



Megaphone Online

October 2016

the voice of Health Sciences' staff and students

Welcome to all new starters!

The Department would like to extend a very warm welcome to all the students who began their studies with us this term. Best of luck to you all, we hope you really enjoy your time here.

We've included a few of the pictures we took during your first week here. To see more of our Cooperative Learning Groups (CLGs), please visit our Facebook page: www.facebook.com/YorkHealthSciences.



Above: CLG group 24



Above: CLG group 23



Above: Mid 16



Above: CLG group 26

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Student News

Olivia new Learning Disabilities editor

Student Olivia Lindsay-Gould has become the Student Nursing Times editor for Learning Disability Nursing. Olivia, 25, applied for the role after seeing the advert and was delighted to be offered it.

“I was so shocked to be chosen,” she said. “I’ve never done anything like this before and it’s a great opportunity. It’s been a big confidence boost both in terms of the course and personally.”

She has to write 10 blogs about learning disability nursing and has been canvassing the opinions of fellow students in her Cooperative Learning Group. “It’s made me think about things from a slightly different perspective,” she went on. “My first blog was about work life balance.”

Olivia, who initially began at Health Sciences studying adult nursing, was forced to give up due to family circumstances. She took up the course

as soon as she was able but changed to Learning Disability nursing and is now in her final year.

“I love it,” she said. “I’d really like to go on and work with people with brain injuries. The course is great but the support I have received from the teaching staff in York is incomparable.”



To read Olivia’s first blog please visit www.nursingtimes.net/student-nt/meet-the-new-student-nursing-times-editors-2016/17/7010221.article?blocktitle=Student-Editors%27-blog&contentID=9329.

Follow her on Twitter @OliviaLindsayG.

Graduation

The Department had a small number of students graduating in July 2016. Among them were the first graduates from our MSc in International Humanitarian Affairs. They were Alvaro Sosa Farias, International Committee of the Red Cross; Maria Fernanda Perez Solla, United Nations Human Rights Office of the High Commissioner, and Atta Ur Rehman, International Organisation for Migration in Nepal.

Also graduating were students from our Master of Public Health programme and students from our Specialist Skills Post Registration Development (SSPRD) degree programme. Arabella Clarke also received her PhD.



Pictured left are MIHA graduands with Programme Leaders Dr Janaka Jayawickrama and Dr Jo Rose. Picture top right shows Anne Phillips with SSPRD student Adrian Fell. Pictured bottom right is Arabella Clarke with her Mum.



STAR award for Charlotte

Health Sciences' student nurse Charlotte Taylor (pictured right) has won a prestigious STAR Award from York Teaching Hospital NHS Foundation Trust.

She was on her Professional Internship placement in the Emergency Department at York Hospital when she was nominated with colleague Frances Oxtoby for an award by the family of a patient who was dying.



The Star Award is York Teaching Hospital NHS Foundation Trust's monthly staff recognition award. It recognises and rewards staff and volunteers who have made a difference by doing something extra in their everyday work for the sake of patients, visitors or colleagues. It is rare for a student to receive an award such as this.

The citation said: "It is clearly very traumatic to be with someone while they pass away, and especially when it is one you love. They treated us with great respect and dignity, as they also did our mum, allowing us to do our best to make her passing less frightening for her. Of course it could never have been a good experience, but they made what was one of the worst days of our lives more tolerable. They could have just done their job and tended to mum, leaving us out on a limb. Instead they coped with the situation and looked after us too. What impressed me most was the maturity and respect these two young women showed. Many would have found it easier to fade into the background. We can't thank them enough."

Charlotte, 26, who originally joined Health Sciences on our extended degree programme and was the first in her family to go to university, has made excellent progress and is now in the final year of an MNursing degree. She said: "I didn't think I'd done more than I should have, but the family nominated me for the award and I was delighted to receive it with Frances.

"It was a really difficult day. When there is a death on the wards you sometimes expect it but in A&E we do everything to save a life, so when something like this happens it's difficult. After that I had a newborn child to look after, so it was polar opposites. I felt privileged to be with the family at this time. It only takes one person, a look or a gesture, to make it a bad experience so I'm glad we were able to help in some way."

