



# Megaphone Online

July 2022

the voice of Health Sciences' staff and students

## Graduation July 2022

Congratulations to all our graduates who attend an "in-person" ceremony on campus earlier this month. As well as PhD, postgraduate and undergraduates, the Department was delighted to see the first cohort of our Foundation Degree in Science in Health and Social Care: Nursing Associates graduate.

Linda Currie, Nursing Associate (NA) programme lead, writes: "In July 2019 the first apprenticeship programme at the University of York was validated by the Nursing & Midwifery Council and the University. This was the 2 year Foundation Degree for Nursing Associates. In December 2019, the learners commenced their programme, most having been out of education for some time, with much trepidation and yet eagerness to learn to get their nursing careers underway."



"In March 2020 the Nursing Associates faced an even bigger challenge as Covid hit. The pressures they faced within practice were immense as employees and as individuals with families and loved ones. A decision was made to give a 6 month break in learning for the cohort to be able to focus on the needs of the service. In September 2020, the cohort resumed their studies online. This presented new challenges for both the learners and the NA team."

"However, this cohort were used to challenges and coped admirably and in June 2022, they finally progressed through the exam board and the apprenticeship End Point Assessment and their details were uploaded to the NMC register. Well done to you all."

See pages 2, 3 and 4 for more pictures, prize giving and a lovely poem written by one of our NAs.

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## Graduation July 2022



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### Starting the Trainee Nursing Associate Apprenticeship Journey

Turning up at uni that very first day,  
Wondering if it's too late to run away,

Talks of placements, the VLE and pebblepad,  
All thinking we must be mad,

The library, referencing, the NMC code,  
Will we ever get into learning mode,

Walking around campus feeling quite lost,  
Wednesdays are now such a big cost,

Tea, coffee, parking and food,  
We need the sugar to get in the mood,

Abandoning duties at home, cleaning, partners or being a mother,  
Yet forming great friendships and bonds with each other,

Late night messages on the group WhatsApp,  
Please help me this essay is making me nap,

Yet as the course approached the end,  
We had all become really good friends,

And sitting here today in this crowd,  
We should all feel so very proud,

Not one of us knew what we would have to face,  
We worked through the pandemic and earned our place,

A break in learning that was just fine,  
Then returning to Zoom and lectures online,

Let's not forget the staff and lecture team,  
They have supported and helped us to achieve this dream,

All our hard work and dedication has paid,  
We are all now fully registered NA's.

Copyright

Katie Johnson

Cohort 1 Dec 2019

Trainee Nursing Associate Apprentice

Foundation Degree in Science in Health& Social Care: Nursing Associate programme



## Nursing Associate prize winners

Graduation saw prizes being awarded to some of our graduating Nursing Associates.



Outstanding Practice prize: Katie Johnson and Laura Harrison



Outstanding Progression prize: Emma Hunter



Outstanding Achievement prize: Cindy Ewen

### PhD student receives commendation

PhD student Jodie Fryer writes: “During March 2020 I started working for the Usher Network for Covid-19 Evidence Reviews (UNCOVER) remotely at the University of Edinburgh as a research assistant.”

“The nature of the job means you choose research projects you would like to be involved in. One project I was involved in explored the mental health of post-secondary student during the pandemic. After the initial research was finished, we decided to submit an abstract to take part in The Association of Schools of Public Health in the European Region (ASPHER) conference outlining our findings and explaining how our digitalised working model has been such a success; the topic of this year’s conference was digitalisation and education.”

“Following two rounds of abstract submission, we were given the opportunity to competitively present. As a team, UNCOVER narrowly missed out on coming first, but were awarded a highly commended certificate for preparing ‘a highly innovative and enthusiastic presentation’ the judges continued, ‘we were amazed at your ability to get 5 people into 10 minutes [presenting] and to convey some important conclusions around the mental health of secondary school students; and certainly urge you to publish your findings in due course and to keep that research collaboration going’.”

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### PhD student reaches final of Three Minute Thesis (3MT)

Congratulations to PhD student and Lecturer in Midwifery Helen Recchia who reached this year’s final of the University’s 3MT competition.

The University of York Three Minute Thesis competition challenges PhD students to educate and engage the audience with their research in just three minutes.

