



Megaphone Online

December 2018

the voice of Health Sciences' staff and students

Karl's Christmas message

Thank you for your continued support, over what has been a challenging but nonetheless, successful year. It has been a great collective effort. I remain impressed by everyone's enthusiasm, commitment and engagement, along with our ability to work in a collegiate way.

We have made significant progress on many different fronts due to your hard work. Our research activities continue to be highly successful, while we have made significant headway on establishing the new nursing curriculum. I believe we are in a much stronger position than we were 12 months ago. I am especially pleased that our students continue to receive external recognition for their endeavours.

We have also introduced several initiatives aimed at improving their experience, with several more planned for the coming year. There will certainly be difficulties in the coming year, but I am confident we will show our usual resilience in overcoming them.

Enjoy the festive season and I wish you the very best for 2019. I look forward to working with you.

Professor Karl Atkin, FAcSS
Head of Department



Merry Christmas!

Thank you to everyone who has provided articles and pictures to Megaphone over the last year.

I really hope you have enjoyed reading the issues and I look forward to your contributions next year.

Merry Christmas and a happy and healthy 2019.

Jane

In this issue:

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Buddy support system developed by third year nursing students

Karen Harper, Child Field of Practice Course Administrator writes: "Providing a welcoming, supportive, inclusive system is at the core of Child Field Buddying we have developed for the child field students."

"September 16 Child students voiced a desire to have had a buddying system at the start of the BSc programme. In particular they had expressed a wish to have been able to gain support by being able to contact other child field students in the first year and in the cohorts above."



Above: Picture shows Claire Metcalfe, Child Field of Practice lead, and Karen Harper with our third year child field students.

"Midwifery have a buddying system which we decided to use as a base model."

"We have adopted a 'grandparent' route, September 15 graduands act as grandparents, 3rd years parents, 2nd years child, 1st years newborns, with each student being allocated into a 'parenting set'."

"Students hope the system will enable more interaction between year groups, encourage shared learning, increased support and unity, having a broader network of peers will also provide motivation and friendships. Third years have already benefited from meeting alumni students, students feel uniting the year groups will benefit a broader network of peers."

"The buddying scheme is an 'opt in' process, students have received the system warmly and we will evaluate it in the Spring term."

"Child Field team have met with Matthew Jacobs, Danielle Simpson and Liz Wands-Murray and shared their processes."

"We have suggested they could adopt a similar model by using 3rd, 2nd, 1st year Cooperative Learning Groups groups."

Cheese and wine evening planned to raise mental health awareness

Third year mental health nursing student Lou York is planning a cheese and wine evening to raise funds for her elective placement next year to Sri Lanka.

Lou is planning to give a talk on mental health and how there is still a lack of awareness around mental health, how it affects us and what support is available.

As well as the talk, Lou will be serving different flavoured cheeses which have been sourced locally from companies around York.

The talk is planned for Tuesday 8 January 2019, starting at 6pm. Tickets can be purchased via Eventbrite at www.eventbrite.co.uk/e/cheese-and-wine-night-mental-health-awareness-talk-tickets-52822054186?aff=ebdssbdestsearch



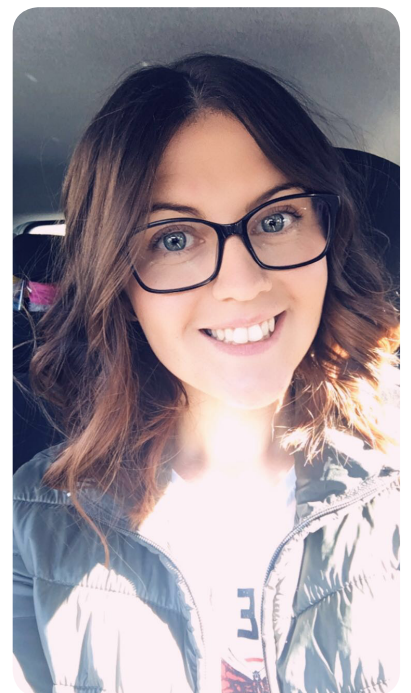
Zoe's short cut to fundraising

Second year Midwifery student Zoe Morrigan writes: "For the past two years I'd been growing my hair so that I could cut it and donate it to an amazing charity, the Princess Trust. This charity manufactures and donates wigs - for free - to children and young adults who have lost their own hair due to cancer treatment and other illnesses."