World Social Science Report

PhD student Madeleine Power, along with Professors Kate Pickett and Richard Wilkinson, co-authored a chapter in this year's World Social Science Report which was launched in Sweden in September. The report can be read here: <http://en.unesco.org/wssr2016>.

Teaching News

Clinical skills meeting held in CSU

The Department was pleased to host the summer meeting of the Yorkshire and Humberside Clinical Skills and Simulation network (YHCSSN) in its Clinical Simulation Unit.

The group aims to share good practice and specialist expertise, and network with other educators regionally. It meets four times a year and David Graham, lecturer in adult nursing, said: "I was really delighted that we had the opportunity to host the event and highlight some of the excellent simulation work we do with our nursing and midwifery students."

Angela Hope, Chair of the YHCSSN, said: "It is really good to welcome York into the network programme and David onto the steering group. The network is about sharing and bringing multi skilled professionals together. York put together an excellent programme for the day and I was delighted with the turnout".

The group heard about how the Department of Health Sciences currently uses simulation in its nursing, midwifery and health professional education programmes and about innovative plans to develop the use of simulation in the future.

David said: "I'd like to thank members of Health Sciences' staff who delivered presentations on the day including; Kelly Davies, Rachel Lavelle, Carole Lindsay, Cliff Riordan, Jess Powell and Gillian Punton."



Lecturers present at conference

Mike Parker and Devi Nannen, both lecturers from the Acute and Critical Care Teaching and Scholarship Group, presented at the NET Conference at Cambridge University last month. Their presentation entitled "The development of assertion reason questions (ARQ) for the assessment of graduate entry nurses" was very well received and encouraged a lot of debate around the assessment practices.



Department hosts the Legacy of Thalidomide seminar

In the late 1950s and early 1960s the drug Thalidomide was given to thousands of pregnant women across the world to relieve morning sickness. The drug caused severe birth defects including missing or short limbs and sensory impairments. Thalidomide is often seen as a historical tragedy but it is very much a contemporary disability issue. In the UK there are still 466 people living with the consequences of the damage the drug caused and in countries such as Brazil, the drug continues to cause birth defects.



The Legacy of Thalidomide seminar brought together Thalidomide survivors, historians, biologists, doctors and health sciences' researchers to consider what we can learn from both the history of the drug and its use and impact today. Dr Ruth Blue from the Thalidomide Society and the Wellcome Library described the wealth of material available in the Wellcome Thalidomide archive, and Dr Julie Parle (Honorary) Associate Professor in History from the University of KwaZulu-Natal, South Africa, talked about the murky history of the drug in southern Africa. Alex Medcalf, from the Centre for Global Health Histories, talked about the use of historic photographs in constructing health histories.

Dr Neil Vargesson, Senior Lecturer from the University of Aberdeen, explained how the drug acts to cause birth defects and described the work his team is undertaking to find a safe alternative to Thalidomide. Dr Shadi Ghassemi Jahani, Consultant Orthopaedic Surgeon and PhD Student from the University of Gothenburg, and Liz Newbronner, PhD student from the Department of Health Sciences, then discussed their research into the health problems being experienced by Thalidomide survivors in Sweden and the UK.

The day was chaired by Head of Department, Professor Karl Atkin, and closed with three Thalidomide survivors, Geoff Adams-Spink, Rowland Bareham and Craig Millward, giving their personal reflections on the legacy of the drug.

Researchers present at alcohol conference

Dr Noreen Mdege and Dr Paul Toner presented their latest research at the 13th Annual International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA) Conference in Lausanne, Switzerland, 22-23 September 2016.

INEBRIA is World Health Organisation (WHO) sponsored and is the leading forum globally for the sharing of research advances relevant to screening and brief interventions for alcohol and other drugs. Noreen presented "Attitudes and perceptions on community pharmacy (CP)-based alcohol interventions: a scoping review". Paul presented "a systematic review of alcohol screening and assessment measures for young people."

Calls for greater transparency in the release of clinical trial data

Researchers have called for greater transparency in the public release of clinical trial data after a study revealed significant under-reporting of side effects in medical treatments.

