



## Rosario Walsh (Unaffiliated)

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I took part in the "IPPOSI patient education programme in health and innovation"- 2017 pilot. It gave me an insight into the importance of patient empowerment. As a rheumatoid arthritis patient I know the impact of living with this condition and now feel more confident about sharing this information with medics and researchers. I've just agreed to sit on a trial committee as a lay representative for a study on retinopathy screening for people with diabetes.

### **Experience/Areas of Interest:**

- Rheumatoid arthritis patient
- Clinical Trials
- Patient Information Leaflets

### **Patient Involvement and Experience:**

- I have experience of research as I took part in a study by Sean McKenna physiotherapist, PhD student entitled "Does Exercise have an Effect on Sleep and Aspects of Mood in People who have Rheumatoid Arthritis: a pilot randomised, controlled trial". This study took place in University of Limerick 2017/2018.
- Various awards from Toastmasters based on completed projects earning the following titles: Competent Leader (CL), Competent Communicator (CC).
- I have given speeches in a few venues on Patient Advocacy.