



Megaphone Online

April 2018

the voice of Health Sciences' staff and students

Student wins Student Nursing Times Award

Huge congratulations to third-year nursing student Joe Aktinson who has been named Student Nurse of the Year in the category of mental health at the Student Nursing Times Awards 2018.

The awards celebrate student nurses, as well as the universities and placement providers that educate and train them. This the fourth time in the awards eight-year history that a University of York student has been honoured.

Joe said: "Every day is different when you are studying and training to be a Nurse. Each patient is unique and so, for me, nursing at its best is about listening to the patient's specific needs and working collaboratively to come up with a plan that will aid them in their recovery.



"Winning this award in the mental health category means a lot to me because the medical profession is making much bigger strides in mental health than it has in the past. There is no set path to recovery in patients with mental health issues, and so the key for nurse practitioners in achieving the best outcome lies in understanding what is most important to the individual patient."

Following a record-breaking year of award entries, the winners of the Student Nursing Times Awards were announced during a ceremony held at the London Hilton. Student nurses, universities and organisations from across the student nursing community were honoured in 19 categories dedicated to celebrating exceptional achievement.

Head of Department, Professor Karl Atkin said: "We are extremely proud of Joe's achievement and his award is well deserved. The Department is committed to providing a first-class education to support in the development of outstanding nurses for the future"

The Student Nursing Times Awards will return in 2019 and are the only awards recognising student nurses and nurse education.

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Nursing students engage in health promotion activities

Emma Ferguson, second year learning disability student writes: "As part of our Individual Led Practice we have been working with a group of adults with learning disabilities at a day service in Leeds.

After a discussion with the group we decided upon producing a programme of work around health promotion. We agreed upon starting the programme with a session on hand hygiene. As we wanted to make it as practical as possible for the service users to enjoy, we borrowed the UV lamp and bacteria highlighting cream from the Clinical Simulation Unit.

The session went down a treat with the service users fully engaging and interacting, whilst learning the invaluable skill of hand washing using the 15 step guide published by the NHS. Each service user got a chance to practice the steps we taught them and used the UV lamp before and after, to determine the difference in bacterial collections on their hands.

Everyone managed to reduce the levels of bacteria and were all very excited by these results. We recapped towards the end of the session and the service users were

able to notice a trend in bacteria collection in nails and finger tips, which they will be able to apply to future health promotion sessions where we plan to create and cook a meal together. It was lovely to see how much the service users enjoyed the day and they are all excited to continue working with us."



Student article in print

Congratulations to third year mental health student, Maisie Hare who has just had a reflective article published in the Nursing Times. Maisie's article reflects her experience of a trauma placement within a mental healthcare setting.

Read more at <https://www.nursingtimes.net/students/trauma-informed-care-in-an-acute-setting/7023644.article>

Farewell to March 2016 PG Diploma in Nursing intake and hello to the March 2018 intake

In March, the Department said farewell to our 2016 intake of Postgraduate Diploma in Nursing (Adult Field). The group have all secured jobs and we wish them all the best with their future nursing careers.

A warm welcome to the 25 students who started on the programme in March.

We hope that you enjoy your time with us.



Pictured above, PG Dip 2016 intake and pictured left, PG Dip 2018 intake

Funding available for self-funded PhD students

YGRS Conference Fund are opening applications for a third bidding round with a deadline next month of Tuesday 15 May.

Any interested parties are asked to work on their applications with their supervisors ASAP so they can be submitted by the deadline. Bids can be made for research activities including but not limited to conferences. The fund may also be bid into to support training courses, summer schools or similar events in or outside the UK.

For more information visit <https://www.york.ac.uk/research/graduate-school/fees-funding/>

Teaching News

Visit by Midwifery Educators from Mongolia

Helen Bedford, lecturer in Midwifery writes. "The Department recently hosted hosted colleagues from the School of Nursing at the Mongolian National University of Medical Sciences in Ulaanbaatar. Tsetsemгаа Parchaa, Head of Department for Midwifery and Oyunbileg Yambii, Senior Lecturer of Department for Midwifery were welcomed by members of the Department's midwifery team.



Pictured above (left to right) Oyumbileg Yambii and Tsetsemгаа Parchaa and right, an example of midwifery skills education in Mongolia

A varied programme explored planning and delivery of midwifery education and included a visit to the midwife led unit at Northallerton. The guests met with staff and students and gave a fascinating presentation on changes to midwifery practice and education in Mongolia in recent decades.

The visit was instigated by local midwife Maaik Carter, who with colleague Frances Barnsley has supported midwifery education in Mongolia over the last decade via 'BirthLink'. The University of York visit dovetailed with the international guests' subsequent visit to clinical partnership areas within York Teaching Hospital NHS Foundation Trust, to witness student mentorship and clinical assessment in practice."

