



Megaphone Online

June 2016

the voice of Health Sciences' staff and students

Green Impact team gets gold

The Health Sciences' Green Impact team has successfully achieved a gold award for the department following its actions in encouraging sustainability over the last year.

Green Impact is a NUS initiative which aims to reduce waste and energy consumption and promote environmentally friendly behaviour within the workplace, such as reducing printing and switching off computers.

The team, which is led by Jonathan Ayto, has successfully increased its score year-on-year, since it started four years ago, and this year achieved the highest score of all teams submitting from within the university.

Jonathan said: "It's great that we have won the gold award! We were praised by the awards panel for being the first Department to implement a sustainability statement. This approach has been introduced as a Green Impact action for all teams next year to help improve the University's environmental impact. I'd encourage everyone to read the statement on our Green Impact website (www.york.ac.uk/healthsciences/green-impact) and consider how we can make a difference in our own daily working practice."

Nicola Thomis from the team also received a special 'sustainability hero' award for her work in promoting Green Impact through communication channels. Nicola said, "I am absolutely thrilled to have been nominated for this award – it came as a huge surprise and it has given me a boost to redouble my efforts in helping us achieve our award next year."

Pictured l to r are: Kat Chatterton, Nicola Thomis, John Mason (who represented the Senior Management team at the award) and Johnathan Ayto



Gold

NUS Green Impact

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Student News

Florence Nightingale Foundation Students' Day visit

Mary Allitt, MNursing student, writes:

“On 11 May 2016 I attended the Florence Nightingale Foundation (FNF) Students' Day on behalf of the Department of Health Sciences. The FNF is a charity which provides research, travel and leadership scholarships to qualified nurses and midwives.

“The event was attended by midwifery and nursing students from all over the UK, and began with a discussion chaired by the FNF's Chief Executive, Professor Elizabeth Robb, and a panel of nursing leaders. The discussion session was lively and engaging, covering a wealth of topics including leadership, mentorship, mental health, research, bursary cuts, consent and the role of the nurse associate. I really enjoyed taking part in the discussion, and it was interesting to see that students find the same issues pertinent despite differences in the shape of our education. The final message of the panel was inspiring to us as undergraduates; that we have lots of opportunity ahead of us and that we should be leaders at the point of caring for an individual.



“Lunch gave us the opportunity to have a good chat and find out more about everyone's experience of pre-registration training. One student midwife from Scotland told me about a placement she had in the Shetland Isles, where she had to travel by ferry every week! After lunch we learnt more about Florence Nightingale's life by watching a short film and visiting the chapel within the hospital, which dates back to 1870 and the Florence Nightingale Museum. Although Florence died in 1910, I learnt that many of her philosophies are relevant to nurses and midwives working today: 'For us who nurse, our nursing is a thing which, unless we are making progress every year, every month, every week, take my word for it, we are going back.'

“The day concluded by walking across the river to Westminster Abbey. We were lucky enough to visit the Nurses' Memorial Chapel, which is not usually open to the public. Tucked up a steep, stony staircase towards the back of the Abbey, the small chapel is a memorial to nurses and midwives from the Commonwealth who died during WW2. We then took our seats for the Florence Nightingale Commemoration Service, which was attended by 2,000 people, including nurses from the armed forces, Jeremy Hunt MP and Cecilia Anim (President of the RCN). The service really was beautiful, and made me feel proud to be working towards my registration. The day highlighted all the great things about being a nurse or midwife and both are professions to be celebrated.”



Mary Allitt is pictured with a student group (top) and the whole delegation (bottom)

Student News

Nurses' Day NurSoc event

Heather Casson, secretary of NurSoc, writes:

“On Thursday, 12 May, the world celebrated International Nurses' Day. The day marks the anniversary of Florence Nightingale's birth and also celebrates the nursing profession worldwide.



“In the Department of Health Sciences, NurSoc hosted several events to mark the occasion. As the RCN's theme this year was #ThankANurse, we asked students and staff to record their thanks on whiteboards which were then photographed. These were then displayed upon TV screens across the department. NurSoc also held a lunchtime bake sale with generous donations from the committee, students and staff. Cake purchasers were then given a counter which they could pledge to three separate charities. £103 was raised in total which has now been split accordingly between the three charities: The Retreat (£35), York Hospital (£28), and SASH (£40). NurSoc were very happy with the result. The final event of the day was a quiz handed out about the history of nursing - all the correct answers have been put into a draw and the top three winners will win some nursing related goodies.”

