



Megaphone Online

October 2017

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've taken so far. To see more of our Cooperative Learning Groups (CLGs) please visit our Facebook page: www.facebook.com/YorkHealthSciences.



Above: CLG group 1
Below: MNursing students



Above: CLG group 2
Below: Mid 17



In this issue:

- Farewell 2014 cohorts
- Restart a Heart
- PCMIS Down Under
- Research spotlight on orthotics

Farewell to our 2014 nursing and midwifery students

In September, the Department said farewell to our 2014 cohort of nursing and midwifery students. After a successful three years, students and staff gathered together to celebrate and say their goodbyes as they left to start their future careers as qualified nurses or midwives. Well done and good luck to you all in your new careers. Our midwifery finishers were presented with a doll handmade by lecturer Rachel Lavelle and her sister. Each doll resembled the student they were given to.



Above: Mid14 leavers



Above: Rachel with the Mid14 replica dolls

Below and right: Some of our Nursing September 14 leavers



Student News

Graduation July 2017

In July 34 students graduated from the Department including our first cohort of Postgraduate Diploma in Nursing (adult) students, as well as PhD students and those studying for a BSc in Health and Social Care Practice. Staff, graduands and members of their family attended a reception ahead of the ceremony.

Karl Atkin also presented awards to two of our Postgraduate Diploma in Nursing students - Grace Robinson who was awarded the outstanding practice prize and to Natalie Buttery, who received outstanding academic achievement prize.



Above left: Natalie Buttery and above right, Grace Robinson

Below left: Omara Dogar and Noreen Mdege and below right: Jess Morgan, Sadie Bell and Helen Anderson, as well as some of our postgraduate diploma graduands and guests.



Student News

Student collects her award

Third year midwifery student Sophie Hall has been awarded an Iolanthe Midwifery Trust award. Sophie recently went to receive the award in London and was presented with her certificate by Baroness Cumberledge, co-author of the recent Better Births initiative.

In all, 22 awards were presented supporting the education and professional development of student and qualified midwives, with the view to improving maternity care to benefit women and their families. Sophie's student award enabled her to undertake a placement in Mexico at a birth centre with local midwives who incorporate traditional ways with professional midwifery led practice. Sophie said: "I am very grateful to the trust for the opportunity to deepen my midwifery educational experience and make international connections in my developing practice, I feel inspired for the future!" The trust awards financial support to a diverse range of student projects, including ideas for electives here in the UK or abroad, applications for the 2018 round will open soon.



PhD student wins award

Congratulations to PhD student Ahmad Salman who received the Investigator Award from the annual conference of the British Association for Cardiovascular Prevention and Rehabilitation (BACPR). Ahmad also received an additional award for his oral presentation.

Restart a Heart

Earlier this month staff and students from the Department and staff from the Department of Chemistry took part in the national Restart a Heart campaign. Restart a Heart is a designated day of action with the aim of teaching vital lifesaving cardiopulmonary resuscitation (CPR) skills to as many young people as possible, by going into schools and teaching CPR.



Paige Clayton (left) and Amy-Jo Burditt (right) who took part in the campaign.



Jess Powell, lecturer in adult nursing, said: "I'm really excited to be involved in this project and it is lovely to see our students taking part and passing on vital knowledge and skills that could save a life. Our students also enjoy being out in the community and being able to share some of the basic skills they learn as they train to

become fully qualified nurses."

Teaching News

Professor Dame Elizabeth Anionwu visits the Department

The Department was delighted to welcome Professor Dame Elizabeth Anionwu to the Department earlier this month when she visited the University to give a public lecture.

Professor Dame Anionwu has recently published her memoirs “Mixed Blessings from a Cambridge Union” and many people will be extremely surprised to read that she spent her first nine years of life in Birmingham Children’s Homes, run by Catholic nuns. Her parents met as students at Cambridge University but never married. Elizabeth’s mother Mary was studying Classics at Newnham College when she became pregnant. Her devoutly Catholic family were horrified and this was compounded when it became clear that the baby was mixed-race.



Dame Elizabeth provided an entertaining and informative lecture to staff and students and explored the factors that led her to overturn this difficult start in life and achieve the many successes in her career. This included the motivation behind campaigning for improved sickle cell services within the NHS and for a statue of Mary Seacole. She has always strived to combine a community development approach within her academic work.

Elizabeth was particularly pleased to be invited to the Department because in 2001 she was proud to have co-authored a book ‘The Politics of Sickle Cell and Thalassaemia’ with our Head of Department, Karl Atkin.

