

ANNUAL REPORT 2025



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



University College Dublin



INTRODUCTION

The Academic Department of Palliative Medicine (ADPM) was set up by Professor Declan Walsh in 2012. It represents a collaboration between Trinity College Dublin (TCD), University College Dublin (UCD), and Our Lady's Hospice & Care Services (OLH&CS). I was appointed in July 2020, and started working in the ADPM in January 2021.

The ADPM has continued to flourish in 2025. The Department had 10 postgraduate research students (8 PhD, 1 MD, and 1 MSc) during the year, and one PhD student graduating (Dr Craig Gouldthorpe – TCD), with the MD student (Dr Niamh Cleary - TCD) and the MSc student, (Muireann McDonnell - UCD) also graduating.

Currently, the ADPM are undertaking research within OLH&CS, St James's Hospital, St Vincent's University Hospital, and we have a number of studies involving sites in Ireland, Northern Ireland and the rest of the United Kingdom. We are also involved in a number of other international studies (outlined below).

I would like to thank TCD, UCD, and OLH&CS for their continued support of the ADPM. Moreover, I would like to thank OLH&CS for continued hosting of the Department, and the Board of OLH&CS for their generous ongoing funding of two of our PhD candidates.



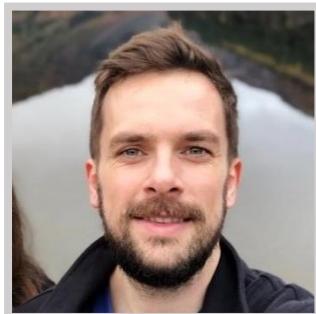
Professor Andrew Davies MB BS, MSc, MD, FRCP

Professor of Palliative Medicine
Trinity College Dublin
University College Dublin
Our Lady's Hospice & Care Services (Dublin)
[University of Surrey, Guildford (United Kingdom)]

Honorary Consultant in Palliative Medicine
St. James's Hospital (Dublin)
St. Vincent's University Hospital (Dublin)

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ADPM TEAM



Dr Craig Gouldthorpe – Special Lecturer in Palliative Medicine at UCD / Locum Consultant in Palliative Medicine at St James's Hospital.

Craig completed his PhD in 2025 ("The assessment, identification and management of Circadian rest-Activity Rhythm Disorders in patients with advanced Cancer (CARDiC)"; supervisor – Prof Davies).



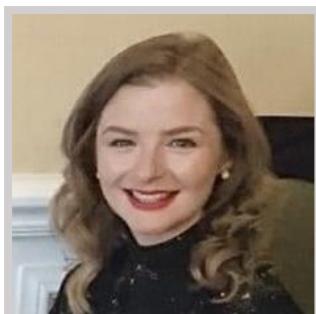
Dr Jenny Power – Honorary Clinical Research Fellow / PhD candidate

Jenny has completed specialist training in Palliative Medicine in Ireland. She is undertaking a PhD at UCD (supervisor – Prof Davies), and is researching remote monitoring in patients with advanced disease. She is submitting her thesis in Q1 2026.



Dr Amy Taylor – Clinical Lecturer in Palliative Medicine at TCD / PhD candidate

Amy is currently out of programme from her specialist training scheme for Palliative Medicine in the United Kingdom. She is undertaking a PhD at TCD (supervisor – Prof Davies), and is researching the role of specialist palliative care in cancer survivorship. She is submitting her thesis in Q1 2026.



Marie Hannon – Honorary Clinical Research Fellow

Marie is the Dietitian Manager at Our Lady's Hospice & Care Services. She submitted her PhD in Q4 2025 ("An investigation into taste disturbance associated with xerostomia in patients with advanced cancer"; supervisors – Prof Davies & Prof Michael Connolly).

ADPM TEAM



Shauna Munir – Honorary Clinical Research Fellow / PhD candidate

Shauna is an Advanced Nurse Practitioner in Palliative Care at OLH&CS. She is undertaking a PhD at UCD (supervisors – Prof Davies & Prof Michael Connolly), and is researching non-pharmacological interventions for sleep disturbance in patients with advanced cancer.



Dr Siofra Hearne – Honorary Clinical Research Fellow / PhD candidate

Siofra is on the specialist training scheme for Geriatric Medicine in Ireland. She is registered for a PhD at TCD (supervisors – Prof Davies & Dr Amanda Lavan), and is researching cognitive impairment in older cancer patients receiving immune checkpoint inhibitors.