Teaching News

Conference in Edinburgh

Mike Parker, lecturer in Adult Nursing, writes:

“Devi Nannen and I presented at the Staff and Educational Development Association (SEDA) Conference in Edinburgh in May. We ran a 45 minute workshop on the development and implementation of Assertion Reason Question Examinations.

“The presentation was a big success and we received very positive feedback from the participants in the room and the facilitator. The conference was on assessment and feedback in education. We both found it very interesting and have brought lots of ideas away for innovative methods of assessment and feedback.”



Teaching News

Advanced training for Mike Parker

Lecturer in Adult Nursing, Mike Parker, who is a Fellow of the Faculty of Emergency Nursing, completed his Advanced Trauma Life Support Instructor Training at the Royal College of Surgeons of England in May. England is the only country in the world that permits nurses to undertake the training - in all other countries the training can only be undertaken by physicians or surgeons. Mike said that it was a great privilege and a honour to be selected as an instructor candidate.



The course starts with a 90 minute written examination in which Mike achieved 94 percent. He commented how pleased he was and that the preparation for the course had been intense. He said he trained with some really inspirational candidates and he used the opportunity to network with like-minded colleagues and promote the University of York and the work that is taking place here.

Periodic Review

The Periodic Review of the Department's teaching activity took place on Tuesday, 14 June.

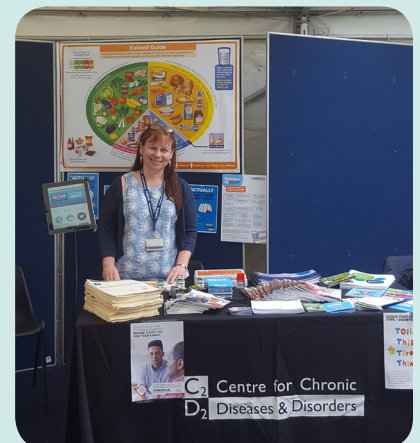
Periodic Review is a quality assurance exercise undertaken by each Department in the University every six years. It is carried out by the University Teaching Committee with internal

and external representatives, together with staff and students from the department involved.

During the day the Department hosted a panel of six reviewers which looked at a wide range of activities undertaken within the remit of Health Sciences, including the quality of our teaching delivery and student experience.

York Festival of Ideas

Senior lecturer in Diabetes Care, Anne Phillips, took part in the C2D2 funded York Festival of Ideas on 11 and 12 June at King's Manor. She staffed a diabetes prevention and health promotion stand which gave information and advice to the general public. The stand was very well attended.



GP incentives have little impact on patient outcomes

Incentives paid to general practitioners to improve healthcare have little impact on patient outcomes.

The world's largest primary care pay-for-performance programme, designed to improve patient healthcare and outcomes, has failed to save additional lives according to joint research by the Universities of York, Manchester and Michigan.

In 2004, the Quality and Outcomes Framework (QOF) was introduced across general practices in the UK. It increased GP income by up to 25 percent, dependent on performance on over 100 quality of care indicators. In its first seven years the scheme cost the NHS £5.86 billion.

An analysis of the QOF, published in *The Lancet*, shows modest reductions in deaths, but no statistically significant declines in mortality rates for the chronic conditions targeted by the programme, including cancer, diabetes and heart disease.

The first study to look at mortality rates in a cross-national study comparing countries that have implemented the program with those that have not, researchers conducted a population-level evaluation of mortality statistics from 1994 to 2010. Analysing 27 high-income countries that had not been exposed to pay-for-performance, researchers found that under QOF, the mortality rate in the UK improved by less than four deaths per 100,000 people, depending on the condition. This is not a statistically significant improvement.

For chronic conditions not targeted by the programme, the mortality rate actually increased by approximately 12 deaths out of 100,000.

Tim Doran (pictured above), Professor of Health Policy in the Department of Health Sciences, said: "Previous studies have shown that financial incentives paid to providers can lead to modest improvements in patient care, but the effects on patient outcomes have been variable, and in some cases care has suffered.

"These research results raise questions about the cost-effectiveness of pay-for-performance in healthcare, and about the best way to improve population health and life expectancy."



Alex Smith talks at support group

Dr Alex Smith, from ECSG, was the guest speaker at the York haematology support group's monthly patient meeting.

