



**FACULTY of
NURSING and
MIDWIFERY**

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FACULTY OF NURSING AND MIDWIFERY, RCSI

DECONDITIONING: HEALTHCARE/HOSPITAL ACQUIRED HARM

Duration: 12 weeks (one evening per week)

Start date: 17th September 2025 until 10th December (except for 29th of October 2025)

Time: 7pm – 9pm

Registration:

Fellows and Members in Good Standing can avail of a 10% discount by contacting facnurse@rcsi.com

FACULTY OF NURSING AND MIDWIFERY, RCSI ACCREDITED CPD (24 CEUs)

ADDICTION CARE IN THE HEALTHCARE SYSTEM



RCSI Faculty of Nursing and Midwifery

Established in 1974, the RCSI Faculty of Nursing and Midwifery plays a pivotal role in leading and supporting the development of nursing, midwifery and healthcare professionals nationally through the delivery of transformative learning experiences, impactful research in the areas of personal and professional development and supporting the contribution of nurses, midwives and healthcare professionals to health, social care and societal well-being.

Deconditioning is an unseen harm associated with hospital or healthcare stays which can affect people in any setting as early as two days into their admission. Deconditioning is a complex process of physiological change following a period of inactivity or bedrest. It results in structural and functional losses in areas such as cognition, continence, conditioning and ability to accomplish activities of daily living. The decline in muscle mass and muscle strength has been linked to functional decline, reduced mobility, increased risk of falls and increased frailty. In older people deconditioning can have rapid onset, be severe and irreversible. It is most frequently associated with admission to long term care in older people but can occur in younger people too.

This CPD will enhance awareness, knowledge and understanding of deconditioning and its impact on patients/service users.

Deconditioning: Healthcare/Hospital Acquired Harm

PROGRAMME AIM:

The aim of this module is to support health and social care professionals to understand, recognise, detect, prevent and treat hospital and healthcare acquired deconditioning.

LEARNING OUTCOMES:

At the end of this programme learners will:

- Comprehensively understand the epidemiology of deconditioning including the prevalence, distribution and determinants
- Recognise the pathology/presentation/impact of deconditioning on individuals, the community and healthcare services
- Critically appreciate the scientific evidence/literature related to deconditioning
- Be able to put in place strategies and policies to prevent and treat deconditioning
- Comprehensively understand the role of the multi-disciplinary team in monitoring, managing and mitigating deconditioning
- Critically understand deconditioning agendas/policies nationally and internationally
- Have a high level of awareness of best practices internationally
- Understand the importance of organisational cultures on deconditioning

PROGRAMME STRUCTURE:

This programme will run over 12 weeks and will include live online lectures each week in addition to directed resources. Each lecture will consist of advance viewing of a short expert prepared video, advance reading of a short PowerPoint presentation and a number of key papers, followed by a 2-hour live lecture. In keeping with the ethos of the programme, the weekly videos will be available in a format which allows the learners to listen to them on a mobile application and we encourage all learners to listen to them while moving (walking/running etc).

Upon successful completion of this CPD, attendees will be awarded 24 CEU credits.

This programme will run every Wednesday evening at 7pm starting in September and finishing in December. (excl. Wednesday 29th October, due to the midterm break).



ABOUT THE PROGRAMME TEAM PROGRAMME LEAD

Professor Mary Rose Sweeney Ph.D., BSc., Registered General Nurse, Senior Fellow of Advance HE.

Mary Rose is the Executive Vice Dean for Education in the Faculty of Nursing and Midwifery, RCSI. Mary Rose has worked in Health Systems/Public Health for over 25 years and is an experienced lecturer, researcher and mentor. Mary Rose is a Senior Fellow of Advance HE. She is focused on developing innovative CPDs to support nurses, midwives and other health and social care professionals, personally and professionally in challenging and changing healthcare landscapes. Mary Rose is a General Nurse and has a B.Sc. and Ph.D. in Nutrition.



