



Megaphone Online

February 2019

the voice of Health Sciences' staff and students

Graduating students awarded prizes

Some 225 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.

Emma Bower - Outstanding Practice Achievement Nursing and Outstanding Dissertation Nursing

Beverley Chambers - Outstanding Practice Achievement MNursing

Holly Dale - Outstanding taught Postgraduate Academic Achievement Applied Health Research

Harriet Larvin - Outstanding Taught Postgraduate Academic Achievement Master of Public Health

Eleni McCrae - Outstanding Practice Achievement Midwifery

Rachael Pegler - Outstanding Academic Achievement MNursing and Outstanding Dissertation MNursing

Kate Sleightholme - Outstanding Academic Achievement Nursing

Suzanne Stamoulos - Outstanding Undergraduate Academic Achievement Midwifery and Outstanding Dissertation Midwifery



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

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

Trisa Lusiandari - Outstanding Taught Postgraduate Academic Achievement and Outstanding Taught Postgraduate Dissertation MSc International Humanitarian Affairs

Samuel Simpson - Outstanding Taught Postgraduate Academic Achievement PG Cert in Health Research and Statistics

Maise Hare - James Begley Prize

Catherine Croston - Outstanding Practice Achievement Nursing

Megan Irving - Outstanding Practice Achievement Foundation Degree

Georgina Tomlinson - Outstanding Academic Progression Foundation Degree

Nicola Brown - Outstanding Dissertation part time SSPRD pathway

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- Nursing Associates complete programme
- Library update
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- Delays in blood cancer diagnosis could be avoided

Graduation January 2019



Above: Beverley Chambers



Above: Holly Dale



Above: Harriet Larvin



Above: Eleni McCrae



Above: Rachael Pegler



Above: Kate Sleightholme

Student News

Graduation January 2019



Above: Suzanne Stamoulos



Above: Jo Rose and Janaka Jayawickrama with the MSc in International Humanitarian Affairs graduands



Above: Ana Cristina Castro and Karen Bloor



Above: L-R Anna Tash, Emma Bower and Imogen Jordan



Above: L-R Rachael Pegler, Anita Savage Grainge and Beverley Chambers



Above: Mid15 after the graduation ceremony

Student News

First group of Nursing Associates complete programme

Congratulations to our first group of Nursing Associates who completed their programme in February. The group of 15 students were all part of a pilot scheme run by Health Education England with York Teaching Hospital NHS Foundation Trust and will be regulated by the Nursing and Midwifery Council. Nursing Associates will play an important role in providing care and support for patients and service users and will address a skills gap between Healthcare Assistants and registered Nurses.



Cake sale raises funds for Alzheimer's Society

Congratulations to NurSoc who held a cake sale in Seebohm Rowntree reception to raise funds for the Alzheimer's Society.

NurSoc were supported in their baking by Jess Powell's children Louis and Fearn.



Morgan takes on Council of Deans Student Leadership programme

Following the success of nursing students Felix Manders-Wilde, Megan Last, Catriona Waktare and midwifery student Lucy Horn who undertook the Council of Deans Student Leadership programme last year, Morgan Hopkins, second year adult nursing student on the MNursing programme, now takes up the challenge this year.

Morgan writes: “Hi everyone, Morgan here, I’m a second-year adult nursing student on the MNursing course. I wanted to talk about an incredibly exciting experience I have lined up for 2019 that I can’t wait to get started with.”

