



Megaphone Online

February 2017

the voice of Health Sciences' staff and students

Graduating students awarded prizes

Some 230 students graduated from the Department in January. After the ceremony in Central Hall, a reception was held for the graduands and their families who were joined by staff for refreshments. Karl Atkin welcomed them and presented a number of academic prizes.

Judith Sandland – outstanding dissertation prize at undergraduate level – SSPRD (Specialist Skills Postregistration Development).

Bethan Goundry – outstanding dissertation prize at

undergraduate level – nursing. **Molly Povey** – outstanding

dissertation prize at undergraduate level – midwifery. **Matilde**

Rahz - outstanding dissertation prize - MNursing. **Samantha**

Cowan - outstanding academic achievement prize – nursing.

Charlotte Needham – outstanding academic achievement prize –

midwifery. **Matilde Rahz** – outstanding academic achievement

prize – Mnursing. **Magdalena Mucha** - outstanding academic

achievement prize - Foundation Degree. **Seth Francis-Graham**

– outstanding academic achievement prize – Master of Public

Health. **Peter Roderick** - outstanding academic achievement

prize - Master of Public Health. **Hannah MacAdam** – outstanding

undergraduate practice achievement prize – nursing. **Hayley**

Dunbar – outstanding undergraduate practice achievement

prize – nursing. **Kate Hutt** – outstanding undergraduate practice

achievement prize – midwifery. **Marta Marmaj** - outstanding

practice achievement prize - Foundation Degree. **Karim Habib** -

Departmental prize. **Magdalena Mucha** - outstanding academic

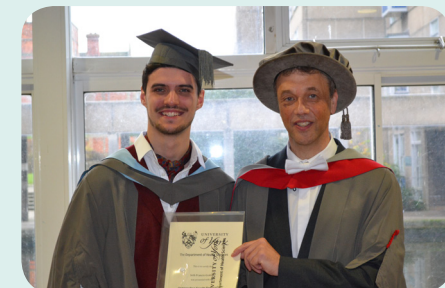
progression prize - Foundation Degree.



Above Karim Harib



Above Matilde Rhatz and below Seth Francis-Graham



In this issue:

- MidSoc host event
- Green Impact update
- York collaborates with children's hospice
- Old mobile phones wanted

Student News

Former nursing student shortlisted for NHS Regional Leadership Recognition Award

Russell Yates writes: “The Leadership Summit and Regional Leadership Recognition Awards saw 200 Health and Social Care colleagues across the region connect and be inspired by new and emerging leadership talent at an event held in Sheffield in December.

“Matilde Rahtz, who completed her MNursing programme last summer, was nominated in the category of Excellence in Patient Experience and was one of the three shortlisted candidates.

“Matilde implemented a service improvement project as part of her professional internship with a CAMHS (Child and Adolescent Mental Health) team. She approached the project very much within the spirit of patient-centred nursing.

Matilde did not have preconceived ideas about

how the patient experience could be improved, and consulted patients to understand how they experienced the service. In analysing the patient experience, Matilde used process mapping to identify a small change which could be made to the service to bring about the greatest improvement to the patient experience. The outcome was the implementation of a pilot project which required a change in the working hours of some staff. This required very careful handling on the part of Matilde. After extensive discussion, seven members of staff agreed to work flexibly to allow the service to offer some evening appointments for the ten-week, pilot period.”

The judges said: ‘a proactive approach which is a joy to see in someone at the beginning of no doubt a very long and successful career. Long may it continue.’

Russell said “the awards are designed for experienced NHS staff and it is very unusual for a student to be shortlisted.”

MidSoc hold two-day perinatal loss and bereavement event

The Midwifery Society recently held a two-day event on perinatal loss and bereavement. Each day included training around infant loss and the group heard from Chantal Lockey, Chief Executive of the Foundation for Infant Loss Training, who is also a bereaved mother herself.

The event was a great success and was attended by midwifery students, staff and qualified midwives from around the region. The group also heard talks from 4Louis, an organisation that provides memory boxes for bereaved parents, Reflect - a pregnancy and loss support group based in York – as well as The Lullaby Trust and SANDS (Stillbirth and neonatal death charity).

