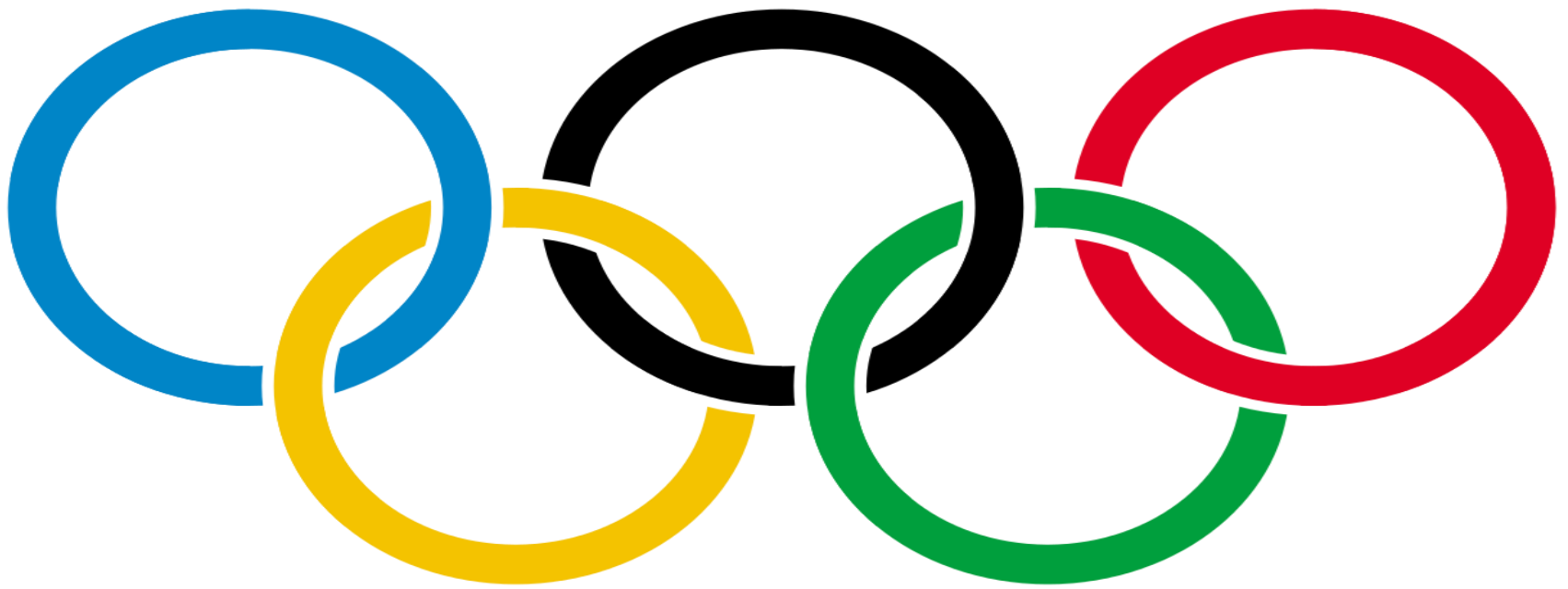
Exercise Programme





UCD *Better* *Hearts* Exercise Programme





Olympic challenge Crumlin



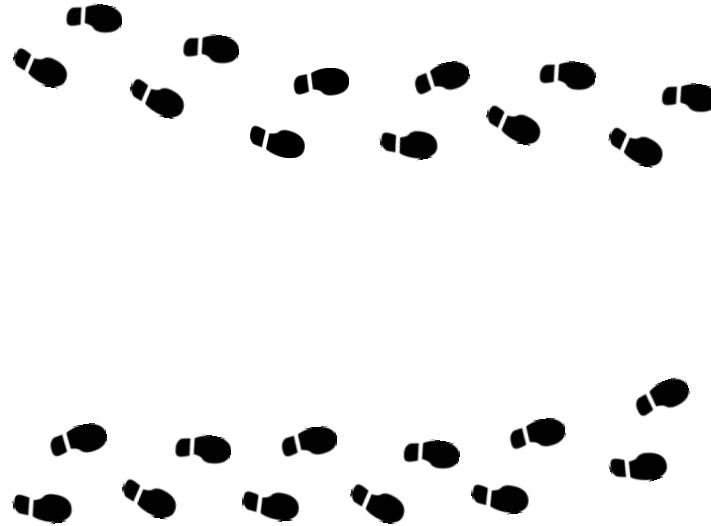
To Learn ¥ To Love ¥ To Live







11,200
Steps





**IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS**

Add life to years



Contact a chartered physiotherapist – the qualified experts in movement and exercise

 www.govforhealth.ie  www.icpt.org



Active Wise -Terenure





multi-sport
Summer
CAMPS
2015
AGES 4 TO 12 YEARS



Disability Inclusion
Kids' Camp
Summer 2016



Clinical Education Professional Placement Model

Formative & Summative Assessment

Common Assessment Form:

Client Assessment,
Treatment/Management,
Communication Documentation
Professionalism,

- **Reflective Portfolio**
- **Presentations** Stakeholders
- **Health Promotion Materials**



Problem Based

Action Learning project embedded in
placement

<http://essea.strategies.org/inquiry.html>

Project Management,
Marketing, Budgets
Data Management

Work in new
way, flexible
hours, time
management

Initial
Apprehension- Less
Structured day

Health
Promotion &
Exercise Focus

Creativity
Social
Media

Greater Autonomy
Work as part of hub team
Work with other gym staff



2015 INTERNATIONAL CONFERENCE
ON HEALTH PROMOTING
UNIVERSITIES & COLLEGES

Reimagining the Campus



Building Partnerships



Community Engagement

Publications

- Smith E, Cunningham C, Mc Carthy U, Blake C. Assessing impact of Better Bones Programme on Falls Risk using Quantified TUG. Irish Osteoporosis Society, Dublin, Nov 2015
- *Smith E FFN??*
- Fay G, Cunningham C. GP Awareness and Management of Osteoporosis in Ireland-A National Survey. *Physiotherapy Research and Practice* 2015.
- Mc Carthy U, Smith E, Blake C, Cunningham C. The effect of a 6-week “Better Bones exercise programme” on Timed up and Go test in osteopenic/osteoporotic women ,Irish Hip Fracture Database conference, Dublin, March, 2015 Brennan L ,,
- Cunningham C, Blake C, Mc Carthy U. Does the Better Bones Programme improve Functional Physical Ability, Osteoporosis Knowledge and Exercise Self-Efficacy? - A Pilot Study. Irish Society Chartered Physiotherapy conference, Dublin 2014

- Fay G, Cunningham C. GP Awareness and Management of Osteoporosis in Ireland-A National Survey. Fragility Fracture Network Conference, Berlin 2012.
- Stephenson A, Cunningham C, Blake C. Mc Carthy U. Exercise and Vibration Therapy. Pilot RCT. Fragility Fracture network , Berlin, 2012
- Cunningham C, Madigan M. Bone Health and Falls Prevention Exercise Programmes within the Primary Care Setting in Ireland. Fragility Fracture Network conference Berlin, 2012
- Madigan M, Blake C, Cunningham C (2014) 'A National Survey of services for bone health and falls prevention exercise programmes in primary care in Ireland'. *Physiotherapy Practice and Research*, 35 (1):17-24.
- **Aoife Stephenson, Catherine Blake, Caitriona Cunningham Ulrik Mc Carthy Persson. Effects of exercise and vibration therapy on bone mineral density, physical function and quality of life in postmenopausal osteoporotic women: A randomized pilot trial protocol.**
Rehabilitation and Therapy Research Society 2012

Publications

- Aoife Stephenson, Catherine Blake, Caitriona Cunningham Ulrik Mc Carthy Persson. Effects of exercise and vibration therapy on bone mineral density, physical function and quality of life in postmenopausal osteoporotic women: A randomized pilot trial protocol.
Fragility, falls Fractures conference, St Vincent's University Hospital, Dublin 2011
- McDermott, U McCarthy Persson A PILOT STUDY EXAMINING THE PREVALENCE OF OSTEOPOROSIS RISK FACTORS IN YOUNG IRISH FEMALES Faculty Pub Health winter meeting, Dublin 2011
- O'Sullivan M, Blake C, Cunningham C, Boyle G, Finucane C. Correlation of accelerometry with clinical balance tests in older fallers and non-fallers. Age Ageing. 2009 May;38(3):308-13. Epub 2009 Feb 28.
- Walsh M, Cunningham C (2008) Awareness and Knowledge of Osteoporosis among General Practice Patients. Annual Scientific Meeting of the Irish Gerontological Society 2008
- Barrett A, Cunningham C. Physiotherapy Management of Bone Health and Osteoporosis: A Survey of current physiotherapy practice in the Republic of Ireland Acute Hospital Setting. MSc thesis UCD 2007.
- Kelliher T, Craig A, Cunningham C. Review of St Vincent's University Hospital Bone Health Programme. BSc Physiotherapy Dissertation. UCD 2007
- Monaghan SJ, Cunningham C. (2005) Physiotherapy Services in Long Stay Units for the Elderly Irish Gerontology Society Conference 2005