



Megaphone Online

June 2017

the voice of Health Sciences' staff and students

Gold Green Impact Award for second year running

The Department's Green Impact Team has won the Gold Award for the second year running. The award was presented to Jonathan Ayto by Deputy Vice-Chancellor, Professor Saul Tendler, at the recent awards ceremony. Jonathan said: "It's great to win another Gold and I'd like to thank everyone in the Department for supporting us. We now have the opportunity to work towards an Excellence Award and I would encourage everyone to think about ways they can help the University be more sustainable and have a positive impact on the environment". You can find out more about Green Impact and Sustainability at York at the following websites:

www.york.ac.uk/healthsciences/green-impact/
www.york.ac.uk/about/sustainability/

The team also organised a fundraising event in January to collect money for the York Toilet Twinning campaign. The campaign won a Highly Commended award at the recent Love York Awards. Jonathan was invited to attend to represent Health Sciences, which was one of the three top fundraising Departments. Toilet Twinning aims to improve sanitary conditions in developing countries and the money raised supports the building of toilets and sponsored toilets are twinned with toilets here at the University. Jonathan said: "It was great working with the Toilet Twinning Committee who inspired us to try and raise money and thanks to everyone who donated we have raised enough to twin six toilets so far. Our aim is to twin all the toilets in the Department so look out for more fund raising activities in the future!"



Picture shows L-R, Kat Chatterton, Tracy Lightfoot, Jonathan Ayto and Nicola Thomis



Picture shows L-R, Rob McLouglin (Broadcaster), Jacqueline Wilson (Dept of Physics), Luiza Kettlewell (Dept of Computer Science and Jonathan Ayto

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Florence Nightingale Foundation Students' Day visit

Paula Visker, second year PG diploma nursing student and Emma Thomson, second year midwifery student, recently attended the annual student day organised by the Florence Nightingale Foundation (FNF). Paula writes:

“FNF is a charity which aims to promote the contribution of nursing to society, encouraging excellence and the advancement in nursing practice by raising funds to provide research, travel and leadership scholarships for qualified nurses and midwives. I had the honour of representing the University of York student nurses at this year's event.

The day began at St Thomas' Hospital where nursing and midwifery student representatives from over 90 universities gathered in the grand Governors' Hall. Ursula Ward, Chief Executive of the FNF welcomed us and introduced the panel of nursing leaders that would participate in the question and answer session, which was focused upon 'shaping the future of education, practice, research and clinical leadership in nursing and midwifery'.



The panel L-R Geoffrey walker OBE, Wendy Matthews, Claire Pryor, Dr Joan Myers OBE and Professor Fiona Nolan (Pic from Florence Nightingale Foundation)

The discussions were lively and engaging, covering a wealth of topics such as the benefit of a 'nursing passport' to enable nursing skills to be transferred across trusts, the impact of the newly created nursing associate and the decrease in applicants to the professions following the discontinuation of the bursary. The panel were positive, inspirational and continuously highlighted the enormous possibilities of our profession and advised us, that as nurses of the future, we must question everything, be advocates for our patients and promote the wonderful work that we do.

The afternoon included a visit to the beautiful, recently renovated, historic chapel at St Thomas' dating back to 1870 and a visit to the Florence Nightingale museum which holds a collection of almost 3000 artefacts relating to her life, work and legacy.

The day concluded at the Commemoration service for Florence Nightingale held at Westminster Abbey. More than 2000 guests including Her Royal Highness Princess Alexandra, Jane Cummings the chief nursing officer, the Chelsea Pensioners and representatives of the Guild of nurses and the armed forces. The service offered worship and praise for the enterprise and heroism of Florence Nightingale with readings, hymns and the symbolic procession of the lamp. The event offered optimism that the ideals of compassion, quality of care and the teachings of Florence Nightingale will continue to inspire nurses everywhere.

I had a truly amazing and memorable day, one that I would highly recommend to future students.”



