



# Megaphone Online

December 2019

the voice of Health Sciences' staff and students

## Professor Patrick Doherty set to become next Head of Department

Patrick Doherty, Deputy Head of Department (Research), will take over from Karl Atkin as Head of Department in 2020.

He writes: "As many of you know, I will be taking over from Karl, when he steps down as Head of Department towards the end of 2020."

"Karl has done an excellent job and given us a sound footing to prepare for the next phase of life in a Russell Group Higher Education Institutions. One would hope the next five years won't be as challenging as the last but no matter what comes our way we have the talent and stamina to thrive."

"The Department has a really strong reputation for its teaching and research and between us we should work to maintain this reputation or even enhance it."

"The Department is fortunate to have such highly talented and experienced individuals working together as teams of educators, researchers and support staff. You all remain the Department's greatest asset which bodes really well given the future challenges we face. Experience tells me that it is important to continue to do what we do best and to do it with confidence. I look forward to working with you all in this new role."



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### Student helps celebrate 100 years of learning disability nursing

Third year learning disability nursing student Siphelile Williams (pictured right) attended an event in Leeds to celebrate 100 years of learning disability nursing.

The event was organised by Leeds and York Partnership NHS Foundation Trust and was aimed at providing an opportunity to learn more about learning disability nursing, how it has advanced and what they do now. It also looked at how the needs of people with learning disabilities can effectively be met both in learning disability specific services and non-specialist settings.

Feedback from the trust said: “Siphelile presented herself very well and on speaking with someone about what the nurses role is in the Community Learning Disability Team was, the Social Worker stated he had thought with her knowledge she was already a qualified nurse”.



### Warm welcome to our 2019 intake of Postgraduate students

A big hello to our 2019 intake of postgraduate students who started with us in October. We hope you have enjoyed your first term with us.



### Child field nursing students visited by Alumni students

Child Field Lead Claire Metcalfe writes: “Over the last three years I have encouraged child field alumni to return to Health Sciences and share their experiences with current students. I feel this is a valuable opportunity to share stories about the transition and challenges from being a student and entering the world of paediatric nursing.”



“Listening to the student feedback, this exchange of experience also appears to add quality to the educational experience, as alumni describe the lived experience of working within challenging environments with children and families, sharing their lived experiences.”

*Above: Picture shows Claire Metcalfe, Beth, Anna, Emily, Eliza, current third years and Head of Nursing Paul Galdas.*

“In November four child field alumni from September 15 visited the current September 17 group. Anna is working at Leeds in paediatric high dependency unit, Beth is at Harrogate special care baby unit, Emily works at Birmingham Children’s Hospital and Eliza at Bradford. The current students had the opportunity to ask the group anything. They asked about how they managed the degree course in the third year, applying for jobs and if they liked their current position. They also asked for advice about elective placements, interview techniques and how to cope following the death of a child. Anna, Beth, Emily and Eliza gave very honest and insightful accounts about how they had faced these challenges sharing their individual experiences which they had all managed in different ways.”

“Having been a part of their student journey and supporting them alongside personal supervisors, it is so rewarding to see their progression from student to registrant and have the opportunity to learn from them as they describe their development and pride in their roles as paediatric practitioners.”

At the end of the discussion they suggested some top tips for the current students:

- Look after yourself
- Look out for each other – particularly on difficult days
- Remember you are part of a much bigger team
- It is a privilege to see people come and leave this world
- Remember the value of reflective practice
- We are all different cogs in the same clock
- Applying for jobs – organisations value having a York nurse on their team.

## Student News

### New Student Health App launched

A new Student Health App has been launched by Expertselfcare.com. The app is designed to help students take control of their health and flourish at University.

The app has been certified by the NHS and recommended by the Higher Education Policy Institute and been designed and written by practising doctors and students.

It can be downloaded from Google Play and the App Store.

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### New travel to practice placement guide available

A new travel to practice placement guide has been put together by staff in the Department and is available to download via the Student Intranet ([www.york.ac.uk/media/healthsciences/documents/student-intranet/student-services/PlacementGuideDocumentOnline.pdf](http://www.york.ac.uk/media/healthsciences/documents/student-intranet/student-services/PlacementGuideDocumentOnline.pdf)).