The study, led by Dr Sue Golder, a researcher in the Department of Health Sciences, revealed that the medical benefits are routinely reported, while the side effects are incompletely documented in peer-reviewed journal articles.

The clinical benefits of new drugs are usually tested in randomised clinical trials, in which patients are randomly assigned to receive drug or placebo, before drugs can be prescribed widely.

Adverse events, or side effects, are also routinely collected in such trials, and should be reported in scientific journal articles to give a clear picture of the benefits and risks of new treatments.

The study, published in PLOS Medicine, found that 64% of side effects would have been missed by readers looking only at published reports about the medical treatments studied.

The authors conclude that full reporting of adverse events is essential to allow patients and doctors to assess the balance between benefits and side effects of medical treatments.

The study, which included collaboration with Gill Norman, Manchester University and Yoon Loke, University of East Anglia, was funded through the National Institute for Health Research (NIHR). The paper is available at <http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002127>.

Drugs fatalities overtake car fatalities for the first time

New figures from the Office for National Statistics (ONS) show that more people die from a drug overdose than from road traffic accidents.

Ian Hamilton, lecturer in Mental Health, writes for The Conversation on the rise in deaths from drugs in the UK. Seven years ago fatalities from opiates overtook fatalities due to road accidents in the US. Now the latest figures from the ONS show that last year 1,732 people died in traffic accidents compared with 1,989 who died due to opiates in England alone.

The full article is available online at <https://theconversation.com/drugs-fatalities-overtake-car-fatalities-for-the-first-time-64972>.

Cancer pain toolkit wins award

A toolkit about tackling cancer pain was highly commended at the BMA Patient Information Awards in London.

The resource 'Tackling Cancer Pain: A toolkit for Patients and Families' was developed as part of a five-year NIHR Program Grant called IMPACCT – Improving the Management of Advanced Cancer Pain in the Community. It provides evidence based information and practical advice for patients and their families about self-management of advanced cancer pain.



Senior lecturer at the Department of Health Sciences Kate Flemming was part of a team from the University of Leeds, led by Prof Mike Bennett, to win the award (pictured above). Others included Dr Nic Hughes, Senior Research Fellow in Palliative Care, Prof Jose Closs, Professor of Nursing, both University of Leeds, Christine Allmark, Patient representative and David Felber, Leeds Media Services.

Kate said: "Tackling Cancer Pain is an educational resource that was developed as a result of an extensive process of literature reviewing, user involvement, and produced with the input of professional film-makers and designers. Being Highly Commended is fantastic recognition for the whole team who contributed to its development."

The reviewer said: "The resource is of an exceptionally high standard; the amount of effort that went into producing and reviewing it is clear. It's very well presented and contains a large amount of helpful information in a clear and easy to read way. This really is an excellent resource."

The BMA Patient Information Awards aim to support and encourage patient-centered care in meeting the needs of patients through the production and dissemination of accessible, well-designed and clinically balanced information which will promote both greater awareness and understanding of health matters and patient choice.

Ian Hamilton presents to House of Lords

Ian Hamilton, lecturer in the Mental Health and Addiction research group, was invited to present to an All Party Parliamentary Group at the House of Lords on Wednesday, 19 October. The group was focussing on the needs of women and Ian presented research he has previously published on gender differences in cannabis psychosis.

Ian's full paper can be read here: www.emeraldinsight.com/doi/full/10.1108/ADD-12-2014-0039.

Research News

Early Career Researcher workshop

On 13 September, 85 Early Career Researchers (ECRs) from 24 universities across the British Isles attended a free workshop, hosted by the Department of Health Sciences and funded by the Society for Social Medicine (SSM) and the Wellcome Trust. The event, which preceded the SSM Annual Scientific Meeting (14-16 September), took place at James Hall and was organised by Noortje Uphoff and Kate Bosanquet along with other members of the SSM ECR subcommittee.

The workshop, 'Funding sources and successful grant writing', focused on applying for fellowships and overcoming challenges in obtaining research grants. Speakers included Professor Aileen Clarke (President of the SSM), Professor Trevor Sheldon, Professor Yvonne Birks and Rosie McEachan (programme manager, BiB). They drew on personal experiences of securing funding and offered unique insights into what is required to succeed.

