



## Megaphone Online

December 2017

the voice of Health Sciences' staff and students

### Karl's Christmas message

The Department can look back on another successful year.

Our professionalism, adaptability and resilience has helped us negotiate the many challenges we have had to face.

This bodes well for the future. I remain impressed by your enthusiasm, commitment and engagement.



We are in good shape and have an excellent and dedicated student body. We can continue to thrive, whatever the difficulties we may face in the coming year.

Thank you for your support.

Enjoy the festive season and I wish you the very best for 2018.

**Professor Karl Atkin, FAcSS**  
**Head of Department**



### Merry Christmas!

Thank you to everyone who has provided articles and pictures to Megaphone over the last year.

I really hope you have enjoyed reading the issues and I look forward to your contributions next year.

Merry Christmas and a happy and healthy 2018.

Jane

#### In this issue:

- Students take part in simulation event
- RCM conference
- PCMIS update
- York Trials Unit celebrates 21st birthday

### Students take part in simulation exercise

In December adult, child, learning disability and mental health nursing students took part in a simulation exercise in the Department's Clinical Simulation Unit. The exercise gave students the opportunity to manage a healthcare setting on their own, without the usual support provided by their mentors. The simulation is designed to present the students with a series of realistic problems seen in practice to help develop deeper thinking skills and encourage cross-field collaboration. Learning outcomes are linked to the students' field specific module in the third year. Students are able to provide peer support and discuss learning needs in their final year prior to registering as a nurse in their chosen fields.



*Left: David Graham, adult lecturer, monitors the exercise from the control room*



*Above, left and below: some of our third year nursing students taking part in the simulation exercise*



To view more photos from the simulation exercise, visit our Facebook page [https://www.facebook.com/YorkHealthSciences?ref=aymt\\_homepage\\_panel](https://www.facebook.com/YorkHealthSciences?ref=aymt_homepage_panel)

### Nursing students welcome international speaker

Third year nursing student Matthew Laycock writes: “Nursing students recently welcomed an international mental health advocate and author to the University of York. Mark Freeman was visiting various UK cities, from his native Canada, delivering workshops that aimed to promote taking care of and improving mental health.

“The focus of the evening was an exercise that was designed to help bring about change. Each participant picked something they wanted to improve in their life. They created a map which included a path of how to make this improvement. The map also outlined behaviours that usually get in the way of making these positive changes.

“Mark explained to the workshop that by acknowledging how challenging it is to make changes in their own lives, it makes healthcare professionals better equipped to understand what they are asking their patients to do. On the same page, by seeing that change is possible in their own lives, it means that nurses are able to believe that their patients can change too.

A participant in the group, Chloe Isobel, a third year student nurse, stated the session was “engaging, thought-provoking and honest. It was refreshing to see that the techniques Mark shared with us could lead to positive outcomes and help towards maintaining a healthy mental perspective”. Amber Hutton, another third year nursing student, said: “I really enjoyed it! It was extremely interesting and engaging throughout”.

Matty continues: “Myself, Danielle Simpson, Mental Health First Aider at the Department of Health Sciences, and Megan Cook, Head of NurSoc, are all keen to hear from students who would like to be involved in more events such as this which promote student wellbeing, so please do contact us.”

Matty can be contacted via email at: [ml1393@york.ac.uk](mailto:ml1393@york.ac.uk)  
Megan at: [mc1289@york.ac.uk](mailto:mc1289@york.ac.uk) and  
Danielle at: [danielle.simpson@york.ac.uk](mailto:danielle.simpson@york.ac.uk).



*Above: Mark (left) is pictured with some of the students with their maps.*

### Health Sciences student wins Sue Pembrey award 2017

Freedom Nwokedi, a student on the MSc in Advanced Clinical Practice programme, was one of two winners of the national 2017 Sue Pembrey Award.

The Foundation of Nursing Studies (FoNS) presented the award at an event recently held at the University of York. The purpose of the annual Sue Pembrey Award is to recognise the best project by an individual or team in the FoNS Patients First Programme. The aim is support the translation of their practice development and research contribution, and give recognition to the vital role clinical leaders play in creating person-centred healthcare culture within which all can flourish.