Teaching and Learning Conference - registration now open

Registration is now open for this year's Teaching and Learning Conference being held on Friday 22 June, entitled "Research-led teaching - in pursuit of excellence", which is open to staff and students.

Research-led teaching and learning are distinguishing features of Russell Group universities. They are also key factors that influence students' choice of university and their satisfaction with their course. Translating research excellence into learning opportunities to expose students to current research, including our own contributions to the discipline, are priorities from the University's Learning and Teaching Strategy and form core elements of the York Pedagogy. York has an outstanding reputation for research in many fields and is well-placed to inspire and engage students. The University ensures that students benefit from the very latest knowledge and thinking, enabling them to develop analytical skills vital to their future careers.

However, despite clear and numerous benefits of bridging the traditional divide between research and teaching, achieving these objectives presents several challenges. This conference will explore how these challenges can be overcome by showcasing examples of best practice in research-led teaching. This will be achieved through keynote presentations, lightning talks, discussion workshops and poster sessions. Visit www.york.ac.uk/staff/teaching/community/events/annual-conference/2018/ for more information.

Senior Midwifery Lecturer receives Travel Fellowship Award

Dr Cathryn Britton, Senior lecturer in Midwifery and Lead Midwife for Education has been awarded a Winston Churchill Memorial Trust Travel Fellowship.

Cathryn will use the Churchill Fellowship to visit Australia and New Zealand to explore approaches to the design and delivery of midwifery education curricula, investigate innovations in simulation of practice and explore strategies to improve the retention of newly qualified midwives in maternity services.

The Winston Churchill Memorial Trust (www.wcmt.org.uk) is the UK's national memorial to Sir Winston, and each year the Trust awards Fellowship grants to UK citizens in a range of fields to enable Churchill Fellows to carry out research projects overseas. These projects are designed to exchange ideas and best practice, and build greater understanding between people and different cultures, in order that professions and communities can benefit from international collaboration.

Cathryn said: "I am delighted and proud to be awarded the Churchill Fellowship. There is so much for us to learn and share with others and this award enables that to occur. Midwifery education in the UK is changing and this opportunity will help me consider these changes and disseminate good practice from elsewhere that we may wish to consider. I have a particular concern that many excellent newly qualified midwives leave the profession and it is timely to consider strategies that may help retain them within the maternity services. I have recently attended a seminar for newly awarded Churchill Fellows and was inspired by the range and diversity of projects that have been funded."

Cathryn intends to visit four universities in Australia and universities in the North and South islands of New Zealand. This opportunity is timely with the development of the new Midwifery Education Standards by the Nursing and Midwifery Council and will feed into the reshaping of the midwifery curriculum within the Department.

Scholarships available

The Department of Health Sciences has been awarded 5 Commonwealth Distance Learning Scholarships by the Commonwealth Scholarship Commission in the United Kingdom (CSCUK) for students joining either the online MSc International Humanitarian Affairs commencing their studies in September 2018. The Commonwealth Scholarships are administered by CSCUK, working as the UK arm of the Commonwealth Scholarship and Fellowship Plan (CSFP). The awards themselves are funded by the Department for International Development (DFID). The CSFP are working towards partnerships between developed and developing countries aimed at combining academic excellence with the desire to make a real difference in some of the world's poorest countries.

For more information visit www.york.ac.uk/healthsciences/gradschool/funding/.

Knowledge exchange visit to Sydney

Research Fellow Kate Bosanquet, writes: “I visited the Bondi Centre, a South Eastern Sydney Local Health District community mental health centre, during late February and early March 2018 as part of my NIHR Doctoral Research Fellowship (www.nihr.ac.uk/funding-and-support/funding-for-training-and-career-development/fellowship-programme.htm) to learn about the innovative Keeping Body in Mind (KBIM) programme of work. Directed by Dr Jackie Curtis, KBIM aims to improve the physical health and life expectancy of people living with serious mental illness (SMI) using a multi-disciplinary team which includes exercise physiologists, dieticians and peer support workers. During a fascinating few weeks I witnessed KBIM’s positive approach to encouraging vulnerable individuals living with SMI to engage with lifestyle interventions. It was truly inspirational. I experienced a vast array of activities which ranged from sitting in on a one-to-one session at a Clozapine clinic, to being part of a presentation to pitch for the funding of a smoking cessation trial.