Chapel at St Thomas' Hospital

Student News

Emma Thomson shares her view of the day

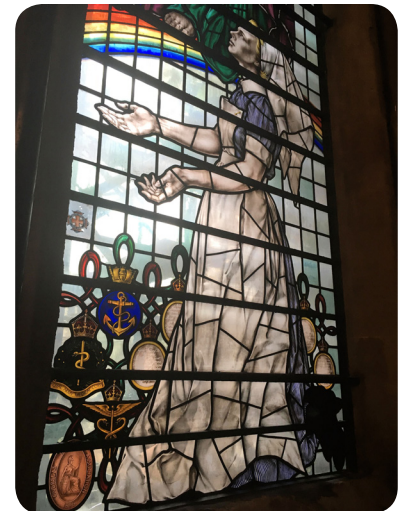
“I am so glad and lucky that I got the opportunity to go to the Florence Nightingale Foundation Student’s Day in London, to represent the University of York and, in particular, the student midwives.

Starting the day at St Thomas’ Hospital was brilliant - it was great to see the surroundings of such a big city hospital which we do not get to see in our local placement areas. We then engaged in debates and talked with students from universities all over the country, which included discussions around the discontinuation of the bursary and having a set curriculum for nursing and midwifery, as well as plenty of other engaging topics.

It was fantastic to hear so many opinions from other enthusiastic students, and to have a 50/50 split of nurses and midwives was even better! Everyone really got a feel for each other’s roles, and found many similarities in terms of what we find important within nursing and midwifery.

Listening to panel speak was so inspirational. There was a large focus on the impact students can have within their trusts and further on in their careers, as well as the never ending amount of possibilities that we could encounter.

After lunch we were able to look at the stunning chapel within St Thomas’ Hospital, and we were then taken to the Florence Nightingale museum. Here, we were able to look at artefacts and possessions from Florence Nightingale herself, including her famous lamp.



Finally the day finished with the Florence Nightingale Commemoration Service at Westminster Abbey. We arrived early to look around the Abbey, including the Florence Nightingale Chapel. It overlooks the abbey from above, and is dedicated to all nurses and midwives. It was an absolutely beautiful service which celebrated nursing and midwifery and all staff, both qualified and unqualified, who work in these services.

Overall the day was absolutely incredible, inspiring, and memorable. I would highly recommend the day should the opportunity arise to anyone, it has made me so proud and excited for what the future holds for me as a student midwife.”

Students heading to Nepal for their elective placements

Two second year midwifery and four third year nursing students are heading to Nepal to work at the Scheer Memorial Hospital for their elective placements.

Rachel Pearce, Rebecca Griffin, Ciaran Wilton, Eve Quinn, Alex Rippon and Chris Dransfield will head to Nepal in August. Dr Jo Rose said: "I have been working with the hospital for a number of years and have recently worked with them to provide an international experience for our nursing and midwifery students. The Scheer Memorial Hospital is a learning and teaching hospital in Nepal and is one of the few hospitals that does not charge for treatments."

She went on: "I am really excited that the students will gain an international experience and will have the opportunity to understand a different culture in a developing country and I look forward to hearing how they got on."

Eve Quinn, third year nursing student said: "I am so excited, and a wee bit terrified, about going to Nepal and see it as a fantastic opportunity to experience working in a hospital that's far lower resourced than perhaps we're used to, and to work with colleagues and patients from very different backgrounds to our own." It's a chance to be immersed in another culture, with a developing healthcare system, for a short while and also to look at our own NHS from an entirely different perspective. I'm sure that we'll gain far more from the placement than they will from having us there. I hope we will be useful and be able to forge lasting links with the hospital. I'm really grateful to Jo for this opportunity."



Picture shows L-R, Rachel Pearce, Rebecca Griffin, Ciaran Wilton, Eve Quinn, Alex Rippon and Chris Dransfield

Former PhD student awarded Heart's Paper of the Year

Congratulations to former PhD student, Nicole Valtorta, whose paper on the health risks of loneliness was selected as the Best Paper of 2016 by Heart, the journal of cardiovascular science, who selected the paper as the best of 2016 based on the quality of the published research.

