



Megaphone Online

February 2024

the voice of Health Sciences' staff and students

Graduating students awarded prizes

In February over 200 students attended their graduation ceremony and reception. It was a great ceremony and was well attended by staff, graduates and their family and friends. Head of Department, Professor Kate Flemming said "Our new graduates did us proud in their level of celebration and enthusiasm during the ceremony; it was a joy to behold and I was one very proud Head of Department."

Kate was also proud to present an Honorary Degree to Professor Jonathan Van-Tam, Senior Strategy Adviser to the University of Nottingham School of Medicine and previously the Deputy Chief Medical Officer in the Department of Health and Social Care, where he played a crucial leadership role during the Covid-19 pandemic. His efforts in orchestrating the acquisition and distribution of vaccines and antiviral drugs in the UK were pivotal.



At the reception afterwards Professor Kate Flemming presented prizes to the following students:

Kiana Alavi - Outstanding academic taught postgraduate achievement: MIHA

Alexander Thompson - Outstanding taught postgraduate academic achievement: MPH

Olasehinde Shobande - Outstanding taught postgraduate dissertation

Claudia Collins - Outstanding practice achievement: BSc Nursing and outstanding academic achievement: BSc Nursing

Louise Anker - Outstanding practice achievement: MNursing

Hannah Ridley - Outstanding practice achievement: MNursing and outstanding dissertation: MNursing

Amber Fleming - Outstanding practice achievement: Midwifery

Eleanor Oakes - Outstanding academic achievement: Midwifery

Lucy Criddle - Outstanding dissertation prize: Midwifery

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Graduation February 2024



Graduation February 2024



Pictured on page 2: Prize winners, Kiana Alavi, Alexander Thompson, Olasehinde Shobande, Claudia Collins, Louise Anker and Hannah Ridley.

Pictured on page 3: Prize Winners Amber Fleming, Eleanor Oakes and Lucy Criddle.

Also pictured is Dr Claudia Milena Adler with her family.

Student News

Graduation February 2024



Graduation February 2024

The Department was also delighted to welcome Sir Jonathan Van-Tam to the Department ahead of his conferment of his Honorary Degree.

Sir Jonathan is a healthcare professional specialising in influenza, including its epidemiology, transmission, vaccinology, antiviral drugs and pandemic preparedness.

Sir Jonathan hosted a Question and Answer session to staff and provide an insight into his professional and personal life and answered a range of questions from public health to the use of his football analogies during his daily Covid briefings.



York Futures Scholarships

Round 3 of applications for York Futures scholarships opens on Monday 18th March and closes on Thursday 18th April 2024.

York Futures Scholarships are designed to support current students in improving their personal and professional development by allowing you to access experiences you would otherwise not be able to afford.

Work experience, study abroad, placements and extracurricular learning; activities that build your readiness to find, compete for and secure the career options you want, are all eligible for support.

Round 3 is for all levels of funding (£250, £1,000, £2,000-£5,000 and £6,000).

For more information visit the [York Futures Scholarship webpage](#).

First year PhD student wins PhD Spotlight competition

Congratulations to first year PhD student Sarah Veale who won the University's PhD Spotlight Competition at the 2024 YorkTalks.

The PhD Spotlight competition challenges postgraduate researchers to engage the public with their original and cutting edge research, through the medium of an interactive display/experience. It was created by the York Graduate Research School (YGRS) in 2015 and originally began as a poster competition, and has since evolved to allow for greater creativity and range of mediums. Today, finalists are provided with limited resources (a table, a screen, a display board, and a poster), and are tasked with transforming these resources into interactive and engaging experiences.

The PhD Spotlight competition forms part of the University's annual YorkTalks event: a fascinating exploration of research happening at York. The PhD Spotlight competition specifically focuses on researchers who are at the beginning of their research journeys, highlighting the exciting future of research.

Sarah's PhD spotlight entry was titled: "It is Cheaper to be Fat, But What Does it Cost You?"

Inspired by the work of Professor Kate Pickett OBE and Dr Maddy Power, Sarah is investigating the factors that impact our dietary preferences, with a specific focus on understanding how experiencing poverty influences the dietary choices of pregnant individuals in the UK. This is of particular importance as the early exposures to food groups can shape both our dietary preferences and longer term health prognosis. Sarah's research includes examining the affordability of ultra-processed foods, as well as exploring other barriers and challenges to nutritional foods for expectant parents, highlighting the critical long-term health implications.

During the competition, Sarah's first question to many was, "do you eat much sugar?". There were ranges of answers, many followed by quick justifications or judgements about their admission. Sarah then followed this up with asking if they knew what current guidance was on sugar intake a day for Brits (about 7 teaspoons), or what the average sugar intake is (about three times as much is recommended), all whilst measuring sugar in front of them in great big bowls. The visual impact of seeing how much refined sugar we consume per day and per month horrified many- "how can we be eating that much sugar?"

Sarah explained that because we are consuming more highly processed and ultra processed foods than ever before, at least in part due to their affordability and accessibility, we can become quite disillusioned with the nutritional content of foods. She then presented a very innocently looking cup of orange juice, "how much sugar is in this cup?". The cup was 200 ml in volume, a very common addition for breakfasts across the country- including in our own university cafeteria, and contained over 20g of sugar. She then opened a chocolate bar and counted 8 squares, the equivalent in sugar content, as over 10% of juice is sugar. Lined up against an assortment of juices, they were all densely sugary despite containing superfood ingredients like: kale, oats, berries, oranges... simply juicing fruit eliminates the fiber and roughage, resulting in a super sugary shot. In fact, compared to other 'sugary' drinks on the table such as Lucozade, iced tea, sprite red bull, ribena and a chocolate milkshake... orange juice was the second most sugary beverage per 100ml (only a fifth of a gram less than coke per 100ml).