"After completing my amazing four-week nursing placement as part of my Midwifery degree, I decided I wanted to help. I wanted to raise as much money as possible to assist the ward in purchasing a television to help entertain and enrich their patients' lives."

"To date, I've donated my hair to the Princess Trust, a very long 12inches and I've raised £185 to help an elderly nursing ward close to my heart."



Teaching News

Clinical Doctoral Nurses and Allied Health Professional Network (CARDINAL) launched by Lord Willis

Steven Ersser, Professor in Clinical Nursing Research, writes: “The CARDINAL (Clinical Doctoral Nurses and Allied Health Professionals) network is a pioneering collaboration between NHS Trusts and Universities across the Yorkshire and Humber region. Launched this year, it brings together six newly recruited nursing and allied health professionals as Cardinal Doctoral Fellows (CDFs) from York, Sheffield, Leeds, Bradford and Huddersfield. “

“The network aims to develop the regions research capacity and foster cross-institutional and disciplinary relationships to support the development of clinical academics. Jointly funded by the Universities and NHS Trusts, CARDINAL will facilitate outstanding health practitioners to lead in academic and clinical health research.”

“The National Institute for Health Research’s (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) in Yorkshire and Humber are currently supporting the development of the Network, with the support of the White Rose Consortium, and will provide additional support to CDFs through a learning programme delivered by seminars and workshops, improving access to a wide range of disciplines and expertise across the region and creating links with other parts of the NIHR infrastructure.”

“CARDINAL Doctoral Fellows will find themselves in the fortunate position of having open and easy access not only to the expertise at the University of York but also the Research and Development Departments in their respective Trusts. By being positioned within the clinical environment, it is envisaged they will not only raise the profile of research amongst nursing and allied health professionals but also develop practical and pertinent research question that will have a positive impact.”

“Lord Willis, who in 2012 delivered ‘Quality with compassion: The future of nursing education. Report of the Willis Commission on Nursing Education’, attended to speak at the opening meeting. He spoke of his desire to create career framework within nursing and the allied health professions in which research is as equally entrenched as clinical practice, management and education.”

“The University of York has been involved in the conception and development of the CARDINAL network and this year has welcomed two Clinical Doctoral Fellows onto the programme.”

“Rebecca Haythorne is a Senior Occupational Therapist working within the Community Learning Disabilities Team at The Leeds and York Partnership NHS Foundation Trust (LYPFT). Rebecca is working alongside myself and Dr Lina Gega to explore the role of engagement in residential living homes between support staff and service users with Learning Disabilities. In particular, Rebecca is interested in how the concept of engagement can be used to support and encourage individuals with Learning Disabilities participate in more physical activity interventions designed at targeting prevalent unmet physical health needs in the Learning Disability Population.”

“Rebecca trained at Sheffield Hallam University on the MSc Post-Registration Occupational Therapy program, her Thesis explored service users’ experiences on accessing meaningful occupations in forensic settings. After qualifying in 2016, Rebecca worked on the Occupational Therapy rotational program at the LYPFT covering The Care Homes Team and The Yorkshire Centre for Eating Disorders before gaining a permanent position in The Community Learning Disabilities Team. To date Rebecca has had five articles published on the role of Occupational Therapy and Occupational Therapy interventions across various settings and has presented her Thesis research at the 2016 Royal College of Occupational Therapy Conference.

Teaching News

“Sara Ma is an Inflammatory Bowel Disease (IBD) Specialist Nurse working with Professor Martin Veysey (Gastroenterology, in HYMS) and myself on exploring the development of biopsychosocial assessment models in Crohn’s Disease. Sara gained her nursing registration by undertaking a post-graduate diploma in Adult Nursing at City University.”

“Sara trained and worked as an Intensive Care Nurse in London and went on to joined York Teaching Hospital as an Anaesthetics and Critical Care Research Nurse in 2013. She helped to establish a new Perioperative Medicine Service and developed a new Specialist Nurse role, initially funded by a Health Foundation ‘Innovation for Improving’ Grant from 2015-2018.”

“In her Nursing Master’s thesis, she investigated whether pre-operative brain natriuretic peptide could be used to improve perioperative care of the major abdominal surgical patient. After working in colorectal surgery, Sara now works for York Hospitals gastroenterology directorate motivated by working with patients to either manage conditions to avoid surgery or providing excellent post-operative care when surgery cannot be avoided.”

