



Megaphone Online

June 2018

the voice of Health Sciences' staff and students

Baby Friendly successful re-accreditation

The Department of Health Sciences is delighted that its undergraduate BA (Hons) Midwifery Practice has been successfully re-accredited as 'Baby Friendly' by UNICEF.

The award is given to universities who can demonstrate a high standard of infant feeding education in their midwifery (or health visiting) curriculum.

The re-accreditation involved two assessors interviewing third year students to ask them about lots of different aspects of infant feeding, particularly supporting mothers breastfeeding.

Health Sciences third year midwifery students did us proud by easily and comfortably demonstrating their skills and knowledge to the assessors, who described our students as being of 'exceptionally high calibre', obvious leaders who were compassionate and kind. They said the students could 'join the dots' when planning care and were a joy to interview. The students achieved an incredible 100% correct answers to all the questions asked.

Professor Karl Atkin, Head of Department said: "I am extremely proud of the midwifery education team and midwifery students within the Department who demonstrated a clear and sound knowledge of breastfeeding. Gaining 100% correct answers to all questions asked is an impressive achievement for the team."

The University will hold the award for a further 3 years before it has to be re-accredited.



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Nursing students support Learning Disability week

Anna Tash, third year learning disability nursing student writes: “A group of student learning disability nurses took part in Leeds Learning Disability Week by running a health promotion stall at Temple Newsam, as part of the annual picnic in the park.

We prepared resources and sourced fresh fruit, bottles of water, pens and keyrings to give away. We made easy to read posters and leaflets on healthy eating, personal hygiene, living well and understanding your medications, which were well received by those who attended.



It was a hot summer day with a festival feeling. Nearly 200 people with learning disabilities came from Leeds, and many came for a basic health check with the student nurses, in between parachute games, rugby with Leeds Rhinos, karaoke and choir performances. Kit McGowan led a lively Zumba class during the picnic, resulting in lots of smiles and high fives.

University of York student nurses taking part were: Daria Mustafa, Kit McGowan, Jacqueline Hanson, Brenda Chinyemba, Lela Gaunt, Anna Tash, Winfreda Masekera, and Clare Lindus (from Huddersfield University).”

Student article in print

Congratulations to third year mental health student, Matty Laycock who has just had an article published in RCNi. Matty’s article is entitled “When I speak about my fears I become less fearful of them.”

<https://rcni.com/mental-health-practice/opinion/comment/when%C2%A0i-speak-about-my-fears%C2%A0i-become-less-fearful-of-them-132006>

Department visited by former child branch student

Former child branch student, Charlotte Campbell, recently visited the Department to catch up with Claire Metcalfe, about her nursing career since she qualified in 2015.

Charlotte's first job was as a staff nurse within Maidstone and Tunbridge Wells NHS Trust where she was working on two day units and an inpatient ward, with a six month rotation to a neonatal unit. In October 2017, Charlotte applied for promotion as a band 6 Infection Prevention and Control nurse and was successful with her application.

Charlotte said: "I was unsure whether to apply for the promotion since they were looking for someone with a little more experience than me, but the job really interested me. Just after I had put my application in, I went to see Flashdance on stage with my Mum. There is a line in the play which is "it's better to leap and fall, than to never leap at all". I remember thinking how true this was and I was very glad I applied and what will be will be. I was really excited when I found out I had got the job."

The role involves educating and supporting all staff, including porters, nurses, allied health professionals, pharmacists and doctors, as well as patients and the public to play an important role in keeping patients safe. Since starting I have organised an event to mark global hand hygiene day and given staff mandatory training on hand hygiene.

Charlotte went on to say: "studying nursing at York prepared me to fulfil my role as a children's nurse and gave me the confidence to branch out into other areas that interested me. Moving away from home to York was a big step but I soon settled into University life and got to know my way around the campus and the city. The support from the University, the Department and my peers gave me the confidence to grow and develop as a person while I was studying. "

Child branch lead, Claire Metcalfe said: "Charlotte's promotion so early on in her career shows that we are providing students with the skills and qualities needed to become successful practitioners in today's demanding healthcare environment."



