



Megaphone Online

October 2018

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 17
Below: CLG group 13



Above: CLG group 14
Below: CLG group 16



In this issue:

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Farewell Mid15, hello Mid18

Helen Recchia (Programme Lead) and Rachel Lavelle (Cohort Lead) write: "A huge welcome to our new cohort MID 18 on the BA (Hons) Midwifery Practice programme. 27 students started with us on Monday 24th September. We are looking forward to welcoming the students to the Department of Health Sciences and the Midwifery Education team are here in our various roles to support the students throughout their time on the three year degree."

"The very best of luck to you all."



Above: Mid18

Below left: Mid15 and right Rachel, Cathryn and Helen take on the challenge



Good fun was had at the Mid15 farewell event. As well as the presentation of badges, Mid15

decided to get their own back on the Midwifery teaching team by setting them a few challenges before unlocking a prize. We wish you all lots of luck in your future careers.



Midwifery student shortlisted for award

Congratulations to third year midwifery student Lucy Horne who is completing her Council of Deans Leadership Award. Lucy has been nominated as one of four contenders for the Top #150Leaders Midwife category. This category celebrates the student midwife who has demonstrated outstanding leadership skills to positively contribute to their profession.

The winners will be announced at a ceremony in December. Good luck Lucy.

Graduation July 2018

In July 42 students graduated from the Department including our 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 our Postgraduate Diploma in Nursing students - Paula Visker who was awarded both the outstanding academic achievement prize as well as the outstanding practice prize and to Francis Warren, who received outstanding practice achievement prize.



*Above: Paula Visker receives her award
Below Claire Metcalfe (centre) with Linda Currie (left) and Karen Harper (right)*



Above: Kate Flemming (centre) is pictured with Alison Skelton (left) and Jade Marshall (right). Alison is the senior nurse in charge of the Hospice at Home service at St Leonard's Hospice and Jade is a staff nurse on the in-patient unit. Both were awarded first class honours degrees.



Midwifery students attend RCM conference 2018

A group of third year midwifery students recently attended the 2nd day of the annual Royal College of Midwives conference which was held in Manchester.

The students really enjoyed attending the event.



Student News

Student has a surprising finish to her nurse training

Emma Bower got a lovely surprise when she went to have her final placement signed off at Harrogate and District NHS Foundation Trust.

Emma, who has just completed her three year nurse training with us, had been nominated for the Trust's 'Making a Difference Award' by her mentor, Susie Bland, in recognition of her hard work and commitment during her time at the hospital. She had shown herself to be an excellent caring practitioner who was passionate about developing her skills and knowledge.

Emma said: "I was very surprised to receive this award when returning to my placement to be signed off, but a memorable way to finish my training. It is important to ensure that the individual behind every patient is respected, and to understand what is of significant to them.



Above: Emma (centre) is pictured with Dr Ros Tolcher, Chief Executive of Harrogate & District NHS Foundation Trust (left) and mentor Susie Bland (right)

She went on: "As a nursing profession, we have the power within our role to make a difference in the care delivered, and it is a privilege to be a part of patients' journey in achieving their goals. I have been fortunate throughout all my placements to have worked alongside some inspirational nurses, and cannot thank them enough for their support. I am looking forward to starting my nursing career. Well done to all of the September 2015 cohort."

NurSoc host anatomy and physiology quiz

Anna Simons from NurSoc writes "NurSoc decided to host an anatomy and physiology quiz for first year students. When we were first years we brainstormed ideas to make revision enjoyable. We discussed how working in groups and with friends is a fun way to motivate ourselves to do well in revision. Due to the cohort currently being on placement, NurSoc wanted to create an event where people could meet with their friends and have fun. We decided to hold a quiz, where we would provide pizza and refreshments to everyone who attended. "

"The quiz was beneficial for both the cohort and ourselves as writing the exam style multiple choice questions expanded our learning, I would recommend anyone to have a go as we found it extremely beneficial. 21 students attended the quiz, everybody seemed to find it helpful by ensuring us it was enhancing their learning prior to the exam. Although we wanted this to be of help to the students, we also wanted to give something back to the charities we love. Therefore, we provided a charity bucket in aid of MINDs to help raise money and awareness for mental health. Overall, the evening was a success. We will continue holding a quiz for future first year cohorts. "

"NurSoc is very excited to get involved with all nursing students this year."

