



Megaphone Online

February 2020

the voice of Health Sciences' staff and students

Graduating students awarded prizes

Some 220 students graduated from the Department in January when Professor Karl Atkin presented the awards and Rachael Horton, one of the student orators, delivered a speech. After the ceremony in Central Hall, a reception was held for the graduands and their families who were joined by staff for refreshments. Rowan Kitchen gave a stunning performance of 'This is Me' from The Greatest Showman and Megan Cook gave a short speech to her fellow graduates and guests.

Karl Atkin welcomed them and presented a number of academic prizes.

Megan Cook - outstanding academic achievement: MNursing

Molly Crosland - outstanding Dissertation: MNursing and James Begley Prize

Thomas Foster - outstanding practice achievement: Nursing

Sophie James - outstanding taught postgraduate academic achievement: Applied Health Research

Lana-Beth Morgan - outstanding practice achievement prize: Nursing

Matthew Robinson - outstanding dissertation: MNursing

Emma Target - outstanding academic achievement: Nursing & outstanding dissertation: Nursing

Joseph Walton - outstanding taught postgraduate academic achievement: Master of Public Health

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

Katija Ahmed - outstanding practice achievement: Midwifery

Samuel Simpson - outstanding taught postgraduate academic achievement: Masters in International Humanitarian Affairs

Sunita Giri - outstanding taught postgraduate dissertation

Georgina Holroyd - outstanding undergraduate academic achievement: Midwifery & outstanding dissertation: Midwifery

See inside for photos of award winners.

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Graduation January 2020



Megan Cook



Molly Crosland



Thomas Foster



Sophie James



Lana-Beth Morgan



Matthew Robinson

Graduation January 2020



Emma Target



Joseph Walton



Frances Woodcock



Mid 16



Amanda Mason-Jones, Senior Lecturer writes: "Pictured left is Dr Gordon Igbodo, a medical doctor from Nigeria who now also has a Master of Public Health (MPH). He also served as the MPH rep. I'd like to thank him for his great service to his cohort and wish him and the cohort congratulations."

Student News

Two third year mental health students nominated for national award

Bethany McLaine, 3rd year MNursing mental health and Felix Manders-Wilde, 3rd year mental health student, have been shortlisted for the Student Nursing Times Awards 2020.

Bethany has been nominated as a finalist in the Most Inspirational Student Nurse of the Year and Felix in the category of Student Nurse of the Year: Mental Health at the Student Nursing Times Awards, to be held at Grosvenor House, London on 24 April 2020.

The awards have had a recording breaking year with more than 500 talented student nurses, education providers, and mentors entering.

Finalists will now present to members of the 90-strong panel of esteemed educational professionals.

The Student Nursing Times Awards celebrates the very best in nurse education, recognises and rewards brilliant educational establishments and honours those who are committed to developing new nursing talent as mentors, lecturers and providers of placements. The awards also pay tribute to students who have demonstrated the academic achievement, clinical prowess and personal qualities that will make them brilliant nurses.

Bethany said: "To be shortlisted for such a prestigious award is an honour and a privilege. After a great deal of encouragement from friends, colleagues at placement and lecturers, I was nominated for Most Inspirational Student Nurse of the Year. This is such an amazing category and demonstrates not just my current performance as a student nurse but also the journey and difficulties I have overcome to get to where I am today. I was informed that this particular category was the most popular and there were over 200 people nominated and only 12 shortlisted! I am proud of myself for this achievement and thankful for all the continued support from friends, family and also the Department of Health Sciences. It will be an honour to represent University of York at the awards ceremony in April."

Felix said: "I am humbled to have been shortlisted for Student Nurse of the Year in the Mental Health category at the Student Nursing Times Awards. The event looks fantastic and truly celebrates all of the great students, academic staff and practice areas in the UK, shortlisted or not. To be involved and, better yet, be shortlisted for an award is such a great way to round off my degree here at York. I feel truly privileged, as I have since beginning the course. I have had amazing opportunities through the university, Council of Deans of Health and NHS England during my degree. I'm very excited about this and it only spurs me on to do more."