Sara says: “The CARDINAL Doctoral Fellowship really appealed to me as it allowed me to continue my clinical nursing career while developing my academic knowledge and research portfolio. My Fellowship also represents an exciting collaboration between the Department of Health Sciences and York- Hull Medical School in that I am being supervised and working alongside Professors in both of these departments”.

During her PhD, Sara hopes to improve the care of IBD patients through the development of patient-centric needs assessments and care pathways that evaluate the psychosocial aspects of a patient’s health and well-being. She is particularly interested in the impact IBD has on sexual function and romantic relationships which is currently under researcher in the field.

Senior Lecturer to write column for The Independent

In 2019 Senior Mental Health Lecturer Ian Hamilton will be writing a regular column in The Independent. It will focus on topical issues relating to drug, alcohol and mental health, as well as providing policy and research analysis.

Ian says: “This is an important commitment from the editorial team at The Independent towards the impact that drugs and mental health have on the lives of many people. I am hoping to highlight the research we do at York and collaborate with colleagues in writing a regular feature. “

“Please do get in touch if you have ideas or research that you would like to share. Examples of pieces I have written can be viewed at <https://www.independent.co.uk/author/ian-hamilton-0>.”



Understanding the Experience of Nursing Students

David Brown, Academic Liaison Librarian for Health Sciences writes: “What are the academic experiences of Nursing students?”

“During the summer the Library carried out an extensive research project to answer exactly that question. We wanted to know more about how student nurses undertake their studies and placements, and what more the Library could be doing to support you.”

“Our research used user experience (or UX) techniques to put the students at the heart of the project. We wanted to know what knowledge students already had of the Library’s resources and services, as well as students’ overall feelings and preferences towards those services.”

“We are hugely grateful to the project participants for giving up their time to be involved. As a result of the project we came up with a set of 25 recommendations which are currently being reviewed and (in many cases) set up. We hope that these recommendations will have lasting benefits to students and staff across all of Health Sciences. “

You can read the full set of recommendations in the project report: bit.ly/NursingUX

Here are some examples of the recommendations which are currently being implemented:

- Dropping in more regularly to Nursing and Midwifery classes to provide updates about key Library services at the right times of year
- Piloting a ‘Shut Up and Write’ session to provide students with a different kind of academic writing support, in particular to get over that first hurdle of starting an assignment
- Creating a noticeboard near the Nursing and Midwifery books to highlight key resources and information.

If you have any comments or feedback about Library resources and services please contact David Brown, the Academic Liaison Librarian for Health Sciences (lib-healthsci@york.ac.uk).

Research News

Health Service Journal award for York Trials Unit



York Trials Unit (ytu) were delighted that a study being undertaken jointly with Northumbria Healthcare Foundation Trust was Highly Commended in the Acute Sector Innovation category of the Health Service Journal (HSJ) Awards 2018.

Quality Improvement for Surgical Trials (QIST) involves training teams from 30 Trusts in England in a Breakthrough Series Collaborative to introduce best practice at scale in the NHS. Focussing on hip and knee replacement surgery, half the Trusts are being trained to introduce a service improvement protocol to reduce post-operative infection and the other half a protocol to reduce post-operative blood transfusions.

The trial is evaluating the effectiveness of the Breakthrough Series Collaborative at introducing these changes in practice at scale. The Trusts have been randomly allocated to the protocols and are acting as controls for each other. On completion of the study the Trusts will be given the opportunity to be trained and supported in the alternate protocol.

From over 1400 entries QIST received one of only 19 high commendations. High commendations are given by the judges when there is only a small margin between best entries in a category. It means the decision was close. Mike Reed, the Chief Investigator for the QIST study said, "I am delighted the HSJ judges recognised the value of this project and a huge thanks to all of the teams making this ambitious collaborative project such a success." Catriona McDaid, the Principle Investigator for YTU said, "This is an excellent achievement so early in this project and is reflective of the outstanding work of the teams involved and the effectiveness of the collaboration between YTU and Northumbria Healthcare NHS Trust."

Director attends inaugural meeting of Childhood Leukaemia International Consortium (CLIC) and International Childhood Cancer Cohort Consortium (I4C)

Eve Roman, Director of the Epidemiology and Cancer Statistics Group recently attended the inaugural meeting of the Childhood Leukaemia International Consortium (CLIC) and International Childhood Cancer Cohort Consortium (I4C) joint meeting in Tokyo.

Eve is one of the co-chairs (along with Martha Linet) of the Fetal Growth and Birthweight working group and was there to present novel research ideas to the symposium.