The guide provides students with information on:

- What to do first
- Travel and public transport
- Tickets, timetables and taxis
- Difficulties, driving and parking
- Accommodation and learning support fund.

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### Student wins place at national conference

Third year learning disability student nurse Bridget Atubi recently won a place at a conference on “Leadership, Culture and Quality Improvement in Nursing.” Bridget’s name was pulled out of a hat by Leeds & York Partnership NHS Foundation Trust who funded the place.

The conference was held in Coventry and Bridget said: “I really enjoyed the conference as it gave me an insight into different career pathways in the nursing profession. I also had the opportunity to meet leaders in various capacities from other parts of the country. I was very grateful for the opportunity to attend.”



### University launches its first degree apprenticeship programme

A new apprenticeship programme to train Nursing Associates has been launched by the Department of Health Sciences, University of York. The Foundation Degree in Science in Health and Social Care: Nursing Associate is the first apprenticeship programme to be approved and run by the University.

Nursing Associates have been introduced to address a skills gap between health and care assistants and registered nurses. The new programme has also been fully approved by the Nursing & Midwifery Council (NMC) which regulates all nursing and midwifery education programmes.

Nursing Associates work with people of all ages and in a variety of settings in health and social care. The role will contribute to the core work of nursing, and the programme prepares students to work alongside healthcare assistants and registered nurses to deliver and evaluate hands-on care.

The apprenticeship is a two-year, full-time programme and will start in December 2019. In addition to working in clinical practice settings, learners will attend University for one day a week. Upon successful completion, Nursing Associate apprentices will receive a Level 5 qualification and entry on to the Nursing Associate register with the NMC.

Paul Galdas, Professor of Nursing & Deputy Head of Department (Nursing & Midwifery) said: "I'm immensely proud of the team who have designed this innovative new apprenticeship programme. Nursing Associates will play a vital role in the healthcare workforce in Yorkshire and Humber, and it's crucial that our health professional education provision is responsive to the needs of our local healthcare partners".

The programme will be led by Linda Currie, Lecturer in Adult Nursing. Linda said: "I'm thrilled to be leading the new apprenticeship Nursing Associate programme and look forward to welcoming our new intake in December."

Brian Culleton, Head of Apprenticeships said: "The rapid embracing of degree apprenticeships by the university sector is exceptional, with over 8,000 degree apprentices starting a Level 6 or Level 7 apprenticeship since they were introduced. The University of York is also embracing this opportunity by developing and offering degree apprenticeships across a range of specialisms.

"In addition to our Nursing Associate apprenticeship programme, we are intending to introduce our Advanced Clinical Practitioner Level 7 apprenticeship in 2020 with other programmes proposed to launch from 2021 onwards. All of our programmes actively encourage programme co-development with our employer partners as it is our view that no-one understands their own skills needs better than employers."

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### New publication for former student and Midwifery lecturer

Former midwifery student Suzanne Stamulous and Midwifery lecturer Rachel Lavelle have had an article published on Neonatal Resuscitation: 'room side to motherside' in the British Journal of Midwifery, November 2019, Vol 27, No 11, pages 716-728

## Teaching News

### The Service User and Carer Involvement (SUCI) Forum

The Health Sciences Service User and Carer Involvement for Health Professions Education (SUCI) Forum held its first meeting in December. The Forum meeting is a time for Service Users, Carers, Health Sciences staff and students to get together to discuss a range of issues affecting our Nursing and Midwifery education at the moment.



Forum members and Health Sciences staff are currently working on developing materials which will support the development of the group such as updating webpages, writing a handbook and developing training to support Forum members to be involved with the recruitment and selection of students. At the December meeting we spent some time looking at how best to develop these materials and making them accessible, simple and fit for purpose. Going forward this will help to ensure that Service Users and Carers who get involved with the department are supported, trained and listened to in an inclusive and valued way.

Thanks to Forum members and second year student nurses Daisy Duncan-Cottingham, Christina Gkegka and Olivia Coates who contributed to the meeting for the lively and stimulating discussions.



Forum members are also involved with a range of other education related activities within the department. In 2019 this included contributing to the design and delivery of our Nursing and Midwifery programmes, being involved with recruitment and selection of students for the Nursing Associate programme and contributing to the approval of our new programmes.

