



# Megaphone Online

February 2018

the voice of Health Sciences' staff and students

## Graduating students awarded prizes

Some 238 students graduated from the Department in January. Ahead of 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.

**Maddy French**, Outstanding Taught Postgraduate Academic Achievement Prize: Master of Public Health

**Andrew Mott** Outstanding Taught Postgraduate Academic Achievement Prize: MSc Applied Health Research

**Stephanie Allerston** James Begley Prize and Outstanding Academic Achievement Prize: Nursing, **Eleanor Garraway** Outstanding Practice Achievement Prize: Nursing

**Rachel King** Outstanding Dissertation Prize: Nursing

**Aamir Kamran** Outstanding Dissertation Prize: Nursing

**Olivia Lindsay-Gould** Outstanding Dissertation Prize: Nursing

**Felicity Chapman** Outstanding Dissertation Prize: MNursing

**Bethany Mayhew** Outstanding Practice Achievement Prize: Midwifery

**Karen Roberts** Outstanding Undergraduate Academic Achievement Prize: Midwifery and Outstanding Dissertation Prize: Midwifery

**Heather Baxter** Outstanding Academic Achievement Prize: Foundation Degree

**Emily Shephard** Outstanding Dissertation Prize: Part-time SSPRD pathway

Congratulations to the following who also received prizes but were not able to attend graduation:

**Chimwemwe Msukwa**, Outstanding Taught Postgraduate Academic Achievement Prize: MSc International Humanitarian Affairs and Outstanding Taught Postgraduate Dissertation Prize

**Joseph Gregory** Outstanding Practice Achievement Prize: MNursing and Outstanding Academic Achievement Prize: MNursing

**Jodie Coulson**, Outstanding Dissertation Prize: Part-time SSPRD pathway

**Victoria Fleetwood**, Outstanding Practice Achievement Prize: Foundation Degree



Above: Maddy French receives her award from Karl Atkin (more pics can be found on page 2)

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- Sigma award for Prof Ersser
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# Student News

## Graduation January 2018



*Above: Andrew Mott*



*Above: Stephanie Allerston*



*Above: Eleanor Garraway*



*Above: AAamir Kamran*



*Above: Rachel King*



*Above: Bethany Mayhew*

## Graduation January 2018



Above: Felicity Chapman



Above: Karen Roberts



Above: Heather Baxter



Above: Emily Shephard



Above: Olivia Lindsay Gould



Above: MHIA Graduands

## Student News

### Midwifery Society (MidSoc) host successful conference

MidSoc write: "On 10th February we hosted an Infant Loss and Bereavement Care conference with the Harrogate based charity 'Our Angels'.

We were really keen to take on this conference because, particularly as students, infant loss is the most daunting aspect of midwifery. So far we have had little exposure to the topic and felt that to be able to give these families the best care, we really needed to understand the principles underlying this and the differences in the care we would normally give a woman in labour.

Chris Binnie, a trustee of Our Angels believes there should be more education and training made available for all maternity staff, not just students. We had a range of speakers at the event. Jacque Gerrard, Director of the Royal College of Midwives (RCM), gave us an insight into the global aspect of baby loss. We had a number of parents speaking at the event who had experienced losing a baby, including Chris Binnie, David and Siobhan Monteith and Juliette Gaunt, who also featured in the film 'Still Loved' which we screened during the conference. While each parent had a different experience, they all agreed on the same principles of care and the effect that the midwife's care has on the experience.



We also had a number of stallholders at the event from various stillbirth and baby loss charities including Mummy's Star, Beyond Bea and Abbie's Fund. These stalls showed us what is available for bereaved parents, such as memory boxes and professional volunteer photographers, and also the wealth of support available for families.

The funding of the event was from Jude's Rainbow. Organised by Matthew and Bronagh Thompson in memory of their son Jude. Over 38 bikers completed a coast to coast cycle challenge raising a staggering amount."

### Cake sale raises funds for Dementia

Congratulations to Rebecca Turner, first year PG Diploma in Nursing student, who recently held a cake stall in the Department and raised £105 for York Hospital's Dementia Appeal.

Rebecca will also be doing a skydive in April.