Freedom is a clinical team leader with NAViGO Health and Social Care CIC. Her team offers mental health provision for older adults in Lincolnshire.

Freedom's nomination said: "She is passionate, caring and a good leader. She oozes a rarely seen energy and passion". The judges felt Freedom was an inspirational and well respected clinical leader who had significantly transformed the ward culture over time from one which 'dictates' care to one that is person-centred.

Freedom said: "I am really humbled to receive this exalted award and will cherish the occasion for the rest of my life."

Until her death in 2013, Sue Pembrey was one of the UK's outstanding nursing leaders of the late twentieth century. Her primary contributions included supporting the academic development of clinical nursing and nursing practice through the strengthening of the ward sister's leadership role and pioneering a commitment to patient-centred hospital care.

Sue trained at the Nightingale School of Nursing at St Thomas' Hospital London and worked there as a ward sister, a role she cherished for the rest of her life. She was educated at the London School of Economics in social administration and undertook her PhD at the University of Edinburgh. Later published by the Royal College of Nursing (RCN) as a monograph (The Ward Sister-Key to Nursing: a study of the Organisation of Individualised Nursing (Pembrey, 1980), the study included a comparison of task versus patient allocation and demonstrated the vital role that the ward sister has in ensuring high quality patient care. This work remains relevant today.

The award presentation was preceded by the Susan Pembrey lecture which was given by Professor Debbie Carrick-Sen from the University of Birmingham. Debbie's talk was entitled Transforming care, innovation and leadership through clinical academic roles."

The presentation highlighted the contribution of Nursing, Midwifery and Allied Health Professionals to applied healthcare research, give a brief history of developments to date and provided valuable suggestions and insight into how organisations, health professionals and partner organisations can develop and support the NMAHP Clinical Academic Role.



*Above: Freedom is pictured with her award*

## Teaching News

### Royal College of Midwives (RCM) Conference 2017

Helen Bedford, midwifery lecturer, writes: "Several midwifery staff, current students and former graduates from the Department recently attended the RCM annual conference in Manchester."

"The event was well attended, blending innovation, professional directions and debate across a wide range of midwifery and maternity care agendas. Actor Stephen McGann - resident GP in 'Call the Midwife' - proved to be a star attraction too!

"Myself and fellow midwifery lecturer Rachel Lavelle presented to the conference, showcasing an innovative assessment and learning activity undertaken by second year students on our BA (Hons) Midwifery Practice programme. Their presentation 'Amazing but daunting': enhancing students' communication skills via 'safe' simulation with professional actors and 360 degree feedback' also featured the learning and reflections of Mid 15 student, Suzanne Stamoulos, who participated in the module in the summer term. The session was well attended and well received. It sparked interest in the value and breadth of clinical simulation for learning, and recognition of Suzanne's excellent achievements.

"I also presented a poster with RCM colleagues on the leadership value for midwives engaging in the annual Mary Seacole Awards, which seek to advance the health of black and minority ethnic communities. For information on these prestigious Health Education England funded awards which will shortly be open to nurses, midwives and health visitors for 2018/19, please see: <http://www.nhsemployers.org/maryseacole>"

Thanks to Eleni McCrea for the photo.



*Pictured left to right: Jade Entwistle (Mid 15), Eleni McCrea (Mid 15), Stephen McGann (Dr Turner in 'Call the Midwife'), Rachel Lavelle, and Suzanne Stamoulos (Mid 15)*

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## Annual Learning and Teaching Conference 2018

The University of York Annual Learning and Teaching Conference 2018 will take place on Friday 22 June. The theme will be "Research-led teaching – in pursuit of excellence".

Excellent teaching goes hand in hand with excellent research. A creative relationship between research and teaching enhances the student experience, improves student employability and enriches the research culture. 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.

The Learning and Teaching Forum is inviting colleagues to contribute through workshops or lightning talks on the conference theme or posters on any aspect of teaching and learning. The deadline for submissions is Thursday 15th February 2018 (week 6, spring term). Further information is available at <https://www.york.ac.uk/staff/teaching/community/events/annual-conference/2018/>.