Early warnings of the health impacts of climate change are becoming louder and stronger

More people worldwide are vulnerable to the health impacts of climate change than ever before, according to a major new report involving researchers from the Department.

The Lancet Countdown Report tracks climate change and health over time and monitors commitments made by governments under the Paris Climate Agreement. The 2018 report notes that:

- 157 million more people were exposed to heatwave events in 2017 compared with 2000
- 18 million more people were exposed to heatwave events in 2017 compared to 2016
- The average person experienced an additional 1.4 days of heatwaves per year in 2017 compared with 2000
- 153 billion hours of labour were lost in 2017 due to heat, an increase of more than 62 billion hours (3.2 billion weeks of work) since 2000
- Between 2010 and 2016, air pollution concentrations worsened in 70% of cities worldwide
- In 2017, a total of 712 extreme weather events resulted in \$326 billion in economic losses, almost triple the total losses experienced the year before.

Trends

Despite the mounting health risks, there has been a lack of progress in reducing fossil fuel emissions - the major driver of climate change - and in strengthening systems to cope with its health impacts.

However, the authors note promising trends, including continued investment in renewable energy -with 157 gigawatts of renewable energy installed in 2017, over twice the additional 70GW of fossil fuel capacity - and increased investment in the adaptation of health systems. At the same time, the health dimensions of climate change are receiving greater coverage by scientists, the media and at the global forum of the UN:

- Scientific articles on health and climate change increased by 180% between 2007 and 2017
- Newspaper coverage increased by over 40%
- Health and climate change is an increasing focus of government leaders' debates at the UN General Assembly

Expertise

Professor Hilary Graham, from the Department, said "The health impacts we are seeing today are early warnings of the dangers that lie ahead if global temperatures continue to rise. How current generations respond will determine the conditions for the health of our children and the generations to come."

The annual report involves 27 leading academic institutions, the UN, and intergovernmental agencies from every continent, drawing on expertise from climate scientists, ecologists, mathematicians, geographers, engineers, energy, food, livestock, and transport experts, economists, social and political scientists, public health professionals, and doctors.

Resilience

The report tracks 41 indicators across five areas: climate change impacts, exposures, and vulnerability; adaptation, planning, and resilience for health; mitigation actions and health co-benefits; finance and economics; and public and political engagement.

Professor Graham added "Despite delays, some sectors are embarking on a low-carbon transition, which is a promising sign. It is clear that the nature and scale of the response to climate change will be the determining factor in shaping the health of nations for centuries to come."

Research priorities for children and young people with life-limiting conditions: Martin House Research Centre researchers publish review of papers

A review by Martin House Research Centre (MHRC) has highlighted that there is limited high-quality research in many aspects of care for infants, children and young people with life-limiting conditions. It is important to maximise use of limited resources and there are numerous research prioritisation exercises for a variety of aspects of care or conditions exist within the broad scope of this population.

MHRC researchers have reviewed the existing research priorities. Their systematic scoping review identified 24 research prioritisation exercises and 279 research questions or priority areas for health research. The priorities were mapped in the context in which they were agreed, resulting in the identification of 16 common topic areas, 55 sub-topics and 12 sub-sub-topics. The themes ranged from service delivery to treatments and interventions to communications to emotional and psychological issues.

Published in the international journal *Palliative Medicine*, the map provides the opportunity for a coherent approach to improving the evidence base for this area of practice. More broadly this scoping review highlights the need for the perspectives of children and young people and their families to be included when undertaking research prioritisation exercises.

Dr Bob Phillips, Chair of the MHRC advisory group said: “What’s really good about this is how it highlights how all the consultations have happened and the methods used, and drawn them together in a coherent overview.”

View the paper at <https://doi.org/10.1177/0269216318800172>

Inequality of education in the UK among highest of rich nations

Many people, across the political spectrum, see education as the key to solving all inequalities. Professor Kate Pickett from the Department writes for *The Conversation*.

“Many people, across the political spectrum, see education as the key to solving all inequalities. If children have equal opportunities and access to quality education, then all will be well. But, as a new report shows, rich countries vary widely in how big the gap is between the educational achievement of rich and poor children.”

“Unicef’s report, *An Unfair Start*, looks at educational inequalities in 41 of the world’s richest countries, covering inequalities from access to early childhood education to expectations of post-secondary education. The UK ranks 16th from the top in terms of educational inequality during the secondary school years, which doesn’t sound too terrible, but the UK come 23rd in inequalities during the primary school years. These are depressing scores for the world’s fifth largest economy.”