Norah Fagan – Research Nurse / PhD candidate

Norah is a registered General Nurse. She is undertaking a PhD at UCD (Supervisors – Prof Davies & Prof Michael Connolly), and is researching “death rattle” at the end of life.



Hailey Goffinet – Research Nurse / PhD Candidate

Hailey is a registered Nurse. She is undertaking a PhD at UCD (supervisors – Prof Davies & Prof Michael Connolly), and is researching “remote” vital signs monitoring in patients at the end of life.

ADPM TEAM



Muireann McDonnell – Research Nurse

Muireann has a degree in Children's and General Nursing. She completed her MSc in 2025 ("Assessing adult palliative care nurses' perceived knowledge, self-efficacy, and clinical practice before and after paediatric palliative care training"; supervisors – Prof Andrew Davies & Prof Michael Connolly).



Niamh Cleary – Honorary Clinical Research Fellow

Niamh completed her MD in 2025 ("Investigation of oral problems using a novel oral symptom assessment tool in patients with advanced cancer and older patients with frailty"; supervisor – Prof Davies).



Gemma O'Keeffe – Academic Department Coordinator

Gemma is academic secretary for Prof Davies, and she also provides administrative support to the ADPM team / research programme (and specifically to the EU-Navigate study).

Dr Suzanne Ryan – Honorary Clinical Research Fellow / MD candidate

Suzanne is a Consultant in Palliative Medicine at University Hospital Waterford. She is registered for an MD at TCD (supervisor – Prof Davies), and is researching the efficacy of hypnotics for the treatment of sleep disturbance in palliative care patients.

RESEARCH ACTIVITY – ADPM initiated studies

CHELsea (Clinically-assisted Hydration at End of Life) II trial – this is a NIHR-funded, multi-centre (UK), cluster randomised trial of clinically-assisted hydration in patients in the last days of life. Prof Davies is the Chief Investigator / grant holder for this trial. The study completed recruitment in 2025, with a total of 1565 participants recruited. The data is currently being analysed.

<https://www.surrey.ac.uk/chelsea-ii-trial>



CORReCT (Cognition in Older adults with cancer Receiving systemic anti-Cancer Treatment) – this is an observational (longitudinal) study of cognition in older adults with cancer during anticancer treatment. The study is closed to recruitment, and will continue into 2026. It is part of Dr Hearne's PhD project.

EXTra (Efficacy of Xerostomia Treatments) I study – this is a multicentre, crossover study of two saliva substitutes for the treatment of xerostomia in patients with advanced cancer. The study is open to recruitment, and will continue into 2026.

EXTra (Efficacy of Xerostomia Treatments) II study – this is another multicentre, crossover study of two saliva substitutes for the treatment of xerostomia in patients with advanced cancer. The study is open to recruitment, and will continue into 2026.

HIPpo – this is an observational study of hypnotic medication use in palliative care patients. The study is open to recruitment, and will continue into 2026. It is part of Dr Ryan's MD project.

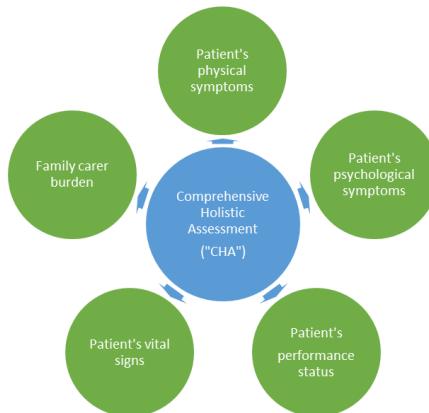
OASis (OSAS for Assessment oral Symptoms) III – this is a multicentre, observational study of oral symptoms in frail elderly patients. The study has been completed, and the data is being analysed.

OASis (OSAS for Assessment oral Symptoms) IV – this is a multicentre, observational study of oral symptoms in palliative care patients with non-malignant disease. Recruitment will continue into 2026.

POST (Palliative care and Oncology Survey on Terminology) – this is an international (Ireland, United Kingdom), multi-centre, observational study of cancer patients' views on the terms used to describe them, and specifically the term "cancer survivor". The study is open to recruitment, and will continue into 2026. It is part of Dr Taylor's PhD project.