## Teaching News

### Senior Lecturer visits University of Turku

Senior Lecturer Kate Flemming was invited to the Department of Nursing Science, University of Turku in Finland to deliver a workshop as part of the Department's Doctoral Nursing Programme in October.

The workshop was entitled 'Qualitative and mixed method systematic review methodology'. During her visit Kate spend time with Professor Sanna Salanterä learning more about the approach to nursing education in Finland and specifically the research based curriculum employed by the University of Turku.



*Above: Kate is pictured with staff and PhD nursing students from the University of Turku.*

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## Research News

### Researcher to help improve access to psychological therapies (IAPT)

Mona Kanaan, senior lecturer within the Department, will be working alongside colleagues at Cambridgeshire and Peterborough NHS Foundation Trust in a study to improve access to psychological therapies (IAPT services) to recognise and respond to people with depression, anxiety and psychotic experiences.

A quarter of people who are getting help from Improving Access to Psychological Therapies (IAPT) or psychological wellbeing services for common mental health disorders may have some psychotic experiences, such as paranoia or hearing voices. However, their experiences are not measured routinely and they do not recover very well. These people do not feel supported properly by their local NHS.

The new study, funded by the NIHR Programme Grants for Applied Research (PGfAR) Programme, could help pave the way for new models of care to be designed to plug this gap. These include tailored 'talking therapies' and a training package for therapists working in psychological wellbeing services.

Mona was a co-applicant for the grant alongside consultants Professor Perez and Professor Jones led the successful application for the Tailoring evidence-based psychological therapy for People with common mental disorder including Psychotic EXperiences study (TYPPEX). It builds upon findings and work of CPFT's award-winning CAMEO Early Intervention in Psychosis Services.

The Department will be providing statistical expertise, specifically in the area of planned stepped wedge randomised trial.

## Research News

### York Trials Unit celebrates 21 years of success in healthcare

The York Trials Unit which has helped improve the effectiveness and efficiency of healthcare, recently celebrated its 21st birthday.

Founded in 1996, the York Trials Unit undertakes large, national, complex trials on programmes ranging from back pain to mental health, and rheumatoid arthritis to criminal justice.

With over 60 members of staff delivering 40 ongoing studies, the York Trials Unit, is a UK Clinical Research Collaboration registered trials unit and has a major impact on clinical practice.

It is one of only seven Royal College of Surgeons registered trials units and consequently one of its largest programmes of work is around orthopaedic and trauma trials. It also has a programme of non-healthcare trials, particularly in education and criminal justice, and has hosted the Annual Conference of Randomised Controlled Trials (RCTs) in the Social Sciences for 12 years.

To mark its landmark anniversary, a special celebratory event was held in November. Guest speakers included include Hywel Williams (pictured left), Director of the NIHR Health Technology Assessment (HTA) Programme, and Ian Russell, Emeritus Professor of Clinical Trials, Swansea University Medical School and Honorary Professor at Usher Institute of Population Health Sciences and Informatics.



Professor David Torgerson, Director of the York Trials Unit, said: “Our multidisciplinary team at the York Trials Unit undertakes ground breaking, scientifically rigorous, randomised trials of the effectiveness and efficiency of existing or potential healthcare interventions in healthcare, education and crime and justice.

“Our success over the past 21 years is due largely to the expertise and commitment of our staff, as well as our excellent partnerships with colleagues in the NHS, public health, social care and the social sciences.”

As well as standard trials, the York Trials Unit uses many innovative and unusual trial designs, working in partnership with organisations including the British Heart Foundation, the Department of Health, the NHS, Wellcome, the Medical Research Council (MRC), Arthritis Research campaign, Hull York Medical School and York District Hospital.

Its main source of funding is from the National Institute of Health Research (NIHR), which also supports the York Trials Unit with an infrastructure award. Other sources include the MRC, charities, the Educational Endowment Foundation, the Department of Health, the EU, and the Home Office.