Professor Paul Galdas, Professor of Nursing and Deputy Head of Department (Nursing and Midwifery) said: "I was delighted to hear that Bethany and Felix have been nominated for national awards and will once again be representing the Department of Health Sciences and the University of York at the ceremony. Both students have totally immersed themselves in their studies and have seized opportunities that have come their way. I wish them both lots of luck at the ceremony in April."

For more information on the Student Nursing Times Awards and to see the full list of finalists visit: www.studentnursingtimesawards.co.uk



Student News

First year midwifery students fundraising activity

Mid19 have raised £150 for the Butterfly Appeal at York Hospital, which is raising money for a new bereavement suite in maternity. They all bought knitted breasts, kindly made by Maureen Dale and Andrea Cussans, Grandma and Mum of Becca Cussans, MID19. Well done everyone.



Student shortlisted for Library competition

Congratulations to second year nursing student, Shelly Vipond, who has been shortlisted for the final stage of the Library's LibInspo innovation competition, where she will pitch her idea to a panel of judges. The event takes place on Wednesday 26th February. Good luck Shelly.

Teaching News

Helen Recchia writes: "The midwifery education team had their first joint stakeholder event on Wednesday 12th February as part of the planning process for the new midwifery curriculum which will start in September 2021.

The event was very successful and valuable contributions were made from students, women, colleagues and practice partners. Thank you to all who attended the event and we look forward to engaging with you again in the next few months."

For more information on the new midwifery standards for education can be found at:
<https://www.nmc.org.uk/standards/midwifery/>



Introducing the University Careers and Placements Service

Nyree Hardie, Careers Consultant (Science faculty) writes:

“Welcome to Careers at the University of York for both undergraduate and postgraduate students.”

“Our goal is to help you make the most of your time at York, offering support and guidance to help get you to where you want to be by graduation.”

“On our website you’ll find a wealth of information to help you. These resources are designed to be useful throughout your employability journey – so keep going back to them. The Careers website is packed with all you need to start your career planning and we constantly update it with the latest information on:

- Advice on jobs and further study
- Careers fairs and events
- York Strengths and York Leaders
- Information on job hunting and career planning
- Community and volunteering activities
- CV, application and Interview support
- Information on York Futures Scholarship.

“I am linked to the Health Sciences department and I’m happy to take any questions you may have. Please email me at: Nyree.hardie@york.ac.uk.”

“Alternatively you can book an appointment via the Careers Gateway or call into the Careers and Placements office which is open daily Monday to Friday during term time and is located next to the Spring Lane Building.”

“We’re also on social media, so follow us for updates on the latest events and activities in Careers as soon as they happen!”

For more information visit <https://www.york.ac.uk/about/departments/support-and-admin/careers/>

Research News

New Surgical Randomised Controlled Trial looking at elbow fracture repair techniques

York Trials Unit along with the Chief investigator Professor Adam Watts and the sponsor team at Wrightington Hospital have been awarded £1.75m in research funding from the National Institute for Health Research (NIHR) to look at different ways of repairing a broken elbow.

The randomised controlled trial will compare two methods of repairing fractures of the olecranon (the bony point of the elbow) to see which is the most effective for fixing the fracture/best to keep the bone in the correct position. The most common method of repair, is securing the bone using a tension band wiring technique.

While this can be effective in holding the position for the fracture to heal, some patients can experience pain when leaning on the elbow, as the wires lie just under the skin. An alternative method is to hold the bone in place using a very strong material cord (tension suture fixation) to help to stop the muscle forces which are pulling the bone out of position.

Patients with elbow fractures participating in the trial will be randomly allocated to one of two groups. One will receive fixation with metal wires and the other fixation with strong cord. It will be assessed as to how well patients are able to return to their daily activities, the impact on their quality of life and the costs to the NHS, therefore having benefits to both patients and to the NHS as a whole.

Recruitment will begin in May 2020 and will take place over four and a half years with 280 patients in up to 35 NHS hospitals around the country.

Venous Leg Ulcer Research Returns to York

York Trials Unit, in conjunction with Professor Jo Dumville at the University of Manchester, are pleased to announce confirmation of funding from the National Institute for Research Health Technology Assessment Programme for the VenUS-6 Trial (Reference: NIHR128625).