PRiSM (Specialist Palliative Care's Role in Cancer Survivorship Model) study – this is an international, e-Delphi study of key stakeholders' opinions on the role of specialist palliative care in individuals living beyond cancer ("long term" cancer survivors). The study has been completed, and the data is being analysed. It is part of Dr Taylor's PhD project.

RSVP (Remote assessment of Symptoms and Vital signs in Palliative care) II study – this is an interventional study to assess the feasibility of using remote monitoring (i.e. Remote Comprehensive Holistic Assessment / "R-CHA" – see figure) to better target intervention from a specialist palliative care team in community-based patients with advanced disease. The study has been completed, and the data is being analysed. It is part of Dr Power's PhD project.



R-CHA (Remote Comprehensive Holistic Assessment)

SWaN (Sleep Well at Night) study – this is an interventional study to assess the feasibility of a multi-modal intervention (i.e. CBT-I, bright light therapy, tailored exercise regimen) for treating sleep disturbance in patients with advanced cancer. The study has been completed, and the data is being analysed. It is part of Ms Munir's PhD project.

TPAC (Taste disturbance in Patients with Advanced Cancer) I study – this is a multicentre, observational study to develop / validate an assessment tool for taste disturbance in patients with advanced cancer (the TQ-PAL). The study has been completed, and the data is being analysed. It is part of Ms Hannon's PhD project.

TPAC (Taste disturbance in Patients with Advanced Cancer) II study – this is a multicentre, observational study of taste disturbance in patients with advanced cancer and xerostomia. The study is open to recruitment, and will continue into 2026.

VITAL PC (Remote Vital Sign Monitoring in Palliative Care) – this is an observational study to assess the utility of remote monitoring of vital signs in patients with advanced cancer admitted to a hospice inpatient unit. This study is open to recruitment and will continue into 2026. It is part of Ms Goffinet's PhD project.

RESEARCH ACTIVITY – Non ADPM initiated studies

CAReS (Cancer Appetite Recovery Study) II – this is a commercial, international, multi-centre, randomised controlled trial (phase II trial) of a synthetic cannabinoid for anorexia in cancer patients. Prof Davies is the Principal Investigator for this study in Ireland. The study is paused to recruitment while an interim analysis is being undertaken.



EU-Navigate study – this is a Horizon Europe-funded, international, multi-centre, randomised study of “navigators” (volunteers) to support older cancer patients. Prof Davies is the Principal Investigator for this study in Ireland. The study is closed to recruitment, and will continue into 2026.

<https://eunavigate.com/>



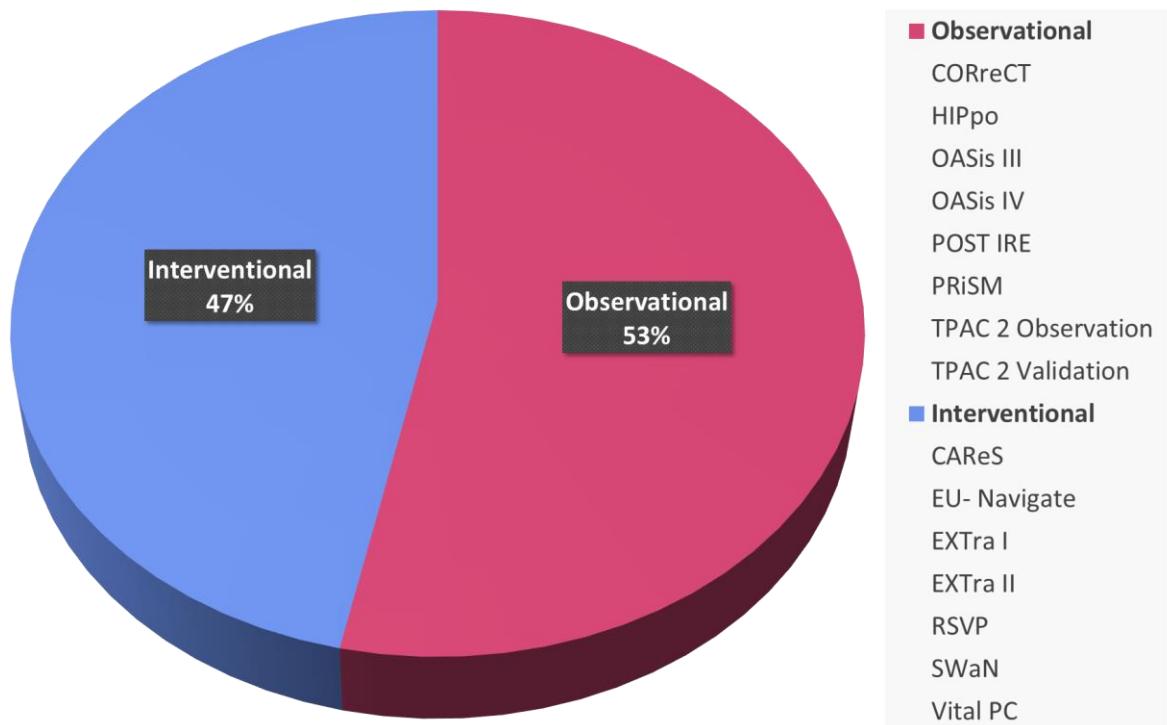
An investigation of the status of undergraduate palliative care education at medical schools in the Republic of Ireland and Northern Ireland (IMEP Ireland) – this is a collaboration with Aachen University (Aachen, Germany).