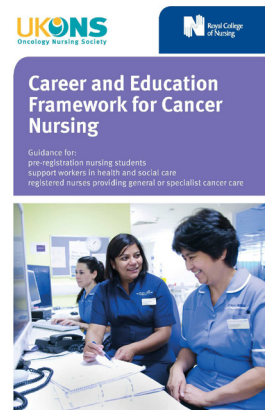


Pictured left are Jade Entwistle, Midwifery student, Chantal Lockey from the Foundation for Infant Loss Training and Jennifer Friel (MidSoc President)

Career and Education Framework for Cancer Nursing

Vanessa Taylor has been Chair of the Career and Education Framework for Cancer Nursing steering group which has developed a new career and education framework for cancer nursing for the Royal College of Nursing and the UK Oncology Nursing Society.

The publication can be viewed at <https://www.rcn.org.uk/professional-development/publications/pub-005718>.



Mary Seacole awards

The Mary Seacole Awards (MSA) are now open for nurses, midwives and health visitors in England, inspired by the legacy of Mary Seacole.

These prestigious awards are funded by Health Education England. Successful MSA scholars are funded to undertake specific projects which aim to improve health outcomes for people from black and minority ethnic communities, whilst engaging in significant opportunities for personal development. MSA scholars can be working in practice, education or research capacities.

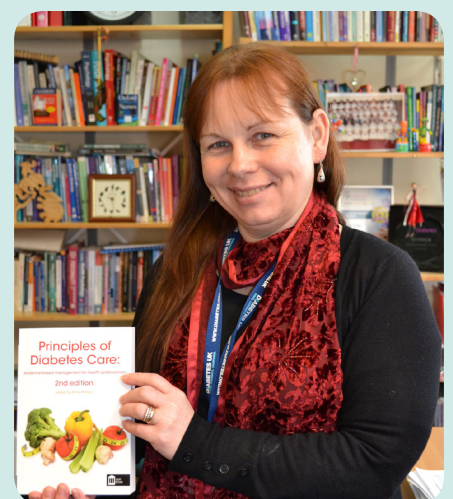
Please feel free to contact Helen Bedford, MSA Steering Group member for an informal discussion (helen.bedford@york.ac.uk 01904 321649). The closing date for the awards is 5 May 2017.

New diabetes book available

Anne Phillips writes: "The second edition of the 'Principles of Diabetes Care: evidence-based management for health professionals' for all members of the primary care team has just been updated and re-published.

"It is a collection of chapters for practitioners to access to develop their skills and knowledge in diabetes care. I designed the textbook to be user-friendly, with each chapter offering examples for case application of the chapter theme.

"Many clinical colleagues and lecturer colleagues have kindly contributed their knowledge and skills to this 2nd edition. Colleagues within the department contributing include: Clare MacArthur, Jerome Wright, Russell Yates and former colleagues Carole Gelder and Gill Furze."



York collaborates with children's hospice for major new venture

The University of York and Martin House Children's Hospice launched a revolutionary new multi-disciplinary centre committed to leading research on the management, care and support of children with life-limiting conditions and their families.

The Martin House Research Centre, led by the Department of Health Sciences in an innovative joint venture with the hospice, will conduct work focusing on the priorities of families and the professionals who care and work for them.

The Centre will bring together experts including academics from the Universities of York and Leeds, who will work with staff from Martin House Children's Hospice, health and care professionals and researchers from the UK and beyond.

Launched on Friday, 13 January at the University of York's King's Manor, representatives from national charities, researchers, parents and young people gathered to learn about the centre and hear from national figures working within children's palliative care. Parents and young people with life-limiting conditions will also lead a session sharing their experiences and opinions.

Dr Lorna Fraser, Senior Lecturer in Health Sciences and Director of the Martin House Research Centre, said: "This is a very exciting, much-needed initiative which will allow us to undertake high quality research on areas that are important to children and young people with life-limiting conditions, their families and the clinicians caring for them. The outputs of the Centre's research should be the evidence which will help to ensure that all children and families receive equitable, high quality care."

Angela Monaghan, Chief Executive of Martin House Children's Hospice, said: "As a hospice with a long-standing commitment to research, we are immensely excited about the launch of the Martin House Research Centre. We are delighted that this exceptional new initiative will enable us to build a stronger evidence base by developing research in this challenging area, enabling us to make a real difference to children, young people and their families who need palliative care services and to the staff who care for them."