Heart measured their top papers based on pageviews, citations and Altmetric, after which the Editorial Team voted to select the winner from the top 10 papers.

The paper, titled 'Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies', has linked loneliness with death from stroke and heart disease.

Award certificates will be presented at the Heart stand during the European Society of Cardiology meeting in Barcelona in August. Nicole was a PhD student at the time the paper was published and has recently completed her PhD. This is a fantastic achievement for any researcher and it is unheard of for the award to be given to a PhD student. We hope that Nicole and her co-authors will be very proud of their achievement and this very important paper.



Student News

Nursing students take part in Learning Disability week 2017

Second year learning disability nursing students Kelly Edwards-Barrett, Chrissie Wilson, Michael Dobson and Anna Tash took part in a Picnic in the Park at Temple Newsham as part of activities for learning disability week 2017.

The students ran a health promotion stall at the event and offered blood pressure checks, advice on applying suncream and keeping safe in the sun and offered visitors easy read guides on common medications and the side effects of these medications.



Picture shows L-R, Chrissie, Anna, Kelly and Michael, taking Steven's blood pressure

Teaching News

Teaching staff win at YUSU Excellence Awards

Jessica Powell and Claire Metcalfe recently scooped two awards at the YUSU Excellence Awards. Jessica won Supervisor of the Year whilst Claire won Teacher of the Year.

YUSU's Student Engagement Development Co-ordinator, Kimi Smith, said: "both these awards were well deserved and what struck the judges the most was the sheer volume of nominations they both received which stands as testament to their great teaching and supervision."



Jess said: "I was really surprised and delighted to have won this award. It is great to be recognised for something that you do as part of your job on a day to day basis. A nursing course can be tough at times and to be able to offer support and guide students through their three years is extremely rewarding. I would like to thank all the students who nominated me."

Claire also said: "A big thank you to the students who voted for me. It was a wonderful surprise to win."



Teaching News

‘Global Midwifery - celebrating journeys’

Helen Bedford, Midwifery lecturer writes: “Recently students on the BA (Hons) Midwifery Practice programme and local clinicians gathered to explore midwifery in a global context, considering the relevance of internationalisation for learning and care in local, national and international settings via the theme of ‘journeys’. Delegates enjoyed presentations and workshops hosted by staff from the Department and guest speakers. Sue Deakin (Midwife and volunteer for the Royal College of Midwives (RCM) and Royal College of Obstetricians and Gynecologists) and Cathryn Britton reflected on volunteering for RCM projects in Cambodia and Uganda, while Janaka Jayawickrama illustrated midwifery in Sri Lanka. PhD student and gender specialist/advisor to the United Nations, Anu Pillay, explored ‘Why birth is a feminist issue?’, sparking debate and interest for her workshop later in the day exploring obstetric violence as a violence against women.



Pictured L- R Diana Flores and Rose McCarthy, Dorothy McCaughan, Carole Lindsay, Joy Kemp, Sue Deakin and Helen Bedford

The keynote speaker, Joy Kemp, Global Professional Advisor at the RCM, outlined the journey of the RCM to establish and expand its schemes of work and opportunities for midwives to engage in an increasingly global community. After lunch myself, Dorothy McCaughan and Jerome Wright (in absentia) presented findings from their study on midwifery students’ views on internationalisation within the lived curriculum, and relevance for professional practice.

The final speakers of the day Diana Flores and Rose McCarthy (representing the Refugee Council and City of Sanctuary Maternity Stream respectively) gave inspiring considerations of the journeys and needs of pregnant women seeking asylum and being granted refugee status. Workshops then gave delegates opportunities to explore volunteering interests with the RCM and consider empowerment and action to support pregnant women seeking asylum and those settling as refugees.

The following week saw a visit from Logan Van Lessen, Consultant Midwife in Public Health, who visited the University to talk to our midwifery students and qualified midwives from across Yorkshire and the Humber. Logan gave an inspirational session on waterbirth and provided two interactive workshops. The first workshop for first and second year students, whilst the second workshop was for third years and qualified midwives.