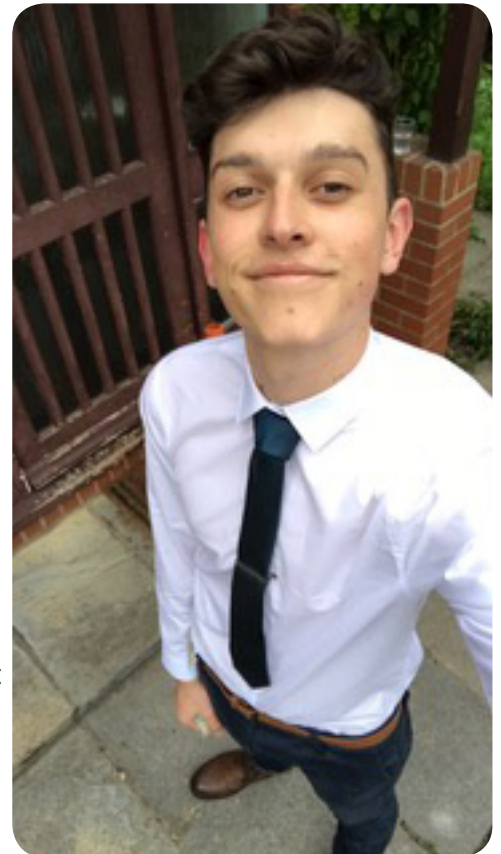
“In November last year I applied to the Council of Deans Student Leadership Programme, after hearing stellar reviews from previous graduates of this programme, Megan and Felix, and I heard I had been accepted into the programme in December, what a great Christmas present.”

“For those of you who don’t know what I’m talking about, the Student Leadership Project is an amazing opportunity which aims to promote and develop leadership skills in future healthcare professionals – everywhere from nursing to physiotherapy students. The programme has a mix of teaching styles, networking events across the UK with other members of the cohort and individual meetings with an allocated coach.”

“Currently I have only been part of their online discussions on Facebook, however I’m excited for the welcome event in March where I will meet the other 49 members of the 2019 cohort.” I’m very much looking forward to becoming a graduate of this programme as hopefully I will have:

- built strong networks and relations with people across the sector
- a better understanding of my strengths and improve on them
- fresh knowledge of the variety of leadership styles.”

“I’m hoping for this to be an incredibly helpful and insightful experience as even if don’t take my career into a leadership role, I’ll have a better awareness of how to work within a multidisciplinary team. I also want to be able to share my experience with other people so go ahead and give my Twitter account @hopskiki a follow for updates of things I get up to throughout this programme as well as my course.”



Studentships available for 2019 entry

The Department has been awarded some Commonwealth Scholarships for the MSc in International Humanitarian Affairs. There’s also a funded studentship for either the Master of Public Health or MSc Applied Health Research Programme, as well as a PhD studentship.

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

Warm welcome to our Practice Learning Link Lecturer Team



Left to right: Wumi Ajayi, Emily Hemmings and Sheila Brocklehurst

A big hello from us, your new Practice Learning Link Lecturer Team for the Department of Health Sciences. We are a brand new team offering support to nursing students out in practice placement areas. We each have a different 'patch' to cover with Wumi supporting students out in York and Selby, Sheila covering Harrogate, Dales and Northallerton and Emily on the East Coast.

Our aim is to provide accessible and visible support to students and mentors out in practice. We are a friendly team who are eager to get to know students and our placement areas, so that all teams feel able to access us quickly for advice or support.

Meet us

Emily – My main professional speciality has been within Oncology and Haematology. Qualifying in 2013 from the University of York, I have held various posts including as an Oncology Staff Nurse, Chemotherapy Specialist Nurse at the Christie Hospital and Deputy Sister on Ward 31 at York Hospital (Oncology and Haematology). I am so excited to be part of such a fantastic team, providing accessible support to students that I believe will be of real benefit to them whilst completing such a challenging, but rewarding course.

Sheila - I have been a qualified nurse for 34 years, during which time, I have trained and worked as a Midwife, neonatal nurse, intensive care, anaesthetics, recovery and scrub nurse. I took the opportunity to work abroad in Brisbane Australia and what a life experience that was! I would recommend that to the more adventurous among you. I am looking forward to seeing you all in the future.

Wumi – I am a registered nurse and a trained midwife. I have 24 years work experience with different groups of patients both in acute and community settings. I have held posts in different specialties including neurosurgery, medicine, obstetrics, haematology, ophthalmology and neonates. I have a special interest in, and enjoy, teaching and supporting nursing students.

We have met so many of you since starting in post in December and want to say a huge thank you to everyone for making us feel so welcome in the department. We will be holding 'meet & greets' and drop-ins at main placement areas so please do come along and get to know us. Please get in touch with us by email at dohs-pll@york.ac.uk. Also, follow us on twitter on @DohsP to keep informed about our developments and practice placement news.