## Student News

### New 'Student Space' in Student and Academic Support Service

The Department of Health Sciences, in conjunction with Estates and Campus Services, are pleased to announce that our new 'Student Space' is now ready for use. The new area has been developed in response to student feedback, both from our Online Surveys, National Student Survey and from student representatives at our Student-Staff Forums. We listened and recognised that you needed a space within the Department which will hopefully have the added benefit to enhance the overall student experience for students within Health Sciences.

The space is located outside of the Student and Academic Support Service on the ground floor of Seebohm Rowntree Building, just off the corridor leading to the Clinical Simulation Unit. There are a number of soft seating areas located around the space with tables and adjustable laptop tables. We have also added an L-Shape sofa and a bench table with bar stools which seats up to 6 students. The student space provides quality student space for mixed modes of study and relaxation.



Matthew Jacobs, Head of Student and Academic Support Service says: "this new student space is a really exciting development for our students and the wider department as a whole. This new student space will help recreate a sense of belonging and collegiality for Health Sciences students.



Over the next few months you will see further developments within the space including the installation of a cold water dispenser and a number of wall mounted student resource holders, including one dedicated specifically to Mental Health and Wellbeing. In addition to your programme noticeboards, we will also have dedicated noticeboards to Careers and Employability, Library and IT Service, 'Royal College of Nursing (RCN) and Royal College of Midwives (RCM) as well as Unison Membership, and the NurSoc and MidSoc Societies."

Matthew goes on to say: "I would like to take this opportunity to thank Marysia Koc (Departmental Manager) and John Maddison (Facilities Manager, Estates and Campus Services) for making this idea come to fruition to and Sarah Parkinson (Student and Academic Support Administrator) for her vision, design style and inspiration.

This is your space so please feel free to eat and drink here but please remember to clean up any spills, keep the furniture tidy and segregate your rubbish into the bins provided. Most of all enjoy your space".

Finally the Department is seeking creative suggestions for the name of your new 'Student Space' and is offering a £25 Love to Shop voucher for the winning suggestion. Please email your entry to Matthew Jacobs ([matthew.jacobs@york.ac.uk](mailto:matthew.jacobs@york.ac.uk)) by **Monday 12 March 2018**. Get your creative caps on!

### Sigma award given to Professor Steven Ersser

Professor in Clinical Nursing Research and Interim Deputy Head of Department (Nursing & Midwifery), Steven Ersser has been awarded the International Nurse Researchers Hall of Fame Award from Sigma Theta Tau International Honor Society of Nursing.

Sigma inducts researchers who have achieved significant and sustained national and/or international recognition for their work; and whose research has impacted the profession and the people it serves. It is the highest international research award for nurses and Steven is one of a small group of nurses recognised worldwide for 2018. Following the 2017 induction, STTI will have recognized 156 nurse researchers from 13 countries.

Steven has been a full professor since 2007 and currently the inaugural Professor in Clinical Nursing Research at the University of York, UK. In addition he is an Adjunct Professor of Nursing at Memorial University, Canada and a Visiting Scholar in nursing at the National University of Singapore. He has been engaged in research relevant to nursing for over 30 years which spans his years in clinical practice and subsequent academic work. His clinical area is dermatological and skin care nursing. He has been a pioneer in the field of dermatological nursing and the application of evidence to improve skin care internationally. In 2006, Steven received the Stone Award by the British Dermatological Nursing Group (BDNG) in recognition of his pioneering work. He is believed to be the first nurse internationally, to hold a nursing chair dedicated to the field of dermatological/ skin care nursing; firstly, in 2007 at the Universities of Bournemouth, then at Hull (as Dean and Professor of Nursing & Dermatology Care) from 2011-2014, then at the University of Leeds (as Dame Kathleen Raven Professor of Clinical Nursing) from 2014-2017 and since 2017 at the University of York. He has been a Visiting scholar at St John's College, Cambridge, the St John's Institute of Dermatology King's College, London and New York University; and Honorary Professor of Nursing at the University of Cape Town. Professor Ersser currently serves as a nurse member of the Dermatology National Specialty Group, NIHR Clinical Research Network Specialty Cluster.