Research students pitch their work against the clock, often to a nail biting finish! They are competing to communicate the impact of their research to an audience and judging panel. The top three receive prizes and coaching for the national 3MT semi-final.

3MT was developed by the University of Queensland to celebrate the best research.

### York students join global education exchange on the Nursing & Midwifery response to the Climate Emergency (February to May 2022)

Students, Kheira Haffiane, Kate Grainger and Beth MacKellar write: “The Collaborative Online International Learning (COIL) is a research-based virtual exchange programme that assembled the schools or departments of nursing and midwifery of 14 universities worldwide: University of Pennsylvania; Trinity College, Dublin; Oxford Brookes University; VID Specialized University, Norway; Oslo Metropolitan University; University of Queensland; Universidad de los Andes, Chile; Ulster University; University of York; University of Exeter College of Medicine Nursing Program; University of Botswana; University of Tokyo; University of Hong Kong; Holy Angel University.”



“This year, two academic staff and 12 students from York’s nursing and midwifery programmes collaborated on a joint syllabus on global warming and the climate crisis. The programme ran for 12 weeks, every Thursday evening for three hours over Zoom, providing information on how to support the efforts, within our profession, to achieve a healthy climate. Every week, the exchange would begin with a warm welcome from the course facilitators before guest speakers (usually three) delivered a presentation addressing various aspects of climate change before inviting questions from the group.”

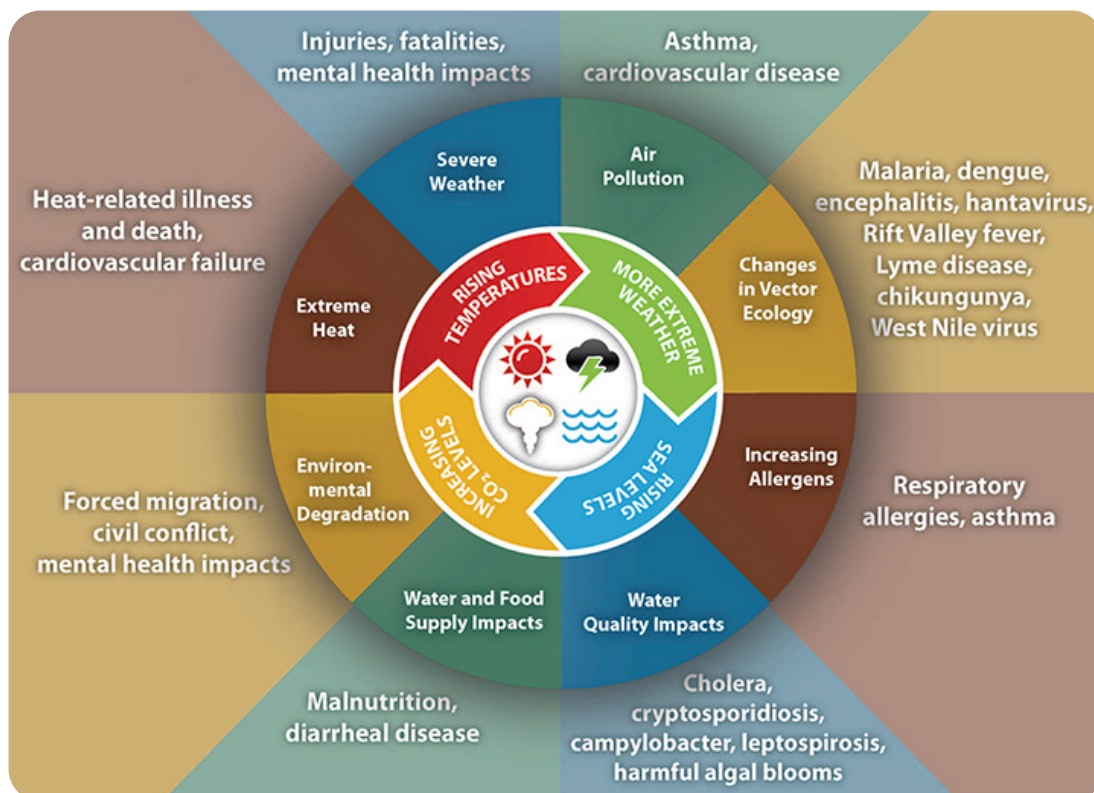
“The guest speakers were then asked “what gives you hope” with regard to climate change in the future. The second half of the evening provided opportunities for members of the exchange programme to get to know each other and share their experiences of studying nursing or midwifery and the impact of climate change within the context of healthcare. These breakout sessions of ten students were mixed to include students from around the world and began with ice breaker questions. In addition to the Thursday evening meetings, Canvas, an online platform, provided additional resources, recordings of previous weeks, and the opportunity to become more acquainted with the COIL community through sharing photos and insight into the environment in which we live.”