This trial follows on from a number of previous successful trials, conducted by the Department of Health Sciences, into treatments for venous leg ulcers (VenUS I, VenUS II, VenUS III, and VenUS-IV). The VENUS-6 trial will compare evidence based compression (choice of four-layer bandage or two-layer compression hosiery), two-layer bandage or adjustable hook-and-loop fastened compression systems (“compression wraps”), to see if these make any difference to how quickly venous leg ulcers heal.

The study aims to randomise 675 participants, 225 to evidence based compression, 225 to two layer bandage, and 225 to compression wraps. The primary outcome is time to ulcer healing. The associated costs of these treatment to the NHS will also be evaluated.

MODS - Managing Multiple Health Conditions in Older Adults

Get up to speed with MODS (Managing Multiple Health Conditions in Older Adults), a large programme of research funded by the National Institute for Health Research, which aims to develop and evaluate a brief psychological intervention to support older adults with multiple long-term physical health conditions and low mood or depression.

The intervention is based on Behavioural Activation, delivered within a framework of collaborative care, and aims to improve both physical and mental health functioning in adults 65 years and over.

Behavioural Activation is a type of talking therapy which aims to help people maintain or introduce activities which are important to them. Such activities may benefit their physical and emotional wellbeing, by helping them to stay connected with the world and remain active.



They have recently completed Work Stream 1 which involved the development and refinement of the intervention and related study materials. They conducted semi-structured interviews with older adults (who have a combination of physical and mental healthcare needs), a range of healthcare professionals (such as psychologists, geriatricians and GPs) and caregivers who provide care and support for this population.

They held a number of Consensus Groups consisting of a range of stakeholders. The interview findings were discussed in order to reach consensus on important aspects of the intervention. For example, who should deliver it, and how should it be modified for people with long term health conditions. They also worked with our Patient and Public Involvement Advisory Group to get feedback on the intervention and our recruitment materials (e.g. Participant Information Sheet).

They then delivered prototypes of the intervention to two small groups of participants (Case Series). This allowed us to further refine the intervention and associated study materials for use in Work Stream 2 (a pilot randomised controlled trial). They are now moving into Work Stream 2 which will involve recruiting 100 older adults from GP practices across York, Leeds and the North East.

The study is being led by the Mental Health and Addiction Research Group and Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) in collaboration with York Trials Unit, the Universities of Leeds, Keele and Manchester, Age UK and the MODS Patient & Public Involvement Advisory Group.

Keep up to date with MODS Research on:

Twitter: @MODS_Research_

Website: <https://sites.google.com/nih.ac.uk/mods/home>

New project launched to reduce work stress

A University of York inspirational research leader has launched a new research project EMPOWER: a European platform to PromOte Wellbeing and HHealth in the workplace together with European collaborators. This is an ambitious project aimed at reducing work stress.

The EMPOWER project started on 1st January 2020 and the University of York is one of the collaborating partners. Professor Christina van der Feltz-Cornelis, Professor of Psychiatry and Epidemiology at HYMS and the Department of Health Sciences, is co-applicant and leads the first work package of the project. She was one of the inspirational research leaders appointed at the University of York in 2018.

Christina, together with her team in the Mental Health and Addiction Group (MHARG); the European partners; and key stakeholders, will devise the intervention that aims to diminish work-stress and to prevent work-related mental disorders in the workplace. She will address several factors, such as stigma, workplace conditions and psychosocial factors, stress, common mental health symptoms, and comorbidity. Awareness, early detection, lifestyle, and return to work after sickness absence, will all be combined in an online modular platform feasible in various workplace settings. EMPOWER will implement this intervention through a randomized controlled trial amongst employees and employers of small and medium-sized enterprises and public agencies from three European countries.

EMPOWER, funded with € 3.99M by the EU Horizon 2020 programme, and led by the Spanish partner in Barcelona, is a multidisciplinary research and innovation effort. It envisions improving workplace conditions and employee mental health and well-being at the workplace. The main outcomes of EMPOWER will help employees, employers and policymakers in decision processes in new legal and contractual developments at EU and a national level in the new economic era.

Christina says: "I am delighted that we were able to pull off this collaborative effort, together with European partners, especially in the Brexit era. We need continued collaborative efforts like this and we need a systemic effort which we will aim to accomplish here, to battle work stress. I am looking forward to undertaking this research, together with my team, and to see the results. EMPOWER will benefit many people, employees, employers, policymakers and other stakeholders."