In my final week, I was given the opportunity to talk about my own research as keynote speaker at a Primary Care Forum held at the University of New South Wales (UNSW). I presented an outline of my PhD project, “Meeting the physical health needs of people with serious mental illness in primary care”. I focused on the UK policy context and highlighted some of the resources we currently use in UK practice which were first developed in Australia (e.g the Lester Tool used to assess cardiometabolic risk www.rcpsych.ac.uk/pdf/Lester%20update%20June%202014%20FINAL.pdf). Before closing I championed the Department at the University of York and talked specifically about related Mental Health and Addiction Research group projects on SMI and physical health.

I was also invited by Greg Hunt, the Minister for Health, to attend a Mental Health Research Roundtable on Monday 5 March 2018 at Parliament House, Canberra. My role was to bring an international perspective to a discussion on Australia’s mental health research priorities alongside other stakeholders, aiming to develop a strategic roadmap for future investment. It was an interesting event which offered considerable scope to network. Patrick McGorry, Professor of Youth Mental Health at The University of Melbourne and Director of Orygen, introduced himself and invited me to visit his team in Melbourne. I also met Professor Helen Christensen, Director of the Black Dog Institute (UNSW) who developed the Mood Gym App. I was consistently impressed by the positive focus on early intervention and preventative care.

It was a valuable experience and great to develop relationships with Jackie and her colleagues. I am keen to build on these to ensure my visit marks the beginning of longer term collaboration on innovative research between our groups. For any of you considering applying for fellowships I would recommend planning a visit to an exemplar in your field of research, even if it means flying to the other side of the world! It provides an unmatched opportunity to make connections which could be instrumental to your future research career.

Research News

Department hosts second international conference on stepped wedge trial design

The Department was pleased to host the conference for a second time and welcome international speakers to the two-day event.

The stepped wedge trial design is a pragmatic cluster trial design enjoying increasing attention. It involves the randomisation of clusters such as different geographical sites to the timing at which they switch from control to an intervention treatment until all clusters receive the intervention.

The aim of the conference was to share ideas, experiences, best practice and challenges for the design, implementation and analysis of the stepped wedge design model. Speakers included Dr Karla Hemming and Alan Girling from the University of Birmingham as well as Professor Jim Hughes from the University of Washington.



The event attracted an international audience and included poster presentations and a well-received workshop on sample size calculation for the design.

Ada Keding of the event organising team said: “A wide range of presentations gave an excellent snap shot of the latest research surrounding stepped wedge trials, and we were pleased to welcome so many familiar and new faces. The event provided a great forum for researchers implementing the stepped wedge design in diverse health settings to exchange knowledge with leading methodologists in the field.”



Research News

World Delirium Awareness Day

Imogen Featherstone, Research Fellow from Mental Health and Addictions Research Group (MHARG) writes: "On 14th March 2018 it was World Delirium Awareness Day. Staff from the MHARG who are involved in delirium research, decided to celebrate the day to help to raise awareness of this condition, which is common and can be very distressing. We held a delirium tea party in the MHARG staff room and had an information stall in Health Sciences reception. We hope that celebrating World Delirium Awareness Day gave staff and students the opportunity to chat about delirium, take away some information and learn a little more about this under-recognised condition.



What is delirium?

Delirium is common among older people, people having surgery, in intensive care and those nearing the end of their life. People with delirium become confused: they can become agitated or sleepy and can have problems with language, memory and perception. It can be very distressing for patients and their families as well as being associated with higher mortality. However, it is often missed by healthcare professionals. Delirium can be prevented by interventions that equate to basic good quality care but are often neglected.



Delirium research at York

SUNRISE (Studies to understand and improve delirium in palliative settings) is an international collaboration between research staff from MHARG (Dr Najma Siddiqi, Imogen Featherstone and Rebecca Woodhouse); colleagues at HYMS and in Australia and Canada. The focus of our work is research to develop and test interventions for delirium in palliative care settings. Current projects include a qualitative interview study to learn more about care of delirium in hospices and research to develop a set of key outcomes for delirium

trials. As part of SUNRISE, Imogen is working on an NIHR doctoral fellowship project to improve the prevention and management of delirium in hospices. The research team at York are involved in several Cochrane reviews on delirium in different settings and Najma has previously led studies focused on delirium prevention in care homes.

If you would like to learn more about delirium and World Delirium Awareness Day, please visit the iDelirium website: <http://www.idelirium.org/>

If you want to learn more about our delirium research at York, please contact: Imogen Featherstone (Imogen.featherstone@york.ac.uk) or Dr Najma Siddiqi (najma.siddiqi@york.ac.uk)

University SWAT team to improve UK medical trials

A team led by researchers from the Department will be testing ways to improve clinical trials in the NHS.

The programme will use a method called “Studies within a Trial” or SWAT to test ways to recruit and retain trial participants. The studies will be carried out within 25 medical trials involving more than 105,000 participants.