Steven has made a substantial contribution to the fields of dermatology and nursing through his work on developing theory-based interventions to support those living with long-term skin conditions, such as eczema and psoriasis. This work extends to people living in resource -poor countries with neglected tropical skin diseases. He has also promoted the development and evaluation of skin care for adults and children in general care settings to improve their skin barrier function. His current work on supporting self-management aims to investigate effective methods of helping the public at higher risk of skin cancer to engage in skin self-examination, to promote its early detection.

The award also gives recognition to Steven's substantial contribution to mentoring nurses and other health professionals on research methods and issues related to enhancing and evaluating skin care and dermatology practice.



## Teaching News

### Staff take part in Spring Lane Building opening

Staff in the Department recently took part in the evening held to officially open the Spring Lane Building.

Jessica Powell, David Graham, Helen Bedford and Rachel Lavelle hosted three simulation workshops and gave an insightful talk on how simulation is used for teaching both nursing and midwifery students.

The evening was open to staff and students and the talks were attended by colleagues from other Departments within the University.



After the talks there was an opportunity for people to have a go on some of the simulation equipment that was transported from the CSU to the Spring Lane building.



If you are wondering how this equipment was transported, the image on the left may well give you a clue.

It raised a number of eye brows and a few odd comments from students on the trip back over after the event!

### Congratulations to Jodie Coulson

Congratulations to Jodie Coulson, Lecturer in Prescribing and Medicines Optimisation, who recently completed her BSc in Health and Social Care Practice.

Jodie also received the Outstanding Dissertation Prize: Part-time SSPRD pathway.



### Study suggests screening could prevent a quarter of hip fractures

Community screening for osteoporosis could prevent more than a quarter of hip fractures in older women, new research involving the Department of Health Sciences suggests

A major study reported in *The Lancet* has revealed that a simple questionnaire combined with bone mineral density measurements for some, could help identify individuals at risk of hip fractures, allowing them to be offered preventative treatment before fractures occur.

Around 79,000 people in the UK, many of them older women, suffer hip fractures each year and due an ageing population that number is set to increase. The injury is often accompanied by a devastating loss of independence, with less than one third of patients making a full recovery.

The new study, which involved more than 12,000 women aged 70 to 85, found that screening through GP practices allowed patients to be targeted for osteoporosis treatment, a step which led to a 28% reduction in hip fractures over five years in the women who agreed to participate.

Collaborator on the study, Professor David Torgerson said: "More than 2,000 women from the North Yorkshire region were involved in this important study, which is one of the largest trials of fracture prevention in the world."

Of the 12,483 women involved in the trial, half were screened so that screening could be compared with routine care. Among those screened, treatment was subsequently recommended for one in seven women deemed at high risk of hip fracture. Over three quarters of the women at high risk were on osteoporosis medications within six months of screening.

While screening did not reduce the incidence of all osteoporosis-related fractures, there was strong evidence for a reduction in hip fractures.

In the screening group, there were 54 fewer women who suffered one or more hip fractures compared to the routine care group. The study suggests that one hip fracture could be prevented for every 111 women screened and early analysis suggests the approach is likely to be cost-effective.

The multi-institutional research team was led by academics at the universities of East Anglia and Sheffield and involved researchers from five other universities including Manchester, Birmingham and York, in addition to 100 primary care practices. The researchers used a tool developed at the University of Sheffield called FRAX, a simple calculation tool that integrates clinical information to predict the probability of a hip or other osteoporosis-related fracture to identify women at high risk.

Dr Natalie Carter, head of research liaison and evaluation at Arthritis Research UK, said: "Tens of thousands of people a year present with hip fractures in the UK. As well as significantly increasing mortality, a hip fracture can stop a person's ability to live independently, with 43% no longer being able to walk independently in the year after the fracture.

We welcome this community based screening programme and any other research that reduces the likelihood of fractures."

The randomised controlled trial "Screening for Osteoporosis in Older women for the Prevention of fracture" (SCOOP) is reported in *The Lancet* and was funded by the Medical Research Council and Arthritis Research UK.



### Gap between rich and poor widening, according to Oxfam report

The gap between the super-rich and the rest of the world widened last year as wealth continued to be owned by a small minority, a report by Oxfam has revealed.