*Pictured left to right: Emeritus Professor Ian Russell, Professors Karl Atkin, David Torgerson and Koen Lamberts*



### Children bear the brunt of second-hand smoke in Bangladesh

Children in Bangladesh are being exposed to high levels of second-hand smoke despite laws banning smoking in public spaces, a study carried out by the researchers in the Department. Researchers say there is an urgent need for action after 95 per cent of children from 12 primary schools in Dhaka tested positive for recent second-hand smoke (SHS) exposure.

The study, which involved collaboration with the University of Dhaka, is the first to report on biochemically validated second-hand smoke exposure among children in a low and middle-income country (LMIC).

The Dhaka results are more than double of those expected globally (40 %) and in stark contrast with those reported in the UK (31%) and in Canada (9.2%) which have comprehensive smoke-free legislation.

Lead author Sarwat Shah, a research fellow in the Department, said the results were alarming. She said: “Despite having a ban on smoking in public places, the results of the study reveal recent second-hand smoke exposure among children in Bangladesh remains very high.

“Children bear the biggest burden of disease due to second-hand smoke and face increased risk of respiratory tract infections, allergies and asthma.

“There is an urgent need to reduce exposure to second-hand smoke in Bangladeshi children.

“Children have little control over their environment, they are dependent on others to introduce measures to protect them from SHS exposure.”

The research team say the next step is to engage with policy makers and devise a framework which enforces smoke-free laws and interventions to reduce exposure of children to second-hand smoke in the home.

As part of the survey, nearly 500 children aged 9 to 12 provided saliva samples for testing. Overall 95 per cent were found to have recent exposure to SHS. Of all the participants, 43 per cent reported living with a smoker.

The results are published in the journal *Nicotine & Tobacco Research* and the study was funded by the Medical Research Council.

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### Women also use drugs - not that you can tell from drug policy

Ian Hamilton, mental health lecturer, recently appeared on BBC Radio 4's *Woman's Hour* to discuss the issues around women and drugs.

Problems with drugs are often thought to be almost exclusively a male problem. More men use drugs generally, there are more men in specialist treatment and unfortunately more men die as a result of drug use. However, women have different reasons for using drugs and the problems they develop as a result are often less visible.

Read the full article at <https://theconversation.com/women-also-use-drugs-not-that-you-can-tell-from-drug-policy-87957>.



### Global experts report on climate change and health

Professor Hilary Graham from the Department was one of the expert speakers at a recent Lancet Countdown 2017 report on global progress in addressing health and climate change.

The Lancet Countdown is a global collaboration between 24 academic institutions, including the University of York, and inter-governmental organisations. It is tracking climate change and health over time and the implications for commitments made by governments under the Paris Climate Agreement.

The Lancet Countdown is focusing on five areas, including the health impacts of climate change, mitigation actions, and public and political engagement in health and climate change.

Hilary co-ordinates work on the Countdown's indicators on public and political engagement. She said: "Climate change is already damaging people's health and undermining the future for their children. The 2017 Lancet Countdown presents new analyses of these impacts - and highlights ways of tackling climate change and protecting health at the same time."

The Paris Climate Agreement, which came into force in 2016, is regarded as a turning point in how the world responds to what the UN describes as 'the defining challenge of our time'.

It set the world an ambitious commitment to reduce greenhouse gas emissions to limit climate change to well below a global average temperature rise of 2°C above pre-industrial levels, with an aim to limit temperature increases to 1.5°C. So far, however, the national commitments made by governments fall short of the necessary reductions to meet the 2°C pathway.

It is against this background that the Lancet Countdown is tracking the health impacts of climate change and progress to limit climate change and protect health. It is using a set of indicators to be monitored annually to 2030.

Countdown indicators include exposure to temperature change and heatwaves, national spending on climate change adaptation for health, coal phase-out and access to clean energy, media coverage of health and climate change, and the focus given to health and climate change at the UN General Assembly.

The event provided an opportunity to hear from leaders in global public health and from the report's authors about their findings, and their implications for health professionals, governments, and the UN climate change negotiations.