“Speakers on the exchange described how we can all make small changes within the clinical area to prevent global heating. Most memorably, one guest discussed a scheme conducted in Great Ormond Street Hospital (GOSH) and aimed at limiting the use of non-sterile gloves in the clinical area. The staff reduced their consumption of disposable gloves by twenty one tonnes over ten months, saving £90,000 in the process. Initially, the scheme was aimed at improving patient safety and hand hygiene. However, it snowballed into GOSH becoming a more sustainable place to work. This helps to protect the current and future generations associated with plastic consumption and is an easy way for the NHS to not only save money but also protect lives and become more sustainable.”

## Student News

Valuable multicultural learning surrounding nursing in the era of climate change was made from this rewarding exchange, including the Zulu term Ubuntu, which means “I am because we are”. The session focusing on active hope discussed the term Ubuntu, which originates from humanist African philosophy and emphasises the importance of community in humanity. This philosophy therefore seems evidently relevant to nursing and midwifery, and to give us hope in this time of climate crisis.”

“For the issue of Climate Change and Nursing there’s much to learn and much more to do! We hope that this opportunity for York students’ involvement can be repeated in the coming years, as we actively engage with the international nursing and midwifery community in responding to the incalculable threat that the climate emergency brings to global health and well-being.”



Source: Centres for Disease Control and Prevention. Climate Effects on Health [cdc.gov/climateandhealth/effects](https://www.cdc.gov/climateandhealth/effects)

# Teaching News

## Breastfeeding week

27<sup>th</sup> June - 3<sup>rd</sup> July 2022 was National Breastfeeding week in the UK. To highlight this, SASS and the Midwifery team set up a display showcasing different facts surrounding breastfeeding, as well as promotional posters, highlighting the importance of supporting women to breastfeed.

The BA (Hons) Midwifery Practice has been recently reaccredited by Unicef, with the Baby Friendly Initiative (BFI) standards, learning outcomes and topics integrated throughout the curriculum. The team have also been expanding the teaching of the BFI to the Nursing cohorts in a series of seminars and hope to work with other student groups in the future.

Other projects of the BFI team include providing safe spaces and facilities for staff and students to breastfeed or express across the University, as well as staff training on the BFI and infant feeding in general.

For further information, please contact Bex Hudson-Tandy ([rebecca.hudson-tandy@york.ac.uk](mailto:rebecca.hudson-tandy@york.ac.uk)) or Carole Lindsey ([carole.lindsey@york.ac.uk](mailto:carole.lindsey@york.ac.uk))





# Teaching News

## YUSU awards

The Department of Health Sciences received 27 nominations in this year's YUSU Excellence Awards. These awards give students the opportunity to show their appreciation to staff across the University, and thank them for their hard work. It is a student-led celebration and one which allows students to recognise those who have had a particularly positive impact on them over the past academic year, whether they are academic or non-academic staff members.

Congratulations to Mike Parker, who won "Teacher of the Year." This award looks for an individual who:

- Is at the forefront of developing teaching methods, which meet the needs of different types of learners.
- Consistently delivers stimulating lectures that motivate students to learn.
- Communicates subject knowledge in a clear way, as well as providing engaging opportunities for discussion and debate.
- Makes themselves available to students and helps them outside of scheduled contact hours
- Gives prompt, relevant, and constructive feedback.



Staff nominated were:

GTA of the Year = Claudia Milena Adler, Olivia Walsh

Most Inspiring = Dr Janaka Saranasuriya Jayawickrama, Dr Mike Parker, Professor Stephen Holland

PhD Supervisor of the Year = Dr Janaka Saranasuriya Jayawickrama, Dr Jo Rose, Professor Najma Siddiqi, Dr Sue Faulds

Promoting Accessibility, Diversity & Inclusion = Dr Janaka Saranasuriya Jayawickrama

Supervisor of the Year = Ann Bellerby, David Graham, Dr Gerardo Zavala Gomez, Dr Sue Faulds

Teacher of the Year = Dr Keith Ford, Dr Mike Parker, Professor Mona Kanaan, Dr Rob Allison, Professor Steve Holland, Professor Tim Doran

Unsung Hero = Drew Atherton.