The Reward Work, Not Wealth report revealed some 82% of money generated last year went to the richest 1% of the global population while the poorest half saw no increase at all.

The report has been welcomed by Kate Pickett, Professor of Epidemiology in the Department of Health Sciences, and the University's Research Champion for Justice and Equality.

Professor Pickett is the co-author of *The Spirit Level*, a best-selling book which highlights the problems caused by unequal distribution of incomes.

Professor Pickett, who also advised on some aspects of the Oxfam report, said: "I'm delighted that Oxfam continues to draw the world's attention to the intractable and growing problem of inequality, and all of its terrible consequences, as well as highlighting how much people, all across the world, would like to live in more equal societies."

The report highlights tax evasion, corporate influence on policy, erosion of workers' rights and a relentless drive to minimise costs in order to maximise returns to investors as contributing factors in the widening gap between the super-rich and the rest.

Billionaire wealth rose by an average of 13% a year between 2006 and 2015 – six times faster than the wages of ordinary workers. It takes just four days for a CEO of one of the world's five biggest fashion retailers to earn as much as a Bangladeshi garment worker will earn in her entire lifetime.

The report reveals women consistently earn less than men and are concentrated in the lowest-paid, least-secure forms of work. At current rates of change it will take 217 years to close the global gap in pay and employment opportunities between women and men.

Mark Goldring, Oxfam GB Chief Executive, said: "The concentration of extreme wealth at the top is not a sign of a thriving economy but a symptom of a system that is failing the millions of hard-working people on poverty wages who make our clothes and grow our food.

"Leaders should ensure that wealthy individuals and businesses pay their fair share of tax by cracking down on tax avoidance, and invest this into essential services like schools and hospitals, and creating jobs for young people."

Improved data has led to an upward revision of Oxfam's annual estimate of how many people own the same as the poorest half of humanity, although the trend of widening inequality remains.

Now, 42 people own the same wealth as the poorest 50%. In its latest Global Wealth Report Credit Suisse expanded its dataset. Using this new data, Oxfam now calculates that last year 61 people owned the same as half the world. As recently as 2009, the figure was 380.

### York Trials Unit writing week continues

The York Trials Unit writing week continues and Belen Corbacho writes: “Many thanks to all of you who took part in the Second Edition of Semana Gastronomica. Also, thank you to Andrew Foster for an interesting session about costing research.

We achieved most of our plan and very positive feedback was received from all teams. Despite busy times and pressing deadlines we all managed to devote some time to writing in several ways. We have contributed to four grant applications (one now out for comments) and one IRAS amendment form. We made progress in three protocols and four HTA reports; one conference abstract was submitted and one PHD edited.



*Pictured L-R Alex Mitchell, Emily Peckham, Adwoa Parker, Belen Corbacho and Liz Cook*

Overall we managed to make progress for 23 papers in several ways: formulating ideas, searching, screening, coding analysis, addressing reviewers comments and submitting manuscripts. The winning team was Seville who had an impressive week and submitted 3 manuscripts. Alex Mitchell was honoured to receive the ‘Paellera’ award on behalf the chef leader Ada Keding, who could not attend the price giving session due to other tasty commitments. Emily Peckham was our ‘Michelin starred chef’ of the week for the outstanding cook performance (two delicious papers!). I hope the winners like the rice and saffron brought from Seville and enjoyed cooking with them. Just a quick tip: there is no place for chorizo in paella!!

### Why some older people turn to cannabis for pain relief

45 to 65 age group are showing the highest proportion of household spending on cannabis, rather than the younger generation. Ian Hamilton, Mental Health lecturer writes for The Conversation on the subject of why the older generation are turning to using cannabis.

When most people think of cannabis users, they probably think mainly of the younger generations. But it’s actually the 45 to 64 age group who show the highest proportion of household spending on cannabis.

Recent figures on cannabis use in Canada found nearly 5m people aged between 15 and 64 spent an estimated 5.7 billion dollars on cannabis during 2017. That’s one in five people in this age group. Most of this was spent on the drug for recreational rather than medical, which is currently illegal in Canada. No surprise then that the cannabis industry in Canada is now bigger than the beer and tobacco industry.