Students take part in Three Minute Thesis competition

PhD student Sarah Masefield writes “In June, two Health Sciences PhD students took part in the final of the University of York’s Three Minute Thesis. “

“The competition challenges doctoral students to communicate their research project and its impact in just three minutes. Katie Pybus (third year) and myself (second year) got through the audition stage to compete against eight other students in the final, with an audience of 120 university staff and members of the general public. The event, held at King’s Manor as part of the Festival of Ideas, was hosted by former university Chancellor, British media executive and journalist, Greg Dyke. I summarised my project on the healthcare use of mothers of preschool disabled children.”

She said. “I would encourage Health Sciences students to enter next year’s competition, I really enjoyed the experience and got a lot out of it. Distilling the what, how and why of my research and communicating it in simple language in only a few minutes was a really useful exercise”.

Katie, who spoke about her research on mental health and personal independence payments at the event, said: “taking part in the competition was a really valuable experience, I found the whole process very supportive and it has made me think about how to communicate my research more effectively to different audiences”.

Kate Pickett and Stephanie Prady, Sarah and Katie’s supervisors, went to the event. They said how proud they were of both students, and they were delighted to see them deliver their 3 minute presentations with confidence and aplomb.

You can watch the performances of all the finalists, including Katie and Sarah at <https://www.york.ac.uk/research/events/three-minute-thesis/2018/>.

Applications are open for the 2019 Student Nursing Times Awards

Applications are now open for the 2019 Student Nursing Times Awards. The SNTA awards are the only awards that celebrate student nurses and nurse education.

There are 20 fantastic categories designed to showcase excellent performance. To find out what the judges are looking for and to enter for free visit studentawards.nursingtimes.net/uni.

You could be following in the footsteps of recently graduated student Joe Atkinson, who won Mental Health Student Nurse of the Year award earlier this year.



Students complete Council of Deans student leadership programme

Three nursing students and one midwifery student have just completed a four month Student Leadership programme run by the Council of Deans.

Nursing students Felix Manders-Wilde, Megan Last, Catriona Waktare and midwifery student Lucy Horne were among 150 students who took part in the programme which aims to promote and develop leadership skills among the future nursing, midwifery and allied health professionals workforce by working with first and second year pre-registration students across England, Scotland and Wales.

Felix said: “In my opinion, leadership in nursing doesn’t get enough press. We know it’s there, we know we need it and we know that it needs to be effective in order to benefit practice and patient outcomes. But how can we make it so effective and is it easier said than done?”

When I began studying at University, I decided to embark upon whatever opportunities would come my way in order to enhance my own practice in my transition from working as a healthcare worker to becoming a registered mental health nurse at the end of my degree. In my first term of my first year that I received an email inviting me to apply for leadership programme. I applied and was selected to be one of ‘The 150 Leaders’. I received an abundance of information, and it was then that it dawned on me that I had landed myself a truly fantastic and privileged opportunity.

A few months passed and then I attended an initial two day event which enthralled me. Some truly inspirational leaders in healthcare came to speak to us, share learning and inspire reflection. Each ‘150 leader’ has their own mentor. Mine, a Senior Lecturer at Northumbria University, has given me a lot of food for thought and I have taken great pleasure in meeting with, and speaking to them, about leadership.

The programme is individualised. Each student is given the opportunity to explore whatever it is that they choose in regard to personal development and building and enhancing leadership skills. Much like University, what we get out of it depends on what we put into it.