Clinical trials are vital for bringing out new medicines and ensuring treatment methods are safe, however, 50% of trials do not achieve their target sample size because participants drop out or can't be recruited on time and to budget.

The methods used to approach people to take part in trials have never been tested to see if they work, meaning research teams don't know how best to recruit and keep participants engaged.

The new study, funded by the Medical Research Council, will be the first to look at ways of improving how trials are carried out in order to improve research efficiency, reduce waste and improve patient health.

Dr Adwoa Parker, Research Fellow in the York Trials Unit in the Department, said: “Trials aim to produce evidence for the safety and effectiveness of treatments, but ironically the best way of going about the trials themselves has not been tested. This project will enable us to rapidly and systematically establish an evidence base on which we can establish best practice guidelines for trials.”

The team involving researchers from 10 universities including York, Oxford, Nottingham and Sheffield will try out new ways to keep trial participants from dropping out such as sending personalised text messages reminding them about follow-up appointments. They also plan to test a training course to help clinicians communicate effectively with participants and explain trial concepts to them.

Dr Parker added: “Failing trials are very costly and a huge waste of public money. A lack of participants reduces the statistical power of a study and can mean that we don't spot differences between types of treatments. Failed trials delay the generation of evidence and the adoption of effective interventions and in some cases they result in the continued use of interventions that are ineffective, harmful to patients or both.”

Professor David Torgerson, Chief investigator for the study and Director of the York Trials Unit, said: “This study will result in many randomised controlled trials being more efficient and less likely to have bias. It will help the Department of Health achieve its goals of ‘more patients and health professionals participating in health research’, which will in turn make an enduring contribution to the health and wealth of the United Kingdom and elsewhere.”

The programme is launched in April 2018 and lasts for 30 months.

PCMIS update

PCMIS supporting Manchester Arena Attack Resilience Hub



Mark Wall, PCMIS Communications and Marketing Manager writes, “In addition to our work with NHS IAPT mental health services and student support services, PCMIS also work with local authorities and NHS trusts to implement rapid response mental health support in the event of major incidents and traumatic events.

Last year, in the immediate aftermath of the Manchester Arena attack, PCMIS were approached to help launch a new service being established to coordinate the care and support for children, young people and adults whose mental health and/or emotional wellbeing may have been affected.

Hosted by Pennine Care NHS Foundation Trust, the Manchester Resilience Hub is staffed by trained mental health professionals offering phone-based advice, support and information for anyone directly affected by the incident.

Upon being approached by Pennine Care regarding the Hub, PCMIS set up a ‘Manchester Incident Resilience Pathway’ (MIRP) to help record the details of those affected and manage their treatment and support effectively.

PCMIS was utilised in the Hub’s initial efforts to make contact with those affected and raise awareness of the new service available to them. An online eReferral option was also set up to encourage self-referral and give local GPs across the North of England the ability to quickly refer their patients.

The thoroughness and tone of the response from the Manchester authorities has received commendations from those affected, drawn praise from across the UK, and is recognised as an exemplar that is now informing the planning and coordination of other authorities.

As the one-year anniversary of the Manchester Arena attack approaches, the Manchester Resilience Hub’s work is ongoing. PCMIS will continue to support their efforts through what will no doubt be a difficult period for those affected.”

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Helen Challand, Sharon John, Michael Backhouse, Liz Wands-Murray, Matthew Robson, Ann Cochrane, Ginny Wilson, Deborah Huskins and Tracy Dancer.

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Shezad Ali and Debbie Walton.

Mental Health Awareness and Wellbeing Group

A couple of seminars have been organised by the Department's Mental Health Awareness and Wellbeing Group and are open to both staff and students.

15th May - York Samaritans will deliver a talk about their campus drop in sessions and will be delivering additional information on how we can look after our own mental health. To book a place visit www.eventbrite.co.uk/e/the-samaritans-tickets-45640403676?utm_term=eventurl_text

17th May - The team from York and Selby IAPT will be presenting a slideshow with information about what types of therapy they provide and talking about common mental health issues and how prevalent it is.

They will also present a section of the first session of their Wellbeing course which most people that enters into the service attends. That will focus on the basic principles of Cognitive behaviour therapy, identifying a vicious cycle that they might be experiencing at the moment and how to set SMART goals. To book a place visit www.eventbrite.co.uk/e/talking-therapies-improving-access-to-psychological-therapies-tickets-45639630363?utm_term=eventurl_text

If you would like to make a submission to future editions of Megaphone, please contact Jane Milsom (jane.milsom@york.ac.uk or tel 01904 321392).