

EIM Ireland



Prof Matthew Herring

National Center Director

Mathew P. Herring, PhD, FACSM

Affiliation

University of Limerick



Prof Brian Carson

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Host Institution – University of Limerick

The University of Limerick (UL) is a non-profit organization, established in 1972, that is located in Castletroy, Limerick, Ireland. UL is an independent, internationally-focused university with ~16,000 students and 1,600 staff that is an energetic and enterprising academic institution with a proud record of innovation in education and excellence in research. UL is dedicated to: developing a community of scholars with a global reputation for excellence, creativity, innovation, entrepreneurship, and engagement; building on the expertise of these scholars to create, harness, and impart knowledge for the benefit of our students and community; and, fostering curiosity, creativity, and academic excellence in an inclusive community committed to social good. UL offers programs across a wide range of disciplines, including arts, business, engineering, health, and medicine. UL currently supports multiple campus- and community-based exercise programs among healthy and patient groups, the Exercise is Medicine On Campus program, and extensive physical activity and exercise research conducted by members of the Health Research Institute, Physical Activity *for* Health Research Cluster, Department of Physical Education and Sport Sciences, and the School of Allied Health.



NC Advisory Board	Affiliation
Matthew P. Herring, PhD, FACSM	• Senior Lecturer, University of Limerick
Brian P. Carson, PhD	• Senior Lecturer, University of Limerick
Liam Glynn, MD	• Professor of General Practice, Graduate Entry Medical School, University of Limerick • Executive Board, Health Research Board Primary Care Clinical Trials Network Ireland (CTNI), Association of University Departments of General Practice of Ireland (AUDGPI)
Niall Moyna, PhD, FACSM	• Professor, Faculty of Sport and Exercise Medicine; Department of Health and Human Performance, Dublin City University
Michael Harrison, PhD, FACSM	• Department Head, Sport and Exercise Science, Waterford Institute of Technology • Chair, Standards Council of the Register of Exercise Professionals in Ireland
Noel McCaffrey, MD	• Sports and Exercise Medicine Specialist Physician • Founder and Medical Director of Exwell Medical
Grainne O'Donoghue, PhD	• Assistant Professor of Physiotherapy, School of Public Health, Physiotherapy & Sports Science, University College Dublin
Suzanne McDonough, PhD	• Head of Physiotherapy, Royal College of Surgeons Ireland
Farah Mydin, MD	• Exercise and Sport Medicine Physician
Catherine Woods, PhD	• Professor and Chair in Physical Activity & Health, University of Limerick
Sarah O'Brien	• Health Services Executive Lead, Healthy Eating and Active Living (HEAL)
Peter Smyth, PhD	• Director of Research, Sport Ireland
David Kelly, PhD	• Lecturer, Athlone Institute of Technology

2021 Goals

- Grow and strengthen infrastructure by:
 - Finalizing working groups and establishing clear deliverables
 - Enhancing linkages between academics, clinicians, exercise professionals, and end-users
 - Strengthening relationships with the Health Service Executive and the Registry for Exercise Professionals
- Grow our media presence in order to increase awareness and engagement
- Successfully deliver our EIM Ireland webinar series
- Engage in collaborative research and Exercise is Medicine training programmes
- Conduct a mapping exercise to better understand where and how EIM can be integrated into higher education institutions across Ireland
- Expand EIM OC to an additional four universities in Ireland
- Strengthen collaborations with community-based exercise programmes like Exwell Medical and MedEx UL

Accomplishments to Date



- Officially established the EIM Ireland National Center in December 2019
 - Secured membership on the advisory board for the Ireland Health Service Executive (HSE)
 - Partnered with the HSE on an initiative called 'Get Up, Get Dressed, Get Moving' to increase physical activity in long-term care facilities (2020-21)
 - Engaged with the Institute of Public Health to facilitate a large-scale survey of healthcare provider knowledge of physical activity (2020-21)
 - Began an EIM Ireland webinar series in 2021 for various health professionals across the country
 - Sponsored two major webinars that focused on physical activity for health during COVID-19, which were attended by healthcare practitioners, exercise professionals, and individuals from academia
 - Integrated EIM training into the Graduate Medical School curriculum at the University of Limerick
 - Expansion of EIM On Campus to four universities by the end of 2020
 - Developed a Twitter account (@ExerciseisMedi3) and a Facebook page
 - Developed and submitted a Health Research Board Collaborative Award funding application that will provide five PhD students with projects focused on different areas of Exercise is Medicine
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