Logan worked for many years as a community midwife, supporting women with homebirth and waterbirths.”



Pictured L- R Helen Bedford and Logan Van Lessen

Teaching News

Breaking the silence about women and drugs

Ian Hamilton, Mental Health lecturer, recently hosted an event on Women and Drugs at the University.

Ian writes: “We know far more about the problems men face when they use drugs than women. This is compounded by a lack of female researchers investigating the issue. To try and take stock of what we already know and what needs to be done about women and drugs, a group of experts representing research, treatment and policy gathered in York.

Many fascinating aspects emerged from ‘academic wives’ to the hip hop artist Scroobius Pip, which can be viewed via www.youtube.com/playlist?list=PLSKM2Zm6MngLwNvwt-zD_PKAF2_LuYe1m.

Andre Tomlin and Vanessa Garrity from The Mental Elf provided live broadcasts, interviews and social media updates so that a wider audience beyond those in the room could participate. This worked well with over 11 million impressions on Twitter. The expert panel of speakers responded to questions posted via Twitter, Facebook and other social media platforms. The Mental Elf published a blog summarising the event which can be viewed at <https://t.co/btSq6pa98d>.”

New MSc in Advanced Practice launched

The Department recently launched a new programme for qualified nurses, paramedics, pharmacists and physiotherapists.

The course is designed to prepare healthcare workers for the role of Advanced Clinical Practitioner in primary or secondary care.

The Programme Leader, Victoria Lack, identified that generally practitioners tend to live, work and study with a limited radius so this is an excellent opportunity for those that are aspiring Advanced Clinical Practitioners to work and study within York and surrounding areas. It is anticipated that there will also be demand for

this course from the Humber Coast and North East, however the course is open to all home-based students.

She said: “At the University of York we already have a robust pathway for clinicians to develop advanced clinical skills and prescribing skills. This programme will enable students to continue this journey to Advanced Clinical Practitioner within the same university. Advanced Clinical Practitioners provide a cost effective and holistic addition to the workforce providing care to NHS patients, which given the current increasing demand and shortages in the clinical workforce, is much needed both locally and nationally”

Visit www.york.ac.uk/healthsciences/gradschool/advanced-clinical-practice/ for more information

Senior Lecturer presents research at networking seminar

Jerome Wright, Senior Lecturer in Mental Health, recently attended a Global Mental Health Academic Network Seminar at the University of Edinburgh’s Centre for Medical Anthropology. Jerome presented his research on ‘Negotiating meanings of distress in Southern Malawi.’

Risk of psychosis from cannabis use lower than originally thought

Scientists have shown that the risk of developing psychosis, such as hallucinations, from cannabis use is small compared to the number of total users. The research, published in the journal, *Addiction*, also showed for the first time that there is sufficient evidence to demonstrate that for patients who already have schizophrenia, cannabis makes their symptoms worse.

More than two million people in England and Wales used cannabis in the past 12 months, but the latest research shows that banning the drug would have low impact on mental health. In order to prevent just one case of psychosis, more than 20,000 people would have to stop using cannabis, as shown by a previous study led by the University of Bristol.

This means that at a population level, an increased risk of psychosis from cannabis use is low, and those vulnerable to developing serious mental health problems is relatively rare. The research highlights, however, that more reviews on the impact of high potency cannabis is needed in order to make a full assessment of the risks.

Ian Hamilton, lecturer in mental health, said: “The link between cannabis and psychosis has been an ongoing research topic since the drug became popular in the 1960s. Most of the high profile studies that we have access to, however, are from a time when low potency cannabis was the norm, but today high potency is more common.

“High potency cannabis contains less of a chemical that is believed to protect against negative side-effects, such as psychosis, and a higher level of a chemical that can trigger psychosis. In this new study, we looked at both low and high potency, but it is clear that we need more evidence from high potency-related health cases to further investigate this link in modern-day users.”