Hematology project aims for faster, better care for patients with blood diseases

Patients struggling with blood disorders may look forward to more rapid and efficient treatment from the outcomes of the HARMONY project, an initiative that aims to create a roadmap for better access and care for patients with various blood diseases with the use of big data.

The Epidemiology and Cancer Statistics Group, led by Professor Eve Roman, is one of 51 partners from 11 European countries, including seven pharmaceutical companies to take part in the project. HARMONY will put together anonymous patient data to unlock valuable knowledge on multiple myeloma, acute myeloid leukemia, acute lymphoblastic leukemia, chronic lymphocytic leukemia, non-Hodgkins lymphoma, myelodysplastic syndromes and blood disorders in infants and children.

HARMONY will build on pre-existing, long-lasting collaborations between academics, clinicians, patient organisations and the pharmaceutical industry. It will further advance management of these diseases through a more efficient process of treatment development and rapid decision-making. The expected outcome will be better prognosis and quicker improved treatment decisions.

Review shows limited progress in digitising NHS records

Health scientists have shown that, in the 25 years since the NHS was tasked with digitising patient records, there has been limited progress made.

The review, the first of its kind to address progress of electronic record implementation in NHS secondary care organisations, showed that limited guidance on IT implementation and underestimating the level of change to the working lives of staff members, were some of the reasons why little progress has been made towards becoming a fully digitised NHS.

Researchers argued that the high number of challenges that were uncovered, which also included confusion over how policy ambitions would be funded, highlighted the scale of the complexity in implementing technology in healthcare systems.

Dr Arabella Scantlebury, research fellow at the Department of Health Sciences, said: “It is difficult for those outside of the NHS system to visualise the scale of this project; there are hundreds of departments and healthcare organisations, using different IT systems, trying to share important information about a patient.

“One way of understanding the complexity, is if we imagine inviting a number of friends to an event using one system, a text message for example, only for them to post their answers back on several different portals, Facebook, voicemail, and so on; this would become a difficult communications exercise.

“And what if one of the portals used was a portal you didn’t have? Add in the fact that permission might be needed before you share your response and it starts to get very complicated. If we scale this problem up

significantly, then we get some insight into the digital communications challenges faced by the NHS.”

The team reviewed policy documents and evaluations to explore the extent of progress that has been made and to try and understand whether common mistakes were being repeated.

The review showed that progress was limited to the introduction of IT infrastructure, such as NHS Spine, which provides network support for electronic records, allowing information to be shared across the many different systems used by NHS departments.

Dr Scantlebury said: “There have been attempts to implement electronic records since 1992, but as so many have failed, it is time to ask why? Hospitals need to make informed decisions about introducing new systems, but guidance, underpinned by research into the pros and cons of such systems, is lacking.

“Previous attempts to implement electronic records have involved decision making at either a central NHS level or a local one, but there is also an argument for decisions to be controlled at both levels.

“Our review, however, suggests that we cannot recommend one approach or produce guidance because there is no real understanding or robust evidence into the pros and cons, as well as cost, of different implementation processes. Rigorous analysis of future policies is needed and should be conducted in a timely way to ensure the results are valuable.

“It costs money every time a policy fails to achieve its purpose, so it is essential that going forward the same mistakes are not made. The more information and guidance on IT implementation there is available, the more likely hospitals can start to make progress in digitising patient records to improve healthcare provision.”

Society actually does want policies that benefit future generations

Rich societies like the UK are changing the planet – for the worse. Human life is taking a heavy toll on the Earth, its climate and its various ecosystems.

This generation is consuming the planet, but it is future generations – people living many centuries from now, as well as our children and grandchildren – who will bear the greatest costs. Professor Hilary Graham from the Department of Health Sciences and Professor Piran White from the Environment Department discuss this in their article for *The Conversation*.

Take climate change, for example. Current estimates suggest that the international safe

threshold set by the Paris Agreement – of a maximum 2°C increase in global temperature – will be breached by 2050. Without decisive action, temperatures are set to rise by at least 4°C by 2100.

By 2050, a child born today will be in their 30s, and is likely to be a parent; in rich societies, many could anticipate being alive in 2100. They will be the ones living through this.

How future generations are represented in policy-making is one of the biggest questions of our time. We might expect that protecting future generations would be a central concern, but the standard approach to policy-making is to prioritise the interests of current generations.