Congratuatlations to our winner Mike and all those nominated.

### The FLexor repAir and REhabilitation (FLARE) Trial



A collaboration between Frimley Health NHS Foundation Trust, South Tees Hospitals NHS Foundation Trust and the York Trials Unit have been awarded £1.34m in research funding from the National Institute for Health Research (NIHR) Health Technology Assessment (HTA) programme.

FLARE is a multi-centre, two-arm, non-inferiority randomised controlled Trial to investigate if the repair of one flexor tendon alone (Flexor Digitorum Profundus (FDP)) is as effective as the repair of both flexor tendons (FDP and Flexor Digitorum Superficialis (FDS)) and which of these treatments offers the best value for money to the NHS. The findings have the potential to inform surgical management of these injuries in the UK.

Flexor tendons are smooth cords connecting the forearm muscles to finger bones, enabling the fingers to bend. The most common and challenging flexor tendon injury is in zone 2, at the base of the fingers, where the two tendons run in the tight flexor sheath. A sharp cut to these tendons requires surgical repair as standard of care. This is followed by a 12 week period of rehabilitation which promotes healing and full finger motion, without tendons getting stuck in scar tissue or coming apart. During the first 6 weeks, a splint is used to limit the range of finger motion and protect the tendon repair. Patients complete a hand therapy rehabilitation regimen for the remaining 6 weeks.

There is low quality evidence as to whether repairing FDP alone is as good as repairing both FDP and FDS. Repairing both might increase strength but leave a bent finger. Repairing FDP alone might make the finger weaker but give a better range of motion.

The FLARE Trial looks at adult patients with a recent injury at the base of a single finger injury where both flexor tendons are cut through. 310 patients will be recruited from up to 40 NHS hospitals across the UK.

Patients will undergo surgery to have either the tendon bending the fingertip repaired (FDP) or both tendons repaired (FDP and FDS). Following surgery, patients wear a splint to protect the repaired tendon or tendons and complete a hand therapy regime based on standard practice at the recruiting hospital. All patients will be followed up for 6 months after their surgery. During their involvement patients will be asked to complete questionnaires that assess the process of treatment, hand pain, hand function and quality of life.

By 6 months, most patients will have completed their rehabilitation and been discharged. We believe that is when we will gain the most insight in how repairing one tendon compares to repairing both. Data will be collected from hospital records to inform the cost assessment of each type of surgery. Interviews will also be undertaken with trial participants to further explore their experience of the treatment received and their recovery.

The Trial has been designed with input from a Patient Advisory Group and their involvement will continue through Trial conduct and reporting.

FLARE is being co-led by Chief Investigators Matt Gardiner at Frimley Health, Emma Reay at South Tees, and by Professor Joy Adamson at York Trials Unit.

Follow us on Twitter: @FLARE\_\_Trial

## Research News

### Work Stress Screener (WOSS-13) and Resilience at Work Scale (ReWoS-24)

Work stress is a global issue with countries such as the UK requiring organisations to protect employees. Work stress can be beneficial (challenging) or harmful (overwhelming), and characteristics such as resilience are thought to mitigate some of the negative effects. Two new scales have been developed to assess the level and type of work stress experienced by individual employees, and resilience at an individual and team level.

These two instruments were included in a survey focused on staff and student wellbeing at the University of York. Staff members and students who worked in paid positions alongside their studies were included in the validation of these two instruments (n=1980). Each item across both scales was evaluated prior to conducting factor analyses to confirm subscales. Internal consistency of subscales was assessed and 609 survey respondents provided re-test data for these scales. Convergent and divergent validity were investigated using responses to the Perceived Stress Questionnaire, Perceived Stress Reactivity Scale, widely used mental health screening tools and the number of chronic medical conditions that survey respondents reported.