Alex's talk featured the Yorkshire and Humber Haematology Network (YHHN), explaining

what the Network researches and the importance of using real world population-based data. Her presentation focused on how factors such as a patient's age, gender and socioeconomic status, can effect the incidence and survival of haematological malignancies.

These meetings provide the opportunity for patients to

expand their knowledge of their conditions, and ask researchers directly about their work. The group meets on the first Thursday of each month at Huntington Working Men's club, and is convened by former patient Carol Miller.

Fourth annual John Snow lecture hosted by Department

The Department of Health Sciences was delighted to welcome Professor Jeff Collin, from the University of Edinburgh, who gave the John Snow lecture E-cigarettes and the future of the tobacco industry. The lecture, which is a joint venture between The Department of Health Sciences and the Hull York Medical School (HYMS) was the fourth annual John Snow lecture.

In 2013 the investment bank Goldman Sachs identified e-cigarettes as a technology capable of “creative destruction,” offering smokers an alternative product that could require cigarette manufacturers to radically adapt their business models or else face terminal decline.

Alongside debates about the comparative safety of e-cigarettes, understanding the strategic significance of such new products to the tobacco industry is of critical importance to the future of tobacco control and public health policy more broadly.

Professor Collin’s talk examined how tobacco companies have sought to respond to such threats, and highlighted the opportunities associated with e-cigarettes and the harm reduction agenda. It appraised key acquisitions and initiatives and examined their roles within wider industry efforts to undermine tobacco control, including promoting alliances with parts of the public health community, exploiting subsequent divisions, and advancing the core strategic objectives of rehabilitation from pariah status and increased engagement in policymaking.

Professor Karl Atkin, Head of Department for Health Sciences, said: “I was delighted that Jeff’s talk provided a lively debate around the subject of e-cigarettes for members of the public, university staff and students.”



Pictured, left to right: Professor Jim McCambridge (Chair in Addictive Behaviours and Public Health), Professor Jeff Collin, Professor Karl Atkin (Head of Department of Health Sciences) and Professor Ian Watt (Professor of Primary and Community Care).

Jim McCambridge awarded grant

Chair in Addictive Behaviours and Public Health Professor Jim McCambridge has been awarded a £991K grant from the Wellcome Trust to carry out research into understanding the roles the alcohol industry plays within the UK policy making context and more broadly in influencing global research agendas, science and policy.

Prof McCambridge and his team will initially develop a new platform to capture publicly available data and undertake a series of systematic reviews.

This will inform interview, documentary and multi-method studies investigating corporate players, public health sciences and the science policy interface. Ultimately, it will advance research on vested interests, science and policy, and inform national and international alcohol policies.

Prof McCambridge said: “I’m really delighted to receive this award as it permits the development of an area of study which is potentially very important to helping address the societal and public health challenges posed by alcohol.”

Research Concordat Forum

The newly formed Research Concordat Forum provides an opportunity for PhD students and staff on research contracts to join together in identifying training needs to support their development in the Department of Health Sciences.

The Forum will meet at least once a term and hopes to develop a community of researchers who

will engage in sharing their experiences through a series of social events.

The first of these events will be held on 12 July 3-5pm with everyone welcome to attend.

Anyone wishing to know more about the Forum please contact Amanda Perry (amanda.perry@york.ac.uk) who is a co-chair and responsible (on behalf of the committee) for the communication aspect.

York Trials Unit joins forces with North Yorkshire Police

Co-Production of Policing Evidence, Research and Training: Focus Mental Health (the Connect Project) is a £1 million project funded by the College of Policing, Higher Education Funding Council for England (HEFCE) and the Home Office. The project is part of the £10 million Policing Knowledge Fund launched to encourage collaboration between academia and police forces in response to the Home Secretary's call for "policing and crime reduction to have the same relentless focus on evidence as in our medical and legal professions."



The Connect Project (members of the team are pictured above) aims to develop mechanisms to change the practice and culture surrounding recording and working with people with mental health problems and consists of a number of work streams that are being conducted by the York Trials Unit, Politics, Department of Social Policy and Social Work, Department of Education and the Institute for Effective Education in collaboration with North Yorkshire Police.

The York Trials Unit is undertaking a randomised controlled trial to assess the effectiveness of a new face-to-face mental health training intervention for front-line police officers, compared with a 'business as usual' control group. A series of systematic reviews and evidence briefings on mental health and policing are also being conducted by the York Trials Unit to establish what evidence is currently available about what works and identify areas where future research is required.