Student News

Department welcomes student on internship from University of Pennsylvania

We are delighted to welcome Jordan Lindekens, fourth year Nursing Student from the University of Pennsylvania, who is doing an eight-week internship within the Department exploring the intersection between Nursing and Humanitarian Affairs.

Jordan writes: "I've have been engaging with many faculty members and students to gain an understanding of the UK National Health System, the Nursing and Midwifery Council, and the nursing undergraduate curriculum to gain a global health perspective.

Additionally, under the mentorship of Janaka Jayawickrama, I will be working on multiple projects to examine health in humanitarian affairs with a collaborative perspective. Through attending public lectures and exposure to pertinent literature, I hope to understand the health delivery in humanitarian settings and potential areas for future improvement. I would like focus on the humanitarian response, health delivery and concepts of care.

I have an interest in nursing critical care as well. Thanks to the help of Steven Ersser, I will continue to discuss this topic with Health Sciences staff and have multiple observation experiences. Through this network of support and interactive meetings and teaching sessions, I hope to find my own perspective on not only how nursing and the humanitarian sector overlap but how they can borrow the strengths identified in each field to become a more well-rounded and compassionate clinician."

Jordan is writing a blog of her experience at York and it can be found at <http://humanitariannursing.wordpress.com/>.



Update on new nursing curriculum

As you will know, there is huge change going on in health education in the UK and the Department has been reviewing its options. We have launched a new vision to re-position ourselves in the market over the coming years. This offers us a range of opportunities to think about what we do and how. We aim to be a leading provider: attracting the best applicants and offering first-class programmes and an excellent student experience, supported by the Department's research strengths and excellent teaching. We will produce future leaders in nursing and midwifery and prepare our graduates to explore and take advantage of a huge range of career opportunities within healthcare in both the UK and the world.

The first piece of work is the development, approval and implementation of the new professional education curricula following changes in NMC standards and education frameworks which were published in May 2018. Our new nursing curriculum is being designed and will be implemented for new entrants in 2019 and the new midwifery curriculum will follow in 2020. As well as developing this, we will be looking at opportunities to further develop and enhance all of our programmes.

We will consider the opportunities a new curriculum can offer to existing cohorts of students. We very much value our students' opinions and want to hear your views on what works best when it comes to delivering teaching and learning. We will be looking to meet with students to get feedback about things that work well or could be improved. Details regarding focus group sessions will be circulated shortly. Please look out for these as they will offer a unique opportunity for you as students to shape the future programme structure and content.

As we develop the new curriculum, we will aim to play to the strengths of our extremely talented and committed staff, and consider how we make best use of their skills and expertise, looking at how we can support staff effectively to take up opportunities and develop their careers in a way that is right for them and for the Department.

We want to offer opportunities for students to gain something more from studying to build their careers in whatever direction they choose. Our research is world renowned, giving us a unique opportunity to offer research-informed teaching of the highest quality. We will be involving research and teaching staff in workshops and discussions as part of the programme to make these links effectively.

Practice education will remain a vital element of our nursing and midwifery programmes, and we will build on strong relationships with local partners to ensure placements offer a variety of rich learning experiences and opportunities. This is one of the areas where we will be looking for feedback so watch out for opportunities to become involved in these discussions.

We are really keen to engage with staff and students throughout the programme, with involvement in things like workshops and engagement sessions. It is vital to ensure the programme results in an even better department for the staff, students and the external stakeholders we work closely with. By being involved, you can do your bit to steer and influence what happens as part of the programme.

The whole programme is subject to an Equality Impact Assessment. We are looking at opportunities to promote further inclusion, diversity and equality throughout department activities. You will see the impact of this in curriculum content, access to courses, opportunities for staff, policies, governance and quality assurance structures.

The overall programme will involve many, if not all members of staff. To co-ordinate involvement, ensure everything is happening at the right time in the right order, with the right people leading/involved in the work, the programme has a Project Manager, Liz Wands-Murray. Liz has a background in change project management within health, bringing knowledge of healthcare settings and the role of nursing and midwifery in a range of environments.

NIHR Research Design Service Yorkshire and the Humber secured funding

The National Institute for Health Research has just awarded a further five-year contract to the NIHR Research Design Service Yorkshire and the Humber (RDS YH).