Many thanks to postgraduate student, Lakechia Jeanne who volunteered to take photos on the night.

To watch an interview with Elizabeth visit <https://youtu.be/2R7rzSblBZs>.

Susan Pembrey public lecture - 8 December 2017

The Department will be hosting this year’s Susan Pembrey award ceremony at the University in December. Ahead of the ceremony, Professor Debbie Carrick-Sen from the University of Birmingham will be doing a public lecture on ‘Transforming care, innovation and leadership through clinical academic roles.’

The presentation will highlight the contribution of Nursing, Midwifery and Allied Health Professionals to applied healthcare research, give a brief history of developments to date and provide valuable suggestions and insight into how organisations, health professionals and partner organisations can develop and support the NMAHP Clinical Academic Role.

Staff and students are welcome to attend. For more information visit <https://www.york.ac.uk/healthsciences/news-and-events/events/2017/transforming-care/>.

Research News

ECSG team win Biobank of the Year award

Anne Thomson from the Epidemiology and Cancer Statistics Group (ECSG) was delighted to accept the Biobank of the Year Award 2017 on behalf of the Bloodwise Childhood Leukaemia Cell Bank at the Biobanking Showcase event at the Oval, London in October.

The award, organised by the UK Clinical Research Collaboration Tissue Directory and Coordination Centre, is a recognition of excellence by the Biobanking community. CellBank was established in 2004 by clinical staff treating children with leukaemia in the UK, in conjunction with NHS and University researchers to make samples available for research into the diagnosis, treatment and prevention of childhood leukaemia.

ECSG have been involved in the project since its inception, primarily in terms of data and project management. Over 6,500 children have donated samples, which are stored at UK Biocentre and these samples have been used in 55 national and international research projects into childhood leukaemia resulting in research that has altered the way in which some children with leukaemia are treated.

More information about the project and the findings can be found on the study's website www.cellbank.org.uk. To read more about the award visit <https://www.biobankinguk.org/bloodwise-childhood-leukemia-cell-bank-wins-biobank-of-the-year-2017/>



York Trials Unit gains successful registration as a UKCRC Clinical Trials Unit

The York Trials Unit (YTU) has been successful in its registration as a UKCRC Clinical Trials Unit (CTU). The UKCRC Registered CTUs network announced that 46 CTUs have been registered following a review process led by an International Review Committee of experts <http://www.ukcrc-ctu.org.uk/page/Results2017>.

Sir Kent Woods, Emeritus Professor at the University of Leicester and Chair of the International Review Committee, said: "The International Registration Review Committee is delighted to see the clear impact of this programme on the quality of conduct of clinical trials research in the UK."

As part of the process CTUs are required to show their competency in the design, conduct, data management, co-ordination and analysis of trials against specified standards and regulations. YTU has been a registered CTU since 2007 and the current process is part of a five yearly review cycle to ensure Units maintain their expertise and competency.

Professor David Torgerson, Director of YTU said: "Our successful registration reflects the hard work and expertise of the whole team at YTU including our administrators, the data management team, the trial co-ordination team, statisticians and other health research specialities."

Research spotlight on orthotics for knee instability

In July, Catriona McDaid attended the 2017 World Congress for Physical Therapy, in Cape Town, South Africa and presented findings from a study. An oral presentation discussed the findings of a national survey to identify the types of orthoses currently being used by the NHS for the management of instability of the knee in adults with neuromuscular disorders (NMD) and central nervous system (CNS) conditions and care pathways.

Several different orthoses, both custom-made and prefabricated, are provided through the NHS. Services are delivered in diverse ways across the country with variations in prescribing professionals, patient pathways and outcome measurement. It is currently unclear what the optimum model of service delivery is or best measures of outcome to ensure maximum benefit for patients and best value for money for the NHS.



A poster presentation reported on the findings of a systematic review of the effectiveness of different orthotic devices and a qualitative study of patient perspectives. There was a lack of robust evidence on orthotic devices. The most systematically assessed outcomes in effectiveness studies were mechanical outcomes such as gait analysis and energy consumption. In contrast, participants in the qualitative study wanted their orthosis to reduce pain, falls or trips, improve balance and stability and allow participation in work and a range of other family and social activities.

Further research is required on the effectiveness of orthoses in managing knee instability related to NMD and CNS conditions and should focus on outcome measures relevant to patients' everyday lives. Development of a core set of outcome measures for use in research and the clinical setting would be beneficial.

To date there is scant evidence about the views and experiences of people who are given orthoses for knee instability, and further studies are required to investigate further some of the issues raised in our exploratory study.