PROGRAMME COORDINATOR

Dr Ciara McCormack Ph.D., BSc., Clinical Physiologist, Health Behaviour Change Specialist.

Ciara is a Clinical Exercise Physiologist and Assistant Professor in Sport Science and Health with a passion for the promotion of physical activity as a cornerstone of health and well-being across the lifespan. Ciara has extensive lecturing experience in delivering modules such as exercise physiology, active aging, and physical activity interventions and health behaviour change. Beyond academia, Ciara has extensive practical experience as a clinical exercise physiologist, designing and implementing individual and community-based interventions for diverse populations including those with chronic diseases, with a passion to translate research findings into practical applications.



Professor Brian Dolan OBE, MSc., BSc. FRSA, Registered Mental Health Nurse, Registered General Nurse, FFMRCISI.

Brian is the Director of Health Service 360 (UK) and has extensive experience in whole systems change and leadership. Brian originated the global social movements #Last1000Days, to value patients' time, and #EndPJparalysis, an initiative to encourage patients to get up, get dressed and get moving to reduce their risk of deconditioning while in hospital. He is the author of seven books on leadership, emergency care and education. In 2018 Brian was voted one of the 20 most influential people in the history of the NHS.



Ms Deirdre Lang, MSc., BNS (Hons), Dip Mgt, HDip Gerontological Nursing, Registered General Nurse, Certificate in Ageing and Frailty.

Deirdre initially trained in St Vincent's Hospital, Elm Park, as a Registered General Nurse. She has had a variety of experiences, having worked in mental health and practice development. Her experience in Older Persons Services includes the roles of CNM2, Assistant Director of Nursing and Director of Nursing (HSE and private sector). Her role as Director of Nursing Older Persons Services brings together all aspects of her experience to date, together with her passion for the older patient and those who provide their care.



Mr Paul Mahon, MSc Education and Training Management (eLearning), PGDip CHSE, BSc Nursing Management, MSc Nursing, BSc Nursing, Dip. N, RGN, RNT, FFMRCISI.

Paul is the Operations and Education Manager in the Faculty of Nursing and Midwifery. He has over 25 years' experience in clinical practice and in designing and delivering continuous and postgraduate education programmes. Paul strongly believes that continuous and postgraduate education programmes should enhance confidence and competence in practice and enable nurses and midwives to work to the top of their license.

LECTURERS INCLUDE:

Dr Ciara McCormack,
Clinical Exercise Physiologist,
Module Co-Ordinator, RCSI and Assistant
Professor, Maynooth University

Professor Suzanne McDonough,
Head of School of Physiotherapy, RCSI

Dr Gemma Foley,
Teacher Practitioner - Neurology &
Gerontology, School of Physiotherapy, RCSI

Professor Lynda Holt,
CEO, Health Service 360, Honorary
Professor of Social Leadership, UK

Orla Walsh,
Free Lance Senior Dietitian, Dublin

Mike Murphy,
Head Physiotherapist and Clinic Owner,
RAPID.

Román Romero Ortuño,
Professor in Medical Gerontology and
Head of Discipline, School of Medicine,
Trinity College Dublin (TCD)

Thomas McCabe,
National Manager, Siel Bleu, Ireland

Trisha McAuliffe,
Director of Nursing, Royal Hospital
Donnybrook (Residential Care Facility
Dublin)

Dr Katja Savolainen,
Lecturer, Faculty of Nursing and Midwifery,
RCSI

Professor Brian Dolan,
OBE, MSc, BSc, FRSA, Registered Mental
Health Nurse, Registered General Nurse,
FFNMRCIS. Director of Health Service 360,
UK

Deirdre Lang,
Director of Nursing/National Lead Older
Persons Services, Clinical & Integrated
Programmes, Ireland.



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FURTHER INFORMATION:

Registration: Please contact
facnurse@rcsi.ie

FEE: €500

**FELLOWS AND MEMBERS IN GOOD
STANDING CAN AVAIL OF A 10%
DISCOUNT BY CONTACTING
FACNURSE@RCSI.COM**