In conjunction with the project, Professor Christina van der Feltz-Cornelis presented her inaugural lecture:

'Stressed out? Stress, work stress and physical symptoms' on Thursday 13th February at the University of York.

The lecture was a big success with a full house.



New study hopes to discover the cause of a mystery condition that still baffles the medical world

A mystery condition that can leave sufferers with unexplained paralysis is being investigated in an innovative new study led by researchers from the Department

Conversion disorder, also known as functional neurological disorder, affects around 800,000 people in the UK and causes physical symptoms that would appear neurological but doctors can't find an injury or physical condition to explain them.

Symptoms include sufferers finding themselves suddenly unable to walk, talk or see. The condition can be temporary or permanent.

Inflammation

Initial research suggests that conversion disorder could be linked to high levels of inflammation in the blood or also be stress related. Patients can also suffer from memory and concentration problems.

Professor Christina van der Feltz-Cornelis from the Department said: "This is a profoundly difficult condition for people to live with and one which is overlooked because the medical profession doesn't have the answers."

"The condition leads to long term distress and people living with it often become very isolated, often losing jobs and social networks."

Physical symptoms

"Some doctors and researchers think it develops as a way for our brain to deal with emotional trauma or stress. However, that seems to not always be the case. An unrecognized inflammation reaction in the body and brain might play a role, but we do not know for sure. It is also known that stress and trauma can launch long-term inflammatory reactions, which by affecting brain functioning in complex ways might provoke physical symptoms. The concentration problems might be associated with the physical symptoms, but again we do not know the details."

"Treatments given to people with conversion disorder often do not help a lot with the symptoms. We need to find out more about the causes of the disorder so that new treatments can be developed, which we aim to do in the future depending on the results of this first study."

Frightening

Former sufferer, Deborah said: "I recovered after extensive treatment but I used to faint and fall several times a day. It was very frightening. I spent 10 months on a hospital ward because my body had failed me. I have now recovered and am just daring to move forward with life, despite fears and insecurities about what has happened to me."

If you are effected by a functional neurological condition and would like to take part in this study <https://www.york.ac.uk/healthsciences/research/mental-health/projects/cando/>

Computerised CBT could help reduce waiting lists in the treatment of depression in adolescents

Using a computerised version of cognitive behavioural therapy to treat depression in children and young adults has the potential to improve access to psychological therapies and reduce waiting lists, a new study suggests.

Cognitive behavioural therapy (CBT) – often known as talking therapy – is widely and effectively used in the mental health services to help people suffering from depression and anxiety. Reviews of CBT for adolescent depression have shown that it is effective and currently one of the main treatment options recommended for this age group

Cost effectiveness

The study, led by the University of York, examined the clinical and cost effectiveness of delivering a computerised CBT programme (CCBT).

The trial which ran in community and clinical settings worked with young people aged between 12 and 18 who were suffering with low mood or depression. Most of the young people received CCBT in a private setting within their own school, and qualitative interviews showed that they reported this to be helpful and supportive.

It's estimated that between two and four per cent of adolescents suffer from depression and that early treatment can be effective but the availability of effective mental health treatments with Child and Adolescent Mental Health Services (CAMHS) is limited, with limited staff numbers and long waiting times.

Computerised

Professor Barry Wright from the Child Oriented Mental Health Intervention Centre said:

“Computerised forms of CBT could offer a wider, faster delivery of CBT. Given the importance of early treatment, this study shows that CCBT can also be offered in a cost-effective manner.”

“CCBT is easily accessible and addresses some young people’s reluctance to access mental health services. CCBT may reduce this barrier in providing easy access in the community, without the need for regular face-to-face contact.”

Depression

“The study suggests that CCBT may have a place in the care of children and young people, particularly early on if they are on waiting lists, however some young people continue to have low mood and depression and will need other forms of treatment such as face to face therapy or medication.”

“Further research needs to be done to explore the place of the different treatments available for young people with low mood and depression in the care pathway. This includes preventive treatment.”