Despite this, the research was clear that the more high potency cannabis used, the higher the risk of developing mental health problems, even if they are relatively low in number. For those who already had schizophrenia cannabis exacerbated the symptoms. The greatest risk to health, however, comes from cannabis users who combine the drug with tobacco. This exposes young people in particular to tobacco dependency at an early age, increasing the chances of cancers, infections, and other health-related issues.

Previous research at York showed that regulating cannabis use could result in more effective strategies aimed at helping drug users to access the right support and guidance. The policy report illustrated, however, that there is too much uncertainty around treatment regimes in an unregulated market to target the appropriate level of care.

Ian also said: “Regulation could help reduce the risks to health that cannabis use poses, as a regulated cannabis market would introduce some quality control. This would provide users with information about the strength of cannabis on offer, something they usually only discover after exposure in the current unregulated market.

“The public health message about the link between cannabis and psychosis has been a difficult one to communicate, but the evidence still points to the benefits of regulations that seek to advise on the greatest potential health risks, which currently arise due to tobacco use.”

More than half of mental health NHS patients experience relapses

A new study has shown that approximately 53 per cent of NHS patients displayed clinical symptoms of depression and anxiety within a year after completing psychological treatments.

A total of 439 patients, who were considered to have recovered from their symptoms following therapy on the NHS, took part in the study. Over half of these were found to have suffered a relapse event, with up to 79 per cent of events occurring within the first six months after treatment.

The study, published in *Behaviour Research and Therapy*, was conducted by a team of NHS clinicians and scientists from the Universities of York, Sheffield, Huddersfield and Trier.

Dr Shehzad Ali, from the Department of Health Sciences, said: "Our research highlights that, under the current system, some patients are being discharged too soon. As a result, patients who have low levels of depression at the time of discharge are more likely to relapse within a few months."

Participants in the study were in contact with researchers on a monthly basis for 12 months after treatment to monitor their wellbeing and to quantify the percentage of cases that relapsed. Patients with residual depression symptoms at the end of treatment were twice as likely to relapse.

Dr Jaime Delgadillo, from the University of Sheffield, said: "These findings underline the importance of monitoring patients' wellbeing for at least six months after treatment and offering adequate support to ensure they stay well. We argue that relapse prevention is a crucial but often neglected aspect of psychological care in the NHS.

"Incomplete or insufficient treatment also costs the NHS, as patients who relapse often need further care or support."

According to a report in 2016 from the independent Mental Health Taskforce to the NHS, poor mental health carries an economic and social cost of £105 billion a year in England. In total, £9.2 billion is spent every year by the NHS on mental health support and services.

Depression and anxiety are highly common and often disabling mental health problems, experienced by one in six adults in the UK.

Available treatments in the NHS include medication and psychological therapy. The most widely available form of psychological care for these conditions is known as Low intensity Cognitive Behavioural Therapy (LiCBT), which is a brief and simplified adaptation of a treatment called Cognitive Behavioural Therapy (CBT).

LiCBT involves weekly contact with a mental health professional who guides patients on how to look after their mental health and typically lasts under two months. LiCBT has been found to lead to short-term improvement of depression and anxiety in previous studies, although there is as still limited evidence about its long-term effectiveness after treatment.

Scientists call for consistent guidelines on social media use in research

Researchers from the Department have called for guidelines, informed by public opinion, to be made available to researchers who are considering using social media as a research tool.

Whilst there has been much debate on the ethics of using social media posts in research, a comprehensive search of studies from around the globe only identified 11 that have explored the views of social media users on employing such research methods, and as few as six which considered the views of researchers.

Attitudes from social media users varied according to the studies, from people stating that such research is essential, to those strongly against their posts being used in this context. Social media users were generally more supportive of their content being used if the research was conducted to a high standard, was conducted by respected researchers, did not include children or vulnerable people, and was aimed at making life better for patients or communities.