The Forum welcomes new members who have experience of health and care services and are interested in the education of Nurses and Midwives. The Forum meets as a group twice a year, and there are a range of opportunities for people to be involved with other activities depending on their preferences, expertise and experience. If you or someone you know is interested in finding out more, please do get in touch with Beth ([beth.hardy@york.ac.uk](mailto:beth.hardy@york.ac.uk)).



### Study explores why patients skip appointments for suspected cancer

Men, the elderly and people from deprived areas are among the patients most likely to miss an urgent referral appointment for suspected cancer, a study led by the University of York has found. The study, funded by Yorkshire Cancer Research, involved researchers interviewing GPs and patients who had missed their appointment in order to understand the factors that contributed to their non-attendance.

The researchers found that some patients were let down by flaws in the appointment system and in some cases referral letters arrived too late due to the fast-paced nature of the referral process. For others, more complicated factors were involved, including patients' fear of the diagnosis or procedures they may have to undergo, with anxiety leading to hesitation and avoidance.

Patients from deprived areas also reported struggling to negotiate time away from work and finding the money for transport costs as well as complications arising from other health problems and wider life struggles.

Earlier in the year, research by the same authors found that around 5-7% of patients miss or cancel urgent referrals. Of the patients who skipped their appointment, those who later discovered they had cancer were 12% more likely to die within a year of diagnosis. The authors of the study say that more support is needed for patients at risk of non-attendance.

Dr Peter Knapp from the Department said: "Non-attendance at urgent referral appointments for suspected cancer involves a minority of patients, but happens in somewhat predictable groups."

"To understand these issues, we obtained in-depth accounts of the experiences of both patients and GPs. We found multiple and complex reasons why patients don't attend. For example, patients with suspected gastrointestinal cancer were among the most likely to skip an appointment – this may be due to concerns about unpleasant or embarrassing procedures or wanting to protect themselves from the stress of a potential diagnosis in the face of significant other demands. Our research suggests that more could be done to identify individuals at risk of non-attendance and offer extra support."

Dr Laura Jefferson from the Department added: "Some of our findings relate to difficulties in the system which may be relatively straightforward to overcome, such as streamlining timings of bookings and helping patients navigate the booking system (particularly elderly patients and those from deprived backgrounds, who struggle with this more)."

"However, other issues were more complex and related to patients' beliefs around the referral – for example, some didn't understand they were being referred for suspected cancer, or challenging life circumstances meant attending a referral appointment was not a priority. "Some patients expressed feelings of guilt and concern that non-attendance would be noted as a 'black mark' on their health records."

The NHS's 'Two Week Wait' policy aims to ensure that a consultant sees patients with suspected cancer within two weeks of an urgent GP referral. More than 1.9 million Two Week Wait referrals are made annually. While almost half of all cancers are identified through this route, for 92% of patients referral will exclude cancer. Although there is more awareness around the issues of ignored cancer screening invitations and the waste of resources incurred from missed GP appointments, the research team is the first to focus on non-attendance of symptomatic patients referred due to suspected cancer.

Dr Stuart Griffiths, Director of Research and Services at Yorkshire Cancer Research, said: "Early diagnosis is vital in ensuring more people survive cancer, but there are many challenges facing both doctors and patients when it comes to accessing diagnosis and treatment swiftly. The charity is looking at ways it can work with the NHS and other research partners to determine how it can address factors leading to non-attendance at urgent referral appointments."

## Research News

### Professor awarded Honorary Fellowship

Congratulations to Professor Simon Gilbody, Director of the Mental Health and Addictions Research Group (MHARG), who was awarded an Honorary Fellowship of the Royal College of General Practitioners at a ceremony in London on Friday 22nd November.

Simon is one of only eight people made an honorary Fellow of the College this year, and he is the first York-based academic to receive this award.

Simon conducts large scale trials to inform the management of depression and anxiety in primary care and the award was made in recognition of the work of MHARG. Fellowship is awarded to doctors and non-doctors from the UK and overseas for outstanding work towards the objectives of the college, and represents the 'highest award the college can make'.