Both questionnaires were found to be valid and reliable tools for measuring the level and nature of work stress and resilience experienced by individuals and teams. These measures could be useful in workplaces to assess for and mitigate against, harmful work stress experienced by employees.

The WOSS-13 is a 13-item instrument which is presented as two distinct subscales targeting benign and harmful work stress. Scores for benign stress (challenging) range between 0 and 24, and for harmful stress range between 0 and 15.

The ReWoS-24 is a 24-item instrument which is presented as two distinct subscales measuring individual and team resilience. Scores for individual resilience at work range between 0 and 54, and for team resilience range between 0 and 18.

Each of these questionnaires takes approximately 5 minutes to complete.

Full information relating to the validation of these questionnaires can be found at:

<https://doi.org/10.1016/j.jpsychores.2022.110989>

Copies of the validated questionnaires can be obtained from Jenny Sweetman and Christina van der Feltz-Cornelis.

## Research News

### Shortlisted for Nursing Times Awards 2022

One of Health Sciences key research partners - the Research and Development Team at Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) - have been shortlisted for an award in the Clinical Research Nursing category at the prestigious 2022 Nursing Times Awards (<https://awards.nursingtimes.net/nta/en/page/home>).

The nomination follows TEWV's introduction of new initiatives allowing nurses to play key roles in the development and delivery of research to improve care and treatment for patients, their families and carers. This includes support for student nurse placements and having nurses as research champions and delivering research interventions.

The Trust has also introduced joint clinical and research posts and has supported several nurses to progress to PhD level study. Amongst those originating and pushing forward all these initiatives are two nurse research leaders in the Trust who are also members of the Department: Professor Lina Gega in the Mental Health and Addictions Research Group (MHARG) who holds an honorary appointment as Nurse Consultant in Psychological Therapies in TEWV and David Ekers who is Clinical Director for Research and Development at TEWV and is an Honorary Visiting Professor in Health Sciences.

The judging ceremony is on Wednesday 26<sup>th</sup> October at Grosvenor House Hotel on Park Lane in London. We wish everyone involved the very best of luck.

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### Paper selected for Editor's Pick in BMJ

The paper "Identifying the top research priorities in medically not yet explained symptoms (MNYES): a James Lind Alliance priority setting partnership' published by Christina van der Feltz-Cornelis et al. in BMJ Open was selected in this month's BMJOpen 'Editor's picks' blog post. <https://blogs.bmj.com/bmjopen/2022/07/20/editors-picks-2022-patient-and-public-involvement-research/>

This paper resulted from 18 months of work by the University of York Department of Health Sciences and Hull York Medical School with patients, carers and clinicians guided by the Lind Alliance and supported by charities such as UK FND Hope, Guts Charity, POTS charity, Fibromyalgia charity.

### Award for Martin House research team

Researchers at the University's Martin House Research Centre (MHRC) have won an award recognising their commitment to involving children and their families in the design and delivery of research projects.

The team, led by Professor Lorna Fraser, received the PIER (Paediatric Involvement and Engagement in Research) Award from the National Institute for Health Research (NIHR) and the Royal College of Paediatrics and Child Health (RCPCH).

MHRC carries out research into the care and support of children and young people with life limiting conditions or medical complexity, their families and the workforce that care for them. The research centre is a partnership between Martin House Children's Hospice, the University of York and the University of Leeds.

The award recognises the MHRC team's partnership work including the development of a Family Advisory Board (FAB) of parents and carers and a young people group. The MHRC team works with FAB on all their research studies.

Professor Fraser said: "We are committed to working with children, young people and their families to make sure our research is informed and shaped by them. We have a portfolio of nearly 30 studies - these are all informed by our Public Patient Involvement (PPI) work and without their input this research could not be undertaken."

She added: "We can only do this valuable work with the support of the parents, carers and young people. I am humbled by how much time and input they are willing to give to work with us.

"I would also like to thank Martin House and The True Colours Trust for recognising the need to provide funding for our PPI work to ensure that we have resources to work closely with the families."

## Success of the 1st DoHS Research Showcase and award winners

The Department's Research Showcase, held on 13<sup>th</sup> July, saw 75 early career researchers come together for a day of research dissemination, researcher development and community building. Fifty exceptionally high-quality posters were submitted for the conference and displayed in six themes. The posters were judged by five senior staff members and the Pro-Vice Chancellor for Research, and two prizes were awarded for poster presentations (judged by audience vote). The event organisers, Sarah Masefield and Kate Mooney awarded two additional prizes to members of the planning committee for their outstanding contributions to the event. The feedback from the event was overwhelmingly positive, with 100% of respondents (n=52) saying they'd attend similar events again.