Social media, such as Twitter and Facebook, are increasingly used by researchers to get a more personal and immediate view of peoples' experiences on a range of issues, such as drug use, attempted suicide, and virus outbreaks.

Much of social media is publically available and provides a large amount of useful data to researchers; this can include geo-tagging information for researching disease spread and searches for clusters of key words, such as 'virus' or 'infection.'

Dr Su Golder, from the Department, said: "We can see how popular social media is becoming in academic fields due to the number of journals and discussion lists dedicated to social media research and training programmes for researchers on how to use these channels as a research tool.

"There is no doubt that social media can be very useful in research, but there are many important ethical questions that surround it. Should researchers have to ask permission from the person posting the information? Can they use non-public sites? Is it enough for researchers to anonymise any posts that they use?"

Some research institutions provide specific ethical guidelines on social media in research, but others do not have any and some will instead defer to organisations such as the Association for Internet Researchers (AoIR) Guidelines.

Sue also said: "Many social media users do not realise that their views could be used in research and they are therefore not posting comments and images with this in mind. The more social media users become aware that researchers are looking at their accounts, the greater the risk that users become guarded about posting their honest opinions or posting anything at all."

"This is particularly important for social media networks that provide valuable support networks across a range of issues, such as channels dedicated to information for new mothers, advice for cancer patients, and recovering alcoholics. It is therefore important that consistent and universal guidelines are produced that are informed by the views of social media users and that this becomes standard practice in ethics approval processes at universities and other research institutions."

Tobacco the 'silent killer' of HIV patients

Researchers from the Department have shown that tobacco use is more common among HIV positive individuals than HIV negative individuals.

The study, published in *The Lancet Global Health*, aims to raise further awareness of the dangers associated with tobacco use among people living with HIV, particularly following recent research which showed that young people on HIV drugs have a near-normal life expectancy due to improved treatments for the disease.

Medical advances in HIV mean that HIV patients may only lose about five years of life due to HIV. However, if they smoke, they may lose as much as 12 years of life. This means that tobacco use is more than twice as likely to cause death in HIV patients as the HIV infection itself.

The York study, supported by the South African Medical Research Council, showed that in low and middle-income countries, particularly in the African region, HIV-positive men are 41%, and HIV-positive women 36%, more likely to use tobacco, including snuff, chewing and smoking tobacco, than their HIV-negative counterpart.

For tobacco smoking only, HIV-positive men were 46% more likely and women 90% more likely to smoke than individuals who did not have HIV. However, the proportion of HIV positive men who smoke was much higher at 24.4%, than that of HIV positive women who smoke at 1.3%.

The researchers observed a marked difference in the way in which men and women use tobacco, with women having a higher tendency to use smokeless tobacco such as snuff or chewing tobacco over smoking.

Dr Noreen Mdege, from the Department, said: "In high-income settings, the proportion of HIV-positive individuals who smoke has also been shown to be higher than among HIV-negative individuals of the same age and sex.

"Our findings confirm that this trend is the same for low and middle-income countries, where the burden of HIV and tobacco-related illnesses is greatest.

"We still don't know for certain the reasons why tobacco use should be significantly higher in HIV patients; more research is needed to understand why.

"A few factors could be considered as part of our ongoing work, such as the use of alcohol and other drugs together with tobacco, as well as mental health issues, such as depression, and coping with HIV-related symptoms or drug side-effects. It could also be due to the misconception that HIV is a death penalty, which of course, it is not."

The research suggests that the difference in tobacco use that is seen between men and women could be due to social or cultural 'norms'; in many low and middle income countries smoking is a less socially acceptable activity for women compared to men, and taking snuff or chewing tobacco is more acceptable than tobacco smoking among women.

Noreen added: "Our main concern, however, is that interventions that are used commonly throughout the world for smoking cessation do not appear to make any difference to tobacco smoking among HIV positive individuals. This suggests that we need to tailor smoking cessation interventions to the unique needs of this population in order to tackle this issue.