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### Professor takes part in Q&A in London play

A new play called Poisoned Polluted has opened in one of London's boutique theatres: The Old Red Lion Theatre in Islington. Two sisters play out their life in snippets across time from childhood to the present day.

They are born into a family where their mother is a drug addict who accidentally kills herself and they have ambivalent memories of a sometimes caring, sexually abusive father. The elder sister is deeply troubled and like her mother finds herself enmeshed in a world of drug use.

The younger sister appears more resilient leading us to ask the question how is it that siblings can do so differently when faced with adversity? It is a powerful, well written play with fast dialogue and plenty of raw emotion.

The younger sister played brilliantly by Anna Doolan engages the audience throughout and draws them in to the emotional journey. The elder sister (Kathryn O'Reilly) brings a physicality to the performance with some breathtaking movement theatre.

After the performance on Saturday 16th November there was a Q & A session where Prof Barry Wright, Chair in Child Mental Health from the University of York and Hull York Medical School spoke about how attachment can be disrupted by addiction and abuse and how research into resilience is continuing to yield answers that inform preventive work.

Two other speakers Dr Sally Marlow from Kings College London and Noel McDermott a psychotherapist also joined the panel and discussed the interplay between mental health and addiction and the importance of prevention both for addiction and also the consequences of addiction. A number of audience members brought some powerful insights related to the topics under the spotlight.



### York Trials Unit Chocolate Writing Week - Session One

The York Trials Unit writing week has completed its first week and the second will soon be approaching in the New Year.

This time the theme was Chocolate and was co-ordinated by Sarah Cockayne who writes: “Many thanks to all of you who took part in the first of three chocolate themed Writing Weeks. Also, thank you to our guest Paul Wilson from the University of Manchester who is Editor-in-Chief at Implementation Science, for an interesting talk about what journal editors look for in a submission.”

Sarah went on: “The first of our writing week sessions was challenging for several of us, in addition to the usual trial related work we’ve also had performance reviews and several people attending the ICTMC methodology conference in Brighton a few weeks prior, so catching up for some people was difficult.”

“Despite this most people embraced the chocolate theme and achieved their writing week plans, with some very positive feedback received from all teams. Overall we managed to progress multiple papers in several ways: formulating ideas, searching, screening papers, data analysis, addressing reviewer’s comments and submitting manuscripts. Along with various other progress made such as updating trial manuals, submitting research proposals and drafting an article for the previous Megaphone.”

“The winning team was FLAKE who had an impressive week with a total of 17 days writing achieved which exceeded the number of days planned. Ailish Byrne was honoured to receive the ‘Cadbury Street’ trophy on behalf the team leader Adwoa Parker. Kerry Bell was our ‘Master Chocolatier’ of the week for her indulgent three day performance (submitting a grant application and progressing a trial report). “

“I hope the winners like the delicious chocolates and the trophy, I look forward to our next week in February 2020. TIP: Never under-estimate the power of chocolate!”

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### Next Contract Researchers Forum Social

Catherine Arundel writes: “The next Contract Researchers Forum (CRF) social event will be held in the ARRC common room (Level 2) on Thursday 19th December at 2:30pm. A selection of festive treats will be available to accompany your cuppa!”

“Organised by your Contract Researchers Forum reps, these informal events are for all CRF members (DoHS staff on Research and Teaching and Support contracts, research support staff and PhD students). We hope you will take this opportunity to take a short coffee/tea break and to celebrate the festive season with your fellow researchers from across the department.”

Please note: If you could bring a mug along with you for your drink this would be most helpful!

## Staff News

### Professor takes part in Christmas edition of University Challenge

Emeritus Professor Martin Bland has taken part in an episode of Christmas University Challenge. The episode is between teams of alumni. Martin was part of the Imperial College alumni team. He said: "I was only the reserve, but a member dropped out at the last minute (2 am in the morning) and I was in."

Tune in at 7.30pm on 31st December to see how Martin and the Imperial College team got on.



#### Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Anthonia James, Jennifer Brown, Ellen Kendall, Beth Jones and Laura Bates.

#### Goodbye

We also wish a very fond farewell to those who have left, including: Janice Quarton, Malinia Pires, Debbie Watson, Charlotte Dimond and Steph Marriott.

#### 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 2020.

Jane



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).