Read the full article at <https://theconversation.com/society-actually-does-want-policies-that-benefit-future-generations-69481>.

LEGO therapies study launches new child mental health centre

A new child mental health centre which uses LEGO therapies to help children with autism has been launched by staff from the Department of Health Sciences and the Hull York Medical School.

Mental health problems related to childhood phobias, socialisation issues connected to autism and detecting autism in deaf children, will be the first research areas of the Centre, which was launched in partnership with Leeds and York Partnership Foundation NHS Trust.

Professor Barry Wright, from the Department of Health Sciences and Director of the new Centre, said: “Traditionally child and adolescent mental health research is based around interventions that have been used in adult populations, but we aim to move away from this model with the launch of the new Centre.

“We have strong involvement from young people in designing and running our research, and children and families are right at the centre of our thinking as we plan further research.”

The new Centre will aim to determine whether the behavioural characteristics of autism are manifested in the same way in both deaf and hearing children, with a view to adapting current screening and assessment methods to suit deaf children.

Trials Unit writing week Grand Prix on track

The Trials Unit February 2017 writing week found all six teams on top form finely tuned. In preparation for writing week, Kat Chatterton gave an enthusiastic and informative talk and demonstration of QUALTRIX which was much appreciated.

Good planning, team bonding and a bit of competitiveness for the trophy, resulted in an astonishing amount of writing being achieved. This included

working on papers at various stages of development from drafting to responding to peer comments, writing grant applications and trial protocols and a book chapter.

Congratulations to everyone for their progress, small or large, and in particular to Brooklands who carried off the trophy and some very fetching unique baseball caps.

Picture shows Brooklands: (L to R) Illary Sbizzera, Sarah Cockayne (team captain), David Torgerson, Bella Scantlebury and Sarah Ronaldson (congrats also to Louise Elliot).



Putting mental health first

On Friday 12 May, Hull York Medical School will host a national 'mental health in medical schools' conference. The conference, which will take place in the ARRC Auditorium, will bring together representatives from medical schools across the country to share experience and best practice when supporting students with mental health problems.

Recent years have seen much higher numbers of university students reporting mental health problems across all subjects, and medicine is no exception. Whilst this may indicate reduced stigma, it also suggests students experience a range of challenges in their early adult lives, with an increasing need to establish high quality supportive processes.

The conference will feature presentations from 12 of the 21 medical schools in attendance, and analyse the types of support that universities must offer in order to meet the changing needs of medical students.

For further information, please contact claire.foster@hyms.ac.uk

Staff News

Lord Mayor of York visits Department

The Right Honourable, the Lord Mayor of York, Councillor Dave Taylor, recently visited the Department as part of his civic duties.

The Mayor was joined by the Lady Mayoress, Sheriff of York and the Sheriff's lady and met key Departmental staff, as well as having a tour of the clinical simulation unit.



Green Impact update

The Department has reduced the amount it spent on printing and photocopying by over £14k from the previous year

£62,961.77 total cost for 1 August 2014 - 31 July 2015

£48,727.99 total cost for 1 August 2015 - 31 July 2016

This is great news helping us to save money and have a positive impact on the environment. The Department and Green Impact's aim is to continue to reduce the amount of printing and photocopying, but we need everyone's help to achieve this. The reducing departmental printing costs document created by the IT Team offers tips on alternatives to printing and photocopying.

In January the Department collectively raised over £387 for the York Toilet Twinning campaign! The money raised will help to build toilets in areas that do not have access to proper sanitary conditions. We raised enough to provide toilets for a whole school block, plus two individual toilets (typically shared between six people). Certificates will be appearing on toilets around the Department showing the locations of our supported toilets. Thank you to everyone who donated to the campaign. Our aim is to twin every toilet in the Department, so look out for further fund raising events in the future!

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Steve Ersser, Jenny Parry, Christina McGlynn and Mark Wall.

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Clare MacArthur.

Good luck

We also wish Emma Edmunds and Nicola Thomis good luck with their new central marketing roles. We're sure we will continue to see them in the Department over the coming months though.