Further details about the review are available in a recently published paper
<http://bmjopen.bmj.com/content/7/9/e015927.abstract?cpetoc>

The research was funded by the NIHR HTA programme and the full report is available at
<http://dx.doi.org/10.3310/hta20550>

The project blog is available at <https://kneeorthotics.blogspot.co.uk/>

Co-production of evidence with North Yorkshire Police

Researchers from across the University of York have worked with North Yorkshire Police to co-produce evidence to help improve outcomes for people who come into contact with the police and have a mental vulnerability.

The Co-production of policing evidence, research and training: Focus Mental Health (the Connect) project was a £1million project funded by the College of Policing, Higher Education Funding Council for England and the Home Office.

Connect saw researchers from the York Trials Unit, Department of Social Policy and Social Work, Institute for Effective Education, York Management School and the Department of Politics collaborating with North Yorkshire Police to deliver a number of work streams which included: systematically reviewing evidence of what works; developing a better understanding of interagency working; developing and evaluating training of staff in mental health issues and research methods; sharing and learning nationally through the College of Policing and other agencies.

York Trials Unit workstreams

Researchers from the York Trials Unit conducted a Randomised Controlled Trial and a series of systematic and scoping reviews around mental health and policing. The reviews aimed to establish what evidence is currently available about what works and identify areas where future research is required. The Connect trial is reported in PLOS One and revealed that a specialised mental health training program did not reduce the number of reported incidents after six months, but may positively affect how police officers record incidents involving mental health and their knowledge, attitudes and confidence in responding to mental health incidents.

Deputy Chief Constable Lisa Winward, of North Yorkshire Police, said: “We are now planning to expand the training across the force to all our frontline staff, from offices on the beat to our Force Control Room.” It is anticipated that the training will also inform the next review of national guidance for training police officers in their approach to individuals who may have mental health problems.

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

Read findings of the Randomised Controlled Trial at:
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0184377>

Read findings of the systematic review of mental health training for non-mental health trained professionals at:
<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-017-1356-5>

Overall evaluation of Connect

Professor Tracey Bywater of the Public Health and Society Research Group is leading on an evaluation of the Connect project as a whole. The aim is to capture the combined impact of system change, or ways of working/thinking by examining whether officers in the North Yorkshire Police force become more aware of issues around mental health and policing simply through the force taking part in the Connect project.

Prisoners recovering from addiction encounter ‘cliff edge’ with little support on release

A new report warns that drug recovery work in prison is largely futile unless suitable accommodation and support are available to prisoners after release.

Research led by the University of York found that many prisoners experienced a ‘cliff edge’, receiving little or no professional support in the weeks preceding or following release, and were housed in inappropriate hostels or funded B&Bs where drugs and prostitution were rife.

The researchers conclude that without adequate support on release, those who have served their time are likely to relapse and reoffend, no matter how good the support received in prison.

The report is based on a substantial evaluation of the Government-funded Drug Recovery Wings (DRWs) pilot in prisons, carried out by researchers from the Centre for Substance Use Research in Glasgow and the Universities of Cambridge and York.

Pilot DRWs were set up in 10 prisons across England and Wales between 2011 and 2012: Brinsford, Brixton, High Down, Holme House, Manchester, Swansea, Chelmsford, Bristol, Styal and New Hall. Their aims included ‘challenging offenders to come off drugs’ and delivering abstinence-focused drug recovery services.

The new report presents the findings from the major evaluation, which was funded by the NIHR Policy Research Programme, and involved 345 interviews and analysis of questionnaire data from over 1,800 prisoners. The four-year study assessed what impact DRWs had on prisoners’ drug or alcohol dependency and their impact on prisoners’ reoffending.

In their report, the researchers conclude that new models of treatment and through-care that link effective approaches in prison with well-resourced, post-release support for prisoners recovering from substance misuse must be made a priority.

Principal Investigator Charlie Lloyd, said: “It’s important to recognise that some of the pilot DRWs offered promising approaches, involving dedicated staff working with prisoners who wanted to make real changes to their lives. Unfortunately these plans often came to nought on release.

“We have to ask ourselves whether any of us could make any radical changes to our lives, if we were forced to live in the type of environments many of our ex-prisoner interviewees had to live in on release. Going forward, there is pressing need to give prisoners with a history of drug dependence a realistic chance of making positive changes to their lives once they have served their time and been released from prison.”