To read the full report visit [www.thelancet.com/climate-and-health](http://www.thelancet.com/climate-and-health)

## Research News

### Yorkshire Inner Wheel clubs raise over £4,800 for pioneering blood cancer research project

Fundraisers from across Yorkshire have presented researchers in the Department with a cheque for £4,812.06 towards a unique research project into blood cancers.

Inner Wheel clubs throughout Yorkshire have been busy fundraising for the blood cancer research charity Bloodwise over the last year, with events ranging from coffee mornings and raffles to pig races and an Icelandic dinner.

District Chairman Jennifer Angus chose Bloodwise as their Charity for 2016-17 after the grandson of a member of her local Inner Wheel club in Otley Chevin was diagnosed with a type of blood cancer at just 18 months old.



*Deb Howells and Eve Roman from ECSG at the cheque presentation*

All of the money raised throughout Jennifer's District Chairmanship will directly support a Bloodwise funded project at the University of York that is providing a detailed picture about the causes of blood cancers, who they affect and how they are treated.

The Haematological Malignancy Research Network (HMRN – [www.hmrn.org](http://www.hmrn.org)) collects detailed information on all people diagnosed with blood cancer in Yorkshire and uses this to provide high quality information about these diseases that is typical of the UK. Working with doctors and nurses across the study area, HMRN is helping to answer questions about how people respond to particular treatments and which treatments are likely to bring the best outcomes. Throughout the year, Jennifer has visited the clubs within her district to raise awareness of blood cancer and the work of Bloodwise.

Jennifer said: "Bloodwise's aim is to ensure that everybody affected by blood cancer survives through 'the right treatment-for the right person-at the right time', and with their research partners work tirelessly towards this. It has been an honour and a privilege to help in some way. Inner Wheel strives to make a difference and I hope that our donation helps towards that aim for Bloodwise."

Eve Roman, Professor of Epidemiology from the Department said "We are absolutely delighted to accept this donation and appreciate the time and effort Jennifer and the Inner Wheel group have dedicated to raising this money. HMRN was set up in 2004 and is producing evidence to ensure blood cancer patients receive the best possible treatment. We plan to use the donation to part-fund a research nurse to work within one of the hospitals in the study area."

To find out more about HMRN and Bloodwise please visit: [www.bloodwise.org.uk/research/hmrn](http://www.bloodwise.org.uk/research/hmrn)

## PCMIS update

### PCMIS supporting NHSE and NICE - Digitally Enabled Therapy Assessment

Mark Wall, PCMIS Communications and Marketing Manager writes: “PCMIS are working alongside NHS England and the National Institute for Health and Care Excellence to assess the impact of digitally enabled therapies in IAPT services.

“As a trusted, long-term partner of NHS England, PCMIS has been asked to assist with the assessment of digital therapy products, for use in NHS IAPT services by 2020.

“The aim being to help expand provision of psychological therapies, as well as improving access to digital services as set out in the Five Year Forward View for Mental Health.

“Digitally enabled therapy is psychological therapy that is provided online or through mobile applications, with the support of a therapist.

“The trial will assess the cost effectiveness and efficacy of online therapies over a three year period, with potential for up to 30 products to be reviewed.

“PCMIS are proud to be involved in such a high profile national project. With more focus than ever on both digital health, and the provision of mental health care, now is the time to analyse how these innovations can be applied for the good of the population.”



### Green Impact Team need your help!

The Green Impact Team are hoping to recruit new members to help push the Department towards the Green Impact Excellence Award.

The group lead Jonathan Ayto said “I regularly see lots of examples of how colleagues have a positive impact on our environment and the wider community whilst at work and it would be great to have more people involved”.

A recent example of the team's work has been the building of a bee hotel near the National STEM Learning Centre. The team worked with Gordan Eastham from the Estates Service to build the hotel. Gordan said “Helping bees and other pollinators is a particularly important strand of managing the environment to increase habitats and biodiversity and this is a great contribution to that end”.

(Left to right, Melissa Mialon, Jonathan Ayto, Danielle Simpson, Kat Chatterton, Paula Dewy, Atalie Scrivener - Project Assistants).