For me, the main thing I have taken away is a greater understanding of how I wish to continue to develop and I also now have a greater realisation of my potential to inspire leadership in others as well as myself. I also know (and most of the 150 leaders would agree with me) that the opportunities to network and open new doors have been invaluable. I have attended fantastic events across the UK, celebrating the NHS’s 70th birthday in the company of people such as Margaret Kitching, the Chief Nurse of NHS North and have been able to receive talks from, and network with, people such as Janet Davies, Chief Executive of The RCN and Professor Brian Webster-Henderson, Chair of The Council of Deans of Health. I have even had the opportunity to write a piece for The RCN Bulletin.”

Megan says: “This year I had set myself the challenge of taking every opportunity that came my way. So, after receiving an email advertising the Council of Deans Student Leadership Programme at the beginning of the year, it seemed the perfect way to start. Half a year since applying, it amazes me how much I’ve learnt and grown, how many brilliant people I’ve met, new friends I’ve made and how many doors have been opened.



Above: Felix Manders-Wilde

Student News

The programme has so far included a two-day conference in Reading, a day conference in London and Mentorship with the Director of Nursing, Professional Development NHS England.

The mentorship has been fantastic, my mentor is an inspirational woman with brilliant advice and ideas. She has provided a taster of the world of healthcare policy – specifically Leading Change Adding Value - connected me with other leaders in healthcare and allowed me to shadow her for a day.

My experiences beyond the programme have been equally fantastic: attending the launch event for the E-learning tool for Leading Change Adding Value, and as a result featuring in a video on the website. Never did I think nursing would lead me to be stood in front of a camera with a microphone! As well as celebrating the past, present and future of the NHS at the regional NHS70 event at York Racecourse with my colleague Felix.



Above: Megan Last

There are numerous things I've learnt as a result of the programme, but the four most valuable things I will take away with me include:

- A refreshed sense of personal value and confidence. Leadership is not just management and senior positions, we can lead from every role. Recognising this and understanding the value you can bring to a team as a student is crucial.
- New friends and connections, as well as a new respect for the power of networking and its importance within the profession.
- Twitter – the platform has opened my eyes to the fantastic healthcare community online, furthermore the support, friendship and knowledge available through it.
- The excitement and confidence to say yes to opportunities.

Professor Paul Galdas, Head of Nursing and Midwifery in the Department said: "I am delighted that four of our students were recruited to the Council of Deans Student Leadership Programme. It's been an exciting opportunity for them to further develop their skills which has provided essential knowledge and skills for future healthcare leaders. Developing high level teamwork and leadership skills will be critical to the success of the next generation of nurses and for the future of healthcare and I hope that they have learnt a great deal from the experience."

Young recruit to the Master of Public Health programme

Amanda Mason Jones writes "Congratulations to MPH student Lucy Burns who recently gave birth to Cora. Welcome to Health Sciences Cora."



New publication available

A new publication written by Ted Hewitt, Devi Nannen, Jessica Powell and Anita Savage Grainge from the Department and David Brown, Academic Liaison Librarian for Health Sciences, entitled “The Best Available Evidence: Assessing the Quality of Nursing Students’ Bibliographies” is now available. The article was written for the Journal of the European Association for the Teaching of Academic Writing.

Abstract

Librarians and academic staff suggest a relationship between the quality of references which students use in academic assignments and the marks received. This study tested that assertion by using a citation analysis methodology to assess the quality of bibliographies written by undergraduate nursing students at the University of York.

Bibliographies from sixty essays across three modules were analysed, noting the types and quantities of references used and whether references were sourced independently or included in the module’s reading list. Each bibliography was given an overall quality rating: ‘Poor’, ‘Average’ or ‘Good’. This rating was compared with the mark the student was awarded for the essay. Results showed that, whilst students demonstrated the ability to locate items independently, the quality of those items was often poor. Generally, quality of selected sources and bibliographies improved as students progressed through the programme.