Thank you to everyone who attended and contributed for helping make it such a successful and enjoyable day. Sarah and Kate would love to hear from anyone interested in helping organise the event again next year (sarah.masefield@york.ac.uk; kate.mooney@york.ac.uk).

### Poster prizes:

- Ben Lorimer, Health Risk Behaviours and Motivation to Change in People with Severe Mental Ill Health (Theme: Adult mental health. Judged by Prof. Paul Galdas)
- Fi Rose, Yoga for older people with multi-morbidity: how we kept our trial going through COVID-19 (Theme: Innovation in design, delivery or analysis. Judged by Prof. Matthias Ruth)
- Jennie Lister, A latent class analysis of the BiBBS birth cohort (Theme: Health inequalities. Judged by Dr Sarah Blower & Prof. Lorna Fraser)
- Katie Webb and Heidi Stevens, Behavioural Activation for Low Mood and Anxiety in Male NHS Frontline Workers (Theme: Research with or about the health and care workforce. Judged by Prof. Cath Hewitt)
- Lauren Walker, Where Co-Pro goes, Applied Health Research Grows (SPACES) (Theme: Service user involvement and engagement. Judged by Prof. Simon Gilbody)
- Mehreen Faisal, Development of PROSPECT (PROviding Support to Parents for Engaging in their children's Toothbrushing) intervention (Theme: Research with parents and children. Judged by Prof. Alex Smith)



### Poster presentation prizes:

- Kavindu Appuhamy, The prevalence of obesity and associated risk factors in people with severe mental illness in South Asia
- Silke Vereeken A Syndemic Framework Approach to SMI in Mental Health Care

### Prize for outstanding contribution to the event:

- Mariam Khokhar
- Steph Bramley



# Research News

## MHARG alfresco get-together event

On Tuesday 3<sup>rd</sup> May members of MHARG came together for an Al Fresco event at the James College/ Psychology tepee to mark a return to campus after two years of COVID and remote-working and to celebrate the approach of summer.

Director of MHARG, Professor Simon Gilbody opened the proceedings with an appropriately animated and upbeat speech praising the perseverance of everyone over the past couple of years and noting the many significant funding achievements during that time. He also thanked the event organisers and everyone who had contributed to the amazing and truly international array of savoury and sweet specialties on offer, including sweets from Bangladesh and Brazil, bread and pastries from Greece, and some classic Yorkshire fayre.

The melody of conversation and laughter was that of a group of people who really value each other's company and were enjoying being able to come together again after so long. We are pleased to share with you some photos of this happy and memorable event where even the rain had the good grace to hold off till it was time to pack up



# Staff News

## Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: David Buchanan, Monica Duffy, Karen Williams, Emma Clark, Catherine Butler, Curt Byrne, Kelly Storrer, Abbie-Rae Cowling, Alina Uyazina, Maisie Martland, Rosemarie Stevens, Fiden Turk, Claire Eccles, Helen Galloway.

Welcome back to Heather Maslen who is covering for Alex Bostock who is on maternity leave.

## Goodbye

We also wish a very fond farewell to those who have left, including: Chandani Nekitsing, Liz Glidewell, Chloe Dickinson, Olivia Durning, Katherine Jones, Aishwarya Vidyasagaran, Hannah Ainsworth, Masuma Mishu.

## Congratulations

to:

- Laura Wiley who gave birth to Emilia Wiley born 19<sup>th</sup> May
- Arabella Scantlebury, who gave birth to Sienna Scantlebury born 23<sup>rd</sup> May
- Alex Bostock who gave birth to a baby boy Gene Luis Wall weighing 8lbs 15.
- Stuart Jarvis - baby Max born 7<sup>th</sup> June 2022

Finally, congratulations to Mike Parker who received a Doctor of Education from the University of Hull.



If you would like to make a submission to future editions of Megaphone, please contact Jane Milsom ([jane.milsom@york.ac.uk](mailto:jane.milsom@york.ac.uk) or tel 01904 321392).