The Child Oriented Mental Health Intervention Centre (COMIC), is a collaborative venture between the University of York (Hull York Medical School) and the Leeds and York Partnership NHS Foundation Trust.

One in five patients suffer from anxiety after stroke, study suggests

Anxiety affects one in five patients around the world after a stroke, a major new review suggests.

A team of researchers, led by the University of York, reviewed almost a hundred global studies involving 22,262 survivors of stroke.

They found that nearly 20% of patients were diagnosed with anxiety in clinical interviews. The findings also suggest that anxiety after stroke can be a long-lasting problem, as rates had not reduced significantly up to two years after a stroke.

Call for support

A stroke occurs when the blood supply to part of the brain is cut off. According to the World Health Organisation, 15 million people suffer stroke worldwide each year. There are currently around 1.2 million stroke survivors in the UK alone.

Until now, the problem of anxiety in stroke patients has not been well recognised and the authors of the review are calling for more research and support for patients.

Social phobia

Lead author, Dr Peter Knapp from the Department of Health Sciences and the Hull York Medical School, said: "Having a stroke can have a devastating impact on people's lives and there is usually no prior warning. We know that stroke patients are more likely to suffer from depression, but until now the issue of anxiety has not been fully addressed."

"For some patients this anxiety is taking the form of a social phobia because things like speech and physical appearance are often affected in the aftermath of a stroke, making it difficult for them to continue with the life they had before."

The review looked at studies from 34 countries including the UK, US, Tanzania, Brazil and Russia.

Significant problem

"Further studies to assess which factors lead to the onset and persistence of anxiety after stroke are now needed," Dr Knapp added. "This study confirms that anxiety is common after a stroke and that it can continue to cause significant problems for patients beyond the first few months of their recovery."

"Mental health problems may compound the physical and cognitive effects of a stroke and more research is needed to design effective interventions for this patient group."

New publication by UPBEAT study team

Professor Christina van der Feltz-Cornelis led and published an analysis in collaboration with Kings College in the UPBEAT study. Her team found that chest pain in coronary heart disease is a much stronger predictor for anxiety and depression than the other way round, which has consequences for treatment. Read the findings Chest pain, depression and anxiety in coronary heart disease: Consequence or cause? A prospective clinical study in primary care

<https://www.sciencedirect.com/science/article/pii/S0022399918311024?dgcid=coauthor>.

GP care is valuable for young people with life-limiting conditions - reducing the need for emergency healthcare

Regular involvement of a GP in the care of children and young people with life-limiting conditions can reduce hospital admissions, a new study has found.

The research - led by the Martin House Research Centre team at the University of York - discovered that children who had less regular contact with a GP had 15% more emergency admissions and 5% more A&E visits than those with more regular consultations.

More than 40,000 children in England live with a life limiting condition. These include conditions for which there is no reasonable hope of cure and from which the child or young person will die, as well as conditions for which treatment is available but not always successful, such as cancer or heart failure. Other conditions include cerebral palsy and severe congenital anomalies.

GPs are rarely actively involved in healthcare provision for children and young people with life-limiting conditions. This raises problems when these children and young people develop minor illness or require management of other chronic diseases.

Attendance

The study is the first of its type to examine the potential impact of regular GP attendance and continuity of care with a GP for young people with life-limiting conditions. Researchers used the Clinical Practice Research Datalink to analyse attendances at general practices and in hospitals.

Despite the growing number of children and young people living with life-limiting and life-threatening conditions in the UK this study showed that GP attendance rates by them is decreasing. The reasons for this are complex and may include difficulty accessing GP services in a timely fashion and the specialist-led nature of their care.

Health care needs

Study author, Dr Lorna Fraser from the Department of Health Sciences, said: "Many of these children and young people have high health care needs and more are now living into young adulthood than ever before."

"The GP can become the main healthcare provider when these young people are discharged from paediatric services. GPs are also in a unique position as a healthcare provider for the whole family which includes bereavement if a child or young person dies."

Communication

The study shows there is scope for improvement in communication, including sharing electronic records, between paediatricians and GPs, and for truly integrated care in the community for children and young people with life limiting conditions.

Researchers from Martin House Research Centre, Leeds Institute of Cardiovascular and Metabolic Medicine, University of Leeds and Warwick Medical School were also involved in the study.