Japanese translation / validation of Oral Symptom Assessment Scale (OSAS) – this is a collaboration with Tohoku University Graduate School of Dentistry (Sendai City, Japan).

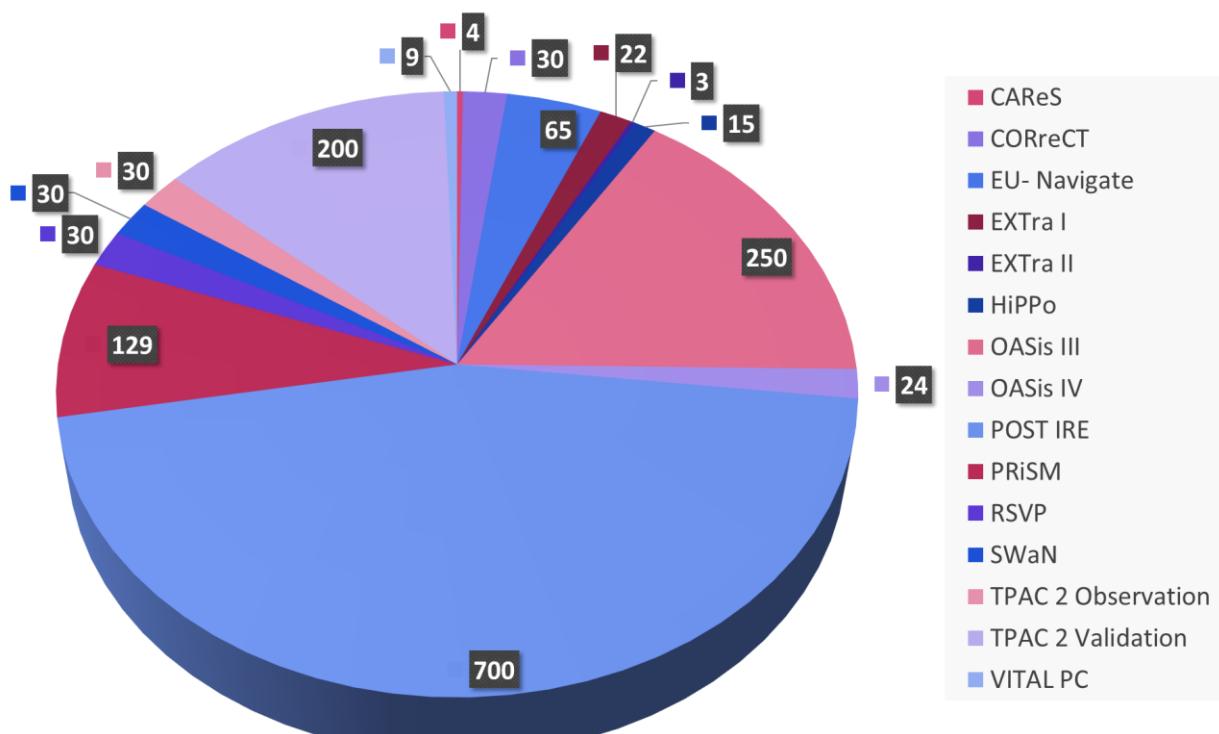
Portuguese translation / validation of Oral Symptom Assessment Scale (OSAS) – this is a collaboration with Polytechnic Institute of Portalegre (Portalegre, Portugal).