The Department of Health Sciences at the University of York is part of the Research Design Service Yorkshire and the Humber (RDS YH) which is a successful White Rose partnership between the Universities of Sheffield, Leeds and York.

The service offers advice and support to health and social care researchers applying to NIHR research funding programmes and other national open, peer-reviewed funding competitions.

Dr Catriona McDaid, Reader in Trials within the Department of Health Sciences said: “We are delighted to continue our involvement in the NIHR Research Design Service for a further five years, in collaboration with colleagues at the Universities of Sheffield and Leeds. The York team consists of researchers from York Trials Unit, the Centre for Health Economics and the Social Policy Research Unit. We look forward to continue supporting researchers in the Yorkshire and Humber Region to develop innovative and high quality research projects.”

Yorkshire Lung Screening Trial (YLST) to help provide evidence to plan future of lung cancer services in the UK

Research Fellow Puvan Tharmanathan and Rhian Gabe, Reader in Clinical Trials, write: “Lung cancer is the biggest cancer killer in Yorkshire, with most patients presenting with advanced, incurable disease. Checking people at high risk of lung cancer with regular scans (screening) detects early, curable cancer and could reduce deaths by one fifth. Lung cancer screening is not currently available in the UK, and it is not clear exactly which people would most benefit. The Yorkshire Lung Screening Trial will test screening in mobile vans in community settings in Leeds and work out which people should be invited.

Members of the public in Yorkshire aged 55 to 80 years registered with a GP in Leeds will be randomised (1:1) to invitation to a telephone-based risk-assessment for a Lung Health Check or to usual care. Responders at high risk of lung cancer will be invited for LDCT scanning for lung cancer on a mobile van in the community. There will be two rounds of screening at an interval of 2 years. Randomisation by household will cover a target of 62,980 individuals. Primary objectives are to (i) measure participation rates (ii) compare the performance of relevant risk criteria for lung cancer, and (iii) assess lung cancer outcomes of the intervention and usual care arms. Lung cancer outcomes including stage will be obtained through data linkage to Leeds Hospital Trust and the National Cancer Registration and Analysis Service and Office of National Statistics. Secondary evaluations include health economics, screening programme performance with ancillary biomarkers and smoking cessation studies.

If lung cancer screening was introduced across Yorkshire, hundreds of lives could be saved every year. YLST will provide evidence aimed at resolving outstanding issues with respect to potential adoption of a national screening programme.”

Research News

HWB survey recruits 5000 people with severe mental ill health

The Lifestyle Health and Wellbeing Survey (HWB) led by the Mental Health and Addictions Research Group is a study aimed at benchmarking the current health related behaviours of people with serious mental health problems such as schizophrenia or bipolar disorder.

People with severe mental ill health (SMI) experience significantly poorer physical health and higher mortality compared to the general population and the main cause of these deaths is due to chronic physical conditions such as diabetes, cardiovascular, respiratory and infectious disease and hypertension. The HWB survey is linked to our programme of work in which we study and seek to reduce health inequalities for people with SMI.



Pictured above (left to right) Paul Heron, Claire Whitmore, Emily Peckham and Suzanne Crosland)

The HWB survey began recruitment in March 2016 and aimed to recruit 5000 people with SMI. Despite this study being conducted in a group that can be hard to reach the HWB team, with the help of their collaborating mental health trusts and GP surgeries has recruited over 5000 people so far.

Social media use in research

Su Golder, Research Fellow, within the Health Services and Policy research group, together with Gill Norman from the University of Manchester, have analysed the complex ethical considerations researchers face using social media data in an article for *Elephant in the Lab*.

Social media is increasingly seen as a valuable source of data for research – one which is highly current and immediately accessible. However recent news has focused on the ethics of using information posted for one reason for another purpose entirely.

To read more visit <http://elephantinthelab.org/social-media-use-in-research/>



University researchers secure £2.4m for five-year programme

A team led by the University of York and Hull-York Medical School has secured a £2.4m grant from the National Institute for Health Research (NIHR).

Professor David Ekers, left, and Professor Simon Gilbody, will lead the Multi Morbidity in Older Adults programme.

The grant will fund a five year programme of groundbreaking research into how the NHS can effectively manage depression among older people. More than four million people in England with long term physical health conditions also suffer from mental health problems such as depression and anxiety, costing the health service up to as much as £13 billion every year.