Research News

York Trials Unit Chocolate Writing Week – Session Two

The York Trials Unit have completed their second writing week on the theme of 'Chocolate'. Sarah Cockayne writes: "Thank you to all of you who took part in the second session of another successful writing week, this time on the theme of chocolate."

"The writing week started the week before, with a training session about how to peer review papers and provide constructive feedback to authors. Thank you to David Torgerson, Catherine Hewitt, Catriona McDaid and Joy Adams, aka the 'YTU Egg Heads' for leading on the training session, which was very well received."

"Overall, a lot of progress was made with several papers and a conference abstract submitted. As well as writing papers, other activities included extracting data, analysing data, quality assessment of papers for a systematic review, revising book chapters, and planning new papers for the next session. Kalpita Joshi was our 'Master Chocolatier' for her work on a paper and additional data analysis. Whilst the winning team was 'Starbar' who progressed 10 papers."



Pictured left to right: Jenny Roche, Rachel Cunningham-Burley, Stephen Brealey and Hannah Ainsworth from Starbar

"The final writing week on the theme of chocolate will be held in June."

Contract Researchers Forum - Upcoming Events

Coming up on Thursday 26th March, there is a half-day training event on 'Opportunities for grant funding'. There will be speakers talking about the support available from both the University and the NIHR Research Design Service, as well as hearing from colleagues about their experiences of applying for different types of grants. The event will take place in the RCSS building (Science Park): YH/001b Lecture Room (Training Suite) from 9:45am to 1:30pm. Lunch will be provided.

Limited places are available for this event. If you want to attend please complete the survey link to confirm your attendance: <https://www.surveymonkey.co.uk/r/2K3D6QM>.

They are also continuing their regular Coffee Breaks in the ARRC Second Floor Common Room. This informal event is a chance to catch up with colleagues from across the department, as well as your CRF representatives. They host the events in the third week of every month, either on a Tuesday or a Thursday - look out for our emails announcing the dates and times. The next two Coffee Breaks will be on Tuesday 17th March at 2:30pm and Thursday 23rd April at 10:30am. Tea, coffee and biscuits are provided- just bring along your cup.



Staff News

Reverse Advent Calendar at York Trials Unit

During December, Natasha Mitchell from the York Trials Unit organised a 'Reverse Advent Calendar' to support the work of the Trussell Trust - www.trusselltrust.org/what-we-do/.

Staff collected a vast amount of food and toiletry donations to take to the local food bank in Selby.



Forthcoming events

As part of the York Literature Festival, the following health related events may be of interest to both staff and students:

24th March Melanie Reid - The World I Fell Out Of (<https://yorkliteraturefestival.co.uk/event/melanie-reed-the-world-i-fell-out-of/>)

25th March Wendy Mitchell - Somebody I Used to Know (<https://yorkliteraturefestival.co.uk/event/wendy-mitchell-somebody-i-used-to-know/>)

27th Claudia Hammond - The Art of Rest (<https://yorkliteraturefestival.co.uk/event/claudia-hammond-the-art-of-rest/>)

Third International Conference on Stepped Wedge Trial Design, 16th-17th March 2020.
<https://www.york.ac.uk/healthsciences/research/trials/ytu-events/sw2020/>

Randomised Controlled Trials in the Social Sciences - Fourteenth Annual Conference, 13th-15th May 2020.
<https://www.york.ac.uk/healthsciences/research/trials/rct2020/>

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Miriam Khokhar, Rachel Stokes, Caroline Ward, Laura Sheard, Verity Gaunt, Katherine Jones, Panagiotis Spanakis, Donna Barnett, Emily Shoesmith, Lisa Huddlestone, Radha Shukla, Matthew Lesch and Aisha Akeel .

Goodbye

We also wish a very fond farewell to those who have left, including: Shirley-Anne Paul, Tom Ainscough and Caroline Wright.

Congratulations to:

Peter Knapp on becoming accepted as a Senior Fellow of the Higher Education Academy.

Adwoa Parker who gave birth to a baby girl on 11th December, Josephine Adoma Ekuia Parker weighing 7lbs 6oz.

Claire Cameron (nee Walker) who gave birth to a baby boy, Sagan, on 1st January.

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).