There was an association between higher quality bibliographies and higher assignment marks.

The study concludes that critical thinking skills are vital for nursing students to develop academically, as these skills will be tested within a clinical environment once students have completed their degree. A benefit for students is the conclusion that using higher quality sources results in higher marks.

To view the full article, visit <http://e-learning.coventry.ac.uk/ojs/index.php/joaw/article/view/398/599>



1st Biennial Martin House Research Centre Conference held

In September, the University of York hosted the 1st Martin House Research Centre (MHRC) conference. Much to the relief the MHRC team, Hurricane Ali and Storm Bronagh did not prevent (most of) the delegates and all the speakers making the trip to York. More than 90 delegates filled the auditorium.

The Centre Director, Dr Lorna Fraser, gave a short introduction to the MHRC, highlighting the importance of high quality research, the input of parents and young people and the need for collaboration. Then the current Association of Paediatric Palliative Medicine Chair, Dr Pat Carragher, gave an excellent plenary highlighting the value of research in influencing policy makers and demonstrating how the ChiSP study¹ has helped CHAS to have conversations and get children's palliative care into key national policy documents. A varied selection of oral presentations from the submitted abstracts were up next with great questions from the audience.



Before lunch, Helen Weatherly from the world-renowned Centre of Health Economics², gave the audience an excellent introduction into the methods of economic evaluation and highlighted some of the challenges of these studies in palliative care.

A noisy and busy lunch for the delegates whilst they viewed the posters on display before returning to the auditorium for a great overview of outcome measures in palliative care by world expert Professor Fliss Murtagh from the Wolfson Centre for Palliative Care³ in the Hull York Medical School. The CEO of Martin House, Martin Warhurst, then responded highlighting the importance to the organisations, such as Martin House, of having outcome measures and being able to quantify the difference that they make to the lives of children and families.

Another session of submitted oral presentations was next up, a special mention to Dr Sarah Mitchell who managed to present her whole PhD in 10 minutes through the medium of cartoons!

The final plenary session started with a thought provoking presentation by Professor David Abbot (University of Bristol) presenting the very rich data from his study on discussing end of life with young men with Duchenne Muscular Dystrophy⁴. These data highlighted the real need from these men for someone who cared about their lives, and understood their condition, to discuss death and dying with them. Dr Anne-Marie Childs (consultant paediatric neuromuscular) and Sue Manning (Neuromuscular Care Advisor) then responded discussing the challenges of these conversations in the clinic environment and highlighting the new guidelines on the care for children and adults with neuromuscular diseases.

It was nice to see, after 4pm on a Friday afternoon, that the conversations continued beyond the end of the programme. Once the MHRC team have recovered we look forward to planning the 2020 conference.

For more information about the MHRC and their current research studies see: www.york.ac.uk/mhrc

¹ <https://www.york.ac.uk/inst/spru/research/pdf/chisp.pdf>

² <https://www.york.ac.uk/che/>

³ <https://www.hyms.ac.uk/research/research-centres-and-groups/Wolfson>

⁴ Abbott D, Prescott H, Forbes K, Fraser J, Majumdar A. Men with Duchenne muscular dystrophy and end of life planning. *Neuromuscular Disorders* <https://doi.org/10.106/j.nmd.2017.06.147>

Secondhand smoke causing thousands of still births in developing countries

According to research carried out exposure to secondhand smoke is causing thousands of still births in developing countries. The study reveals that more than 40% of all pregnant women in Pakistan are exposed to secondhand smoke – causing approximately 17,000 still births in a year.

Indonesia

Exposure to secondhand smoke during pregnancy increases the risk of stillbirth, congenital malformations, low birth-weight and respiratory illnesses. However, little is known about the extent of secondhand smoke exposure during pregnancy.

The team looked at the number of pregnancies alongside smoking exposure data in 30 developing countries from 2008 to 2013.