Get help and use resources from the Library when you are on placement

Your access to the Library doesn't stop when you're out on placement. There are lots of ways that you can keep in touch with the resources and help available to make sure that you get the information and advice that you need.

Use our extensive collection of electronic resources from any computer

All of the Library's ebooks, ejournals and databases can be accessed anywhere, any time. Find out what's available online via YorSearch (<https://yorsearch.york.ac.uk/>) and look out for the 'View Online' links to get electronic access. When working off campus you'll need to login with your University of York username and password.

Visit your local hospital library

Many hospitals have their own libraries, and they aren't just for NHS staff. Students are very welcome to use resources and study space in the libraries. Say hello to the friendly library staff when you're next passing your local hospital library

Return your books using our free services

You can return your University of York Library books at the following hospital libraries: York, Scarborough, Harrogate and Northallerton. Hand in your books at the hospital library and they'll make sure they are returned to the University. We also refund the postage costs of requested books which you send back to us from placement.

Access NHS e-resources

Nursing and Midwifery students are eligible to register for an account which gives you access to NHS e-resources. These are the same ejournals and databases which you'll be able to use post-registration, giving you valuable additional access. To set up your account you'll need to complete the short form on the Subject Guide.

Getting help

The Library buildings are open 24/7, so you're always able to come back to campus to make use of the resources and study space. The Library also offers a 24/7 chat service so you can get help any time you need it. Otherwise you are always welcome to contact David, the Health Sciences Academic Liaison Librarian: lib-healthsci@york.ac.uk.

University hosts 16th Annual Research Network Day

Trial Support Officer, Olivia Taylor writes: “The 16th Annual Child Mental Health Research Network Day was held at the University of York in January. 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.”

“Professor Barry Wright began the day and welcomed all those in attendance. Richard Andrews, CEO of Healios, delivered an exciting presentation regarding the use of technology and apps in delivering mental health interventions for young people. Richard described how the technology provides flexibility for families, so interventions fit around their lives and how this way of delivering the interventions has been positive for clinicians. Richard also outlined how assessments can be completed within the app. The next presentation was given by COMIC Research Assistant Megan Garside. Megan presented about the Cluster Schools Project, a study which identified and then evaluated the mental health and wellbeing services in 21 mainstream secondary schools across Yorkshire and Humber. The presentation included some initial results comparing different high school year groups, showing differences from pupils in year 8 in comparison to those in year 11 on the Strength and Difficulties Questionnaire subscales.”

“Ellen Kingsley, Research Fellow and Roshanak Nekooi, Research Assistant, provided an update on the ongoing I-SOCIALISE study. I-SOCIALISE is a cluster randomised controlled trial that is examining the effectiveness of LEGO®-based therapy for children with autism. The study has received positive feedback from participating schools and the research team hope to present results at next year’s Annual Child Mental Health Research Network Day. Dr Lisa-Marie Henderson presented some fascinating findings regarding sleep and memory consolidation in children who were typically developing compared with children who have autism. Sleep improves vocabulary consolidation.”

“Following a short coffee break, Dr Elena Ratschen’s presentation outlined initial feasibility research plans of investigating animal-assisted interventions for child mental health and also showed how therapy dogs are currently being used to support children. The next presentation was given by Rachel Hodgkinson, Research Assistant and Olivia Taylor, Trial Support Officer, who discussed the ASSSIST2 study which is examining the effectiveness of Social Stories™ for children with autism. The ASSSIST2 study is currently recruiting participants across Yorkshire and Humber.”

“Dr Catarina Teige, Research Fellow, outlined a feasibility research study which is investigating the role of microRNAs and if we could collect them and analyse in the future to test whether there may be biomarkers in autism. Autism has strong genetic heritability. This presentation received a lot of interest, especially with regards to the collection of data. Emily Hayward, Research Assistant and Hannah Edwards, Research Assistant, spoke about the Alleviating Specific Phobias Experienced by Children Trial (ASPECT). Emily and Hannah gave an insight into the different phobias they have seen on the randomised controlled trial so far and described how they set up single and multi-session therapy for these specific fears.”