To view the full report visit <https://www.york.ac.uk/media/healthsciences/documents/research/mentalhealthresearch/DRWsFinalPublishedReport.pdf>

Research underway to improve engagement of children, adolescents and their parents to take part in trials

The TRECA study (TRials Engagement in Children and Adolescents) study will develop and evaluate multimedia information resources to improve engagement of children, adolescents and their parents with trials.

There is relatively little trial evidence to inform clinical decisions for children and adolescents; evidence is often extrapolated from trials in adults. However, recruitment and subsequent retention of children and adolescents in healthcare trials can be challenging. Potential participants must be given detailed information about a trial before they give their consent and most often printed participant information sheets are used. However, these can be lengthy and difficult to read and understand. Presenting key information using multimedia may help to overcome these limitations and better support children, adolescents and their parents in decisions about trial participation.



The TRECA study has been funded by the National Institute for Health Research and is led by Dr Peter Knapp. It is developing and evaluating an alternative for providing information to potential paediatric trial participants through the use of a multimedia information (MMI) resource. The MMI resources present key information using a combination of video, animation, text and audio through a website.



TRECA has two phases. In the first phase we involved children and adolescents and their parents in a qualitative study to inform the development of MMIs, followed by iterative user testing to refine them. This should ensure that the MMIs meet the needs and preferences of potential end users. As a result we now have two MMI templates: one for younger children and another for older children, adolescents and their parents.

The effectiveness of the two MMIs will be evaluated in a series of trials embedded within six host healthcare trials in the UK. Each of the embedded trials will use a three arm design, in which individuals will receive the standard printed information alone, the standard printed information plus the MMI, or the MMI alone.

The TRECA study will examine whether providing key information about healthcare trials through the use of MMIs increases recruitment and retention and enables better decision-making by children and adolescents participating in trials in the UK.

The protocol for the TRECA study is available at <http://rdcu.be/tksB>

PCMIS update

PCMIS in Australia

You might not know this but PCMIS is kind of a big deal in Australia. Based on the work we do with IAPT services in the UK, we were chosen to support the Australia-based NewAccess pilot scheme which shared the same goal of ‘improving access to psychological therapies’ for all.

Our involvement in the *beyondblue* NewAccess trial led to professional services firm Ernst & Young recommending PCMIS as part of their independent review of the trial, and as NewAccess was given the go ahead for a national roll out, the stage was set for PCMIS to take on a new continent.



This was over five years ago and since then PCMIS has developed a network of partners and clients in Australia as more and more territories introduce their version of the NewAccess scheme. Our experience and links to the vanguard of research and technology mean we are ideally placed to advise and support Australian mental health services, as they navigate the ever changing requirements of a scheme still in its infancy.

In order to maintain and build on these relationships we make a yearly journey over to Australia to meet with clients, partners, and attend the annual International Mental Health Conference, over on the Gold Coast. Representing PCMIS this year were Sam Temple and Mark Wall. Sam and Mark met clients in Melbourne, Adelaide and the Gold Coast, keeping them up to date with the latest developments and functions PCMIS has to offer, before attending the conference across two days in mid-August. Throughout the client meetings and the conference, Sam and Mark took every opportunity to promote the great work done within the University, and specifically this department, around Mental Health and Addiction Research.

Some of the trials we have supported here in the UK proved of great interest to our colleagues over in Australia. The CASPER trial was of particular interest as one of the themes of the 2017 conference was ‘mental health care for older adults’. The Outcome Feedback trial also proved popular and former UoY researcher Jaime Delgadillo hopes to adapt this for Australian mental health services.



On Day 2 of the conference whilst Sam provided support on the PCMIS stand, meeting and chatting with lots of new faces, Mark, suffering from a severe case of Aussie Man Flu, managed to successfully chair the eHealth and Innovative uses of Technology sessions. This was a great opportunity to network with experts in Australia working in a similar field to PCMIS. Whilst they may be a few years behind us in terms of utilising technology for mental health care, they are learning from the successes and mistakes made in the UK to ensure they develop and adapt quickly to this fast-paced sector.

One of the big themes of the conference was the integration of physical and mental healthcare, an area in which PCMIS is already involved, currently working closely with NHS England on a national integrated IAPT and physical health pilot. This has been a hot topic in the UK for some time now so we are looking forward to offering our expertise to Australian mental health services as they strive for parity of esteem (you might remember this from our earlier Megaphone article) and work to discover how this integration will look for Australians. It’s an exciting time to be involved with developments in Australia and we are committed to continuing our good work and growing our influence there further, on behalf of the Department of Health Sciences and the University of York.