Well, that’s just Canada, you might think, but you would be wrong. In Australia, lifetime cannabis use more than doubled between 2004 and 2013 in the over 50s. The UK has seen similar trends, with lifetime use of cannabis in the 65 to 74 age group rising more than sevenfold between 2000 and 2014. In the US, the rate of self-reported cannabis use over the previous 12 months in people aged 65 and above also jumped massively between 2003 and 2014.

Read the full article at <https://theconversation.com/comfortably-numb-why-some-older-people-turn-to-cannabis-for-pain-relief-91350>

### Highlights from 15th annual Child Mental Health Research Network Day 2018

Hosted by the Child Oriented Mental Health Intervention Centre (COMIC) Research Team, the day brought together a diverse range of researchers and health professionals with an interest in child mental health research.

It began with COMIC Research Fellow, Danielle Varley, who spoke about research undertaken by the COMIC team into two interventions for children with an Autism Spectrum Disorder (ASD), Social Stories™ and LEGO®-based therapy, and how these were created specifically for children and young people and can help with social skills and understanding. The next presentation was given by COMIC Research Assistant Megan Garside who presented about the Cluster Schools Project, an ongoing study which identifies and then evaluates mental health and wellbeing services in mainstream secondary schools. The presentation included some initial results which were collected in January 2017, and information about the process of the study going forward this year. Dr Elizabeth Edginton, COMIC Research Fellow, presented key findings from their feasibility study; an RCT to improve inter-generational attachment for children aged 5-11 with treatment resistant conduct disorders. The next presentation was given by Professor Mark Mon-Williams. His presentation highlighted the importance of movement, and motor-control. This included interesting findings from studies which linked sensorimotor control and cognitive attainment in young children from the Born in Bradford cohort.

Professor Barry Wright's presentation outlined initial feasibility research plans with the University of York investigating the role of microRNAs in autism. This included a summary of the existing literature, and an overview of the plan to build a team to explore if microRNAs could be biomarkers in ASD and the implications for aetiology. The next talk was given by COMIC Research Assistants, Rachel Hodgkinson and Ellen Kingsley. They spoke about depression in adolescents and current treatment options recommended by the National Institute for Health and Care Excellence (NICE).

Professor Meins presented some fascinating findings from her longitudinal research spanning the last 20 years into mind-mindedness, the ability for parents to "tune in" to what their baby may be thinking and feeling. COMIC Research Assistant, Emily Hayward, with the help of "Duck Norris", the University of York's mascot, gave a presentation about behavioural avoidance tasks. She discussed research findings in their use as an outcome measure in specific phobia research in children and young people, gave a live BAT demonstration and talked about the ASPECT study which is currently being undertaken by the COMIC team and Sheffield CTRU. Chris Rhymes gave an informative presentation about the NIHR's clinical research network and the Department for Health's recent decision to change the eligibility criteria for CRN support. Excitingly, this will mean that the CRN is now able to support research conducted outside of NHS settings providing it is funded by an and CRN, he discussed how this applied to his role as a researcher on the ASPECT Trial.

Dr Nicole Gridley reported on the work assessing the measures used to evaluate parenting programmes for the parents of young children. She presented a systematic review of randomised controlled trials (RCTs) using various measures, the findings of which included a lack of consistency in measures used and limited evidence bases for use with younger populations. The final presentation of the day was given by Professor Barry Wright. He discussed a study conducted with the Born in Bradford cohort.

The day was a fantastic opportunity for researchers, clinical staff and anyone with an interest in child mental health research to network. If you would like any more information about our research or information about future conferences and events, please contact [research.comic@nhs.net](mailto:research.comic@nhs.net) to be added to the mailing list. You can also visit our website - [www.comic.org.uk](http://www.comic.org.uk) for more information about the team and current projects.

### PCMIS supporting Universities UK 'Stepchange' student mental health framework

Now, more than ever, the focus in Mental Health is on prevention. Charities, think tanks, governmental departments and researchers are focused on how we can educate, support and engage with young people to try to ensure their mental health does not prevent them from living fulfilling lives and maximising their potential.