*Pictured L-R Melissa Mialon, Jonathan Ayto, Danielle Simpson, Kat Chatterton, Paula Dewy, Atalie Scrivener*

If you are interested in getting involved in the project please contact Jonathan.

The Green Impact Team is also asking for donations to raise money for the University's Toilet Twinning campaign. The Department now has three twinning certificates and is hoping to raise more money for the campaign. Here is a list of reasons why we are supporting the campaign.

We are hoping to raise money with a 'Recycled Christmas Present Raffle'. If you have any unwanted gifts after Christmas please bring them in and donate them to the campaign. You can leave your donations with either Jonathan and Danielle in the Student and Academic Support Service, Alex in the Assessments Team or Claire Whitmore in ARRC. We will raffle off the presents on Valentines Day during One Planet Week, which this year has a theme of reducing waste!

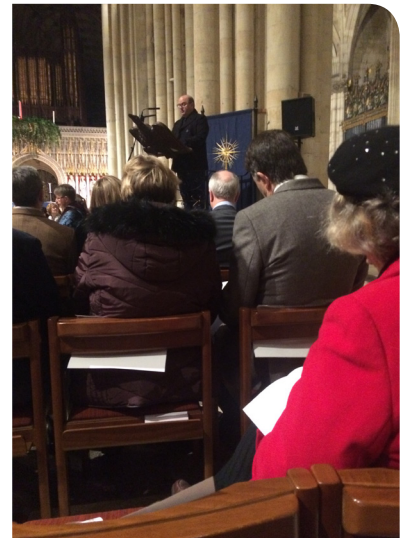
Another exciting event taking place during One Planet Week is Jenny Parry's 'Recycled Hula Hoop Workshop'. The workshop will give you the chance to make hula hoops out of lengths of plumbing pipe to help support child refugees. Jenny is seeking donations of 20mm blue plumbing pipe for the event. You can also show your support for Jenny's efforts by making donations here: [www.gofundme.com/hoop-for-humanity](http://www.gofundme.com/hoop-for-humanity).

## Staff News

### Health Sciences staff take part in NHS Carol Concert

Matthew Jacobs, Student and Academic Services Manager was recently asked to represent the Department at the Northern Regional NHS Carol Service at York Minster where he performed one of the readings. Matthew was invited by the Communications Team at York Teaching Hospitals NHS Foundation Trust. All NHS Trusts from Manchester northwards to the Scottish Borders were invited to take part.

Matthew said: "It was such an enchanting and beautifully moving Christmas Service in York Minster, especially listening to the NHS Northern Regional Choir who were absolutely outstanding. I was extremely nervous standing up in front of over 2,500 NHS employees from across the northern region, but it was interesting to meet people such as Patrick Crowley, Chief Executive, Beverley Geary, Chief Nurse and Sue Symington, Chair of Board of Directors of York Teaching Hospitals NHS Foundation Trust who were also reading. I would really encourage staff to attend the Carol Service next year which will be held on Wednesday 5 December 2018 in York Minster".



#### Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Sian de Bell, Paul Collings, Tom Ainscough, Helen Cohen, Lucia White Masuma Mishu and Helen Haynes.

#### Goodbye

We also wish a very fond farewell to Melissa Mialon.

#### Congratulations

to Tina Alyssandraki upon successfully completing her Mental Health First Aider training.

to Devi Nannen for receiving a Making a Difference award for her work on Equality and Diversity.

And finally congratulations to Kerry Bell who gave birth to baby Max on 8 October, Michelle Watson who had a baby boy on 5 November, Ruth Wadman who gave birth to a little boy Gethan on 6 November and Sarah Ronaldson who gave birth to Jack William also on 6 November.

### Thank you

Thank you to everyone who baked cakes for our Children in Need cake day. With bake sales in ARRC and Seebohm Rowntree Building we raised a fantastic total of £238.54 for Children in Need. Congratulations to Gillian Punton who was the lucky winner of the signed Jamie Oliver Christmas cookery book.

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