

Director's Welcome

Dear Reader,

As director, it is my pleasure to welcome you to the 14th edition of the *Trinity Student Medical Journal*. For those unaware, the Trinity Student Medical Journal is written, edited, and produced by medical and health sciences students, and is the result of months of work from both the committee members and the students/faculty who have submitted their work. It is a means for talented and devoted students to share their interests. And the papers selected for this edition, we believe, contained the most significance of what the *TSMJ* strives for. Chosen or not, I would like to thank all those who submitted articles as we recognise the hard work and commitment you all have provided. And we hope that the articles contained within will inspire students to continue their interests in research.

As director this was a new experience for me, as in the past I had dealt mainly with production. This would be my third year with the *TSMJ*, and I have seen the journal progress significantly during my time. It has been a big learning experience and I have learnt even more than I ever thought I would about the *TSMJ* and the journal form itself. It amazes me how we are able to improve and build upon previous editions in our quest for an accomplished platform for students with such little time. This year we acquired a website domain of our own as a means to provide even easier access to the journal and its articles. These years with the *TSMJ* have been a great experience and I am proud to have seen the journal thrive and continue to grow.

I would like now to take the time to thank everyone in the committee for all the hard work they have provided in keeping the journal at a high standard.

To our editors-in-chief, Orna Grant and Conor Lavelle, who worked unremittingly as both leaders and editors; thank you for supporting me and helping me with my role as director even though I had lacked the experience.

To all of the editors, thank you for your tireless hard work and contributions. They may often go unnoticed, but they are indeed crucial to the achievement of the journal. It is

your work that maintains the utmost quality to which the *TSMJ* strives.

To our marketing team members, Abdel Satt Rubayawi and Albert Kelly, thank you for spreading awareness of the journal and the commitment to obtain its adequate resources. Without your talent we would not have the means to provide a journal.

To our Graphics designer, Niall Byrne, thank you for your amazing, and original artwork that graces the pages of the *TSMJ*. It shows that the journal has expanded and matured to include original work directly based on articles.

And to our Production team, you have done an unbelievable job. Jaclyn Vertes, David Parfrey, and Stephen Sheridan, you are all an amazing team to work with, and I would like to thank you all for allowing the journal to materialize. Ironically much of my experience with the *TSMJ* was based through production, and yet you all required little leadership or guidance from me. In fact you all managed to improve the journal even further. Congratulations on a work well done.

I would like to give a special thanks to Antonio Bueno, the previous Director of the *TSMJ*, for all the advice and mentoring you provided me with. Without your help and knowledge from past experience I would've been lost. Thank you for the guidance and making me strive to be a better leader.

I wish a great, big thanks to all of our sponsors and supporters. Without your generous contributions we would not be able maintain and produce the journal. Thank you for continuing to provide a platform for students to be heard and interests shared.

Lastly, I would like to thank you, the reader, for providing us your interest and allowing us to share the work we have put into the journal these past few months. We hope that you enjoy this edition and that it may inspire you to contribute or be a part of the Trinity Student Medical Journal in the future. Thank you.

Sincerely
Peter Tsakkos
Director
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