"The next stage of the study will focus on understanding the differences in the way tobacco is used among HIV patients when compared to the general population, as well as factors that may influence tobacco use within HIV patients. This way, we will be able to develop tailored interventions that are effective on tackling the root causes of tobacco use as well as how it is used among HIV-positive individuals."

Data for the study was taken from the Demographic and Health Surveys of 28 low and middle-income countries conducted between 2003 and 2014.

Cannabis isn't the problem - it's the tobacco you mix it with

Ian Hamilton, Mental Health lecturer, writes for The Conversation. "Europe may seem like an increasingly divided continent, but there is one thing that unites its people: an obsession with using tobacco to smoke cannabis. Up to 90% of Europeans combine tobacco with cannabis, according to the latest Global Drug Survey. By comparison, only 8% of Americans smoke cannabis this way.

Cannabis is illegal in the UK – and many other European countries – and it has known harms, but the reality is that many people use the drug anyway. Consequently, policy needs to reflect this reality.

For many Europeans, cannabis is a gateway drug to tobacco as many people are first exposed to tobacco when they smoke their first joint, a phenomenon referred to as the reverse gateway effect.

Smoking (combusting) anything is bad for your lungs. Smoking changes the properties of a substance, often forming toxic and carcinogenic compounds. For cannabis this includes brain changes that are thought to impair cognitive functioning, particularly in adolescents. And the harmful effects of smoking tobacco are well known. More than 8m people die each year as a result of smoking tobacco – mostly from cancer and cardiovascular disease.

To read the full article visit <https://theconversation.com/cannabis-isnt-the-health-problem-its-the-tobacco-you-mix-with-it-77067>

Trials Unit staff attend International Clinical Trials Methodology Conference

David Torgerson, Adwoa Parker, Izzy Coleman, Caroline Fairhurst, Illary Sbizzera and Catherine Arundel from the Trials Unit attended the International Clinical Trials Methodology Conference in Liverpool recently.

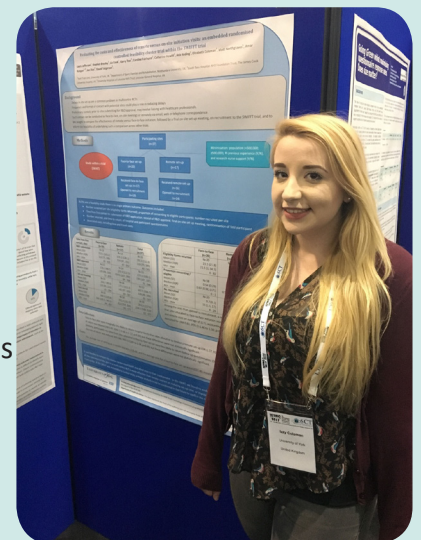
The Team are actively involved in trials methodology research and presented a range of different methodology concepts at the conference. These included:

A workshop about embedding recruitment and retention interventions into trials was organised by Adwoa Parker and a number of posters were presented including:

'Learning from the Octet Trial - Exploring the acceptability of clinical trials management' presented by Catherine Arundel

'Learning lessons from trial decliners about improving recruitment: qualitative study' presented by Adwoa Parker

'Evaluating the effectiveness of remote versus online site initiation visits: an embedded randomised controlled feasibility cluster trial within the SWIFFT Trial' presented by Caroline Fairhurst and Izzy Coleman.



Picture shows Izzy Coleman by her poster

Research News

Checkered flag comes down on York Trials Unit Writing Week Grand Prix

Alison Booth, Research Fellow, writes: “The June 2017 writing week turned out to be tremendously productive for the trials unit.

“Kath Wright, from the Centre for Reviews and Dissemination, kick started the week with a live demonstration of some little known features in Google, including the advanced search function.

“Revved up and ready to go, the teams worked on protocols, searches, analyses, drafts and papers. Overall the unit finished what we believe to be a record number of papers ready for submission with some even submitted!”

Stephen Brealey lifted the trophy on behalf of his team, Brands Hatch.