Read the full article at <https://theconversation.com/inequality-of-education-in-the-uk-among-highest-of-rich-nations-105519>.

Research News

Could yoga benefit older people with long-term health conditions?

Researchers are investigating the clinical benefits and cost effectiveness of a specially-adapted yoga programme for older people with multiple long-term health conditions. The results of the study will provide evidence to healthcare commissioners on whether yoga programmes should be funded in the NHS.

The £1.4 million study is recruiting almost 600 adults aged 65 and above who have multi-morbidity from across 12 different locations in the UK. The main focus of the study is assessing the effect of a yoga programme on people's overall quality of life.

The Department's Trials Unit is co-ordinating the clinical trial with Northumbria University's Department of Sport, Exercise and Rehabilitation.

12-week programme

Helen Tilbrook, Trial Manager a from the Trials Unit, said: "The trial includes two groups of participants; one group that continues to receive their usual care without any additional support, while the second receives their usual care plus an invitation to join a 12-week yoga programme."

"The British Wheel of Yoga's Gentle Years Yoga programme involves weekly group-based sessions and encouragement to perform specific yoga practices at home."

"The participants' progress will then be assessed after three, six and 12 months to monitor changes in their quality of life and mental health."

Quality of life

Common yoga poses are adapted as part of the programme so they can be done using chairs for example; this allows inactive older adults with long-term conditions such as osteoarthritis, high blood pressure and dementia to safely participate.

As well as assessing overall quality of life following the participation in the programme, the researchers will also review any changes in reported levels of depression and anxiety and if participants are having fewer falls because of improvements in physical function.

Senior Lecturer takes part in ethical workshop

Dr Mona Kanaan recently took part in a workshop looking at ethical issues in conducting cluster randomised trials at Queen Mary's University, London.

Alongside Mona, PhD student Lazaro Mwandigha, also presented at the conference.



Staff News

Professional at York awards

The Professional at York awards were recently held at the University. Professional@York is about valuing our support staff in their contribution to York's ambitious agenda.

The Department had several nominations:

Danielle Simpson was nominated in the category of Health, wellbeing and resilience project. This award showcases a variety of creative initiatives for improving the health and wellbeing of colleagues and students.

The Department's Mental Health Awareness and Wellbeing Group (MHAWG) were also nominated in this category and were shortlisted to the top three.

In the category of Outstanding support to research and impact, three of our staff were nominated: Wendy Cattle, Kerry Cipriano and Anne Readshaw. This award recognises the incredible contribution colleagues make in supporting academic staff in delivering excellent research.

Although no winners this year, it was lovely to see some of our Departmental support staff nominated.

Department supports World Aids Day 2018

The Department's Equality, Diversity and Inclusion Committee with assistance from Danielle Simpson prepared a visual presentation display and literature stand ready for World Aids Day 2018. This was well received by both staff, students and visitors to the Department. Matthew Jacobs, Student and Academic Services Manager and Sexual Orientation Lead on the Equality, Diversity and Inclusion Committee said: "People living with HIV and AIDS face life-changing stigma and discrimination on a daily basis. World AIDS Day takes place on the 1st December each year."

"It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness." Matthew continues: "I am pleased to announce that the Department has raised £24.70 through the sale of red ribbons which is the internationally recognised symbol for AIDS awareness. The theme this year was Rock the Ribbon. Thank you to all who kindly donated".



Staff News

Personal deliveries raise money for York Against Cancer

Through staff donating money to collect personal deliveries delivered into the Student and Academic Support Service (SASS), the Department has raised £95 during September, October and November which will be donated to York Against Cancer, the charity chosen by Sarah Parkinson who works within the SASS team.

Well done everyone.



Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Pam Hanley, Katie Pybus, Nicky Traynor, Laura Wiley, Jackie Wilkinson, Steph Marriott, Wumi Ajayi, Emily Hemmings, Sheila Brocklehurst, Sarah Allen, Erin Wheeler, Laura Howe, Fatima Bigham, Katie Whiteside, Gerardo Zavala and Saleema Rex.

Goodbye

We also wish a very fond farewell to those who have left, including: Louise Newbould, Helen King and Lynne Bainbridge.

Christmas party raises funds for charity

Thanks to everyone who attended the Health Sciences staff party and took part in the quiz organised by Charlotte Boyce. The quiz raised £78.25 and will be split between Blue Cross and Macmillan Cancer Support.

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).