Later in the day a panel question-and-answer session was expertly chaired by Professor Jim McCambridge. This was followed by an interactive session where delegates formed groups facilitated by members of both the ECR subcommittee and SSM committee to practise constructing and delivering a five minute proposal from a research brief.

The day finished with optional activities – a complimentary yoga session delivered by Dr Sadie Boniface (ECR subcommittee) and a scenic walk into York via Fulford stry and along the river. In the evening more than 50 delegates attended a meal at Cosmo restaurant.

The workshop received very positive feedback from the online evaluation, completed by 80% of delegates, which showed 88% believed it had been 'very useful' or 'quite useful'. Next year's ECR workshop will take place at the University of Manchester on 5 September 2017.



Pictured top is Noortje Uphoff giving a talk and below, one of the group activities.

No clear threshold to treat diabetes during pregnancy

A new study conducted by researchers at the Universities of York and Bristol, and the NHS Bradford Institute for Health Research, shows there is an urgent need to find the best threshold to balance the potential benefits and harms of diabetes treatment during pregnancy.

Published by The BMJ, the study finds a consistent association between higher blood glucose (sugar) levels during pregnancy and increased risk of complications around the time of birth, but there is no clear threshold of when to intervene with treatment.

Researchers say there is now an urgent need to work out the best threshold to balance the benefits and harms of treating women with high blood glucose levels during pregnancy.

Gestational diabetes - high blood glucose (sugar) levels during pregnancy - is associated with increased risk of a range of adverse outcomes around the time of birth and can affect the longer term health of mother and infant.

Although treatment can reduce the risk of these outcomes, the optimal glucose threshold to define gestational diabetes is unknown.

The article is available online at <http://www.bmj.com/content/354/bmj.i4694>.

Research paper of the year award for Peter Coventry

A research study, led by Dr Peter Coventry, has been named Research Paper of the Year by the Royal College of General Practitioners (RCGP).

The award in the neurology, mental health and dementia category recognises an individual or group of researchers who have published an exceptional piece of research relating to general practice or primary care.

Dr Coventry is a Senior Lecturer in Health Services Research and member of the Department of Health Sciences' Mental Health and Addiction research group and the Centre for Reviews and Dissemination.

His study entitled: 'Managing depression in people with multimorbidity: a qualitative evaluation of an integrated collaborative care model', was published in the journal BMC Family Practice and explores whether an enhanced model of collaborative care can potentially achieve 'joined-up' care in the NHS by supporting health professionals to treat both mental and physical health together.

Findings reported in the paper showed that collaborative care can bring about more coordinated care but patients didn't necessarily



endorse the idea that therapies had to be delivered in an integrated way. Instead they often preferred to discuss mental health in a protected and separate space away from routine management of long term conditions. This work underlines the importance of service user experience in developing services that seek to integrate physical and mental healthcare.

Principal investigator Dr Coventry and co-author Professor Carolyn Chew-Graham (Research Institute, Primary Care and Health Sciences, Keele University) accepted their prize for winning the award at a ceremony at Stationers' Hall in London on 28 September 2016 (pictured above).

The paper is available online at <http://bmcfampract.biomedcentral.com/articles/10.1186/s12875-015-0246-5>.

More Americans are using cannabis - and view it as harmless

In an article written for The Conversation website, Ian Hamilton, a lecturer in Mental Health in the Department of Health Sciences, notes that as the US has increasingly adopted a more liberal policy approach to cannabis, there has been an increasing use of the drug. Meanwhile, the UK has continued to prohibit cannabis use - with the government claiming that falling use of the drug in the population justifies its policy position.

Ian concludes that both countries are participating in a policy experiment on their populations. Unfortunately, neither country is collecting sufficiently detailed data to be able to draw any reliable conclusions. Both still have the opportunity to rectify this.

The article is available online at <https://theconversation.com/more-americans-are-using-cannabis-and-view-it-as-harmless-64711>.