For more information on the Connect Project please see the project's website: www.connectebp.org.

Health research in prisons and ex-offender engagement

Amanda Perry (pictured right) was asked to present at the recent Prison Health Symposium held at Glasgow University and HMP Barlinnie. Amanda talked about the collaborative project (joint with the University of Leeds) presenting information on the methodology of a feasibility study.

The study focuses on the implementation of a training scheme in problem solving skills for a range of prison staff and the adaptation of an intervention for prisoners at risk of self-harm behaviour. This study is currently ongoing in four HMP Yorkshire and Humberside prisons.

Funded by the Research for Patient Benefit NIHR fund the project seeks the involvement of people who are living in the community who might have previous experiences of prison life. A workshop will be held on 24 June to help academics understand more from people who have been through prison and their involvement will help with an evaluation of a series of semi-structured interviews. Travel expenses and lunch are provided for the day. If anyone knows of someone who might be interested in attending, please contact Amanda directly. (amanda.perry@york.ac.uk)



Effective treatments for cannabis use hampered by “benign” image – conference told

Some cannabis users have developed an “inverted expertise” on the drug – often equipped with more up-to-date knowledge than the people trying to help them - a conference held at the University of York was told.

A group of national experts gathered at the University’s King’s Manor to exchange ideas on effective treatment for cannabis users.

There has been a dramatic increase in the number of people seeking treatment for problems related to cannabis use over the last decade. Research has revealed there was a 64 percent increase in the number of people seeking treatment between 2005 through to 2015 in England. Cannabis has also now overtaken heroin as the drug most likely to prompt calls for help.

The increase in requests for treatment is in contrast with the steady decline in the population’s use of cannabis, delegates were told.

Researchers at the University of York - including Ian Hamilton, Lecturer in Mental Health and

Charlie Lloyd, Senior Lecturer in Health Sciences - and the University of Leeds are investigating why so many cannabis users are seeking treatment and how services are responding.

Initial findings suggest that individuals seek help with problems which are not usually associated with cannabis, such as irritability and poor impulse control. Also, that treatment services are not sufficiently prepared to offer effective interventions, as cannabis is still seen as a benign drug.

Ian, who organised the event, said: “This is the first research that has looked at both the demand for cannabis treatment and the reasons why there’s been a significant rise in it. The outcome of the conference was agreement amongst commissioners, providers and researchers that there is a problem we need to explore, around why people are presenting to treatment services, and how we can offer effective interventions once they are in treatment.”

Anxiety and depression linked to recurrence of inflammatory bowel disease

Researchers from the Department have discovered a link between a recurrence of inflammatory bowel disease (IBD) and anxiety and depression.

The research team analysed a large cohort of patients from an IBD study conducted in Switzerland from 2006 to 2015. They examined symptoms of depression and anxiety for an association with the clinical recurrence of IBD in patients over time. A significant association was found between depression and the clinical recurrence of IBD. A significant association was also found between symptoms of anxiety and the recurrence of IBD, the research team concluded.

The paper is published in *Clinical Gastroenterology and Hepatology*.

Senior lecturer, Dr Antonina Mikocka-Walus (pictured above right) from the Department said: “We analysed prospective data for 2006-2015 and observed a highly statistically significant relationship between depression and IBD clinical recurrence over time.

“The same was true for anxiety but was less statistically significant.

“We recommended introducing screening for anxiety and depression and referral for psychological treatment as part of standard IBD care. This is currently not the case and, in the UK for example, only 12 per cent of IBD clinics have any referral pathways for psychological counselling.

“With this paper we showed that we can no longer ignore mental health in the treatment of chronic

gastrointestinal conditions such as inflammatory bowel disease.

“Those depressed have more severe physical symptoms and more frequent flares. It is possible that if we provided good mental healthcare we could improve well-being of these patients and reduce healthcare costs.

“Patients with IBD should be screened for clinically relevant levels of depression and anxiety and referred to psychologists or psychiatrists for further evaluation and treatment.”

Inflammatory bowel disease (IBD) is a chronic relapsing condition. Its two main types are Crohn’s disease and ulcerative colitis.

It affects more than 300,000 people in the UK and 2.2 million people in Europe. IBD causes stigma, fear and isolation and is associated with a significant psychosocial burden.

The rates of depression in IBD patients are three times higher than in the healthy population.