“After lunch Danielle Varley, Research Programme Manager, shared the progress of a systematic review of systematic reviews exploring reasons for self-harm in young people. There has been a rise in figures of self-harm in young people. One of the aims of the systematic review is to explore the possible reasons why children and young people are self-harming. This was followed by an interesting presentation regarding defining ‘Social Media’ and the use of it as being positive or negative. Daniel Johnston, PhD student at the University of York, presented an exciting ongoing study to reduce or eliminate specific sound phobias for children with autism. Using an interactive game and sound field,

Research News

the intervention allows children to play an interactive game which they are in control of, whilst the sound they fear is slowly introduced into the sound field. Professor Barry Wright gave the final presentation which summarised the future plans for the COMIC research team, including some impressive grant applications that are in submission or under preparation. Barry thanked the presenters, audience, organisers and interpreters. “

“The day was a fantastic opportunity for researchers, clinical staff and anyone with an interest in child mental health research to network. On behalf of the COMIC research team, we’d like to thank all of the attendees, presenters and the two British Sign Language interpreters, Russell and Hayley. If you would like any more information about our research or information about future conferences and events, please contact research.comic@nhs.net to be added to the mailing list. You can also visit our website - www.comic.org.uk for more information about our team and current projects.”

Majority of people with severe mental ill health would like to be more physically active

Taking part in regular physical activity is linked to a more positive outlook on general health in people with schizophrenia and bipolar disorder, according to a new report. People with a serious mental illness have some of the worst physical health of any section of the population and strategies to help reduce inequalities and improve their health are urgently needed.

Researchers, led by academics at the University of York, analysed data collected on over 3000 people with severe mental ill health, making this one of the largest studies of health and lifestyle for this population ever undertaken. The majority of participants in the study (61%) reported wanting to become more physically active or wanting to maintain a healthy lifestyle. However, other key findings from the study point to lifestyle factors which contribute to a “health gap”:

- 54% reported eating two or fewer portions of fruit and vegetables per day
- 53% reported drinking alcohol, and 45% were current smokers
- Only 38% of respondents reported undertaking physical activity every day or every other day

The study is the first to emerge from the UK “Closing the Gap” programme of research led by the University of York. Over the next four years, the research network will work with the same participants to further understand the causes of health inequality and to design interventions that can be used to increase activity and make lifestyle changes to improve physical health.

Lead author of the study, Dr Masuma Mishu from the Department, said: “these important findings are based on a detailed analysis of large sample of people with the most severe forms of mental illness in the NHS. Our study provides vital insights into diet, smoking and exercise for this group and highlights some of the factors those are associated with undertaking regular physical activity.”

Professor Simon Gilbody, co-author of the paper added: “this is the first analysis to emerge from this important UK study. In time we need to ensure the NHS can help to tackle the causes of poor physical health for people who use mental health services. The study helps us to think about how we can encourage physical activity, improve diet and encourage people with severe mental illness to quit smoking; these are the areas where NHS could improve further.”

Side-effects not fully reported in more than 30% of healthcare reviews

The potential side-effects of health interventions were not fully reported in more than a third of published health study reviews, research has shown. Negative outcomes of a health intervention refers to either a drug reaction or an effect of a procedure, such as surgery. Harmful side-effects can be rare and long-term and therefore difficult to analyse as an outcome of a health intervention.

Researchers argue, however, that it is still essential that harmful side-effects are included in reviews of healthcare interventions to fully inform medical practice, health policies, and patients.

The new study looked at the reporting of adverse events in 187 systematic reviews published between 2017 and 2018. Systematic reviews in health research aim to summarise the results of controlled healthcare interventions and provide evidence of the effectiveness of a healthcare intervention.

Protocols

Research showed that 35 per cent of reviewers did not fully report the side-effects of the medical intervention under review.

Dr Su Golder, from the Department, said: “Despite reviewers stating in their own protocols that adverse events should be included in the review, 65 per cent fully reported the event as intended by the protocol, eight per cent entirely excluded them, and the remaining 27 per cent either partially reported or changed the adverse event outcomes.”

“Just over 60 per cent, however, didn’t even include adverse events in their protocols, which suggests that a more proactive approach is needed to prompt reviewers to report on potential harmful side-effects in their reporting of healthcare interventions.”