Chinese translation / validation of Breakthrough Pain Assessment Tool (BAT) – this is a collaboration with Sun Yat-sen University Cancer Center (Guangzhou, China).

Research study types - 2025



Patients recruited to research studies - 2025



RESEARCH AWARDS & GRANTS



*Dr. Craig Gouldthorpe
PhD TCD graduation 2025*



*Dr. Niamh Cleary
MD TCD graduation 2025*



*Muireann McDonnell
MSc UCD graduation 2025*

Prof Davies: £66,869 from Health Technology Appraisal (NIHR) to analyse end-of-life care data from CHELsea II trial (awarded 2025; duration 6 months).

Prof Davies: €44,697 from Higher Education Authority (Stream 1 HEREG) to investigate continuous remote vital sign monitoring to facilitate the management of end-of-life care hospice inpatients (awarded 2025; duration 12 months).

Marie Hannon: €1,500 Student Bursary Award from OLH&CS to complete PhD (awarded 2025; duration 12 months).

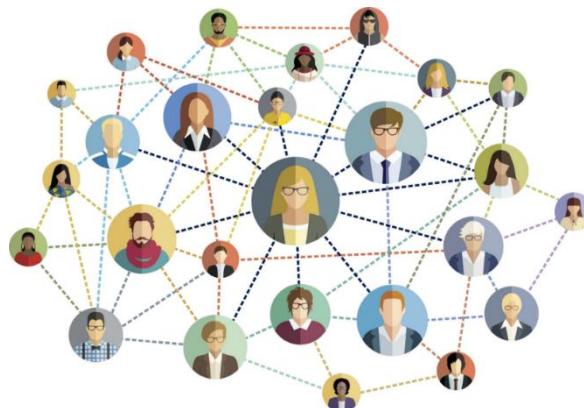
Prof Davies: £1,107,919 from NIHR Health Technology Assessment Programme (UK) to undertake the CHELsea II trial (awarded 2021; duration 48 months).

Prof Davies: €964,170 from the European Health & Digital Executive Agency to undertake the EU - Navigate study (awarded 2021; duration 60 months).

Prof Davies: £350,000 from Kyowa Kirin International to undertake the E-StOIC study (awarded 2021; duration 48 months).

Prof Davies: €9,600 from European Health & Digital Executive Agency to support the Interact project, which involves the development of a European, multi-professional core curriculum for healthcare professionals working within oncology (awarded 2021; duration 48 months).

INTERNATIONAL RESEARCH COLLABORATORS (selected)



Belgium

- European Cancer Organisation, Brussels [*EU-Navigate project*]
- Vrije Universiteit Brussel, Brussels [*EU-Navigate project*]

Canada

- Multinational Association of Supportive Care in Cancer [*various*]

Germany

- Aachen University, Aachen [*IMEP Ireland*]

Japan

- Tohoku University Graduate School of Dentistry, Sendai [*Japanese translation / validation of OSAS*]

Portugal

- Polytechnic Institute of Portalegre, Lisbon [*Portuguese translation / validation of OSAS*]

United Kingdom (selected)

- Edinburgh Cancer Centre, Edinburgh [*CAReS; POST study*]
- Kings College London, London [*EU Navigate*]
- Norfolk and Norwich University Hospitals, Norwich [*POST study*]
- Northern Ireland Cancer Centre, Belfast [*POST study*]
- Royal Surrey County Hospital NHS Foundation Trust, Guildford [*POST study, T-PAC*]
- University of East Anglia, Norwich [*various*]
- University of Surrey, Guilford [*CHELsea II Trial*]

NATIONAL RESEARCH COLLABORATORS (selected)

Trinity College Dublin

- Dr Cathal Cadogan (Associate Professor, School of Pharmacy and Pharmaceutical Sciences)
- Dr Geraldine Foley (Associate Professor, School of Medicine)

St. James's Hospital (Dublin)

- Clinical Research Facility [CAReS II]
- Dr Amanda Lavan (Clinical Senior Lecturer in Medical Gerontology, Trinity College Dublin) [EU-Navigate; CORreCT; OASis III]
- Prof Roman Romero-Ortuno (Professor in Medical Gerontology, Trinity College Dublin) [OASis III]