Partnership

The team, which is a partnership with the Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV), is jointly led by University of York Professors David Ekers and Simon Gilbody.

Professor Ekers, an academic who originally trained as a nurse psychotherapist, will co-lead the project. He says: “We regularly hear of the growing challenge to meet the needs of older adults with complex physical and psychological healthcare problems. This programme offers the opportunity to develop and test a practical, acceptable treatment that builds on what we have seen can work for depression in similar groups.

Value

“If we find our new treatment works and can be applied across NHS settings, this could be of substantial value in the coming years to patients and NHS providers alike.”

Professor Simon Gilbody is the joint chief investigator in the Multi Morbidity in Older Adults (MODS) Programme at the University of York. He said: “The MODS programme is an important next step for us as we research ways to help promote healthy ageing. The University has been at the forefront of research in this area and we anticipate this research programme will inform practice and policy for many years to come.

Challenge

“The strategic partnership with TEWV means we’re ideally placed to respond to this and other NHS challenges. This challenge on healthy ageing will only be solved by conducting rigorous research into what works and what is good value for money for the NHS. This is what York does well.”

The project is the first to emerge since a strategic partnership was formed between TEWV, one of the UK’s largest mental health trusts, and the University of York in late 2017. It will also bring together the University of Manchester, University of Leeds, Keele University and Age UK, as well as advisory groups consisting of older people living with depression and anxiety, clinicians and academics.

TEWV director of nursing Elizabeth Moody said: “In order to improve outcomes for service users, TEWV NHS Foundation Trust is keen to make research core to the provision of care across all disciplines. The MODS programme of research, with David Ekers, our first nurse professor as chief investigator and Professor Gilbody who is a consultant psychiatrist in the Trust, will help us develop multidisciplinary-led treatments that will meet the future needs of the communities we serve.”

How much should we spend on the NHS?

As the NHS approaches its 70th birthday, consensus is growing that it needs more money.

As the NHS approaches its 70th birthday, consensus is growing that it needs more money. But what is the 'right' amount to spend and what models of funding are best for a healthy and just society?

Debate about the 'right' amount to spend on the NHS has recurred regularly over the past 70 years.

Professor Karen Bloor, Research Champion for Health and Wellbeing at the University of York and Anita Charlesworth, Director of Research and Economics at The Health Foundation, debate the issues in an analysis piece for the BMJ.

Spending

The UK currently spends around 10% of its gross domestic product (GDP) on health, which is broadly in line with other European countries and double the proportion of spending when the NHS was founded in 1948.

However, in terms of tangible resources, the UK compares poorly, with below average numbers of doctors, nurses, hospital beds, MRI machines, and CT scanners per head than many of our European neighbours. Measures of process, such as waiting times, have been falling recently, particularly since 2013.

Metrics to determine the 'right' amount of funding can focus on inputs (eg, comparing spending with other countries), processes (eg, waiting times), and outcomes (eg, life expectancy).

By any measure, over 70 years the NHS has succeeded in the core objectives at its creation: financial protection and equity of access to care, they say.

Constraints

Some of the current pressures on the NHS and other systems around the world "are a product of the success of healthcare," they add, while Brexit "is likely to cause further resource constraints, particularly in terms of staff."

NHS expenditure is essentially a political choice, they write. But regardless of political trends or economic circumstances, public support for the founding principles of the NHS remains high.

And despite recurring debate about the need for a hypothecated (earmarked) "NHS tax," they believe that general taxation "remains the most efficient and equitable way of generating NHS funds."

For more information visit: <http://www.bmj.com/content/361/bmj.k2373>

PCMIS update

New Outcome Feedback technology built in to PCMIS helps to improve treatment for NHS patients with depression

A new web-based 'feedback' technology has been found to reduce the probability of deterioration during psychological therapy treatment by 74%, according to a new study published in The Lancet Psychiatry.

Outcome Feedback is a ground-breaking, innovative new technology developed by PCMIS in partnership with NHS therapists and world leading mental health researchers, including those from DoHS very own MHARG.

The 'expected treatment response' technology tells clinicians how their patient's progress compares to that of (hundreds of) patients with similar characteristics, using depression (PHQ-9) and anxiety (GAD-7) measures.