The study involved collaboration with researchers at the Institute of Social and Preventive Medicine, University of Lausanne; Department of Clinical Research, University of Bern; Department of Neurology, Bern University Hospital; and Department of Psychosomatic Medicine, Clinic Barmelweid. It was supported by the Swiss National Science Foundation and the Brocher Foundation.



Research News

The truth about migrants and the NHS

What is the truth about how migration affects the NHS? Professor Karen Bloor (pictured right), of the Department of Health Sciences, has taken a look at this thorny issue.

Migration and the NHS are hot-topic issues, with both sides of the Brexit debate claiming that they represent the 'truth'. In a piece written for The Conversation website, Professor Bloor, along with Professor Andrew Street from the Centre for Health

Economics, have taken a closer look at exactly what contribution migrants make to our health service, how that affects provision, and how likely it is that the doctor or nurse treating you is a migrant themselves.

Read the full article: <https://theconversation.com/the-truth-about-migrants-and-the-nhs-60908>.



Staff News

Long service awards for staff

Department of Health Sciences' Course administrator Paula James (pictured near right) was presented with a long service award by Deputy Vice-Chancellor of the University of York, Professor Saul Tendler.

Paula, who has been at the university for 25 years, said: "Is it really 25 years? Many colleagues have come and gone in that time, but some of us are still here! Working in the department is always interesting and, as things constantly change, my roles have continued to evolve and change accordingly. Being in education is never boring and people within the department are a pleasure to work with."

She initially worked for the Regional Health Authority, then moved into the School of Nursing at Ripon and continued her service when it was integrated into the Department of Health Sciences at the University of York. As an

administrator in the department, she primarily supports lecturers and students within the Mental Health Teaching and Scholarship Team and the Postgraduate Diploma in Nursing programmes.

Student Allocations Manager Julie Platts (pictured far right) has also been at the department for 25 years. She began working at the then York and Scarborough College of Nursing and Midwifery on 1 May 1991. This was after an 18 month break from the college after completing two-and-a-half years of adult nurse training which, sadly, ended her registration following spinal surgery.

"I can remember that first day like it was yesterday," she said. "For some reason it is almost videoed in my memory. I knew nearly all the staff from my nurse training and it was interesting to be 'on the other side of the fence'. I



was brought in to supervise the allocations function. In those days we didn't have a computer, just an antiquated typewriter and lots of charts on the walls. How times change, thankfully so!

"Although I have always been involved in the organisation of practice for students, the continually changing organisational, political and financial climate in which it takes place has ensured there's always something new and challenging to maintain interest and commitment. I remain passionate about the interests of patients and clients and many of those I cared for 25-30 years ago, I can still remember today. I'm privileged to be involved with those that will be responsible for shaping the nursing profession and delivering excellent care in the future."



Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: David Goodge and Vanessa Taylor.

Goodbye

Farewell to staff who have left us recently. These include: Pauline Holloway, Hannah Buckley, Jenny Sumner, Karen Overend, Paula Cowan and Debbie Needham.

The Divide screening

There will be a screening of The Divide on 12 July at the TFTV cinema, Heslington East. The film is based on the book The Spirit Level which is authored by Kate Pickett and Richard Wilkinson.

For more information please visit: www.york.ac.uk/healthsciences/news-and-events/events/2016/divide.

The Chancellor of the University of York, Professor Sir Malcolm Grant, visits Department

Sir Malcolm is currently chairman of NHS England, which has responsibility for holding and investing the NHS budget to secure continual improvement in the quality of the health and healthcare for the population of England. He was shown around the department by Head of Department Professor Karl Atkin before being given an introduction to research by Professor Patrick Doherty. Patrick then joined Dr Dean McMillan to present a research case study on depression and cardiovascular health.

Gerri Kaufman gave Sir Malcolm an introduction to professional nursing and midwifery education before Jessica Powell and David Graham gave a teaching case study during a visit to the Clinical Simulation Unit.

Finally Professor Lesley Stewart, Director, and Amanda Sowden, Deputy Director, talked about the Centre for Reviews and Dissemination and Professors Ian Watt and Karl Atkin talked about relationships with other departments, including HYMS.

The talks were followed up with lunch with the team leads for teaching, research and administrative support staff.

Prof Atkin said: "Malcolm Grant was incredibly impressed by the range of activities undertaken by Department and able to understand and engage with the challenges facing us. We look forward to welcoming him back soon."

If you would like to make a submission to future editions of Megaphone, please contact Nicola Thomis (nicola.thomis@york.ac.uk or tel **01904 321927**).