University College Dublin (Dublin)

- UCD Clinical Research Centre
- The Patient Voice in Cancer Research
- Prof Amanda McCann (Professor, UCD Conway Institute of Biomolecular and Biomedical Research)
- Prof Catherine Mooney (Professor, UCD School of Computer Science) [Vital PC]

St. Vincent's University Hospital (Dublin)

- Prof Michaela Higgins (Clinical Professor in Medical Oncology, University College Dublin) [POST]
- Dr Fergus Keane (Consultant Medical Oncologist) [EU-Navigate]

St Luke's Hospital (Dublin)

- Prof Sinead Brennan (Consultant Radiation Oncologist) [EU-Navigate]

Marymount University Hospital and Hospice (Cork)

- Dr Karie Dennehy (Consultant in Palliative Medicine) [POST]

Milford Care Centre (Limerick)

- Dr Michael Lucey (Consultant in Palliative Medicine) [POST]

Southeast Palliative Care Centre (SEPCC) at University Hospital Waterford

- Dr Laura Mulqueen (Consultant in Palliative Medicine) [POST]
- Dr Suzanne Ryan (Consultant in Palliative Medicine) [HIPpo]

INTERNATIONAL RESEARCH PRESENTATIONS

Palliative Care Congress (Belfast, 20-21st March 2025)

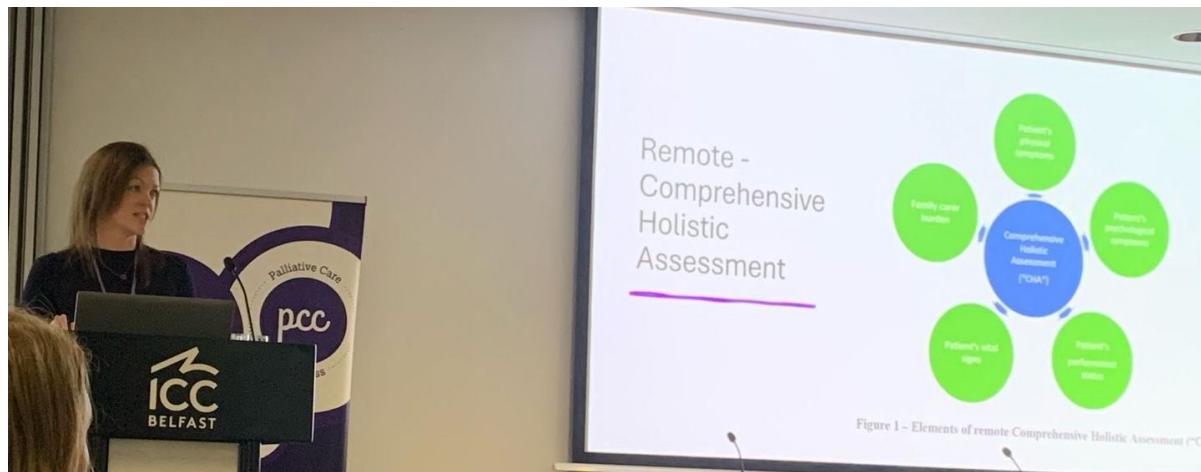
Davies A. Afternoon Plenary – Just do it! (Oral presentation).

Power J. Remote assessment of symptoms and signs in palliative care (ReASSure-PC) – a feasibility study. (Oral presentation).

Gouldthorpe C, Davies A. Symptom burden in patients with advanced cancer and a circadian rest-activity rhythm disorder. (Poster).

Gouldthorpe C, Davies A. Feasibility of a multi-modal, non-pharmacological intervention for circadian rest-activity rhythm disorders in patients with advanced cancer. (Poster).

Taylor A, Davies A. European e-delphi consensus recommendations on the role of specialist palliative care services in cancer survivorship. (Poster).



Dr Jenny Power presenting at PCC (Belfast, March 2025)

The European Association of Palliative Care (EAPC) Congress (Helsinki, 29-31st May 2025)

Davies A, Fagan N, Power J, Taylor A. "Constipation": One word, many meanings amongst European cancer patients. (Oral presentation – highest scoring abstract).