Old mobile phones wanted

Penny Broadley writes “The Department and Harrogate and District Soroptimists are working with Childline Zimbabwe to improve access for all children in Zimbabwe to the services of Childline. At a recent meeting of the Harrogate and District Soroptimists, Dr Amanda Mason-Jones, Senior Lecturer in Global Public Health and Stella Motsi, National Director of Childline Zimbabwe, were invited as guest speakers. The meeting heard that Childline Zimbabwe currently receives 50,000 calls a month from children, the majority of whom (70%) report sexual abuse.

Childline Zimbabwe currently has two call centres, one in Harare and the other in Bulawayo and they are very aware that the poorer rural areas of Zimbabwe have very limited access to communication channels. This means that the young people in these areas do not have easy access to Childline. In order to improve this, Childline Zimbabwe are trying to set up mobile phone access in these areas so children can access and use a dedicated mobile phone, free of charge, to ring Childline for help and advice.

How YOU can help

In order to improve Childline access for all children in they need more mobile telephones. Do you have any unused mobile telephones that you are

no longer using? They do not need to be smart phones but they do need a battery and charger. Every telephone they receive will be programmed, free of charge by the mobile providers, to access Childline’s dedicated telephone line staffed by counsellors 24 hours of the day, 365 days of the year. The telephones will be distributed to schools and community facilities in rural areas for young people to use.

If you have any old usable mobile telephones in your cupboard at home and you would like to help with this initiative then please give them to Amanda Mason-Jones in ATB/233, Penny Broadley in ATB/256 or Maria Hyde in ATB/119.”



L-R Amanda Mason-Jones, Stella Motsi, Penny Broadley, Pat Shore President Harrogate Soroptimists

Congratulations

Congratulations to Sam Temple (PCMIS) and Rebecca Woodhouse (Trials Support Officer) who were recently married at St Catherine’s Church, Crook, Windermere.

Congratulations also go to Natasha Mitchell from YTU who had a baby boy, Ruban, on 2 February, weighing 8lb 1oz, Sarwat Shah, research fellow, Public Health and Society, gave birth to a baby boy: Yusef. Finally Karen Cardy, Audit and Research Secretary to Patrick Doherty gave birth to a baby girl, Faith Pippa (pictured right) on 3 February, weighing 8lb.



Mental Health First Aider - Danielle Simpson

Danielle Simpson writes: “ I recently attended Mental Health First Aid training and am now the Department’s Mental Health First Aider. Mental Health problems cover a wide range of issues that affect around 1 in 4 people and hinder their daily life. The most common ones include stress, anxiety and depression. The ability to recognise early warning signs and intervene with a non-judgmental approach can lead to faster recovery and access to other support services.

“The training is part of the University’s ongoing Health and Wellbeing project. This training is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. As a member of the support staff within Student Services I am in daily contact with students. My training will now enable me to:

- spot the early signs of a mental health issue
- feel confident in how to offer and provide initial help to a person who may be experiencing a mental health issue
- safeguard life where a person may be at risk of harm to themselves or others
- prevent mental ill health from getting worse
- promote recovery of good mental health
- guide an individual towards appropriate treatment and other sources of help
- understand and help to breakdown the stigma that exists around mental health.

If you are experiencing emotional or psychological distress the university offers some excellent support.”

Staff provision

Employee Assistance Provider - https://www.york.ac.uk/admin/hr/employee_assistance/

Well Online - <http://www.well-online.co.uk/>

Well@York - <https://www.york.ac.uk/admin/hr/well@york/>

Stress Management Pathway - <https://www.york.ac.uk/admin/hr/well@york/stress-management/>

Mental Health First Contact Network - <https://www.york.ac.uk/admin/hr/well@york/mental-health-first-contact/>

Student provision

For an overview of all resources - <https://www.york.ac.uk/students/support/student-support-hub/>

For specific mental health support - <https://www.york.ac.uk/students/health/mental-illness/>

For information on the student support group - <http://www.mindyourheadyork.org/>

General information on mental health services in York

<http://www.healthwatchyork.co.uk/wp-content/uploads/2014/06/Guide-to-Mental-Health-and-Wellbeing-in-York-issue-2.pdf>

Mental Health First Aid England - <https://mhfaengland.org/>

Please get in touch if you’d like to know more about the training or just want a chat about any of the above. Email danielle.simpson@york.ac.uk or telephone 01904 321928 or 01904 321540.”

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).