

EIM Ireland



Prof Matthew Herring

National Center Director

Mathew P. Herring, Ph.D., FACSM

Affiliation

University of Limerick



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National Center Deputy Director

Brian P. Carson, Ph.D.

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University of Limerick

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. UL 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, Ph.D., FACSM	• Senior Lecturer, University of Limerick
Brian P. Carson, Ph.D.	• Senior Lecturer, University of Limerick
Liam Glynn, M.D.	• 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)
Wilby Williamson, D.Phil.	• Physician, Director of Lifestyle Medicine VHI • Fellow, Faculty of Sports and Exercise Medicine
Niall Moyna, Ph.D., FACSM	• Professor, Faculty of Sport and Exercise Medicine; Department of Health and Human Performance, Dublin City University
Michael Harrison, Ph.D., 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, Ph.D.	• Assistant Professor of Physiotherapy, School of Public Health, Physiotherapy & Sports Science, University College Dublin
Suzanne McDonough, Ph.D.	• Head of Physiotherapy, Royal College of Surgeons Ireland
Sarah O'Brien	• Health Services Executive Lead, Healthy Eating and Active Living (HEAL)
Una May, Ph.D.	• CEO, Sport Ireland
Kieran Dowd, Ph.D.	• Lecturer, Athlone Institute of Technology

2022 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
- Recognition of credentialing and developing a registry of exercise professionals
- Expand EIM OC to an additional three universities in Ireland
- Enhance partnership with Faculty of Sport and Exercise Medicine and our joint conference
- Generate funding application based on collaborations among members of the EIM National Center Advisory Board
- Expand collaborations with other EIM European National Centers
- Continuing growing EIM Ireland webinar series

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)
 - Started an annual conference, co-hosted with the Faculty of Sport and Exercise Medicine (2021), which awarded CPD credits to healthcare providers attending
 - Engaged with the Registered Exercise Professionals Ireland to focus on credentialling and recognition of exercise professionals (2021)
 - 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 five universities by the end of 2021 (University of Limerick, University College Dublin, Waterford Institute of Technology, Technological University of the Shannon-Athlone, Royal College of Surgeons Ireland)
 - 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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