Fagan N, Davies A, Foley G. Independent and shared decision-making among patient and caregiver dyads in specialist palliative care. (Poster).

Gouldthorpe C, Davies A. Preliminary validity of the bPSQI in detecting poor sleep quality in patients with advanced cancer. (Poster).

Gouldthorpe C, Davies A. A multi-modal intervention to improve symptoms and quality of life in patients with advanced cancer who are experiencing circadian rest-activity rhythm disorders. (Poster).

Taylor A, Davies A. European e-Delphi consensus recommendations on the role of specialist palliative care services for long-term "cancer survivors" (people "living beyond cancer"). (Poster).

Taylor A, Davies A. European e-Delphi consensus recommendations on the role of specialist palliative care services for people with stable locally advanced or metastatic cancer. (Poster).

NATIONAL RESEARCH PRESENTATIONS

72nd Annual and Scientific Meeting – Irish Gerontological Society (Killarney, 2-4th October 2025)

Hearne S. Cognitive function in patients attending a pilot geriatric oncology service in a tertiary referral centre. (Poster).

Trinity St James's Cancer Institute Research Day (Dublin, 24th October 2025)

McDonnell M. EU Navigate: Trial recruitment & retention. (Oral presentation).

LECTURES / WEBINARS

MSc in Palliative Care, University of Vic, Spain (22nd January 2025).
Davies A. Breakthrough cancer pain.

Online Lecture to the Department of Palliative Medicine, Sir Ganga Ram Hospital, Delhi (17th February 2025).

Davies A. Opioid-induced constipation and clinically-assisted hydration.

MSc in Cancer Survivorship, Trinity College Dublin, Ireland (9th December 2025).
Taylor A. The role of specialist palliative care services in cancer survivorship.

Not Your Grandma's Cancer Show – Shine Cancer Support Podcast (4th December 2025)

Munir M, Davies A. Science of Sleep.

PUBLICATIONS

Barry C, Boland JW, Dickman A, Noble S, Laird B, Davies AN. Guideline should be based on all of the evidence. *BMJ Supportive & Palliative Care* 2025;15:728.

<https://doi.org/10.1136/spcare-2025-005702>

Davies A. Clinically-assisted hydration in advanced cancer. *Current Opinion in Supportive and Palliative Care* 2025;19:188-91.

<https://doi.org/10.1097/SPC.0000000000000760>

Davies A. Clinically assisted nutrition and hydration at the end of life. *Clinical Medicine (London)* 2025;25:100323.

<https://doi.org/10.1016/j.clinme.2025.100323>

Davies A, Fagan N, Power J, Taylor A. 'Constipation': one word, many meanings amongst European Cancer patients. *Palliative Medicine* 2025;39:553-62.

<https://doi.org/10.1177/02692163251325711>

Davis MP, Bohlke K, Davies A. Opioid conversion in adults with cancer: MASCC-ASCO-AAHPM-HPNA-NICSO Guideline Clinical Insights. *J Pain Symptom Manage* 2025. Epub ahead of print.

<https://doi.org/10.1016/j.jpainsympman.2025.10.027>

Davis MP, Davies A, McPherson ML, Reddy AS, Paice JA, Roeland EJ, Walsh D, Mercadante S, Case AA, Arnold RM, Satomi E, Crawford G, Bruera E, Bohlke K, Ripamonti K. Opioid conversion in adults with cancer: MASCC-ASCO-AAHPM-HPNA-NICSO guideline. *Supportive Care in Cancer* 2025;33:243.

<https://doi.org/10.1007/s00520-025-09286-z>

Fagan N, Connolly M, Keane N, Davies A. The impact of "death rattle" on patients, informal caregivers and healthcare professionals: a scoping review. *American Journal of Hospice and Palliative Care* 2025. Epub ahead of print.

<https://doi.org/10.1177/10499091251382508>

Gouldthorpe C, Davies AN. Circadian rest-activity rhythm disorders in advanced cancer: assessment, diagnosis and clinical correlates. *BMJ Supportive & Palliative Care* 2025. Epub ahead of print.

<https://doi.org/10.1136/spcare-2025-005410>

Hearne S, McDonnell M, Lavan AH, Davies A. Immune checkpoint inhibitors and cognition in adults with cancer: a scoping review. *Cancers* 2025;17:928.