Bias reporting

Review authors write their own protocols to describe the steps they will follow when preparing their review of healthcare data. These protocols must meet a particular standard to be accepted for publication in a public database that allows researchers, patients, professionals, and policy specialists to access trusted evidence-based information.

The reasons why review authors might be missing or only partially reporting adverse events was not clear, but the researchers found that these reasons could be wide-ranging, from how the original studies had defined or recorded adverse events, to simply not having the available space to include details in a word-count sensitive review.

Dr Golder said: “To prevent bias in reporting of these important features of clinical trials, more work is needed to understand why so many reviewers are not fully including them and perhaps more strict guidance is needed on representing them in review protocols in the first instance.”

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.

Delays in blood cancer diagnosis could be avoided

Many patients with lymphoma take longer to be diagnosed than expected, with some thinking these delays could have been avoided, a new report from the University of York has found. Many symptoms reported by patients are not included in UK referral guidance, a document available to help GPs identify suspected lymphoma. Current guidance focuses on the most common signs such as swollen lymph nodes, weight loss and night sweats, but many patients experienced a wider range of symptoms.

There are almost 16,000 cases of lymphoma – malignancies of the blood forming system – in the UK each year. The 10 year survival rate for Hodgkin's lymphoma is 80%, but only 63% for non-Hodgkin's. Early symptoms of lymphoma are notoriously difficult to interpret: patients may not recognise them as being significant and GPs may not appreciate their seriousness

In a study, involving Dr Debra Howell from the Department and colleagues from Hull York Medical School, 35 patients with lymphoma and 15 of their relatives were interviewed to obtain details of how the disease first came to light, how they reacted to symptoms, and how they were diagnosed. Early symptoms were frequently non-specific, such as feeling tired or lacking concentration, or experiencing vague pains or discomfort, and were attributed by both patients and doctors to benign and self-limiting causes. Routine blood tests, even when abnormal, often did not point to a precise diagnosis.

The authors acknowledge the difficulty of dealing with this by patient education campaigns but highlight the crucial role of what is known as 'safety netting' by GPs, meaning that unexplained symptoms are not ignored, and patients are not dismissed with an 'all clear' diagnosis, but are given precise information about returning to the GP for further tests should symptoms persist. Patients need to be reassured that repeated help-seeking is not only justified but may be essential.

The study was carried out by the Haematological Malignancy Research Network (HMRN), a collaboration between doctors and nurses at 14 hospitals across Yorkshire and the Humber. HMRN was established to produce evidence to improve patient care.

One of the study authors, Professor Russell Patmore – a haematology consultant at Castle Hill Hospital in Hull and visiting honorary professor at the University of York, said: "It can be very difficult for GPs to decide when relatively common symptoms, such as tiredness or infections, could potentially indicate lymphoma. If the cause of symptoms is uncertain, it is important that strategies are put in place to encourage patients to talk to their GP about this, particularly if the problem is getting worse."

Dr Alasdair Rankin, Director of Research and Patient Experience at Bloodwise, said: "Patients and GPs can easily put the symptoms of blood cancers like lymphoma down to the ageing process or harmless conditions. It's vital that GPs are made aware of the signs that could indicate blood cancers and that patients are reassured that it's OK to keep seeking help if they continue to experience unusual, ongoing or unexplained symptoms." Dr Richard Roope, Cancer Research UK's GP expert, said: "This research highlights that lymphomas often present with non-specific symptoms, which could also be signs of less serious illnesses. This creates a challenge for both patients and GPs. On average a GP will only see a new case of lymphoma once every three years, and during that time will have around 24,000 consultations.

"NICE guidelines are helpful in suggesting which symptoms should be properly evaluated such as enlarged lymph glands, particularly if these are accompanied by other symptoms such as persistent tiredness or unexplained weight loss, fever, shortness of breath or night sweats. Another challenging aspect is that blood tests will often be normal in patients with lymphoma." The Royal College of General Practitioners, in collaboration with Cancer Research UK, run education events for GPs and some of these cover the blood cancers, to raise awareness of the importance and significance of blood cancers, and equipping colleagues with the information and systems to enable earlier diagnosis."