Pictured - trials unit staff at the feedback and prize giving event

2nd Annual event of the Contract Researchers’ Forum (CRF)

On 13th of April 2017 twenty researchers and PhD students celebrated the second annual event of the CRF coordinated and introduced by Puvan Tharmanathan with contributions from Patrick Doherty, Tracy Lightfoot, and Stephanie Prady.

As well as promoting cohesion between researchers and PhD students within the Department of Health Sciences, this event provided an update on the next Research Excellence Framework (REF) and the Department’s Concordat action plan. ‘World Café Style’ discussions focused on opportunities and barriers to enhance participation of researchers and PhD students in:



- i) teaching and dissertation supervision opportunities within the Department; and
- ii) academic citizenship activities.

Ninety five percent of those attending rated the event as good (16) or excellent (3).

Suggestions to facilitate researchers and PhD students’ participation in dissertation and supervision opportunities included: effective communication, training, and peer/leadership support. Deconstructing the concept of “academic citizenship” was considered key to promote wider participation of researchers and PhD students in these activities.

If anyone would like to learn more about the CRF please contact Cynthia Iglesias or visit www.york.ac.uk/healthsciences/research/research-in-healthsciences/contract-researchers-forum/.

PCMIS - Supporting mental health services to deliver the 'Integrated IAPT' care programme

Mark Wall, Marketing and Communications Manager for PCMIS, writes: "Awareness around mental health issues and treatments seems to be at an all-time high, with prominent campaigns backed by members of the Royal family, footballers and actors making headlines around the world.

"But behind the headlines, you might be wondering what is actually being done to improve mental health care in the UK?

"Currently there is a lot of work going on to ensure mental health is given equal priority to physical health (known as Parity of Esteem), with both the NHS and experts within the sector particularly keen on improving the integration between mental and physical health treatments to achieve better outcomes.

"PCMIS is proud to be working alongside NHS England to support 22 Early Implementer projects across the country - leading the way in integrating psychological therapies with physical health care. We have updated the existing PCMIS system to meet the needs of the Early Implementer pilot sites and continue to support them in submitting the data being used to assess the impact of 'Integrated IAPT' on recovery rates and patient outcomes.

"In addition to the above, PCMIS is supporting a collaboration between NHS England and the Department for Work and Pensions. The project aims to boost recovery rates; particularly in deprived areas; by introducing more employment specialists into the improving access to psychological therapies (IAPT) service.

"Through further system development, PCMIS now allows users to view and record employment support and psychological therapy data in the same place, offering clinicians and employment advisors a clearer picture and ensuring relevant advice and treatment is given.

"PCMIS is committed to supporting those at the vanguard of mental health treatment and look forward to continuing our work alongside NHS England and NHS Digital to test and implement future innovations."

Staff News

Staff promotions

Congratulations to the following promotions, effective from the 1st October 2017:

Rob Newton - promoted to Professor
Dean McMillan - promoted to Reader
Janaka Jayawickrama - promoted to Senior Lecturer

Mike Parker - promoted to Senior Lecturer
Shehzad Ali - promoted to Senior Research Fellow
Jo Rose - promoted to Lecturer
Sarah Blower - promoted to Research Fellow
Kate Bosanquet - promoted to Research Fellow
Laura Jefferson - promoted to Research Fellow
Liz Littlewood - promoted to Research Fellow

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Charlotte Kitchen, Lynne Bainbridge, Ruth Wadman, Sarah Ashelford, Imogen Fountain, Jennifer McCaffery, Emma Turner and Katie Whiteside .

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: John Mason, Zoe Richardson, Ros Brownlow and Gareth Percival.

Congratulations

to Jodi Pervin who gave birth to Jemima Rose weighing 6lb 10oz



Thank you

Danielle Simpson writes: "Thank you to everyone who supported the cup cake competition and raffle in aid of the Alzheimers Society, we raised a whopping £131.33. Raffle prize winners were Claire Metcalfe and Avril Moore from the Department and non staff member, Rachel Bently. The winner of the cup cake competition was Di Stockdale."

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).