The analysis revealed that in Armenia, Indonesia, Jordan, Bangladesh and Nepal more than 50% of pregnant women reported exposure to household secondhand smoke. The authors believe this led to over 10,000 still births in Indonesia alone.

In Pakistan only 1% of still births are attributed to women actively smoking during pregnancy, but for secondhand smoke the figure is 7%, largely due to the high numbers of pregnant women exposed to tobacco smoke in the home.

In five of the 30 countries, household secondhand smoke exposure was twice as common as active smoking.

Interventions

Lead author, Professor Kamran Siddiqi, from the Department said it was predominately male smokers exposing women to secondhand smoke.

He said: “This is the first study which provides national estimates for 30 developing countries on secondhand smoke exposure in pregnancy and it reveals a huge problem, a problem which is not being addressed.

“We have shown for the first time that secondhand smoke during pregnancy is far more common than active smoking in developing countries, accounting for more still births than active smoking.

“Protecting pregnant women from secondhand smoke exposure should be a key strategy to improve maternal and child health.”

The research team say the results are based on self-reported surveys and could be subject to underestimation.

They also say further work is needed to develop effective interventions to reduce household exposure to secondhand smoke.

More support needed to give overseas doctors confidence in interpersonal skills

More emphasis should be put on improving the interpersonal skills of overseas doctors wanting to work in the NHS as GPs, a new study has suggested. The authors of the report say interpersonal skills may be just as important as clinical knowledge for those on GP training programmes. The research, from the University of York and Work Psychology Group (WPG) suggests that many overseas medical graduates don't do as well as UK medical graduates in examinations that simulate interactions with patients.

Consideration should therefore be given to providing more support to overseas candidates to improve their confidence in social and communication interactions within the context and culture of the NHS. The authors suggest that additional support could help to narrow the gap in exam performance between international and UK graduates.

Senior author, Dr Paul Tiffin, from the Department and the Hull York Medical School, said: "Since its inception the NHS has relied heavily on the hard work and dedication of overseas doctors and further efforts should be made to enhance their confidence in terms of communication and interpersonal skills, within the specific context of the UK health service. This is likely to further reduce differences in pass rates between UK and overseas graduates at medical exams."

As a follow-up from an initial project commissioned by the General Medical Council (GMC), the research team analysed data from 1874 international medical graduates who applied for GP training between 2008 and 2012. The study builds on previous research which showed that when compared to UK graduates, overseas doctors tend to perform more poorly on the Clinical Skills Assessment, an element of the Membership of the Royal College of General Practitioners (MRCGP) licencing examination; an assessment that doctors are required to pass to practice as a GP.

The Clinical Skills Assessment involves a simulation of actual medical practice and candidates are observed and rated according to their interactions with patients. To compare the importance of interpersonal competence and clinical knowledge in performance on the MRCGP licencing examination, the study examined the relationship between exam performance, and performance in the GP training selection process.

The GP selection process includes a situational judgement test (SJT) and clinical problem solving test (CPST). The SJT is a written test, designed to assess interpersonal competence. Candidates are presented with a series of scenarios and response options, and are required to rank the response options in order of appropriateness. The CPST is designed to assess clinical knowledge and a candidates' ability to apply this in making clinical decisions.

The study found that performance on the SJT is as predictive of subsequent performance in the Clinical Skills Assessment at the end of training, as scores achieved on the Clinical Problem Solving Test. Dr Tiffin added:

"Our findings provide evidence that interpersonal skills may be at least as important as medical knowledge when it comes to clinical exam performance in qualified doctors. However, we have to exercise some caution as, at present, we don't know whether there are any differences in academic performance that translate into actual practice in relation to patient care. This is something we are hoping to study in the very near future."

By demonstrating the importance of interpersonal competence to licencing examination results, the research team have provided new insights into how to support future GP trainees who are likely to struggle with exams that involve social and communication interactions.