York Trials Unit Writing Week kicks off

Belen Corbacho writes: “Muchas gracias to all of you who participated in Semana Gastronomica 1 of Writing Week. Also to those who were able to come to the Surgery Session and shared experiences of publishing problems and good practice.

Overall there was a lot of positive discussions and outputs. Despite being busy times for everyone we managed to work on recipes for 22 papers! Five papers were successfully submitted and eight other manuscripts are almost cooked for submission next week.

The winning team was ‘Cadiz’ as they had an impressive first week. Stephen was thrilled to be receiving the ‘paellera’ on behalf his chefs from Mar de Fondo. Matt Northgraves was our Michelin starred chef of the week for a remarkable cook performance. I hope they share their winning recipe with all of us so we can have a try as well!

We had positive feedback on the surgery format and it was suggested that we work on a “Step by Step guide” on how to publish an article.

If you have any other thoughts please do email them to me (belen.corbacho@york.ac.uk) or Kat (kat.chatterton@york.ac.uk) as all your comments and ideas are valuable.



Pictured L-R Sophie James, Andrew Mott, Stephen Brearley, Illary Sbizzera

World’s biggest coffee morning

Staff and students took part in the World’s biggest coffee morning for MacMillan Cancer Support. Trudi Neenan writes “a big thank you to all the staff who baked or bought cakes in to sell on behalf MacMillan Cancer Support, we raised £100”

While staff were tucking into cake in their office, students Megan Cook, Amy France and Niamh Tait (Megan and Amy are pictured right) were also selling cakes in the foyer in Seebohm Rowntree reception, well done to everyone.



Great North Run success

Andrew Foster, York Trials Unit Manager, took part in the Great North Run to raise money for Prostate Cancer UK.

Andrew said: “A selection of injuries were picked up along the way but the great atmosphere, camaraderie among the runners and knowing there was a charity to support carried us to the finish. I’d just like to say a huge thanks to all those who supported and donated. Between me and Mrs F we raised over £1000 for Prostate Cancer UK.”



Staff News

Hello

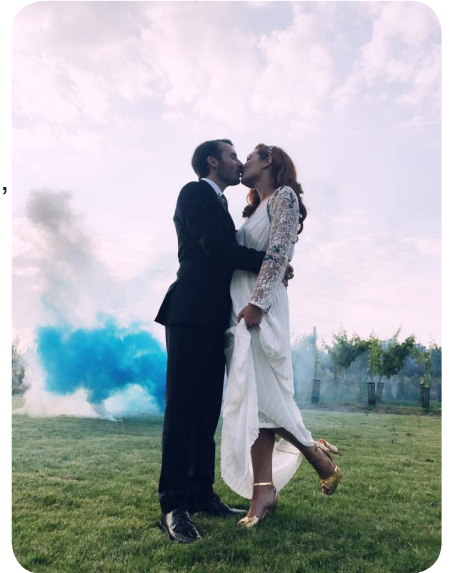
We wish a very warm welcome to new members of staff who have joined the department recently, these include: Helen Anderson, Sophie James, Elizabeth Newbronner, Caroline Pearson, Robert Lake, Talib Khan, Paul Heron, Mary Crawshaw-Ralli, Madeline Power, Andrew Mott, Charlie Welsh, Sue Bellass, Alex Mitchell, Daniel Botwright and Sheeja Manchira Kirshna.

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Eugena Stamuli, Ruth Hart, Anne Phillips, Tiffany Yang, Janice Quarton, Holly Essex, Charlotte Renwick and Jo Waddington.

Congratulations

to Mark Wall and Alex Bostock who were married on a lovely, sunny Saturday in September at the picturesque Yorkshire Heart Vineyard near Nun Monkton.



Spotty September for Danielle

Huge congratulations to Danielle Simpson for her excellent fund raising efforts in September for Leukaemia Care. As well as dressing up every day in a spotty costume, thanks to generous sponsors in the Department for ensuring she had to keep wearing it, Danielle raised money by organising a raffle.

Danielle explains why she went spotty for September. "My Father-in-Law was diagnosed with chronic myeloid leukaemia and in 2015 his blood test results caused concern and he was admitted to hospital for treatment. He passed away in October 2015 and as a family we were devastated and felt that we could have supported him more if we knew more about his condition. Spotty September was an ideal opportunity for me to support Leukaemia Care and raise some worthy funds."

"With the help of your generosity and my husband's work colleagues, I've raised a total of £510 so far, with more money still coming in. Thank you so much to everyone who donated."

Danielle's excellent fundraising earned her Leukaemia Care's Fundraiser of the Month title for October. Well done Danielle on your excellent achievement.



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).