Mental health claimants more than twice as likely to lose their benefits as non-psychiatric claimants

People who are mentally ill are 2.4 times more likely than claimants with non-psychiatric conditions to lose their existing benefits following a Personal Independence Payment (PIP) eligibility assessment, research has found. Published in the *British Journal of Psychiatry Open*, the study from the University of York analysed government data of claimants moving from an existing Disability Living Allowance (DLA) entitlement to PIP between April 2013 and October 2016.

All DLA claimants aged from 16 - 65 are required to reapply for their benefit as part of a gradual switch over to PIP. The potential loss of income amounts to £141.10 per week for people with the most severe mental health conditions. The authors of the study suggest such a reduction in financial entitlement has the potential to exacerbate existing mental health conditions, limit chances of recovery and put people who are three times more likely to be in debt than the general population into further financial hardship.

The study also found that people with a common mental disorder - such as anxiety or depression - were more likely to have their claim rejected than claimants with neurological conditions, musculoskeletal conditions and diabetes. Claims based on alcohol and substance misuse were found to be 1.97 times more likely to be rejected, increasing to 3.38 times more likely for claimants with ADHD.

Lead author of the study, Katie Pybus, from the Department, said: "As far as we are aware, this is the first academic study to compare Personal Independence Payment eligibility assessment outcomes by health condition for existing Disability Living Allowance claimants.

"Our intention is not to comment on the acceptability of eligibility assessment outcomes for claimants with the other health conditions included in the analysis, but rather to highlight areas of potential inequality that may need to be addressed to ensure the benefits system values mental health equally with physical health."

The findings come ahead of a debate in the House of Commons on 22 January, when MPs will be discussing mental health and the benefits assessment process.

The reasons for the discrepancy identified by the study are unclear, but the findings support concerns raised in a Work and Pensions Committee report, which found that PIP assessors had a lack of specialist mental health knowledge and used informal observations to make judgements on a claimants' mental health condition. As of November 2017, only 16.6% of assessors had a clinical mental health background.

Co-author of the paper, Professor Kate Pickett from the Department of Health Sciences, said: "Our study provides robust evidence that the benefits system discriminates against those with mental illness. The government needs to take notice and take action to ensure that those with mental illness are treated fairly."

Commenting on the research, Professor Wendy Burn, President of the Royal College of Psychiatrists, said: "We can provide the best treatment in the world for our patients but if they can't afford accommodation, heating or food this will be ineffective.

"It is essential that clinicians know how to support their patients in applying for the benefits they are entitled to."

Staff News

Mental Health Awareness and Wellbeing Group

It has been one year since the formation of the Mental Health Awareness and Wellbeing Group were formed within the Department. In that time the group has hosted a number of different talks and events.

Join us on Friday 1st March 2019 at 12pm for a talk 'Understanding Grief and Loss in Life' talk delivered by Canon Dr Bill Merrington - CPsychol, PhD, MPhil, BSc(Hons), FHEA, ACC(Reg Sup), MNCH(Reg), CBT-Hypno.

On 7th March, join us to 'Discover the benefits of Meditation' from 12 - 1pm with Gen Kelsang Tharpa from Madhyamaka Kadampa Meditation Centre Kilnwick Percy Hall, Pocklington www.madhyamaka.org. The talk will be an introduction to meditation and the benefits of this practice. They will also be delivering a 15 minute seated meditation exercise within the talk. Tickets should be booked via Eventbrite www.eventbrite.co.uk/e/discover-the-benefits-of-meditation-tickets-57399025029?aff=estw

Toilet Twinning Raffle raises £250

Jonathan Ayto writes: Staff in the Department helped raise £135 for the University's Toilet Twinning campaign by raffling off unwanted Christmas presents. As it stands more than 2.4 billion people do not have access to proper sanitary conditions. Money raised by the campaign is used to help build toilets and improve conditions in these areas."

"Toilets around the world are twinned with our own toilets on campus. Keep your eyes peeled for certificates within the Department's lavatories to find out where our toilets have been twinned. The ongoing campaign is aiming to twin every toilet at the University. "

You can find out more about the campaign at <http://www.yott.info/>.



Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Lu Han, Rebecca Smith, Joanne Laycock, Claire Hirst, Emma Louise Brooks and Sally Porter

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Paras Marvasti, Katie Pybus, Limor Augustin and Sophie MacKinder.

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).