The national study included over 2000 IAPT (Improving Access to Psychological Therapies) patients, with findings demonstrating how the technology uses proactive alerts within PCMIS to flag up cases 'not on track', enabling therapists to clearly and promptly identify those that may need to be stepped up in treatment.

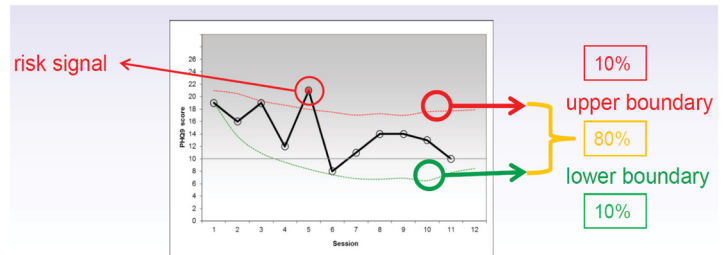
To support NHS wide implementation of Outcome Feedback, PCMIS have secured a funding grant from the Wellcome Trust to develop an e-learning programme to train NHS therapists to use the technology effectively as part of IAPT treatment.

The research team behind the study are now looking to begin follow up papers, including a cost-effectiveness analysis of Outcome Feedback.

You can find the University of York press release, and links to the study, at <https://www.york.ac.uk/news-and-events/news/2018/research/new-technology-helps-to-improve-treatment/>.

Outcome feedback tells you how your patient's progress compares to that of (hundreds of) patients with similar characteristics, using depression (PHQ-9) and anxiety (GAD-7) measures

- Symptom scores within boundaries are generally 'on track' (OT)
- Scores above the upper boundary indicate therapy is 'not on track' (NOT)
- Scores below the lower boundary suggest remarkable improvement



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).

Mental Health Awareness and Wellbeing Group update

Department supports mental health awareness week

The Department recently took part in activities to support mental health awareness week and talks were organised on a range of topics.

The Samaritans gave a useful talk about the drop in service they provide on the University campus and included a section on looking after your own mental health.

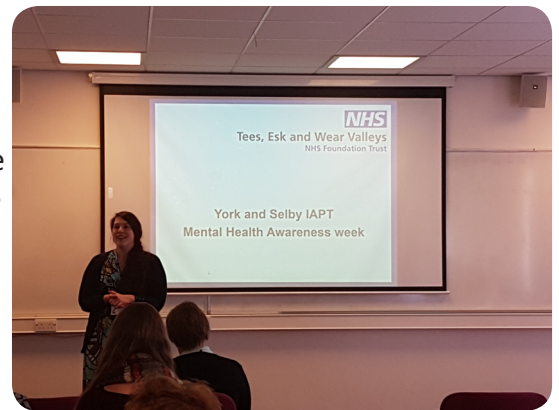
First year mental health nursing student Bethany McLaine gave an insightful talk on her own experiences with mental health and how it inspired her to study mental health nursing. She talked about the stigma and how it affected her study. Bethany also talked about how she looks after her mental wellbeing at University.



*Pictured above Bethany gives her presentation.
Pictured below the team from York and Selby IAPT.*

The final talk was "Talking Therapies - Improving Access to Psychological Therapies" given by York and Selby IAPT. The team from York and Selby IAPT presented a slideshow with information about what types of therapy they provide and talk about common mental health issues and how prevalent it is.

They also presented a section of the first session of their Wellbeing course which most people that enters into the service attends. This focused on the basic principles of Cognitive behaviour therapy, identifying a vicious cycle that they might be experiencing at the moment and how to set SMART goals.



Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Maddy Elliott, Caroline Pearson, Natalie Smith, Elizabeth Cook, Liz Glidewell and Limor Augustin.

Goodbye

We also wish a very fond farewell to those who have left, or will be leaving this summer, including: Sharon John, Noortje Uphoff, Pete Turner, Penny Broadley, Alison Wadsworth, Vanessa Taylor, Pauline Johnson, Katie Batley, Pauline Bland, Bridget Broughton and Andrew Foster.

Congratulations

To Richard Scott from IT who recently married Hannah and to Marysia Koc and Trevor Sheldon who recently attended a reception held by the University to celebrate 25 years of working here at York.