Randomised Controlled Trials in the Social Sciences conference

The Eleventh Annual Randomised Controlled Trial in the Social Sciences conference was held in the ARRC building at the University of York on 7, 8 and 9 September, with the conference dinner at Betty's Tea Rooms. The conference was jointly organised by Professor David Torgerson (York Trials Unit), Professor Catherine Hewitt (York Trials Unit) and Dr Ben Styles (National Foundation for Educational Research), and included conference workshops, a keynote speech, three invited presentations and 11 contributed presentations on all aspects of randomised trials in the social sciences. Camilla Neville from the Education Endowment Foundation (EEF) was invited to chair a session of presentations on EEF-funded projects.

Members of the York Trials Unit and the Centre for Health Economics hosted the conference workshops. Gerry Richardson, Belen Corbacho, Kerry Bell, Sarah Ronaldson and Eugena Stamuli led a session on "Health Economics: Valuing Outcomes" covering the use and usefulness of economic evaluations alongside

RCTs. Caroline Fairhurst and Catherine Hewitt hosted a Statistics section "To stratify or not to stratify?" exploring the use of baseline factors in the design and analysis of RCTs.

David Torgerson gave the keynote speech entitled "Randomisation: Has it been done properly?". Arabella Scantlebury presented on the methodological and practical challenges of conducting a randomised controlled trial in a non-clinical setting, on behalf of the CONNECT project team. Alison Booth, Catriona McDaid and David Torgerson presented a poster entitled "Improving driver license submission for speeding motorists: a proposal for a randomised trial". Louise Gascoine and Kerry Bell presented a poster on the challenges of undertaking trials in education settings, on behalf of the York and Durham EEF evaluation team. Catherine Hewitt and Carole Torgerson presented a poster on the EEF-funded Affordable Online Maths Tuition trial, on behalf of the trial team. Over 30 delegates attended the conference, which was deemed a success and garnered positive feedback.

PROFHER long term follow-up completed and featured as the exemplar surgical trial in a users' guide to the medical literature

York Trials Unit collaborated on a research project funded by the National Institute for Health Research, Health Technology Assessment Programme. This was called the PROFHER Trial which compared surgery versus not surgery for fractures of the upper arm bone which account for 5% to 6% of all adult fractures. The trial of 250 patients found that surgery was not better than sling treatment in improving patients' shoulder pain and function over two years. In August, they completed the analyses of following-up patients over three, four and five years and found that the main findings of the trial persist in the long term. The PROFHER Trial Team is now undertaking a survey of whether the results of the trial have affected orthopaedic surgeons' decision-making and have received well over 200 responses.

The trial team was also very pleased to find that in July the trial was used to illustrate the JAMA Surgery users' guide to medical literature relating to surgical trials. PROFHER did very well in the assessment. In particular there is strong endorsement of the applicability of the PROFHER results, with a special emphasis on the physiotherapy component. The users' guide can be found at: <http://jamanetwork.com/journals/jamasurgery/article-abstract/2506842>.

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Elizabeth Coleman, Illary Sbizzera, James Cragg, Rachel Herdsman, Tina Alyssandraki, Lina Gega, Hugh Ortega-Breton, Paul Barker, Will Eardley and new department manager, Marysia Koc

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Andy Turner, Rebecca Foster and Antonina Mikocka-Walus.

Nurse, midwife, civil servant: a personal perspective

On Wednesday, 9 November, Dr David Foster will give a lecture reflecting on his career in the Department of Health and the NHS. For more information and to book tickets, please visit: www.york.ac.uk/healthsciences/news-and-events/events/2016/d-foster. All welcome.

Matthew Jacobs undertakes memory walk

Matthew Jacobs (pictured right), Student Services Manager in Health Sciences, successfully completed a 7K Memory Walk in aid of the Alzheimer's Society.

Matthew undertook the walk in memory of his father-in-Law (Peter) on Saturday 8 October 2016 in South Shields.

Matthew said: "Peter was diagnosed at such a young age and his dementia progressed rapidly. After the initial diagnosis, our family, including Peter, experienced many emotions, from denial, to sadness, to anger and finally reluctant acceptance. We knew with Alzheimer's disease that Peter would lose his memory, but we didn't

understand how devastating it was until we experienced it first-hand. This is why I and other friends completed the walk in aid of this wonderful worthwhile charity". A grand total of £590 was raised. Thanks to all those who kindly and so generously donated."



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).