University can be a time of great upheaval and uncertainty in a person's life, which is why student mental health is currently receiving lots of media coverage.

Universities UK, a charity representing and supporting the UK university sector, understands that universities play a hugely important role and should 'adopt mental health as a strategic priority, implementing a whole university approach' in order to look after their student population and whole university community.

In September 2017 they launched Stepchange, their vision for mental health in higher education. With recommendations for how universities can understand and approach mental health, this new framework not only sets out key steps for universities to take in changing their culture, but also places an emphasis on harnessing data, focusing on evidence-based interventions as a means of identifying and adapting successful practice.



Which is where PCMIS come on board.

As part of our work providing case management solutions to the HE sector, PCMIS work with Open Door, University of York's mental health support team. PCMIS provides the Open Door team with the tools to manage their caseload effectively, maintain high-quality, accurate data, and report back to the University board regularly.

From 2017 onwards the University of York, along with the University of the West of England, Bristol, and Cardiff University, will pilot implementation of the 'whole university' approach set out in the Universities UK stepchange framework.

We are pleased to announce that PCMIS and MHARG are taking part of this pilot, led by University of the West of England, assisting with the collection of data and gathering evidence to support improving student mental health.

Read more about stepchange at <http://www.universitiesuk.ac.uk/stepchange>

### Mental Health Awareness and Wellbeing Group

Danielle Simpson writes: "I am delighted to say that the Department now has a Mental Health Awareness and Wellbeing Group.

The purpose of the group is to promote positive mental health awareness and wellbeing to staff and students in the Department. This will help to support Key Objective 3 of the University Strategy 2014 - 2020: To offer all our students an outstanding and valuable experience.

The group consists of Mental Health First Aiders, Teaching and Scholarship and Support staff as well as student representatives. Those involved are:

Danielle Simpson, Matthew Jacobs, Kate Rudd, Cliff Riordan, Fiona Bond, Di Stockdale, Matty Laycock( student), Megan Cook (student), Jane Milsom, Sarah Masefield (Postgraduate Department Representative), Tina Alyssandraki (PCMIS Administrator) and Karen Harper.

The group will meet every couple of months and will discuss ideas and events that will benefit both staff and students and have a positive impact on mental health and wellbeing."

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### Toilet Twinning Raffle raises £250

Alex Bostock writes: "Just wanted to let you know that we have raised a whopping £250 in total for Toilet Twinning. This has enabled us to twin a whole block of toilets.

One of our most eager Lucky Dip shoppers, Oliver Short, who is always thrilled with his top quality swag, had requested the gents be twinned so hopefully the downstairs block of gents loos will be furnished with a toilet twinning plaque in due course!

We would like to say a big thank you to everyone who donated prizes, their time and money to the cause. What a generous bunch we are!"

Also an update from the fund raising in December for the Christmas Jumper Day in aid of Save the Children. We raised a whopping £314.

Thanks to everyone who bought cakes, raffle tickets and guessed the babies!

Massive thanks to everyone who donated raffle prizes too.

### Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Helen King, Sue Orange, Susan Heslop, Louise Newbould, Stephanie Morris, Mary Madden, Faraz Siddiqui, Helen Holdsworth, Jenny Fairthorne, Dawn Jones, Sarah Webster, Lydia Flett and Shilpi Swarmi

### Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Kat Chatterton, Arabella Scantlebury and Angela Simpson.

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## Announcing the passing of Professor Alan Maynard

The Department was sad to announce that Alan Maynard, Emeritus Professor of Health Economics and Founding Director of the Centre for Health Economics at the University of York, passed away earlier this month.

Professor Maynard OBE was first appointed to the University as a lecturer in 1971 and over the course of his career he made a tremendous contribution to the field of Health Economics and the life of the University as a whole. He was a crucial voice in the development of UK and international health policy and a talented and prolific academic. He will be greatly missed by everyone at the University and remembered for his kindness, mentorship, wit and wisdom.

To read some of Alan's seminal contributions to health policy and health economics, as well as commentaries on the many ways in which his work made a difference, see the free to download Maynard Matters – Critical Thinking on Health Policy <https://www.york.ac.uk/che/publications/books/maynard-matters/>.



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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).