Research News

York awarded funding for mental health network

The University of York has secured £1.2m funding to form an innovative mental health network which will focus on improving physical health and reducing health inequalities for people with severe mental illness.

The York-led 'Closing the Gap' Network+ will address the 'mortality gap' between the general population and people with severe forms of mental ill health, who experience profound health inequalities. The network will examine the causes of poor physical health and reduced life expectancy for people who use mental health services, and look at interventions.

The network is one of eight funded by UK Research and Innovation; between them, the eight networks will receive approximately £8m. The York network will be funded for four years, and will support new research and collaboration in this area.

Professor Simon Gilbody, who holds a joint appointment with Hull York Medical School and the Department, will lead the network. .

The network includes researchers from the University's Centre for Reviews and Dissemination, the Cochrane Common Mental Disorders Group, the Centre for Health Economics, the departments of Environment and Geography, Health Sciences, and Theatre, Film and Television.

'Closing the Gap' Network+ will bring together a cross-disciplinary collective of researchers in collaboration with organisations including Tees, Esk and Wear Valleys NHS Trust, Mental Health Foundation, The Equality Trust, Keele University, Natural England, Wildlife Trust and Groundwork Trust. Over the next four years the network will grow to involve other universities and organisations. At the centre of the network will be partnerships with people with lived experience of mental ill health.

Closing the gap

People with severe mental illnesses such as schizophrenia and bipolar disorder typically die 20-25 years earlier than those without. This mortality gap is mostly due to physical health problems such as heart disease, diabetes or cancers associated with lifestyle factors.

There are complex and multiple causes of the mortality gap. Rates of smoking and obesity are much higher in this population, while housing is often poor. People with severe mental illness typically lead sedentary lives, meaning they miss out on the benefits of exercise and interaction with the natural environment.

To read the full story visit <https://www.york.ac.uk/healthsciences/news-and-events/news/2018/closing-the-gap-network/>

Expert reaction: Home Office reschedules cannabis-based products for medicinal use

Ian Hamilton, an expert in addiction and mental health recently reacted to the Home Office announcement that cannabis-based products can be used to treat some medical conditions from 1 November 2018.

To read the article visit <https://www.york.ac.uk/healthsciences/news-and-events/news/2018/expert-reaction/>

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Gemma Mitchell, Matthew Lesch, Sophie MacKinder, Papya Muzumda, Jennifer Roche, Sarah Wilkie, Andrew Haynes, Christina van der Feltz Cornelis, Jennie Lister, Rosie Coulthard, Kate Mooney, Abisola Balogun, Olivia Taylor, Chandani Nekitsing, Fiona MacCallion, Claire Sloan, Anna-Marie Marshall, Alex Dean, Elizabeth McHugh, Ben Young and Lyn Robinson-Smith.

Goodbye

We also wish a very fond farewell to those who have left, including: Naomi Woods, Louise Gascoine, Nicole Grindley, Jenny Fairthorne, Luke Phillipo, Claire Whitmore and Helen Challand.

Congratulations

To Alex Smith from ECSG who has been appointed to the Cancer Research UK Population Research Committee. The committee is responsible for the oversight, development, review, funding and management of the CRUK portfolio in population sciences including early diagnosis, prevention and epidemiology.

Also congratulations to Ada Keding and Mona Kanaan who were part of a team who took part in the Race for Life event in September. The team has raised a massive £390 plus £80 gift aid.

Finally congratulations to Zoe Hindson, Project Support Officer, who gave birth to Benjamin Peter, weighing 9lb 2oz (pictured right).



Department supports Macmillan Coffee Morning and World Mental Health Day

Thank you to everyone who took part in the recent Macmillan coffee morning. We raised £136.27. Pictured right are some of the staff from the second floor Seebohm Rowntree Building enjoying some of the lovely goodies available.

£42 was raised by Student and Academic Support Service in a raffle held to support World Mental Health Day.



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).