<https://doi.org/10.3390/cancers17060928>

McDonnell M, Connolly M, Bell M, Lawler F. Adult specialist palliative care services caring for children in the community: a scoping review. *BMC Palliative Care* 2025;24:167.

<https://doi.org/10.1186/s12904-025-01792-5>

Munir S, Connolly M, Davies AN. Non-pharmacological interventions for sleep disturbance ("insomnia") in patients with advanced cancer: a scoping review. *Supportive Care in Cancer* 2025;33:486.

<https://doi.org/10.1007/s00520-025-09550-2>

Ryan S, Munir S, Davies A. Pharmacological interventions for sleep disturbance ("insomnia") in patients with advanced cancer receiving specialist palliative care: a scoping review 2025;33:1124.

<https://doi.org/10.1007/s00520-025-10202-8>

Taylor A, Davies A. Palliative care or supportive care? *Clinical Medicine (London)* 2025;25:100487.

<https://doi.org/10.1016/j.clinme.2025.100487>

Taylor A, Davies A. PRISM e-Delphi Group. PRISM project: e-Delphi study on the role of specialist palliative care services in the care of people living beyond cancer. *Palliative Medicine* 2025. Epub ahead of print.

<https://doi.org/10.1177/02692163251376957>

Taylor A, Davies A, Saravanan P. The changing landscape of palliative care: a universal imperative. *Clinical Medicine (London)* 2025;25:100492.

<https://doi.org/10.1016/j.clinme.2025.100492>

Van Campe F, Champaere K, Pivodic L, Gilissen J, Pesut B, Duggleby W, Smets T, Szczerbinska K, Furlan de Brito M, Davies A, Ferraris S, van der Plas A, Scacciati B; EU Navigate; Van den Block L. Systematic adaptation of public health palliative care interventions across settings using ADAPT guidance: Methodological learnings from the EU Navigate project. *Palliative Medicine* 2025;39:460-72.

<https://doi.org/10.1177/02692163251320507>

White M, Connolly M, Davies A. Bereaved informal carers' experience of an interventional clinical research project at the end-of-life: a qualitative interview study. *BMC Palliative Care* 2025;24:275.

<https://doi.org/10.1186/s12904-025-01872>

UNDERGRADUATE EDUCATION

The ADPM supports teaching / training to both TCD and UCD medical students.

Trinity College Dublin

The ADPM staff provide a range of educational activities for the medical students from TCD, including lectures, 3-week clinical attachments at OLH&CS (88 students in 2025), audit projects, research projects, and student electives, and also contribute to general medical teaching. Dr Taylor is the lead for undergraduate education at TCD.

In 2025, the ADPM supervised a group of 2nd year students that performed an audit entitled "A green healthcare service evaluation of a hospice inpatient unit." The students presented the results at the annual Research Symposium within the School of Medicine, and the Clinical Audit Committee Showcase at OLH&CS (September 2025).

In 2025, two TCD students, in collaboration with two UCD students, submitted an article for publication based on an audit of continuous subcutaneous infusions on the inpatient unit at OLH&CS. The audit suggests that some patients develop tolerance to the opioid analgesic alfentanil, which has not previously been reported in this cohort of patients.

The ADPM will continue to support the revision of the TCD medical curriculum, and the proposal for TCD medical students to undertake shorter clinical attachments in palliative care in the 4th or 5th (rather than the 3rd year).

University College Dublin

The ADPM staff provide a range of educational activities for the medical students from UCD, including lectures, half day clinical seminars at OLH&CS (300 students in 2025), audit projects, and student electives. Dr Power and Dr Gouldthorpe were the leads for undergraduate education at UCD.

The ADPM will support the revision of the UCD medical curriculum, and the option for UCD medical students to undertake clinical attachments in palliative care (similar to TCD students).

We also want to explore further collaborations between TCD and UCD, and interdisciplinary teaching (especially with colleagues from within UCD School of Midwifery and Health Systems).

OTHER EDUCATIONAL ACTIVITIES

In 2026 we will be adding a state-of-the-art simulation suite to the Education & Research Centre at OLH&CS. The simulation suite will have two high fidelity manikins, and a bespoke AV system.

The ADPM organises a monthly Journal Club, and a weekly regional/national Palliative care Grand Rounds. The ADPM is also involved in other educational activities within OLH&CS.

<https://olh.ie/education-research/courses-and-events/>