Sarah then turned the audience's attention to the implications to our health if we are consuming an assortment of foods, under the guise of them being 'healthy', without an awareness of the nutritional breakdown of these foods. She highlighted how increasing rates of deprivation and poverty across the UK have increased with the Cost of Living Crisis, and are correlated with higher consumption of ultra processed foods, higher percentages of people living with obesity, considerably poorer health with

Student News

complex and chronic conditions earlier, to a greater degree and for a longer period of their lives than their peers, resulting in short health and life spans for people experiencing poverty. Sarah drew from leading research that demonstrates that foetuses can develop tastes and preferences from their exposure in the womb, proposing that this might shape preferences and health of future generations if parents consume diets primarily of ultra processed food.

Yet Sarah iterated, there is plenty of evidence to suggest that we should be eating more plants and preparing meals at home with unprocessed foods where possible. There is access to a wealth of information like never before, yet, we have some of the poorest diets in Europe. Why?

This neatly led to Sarah contextualising her PhD, which is investigating what influences our dietary choices during pregnancy. As a time of enormous lifestyle change, medical exposure and social stigmatisation-pregnancy is a unique time for parents. By understanding what unique factors shape our diets during this time, and to what extent each plays a part, it is hoped that this PhD project will contribute towards creating sustainable, empowering and effective policies for particularly vulnerable communities. Sarah affirms that social inequalities are not due to the lack of willpower or education of communities, instead emphasises the relationships between poverty, food and health.

Embracing a unique academic journey holds value, as Sarah highlights, she is a first-generation university student with a varied academic background and diagnosed with two learning differences. Despite encountering challenges and not conforming to the conventional academic mould, Sarah demonstrates that diversity in approaches can be a valuable asset. She is keen to grasp opportunities to present and articulate her research in creative, original, and attention-grabbing formats in a distinctive academic path and is hopeful to partake in similar experiences over the course of her PhD.

Travel and Dual Accommodation Expenses drop-in session

If you are a student eligible to receive Travel and Dual Accommodation Expenses (TDAE), then the Department's Student Services Team would like to offer you an opportunity to come along and ask any questions you may have about the TDAE process, for example:

- how to complete the TDAE form
- what information or evidence (such as receipts) should be included
- how to submit the form

Sessions will be held in the student seating area outside the Student Services Office (ATB/023A) from 2pm-3pm on:

Wednesday 28th February

Wednesday 20th March

Wednesday 17th April

Wednesday 22nd May

Student News

Midwifery student attends Royal College of Midwives student conference

First year midwifery student Erin Jackson reflects on her attendance at the Royal College of Midwives student conference. Erin writes: “I was so pleased to be able to go to my first Royal College of Midwives Student Conference. Networking with folk around a common purpose or interest rarely fails to be positive and motivating! I was able to meet up with York students from other cohorts and also students from other universities. Some of you may know, York’s own Rosie Bakewell is a member of the Student Midwife Forum (SMF) and delivered a talk about her time in Nepal on the elective placement as part of the afternoon sessions.”

“My main take aways from the day were: firstly, the potential longevity and diversity of midwifery careers, and the need for tenacity, perseverance, and proactivity in the building of a midwifery career (and indeed throughout it); and secondly, the importance of civility and kindness in healthcare for both staff and patients. This has such wide ranging short- and long-term impacts, as you might imagine, in terms of patient/service user experience and staff satisfaction, morale and even sickness rates. There is simplicity and opportunity in asking the people we care for (and also colleagues): What matters to you?”

“I was fascinated to hear about the ORAMMA project from Dr Hora Soltani. This project evaluated the use of Maternity Peer Support Workers to help address issues of social isolation and marginalisation of migrant, asylum seeking and refugee women. The peer support also facilitated access to healthcare and thus improved health outcomes. Given the facts of increased risk of mortality and morbidity for mothers/ birthing people and babies of the global majority, and news reports about risks to health if people are forced to access healthcare in a language other than their own, this felt particularly timely. <https://shura.shu.ac.uk/27731/3/Soltani-ImprovingPregnancyBirth%28VoR%29.pdf>.”

“There was also a really informative presentation from Emilie Edwards, who is a midwifery lecturer at Middlesex University. It was titled ‘Neurodivergence Awareness in Midwifery Studies’, and included information about relevant legislation, some details of Emilie’s personal experience, and a film about how it can feel to be in a hospital environment as a neurodiverse midwifery student, which really made some of the challenges clear. One of Emilie’s recent articles can be found on MIDIRS, and there is a training module (40 mins) available on RCM i-learn.”

“Those on placement in Harrogate will know Alicia Walker’s name (Practice Education Facilitator). Her talk, ‘Managing Feelings of Trauma in Practice’ contained some important thoughts to keep in mind when one has experienced or witnessed trauma in practice: communicate your needs, feel the feelings, check the facts, navigate your timing, find your person.” It was inspirational to hear Anna Kent talk, at the end of the conference, about some of her experiences as a ‘Frontline Midwife’ (the title of her excellent book) in South Sudan, Haiti, and Bangladesh. This brought to mind the global nature of midwifery, and it could be thought provoking in terms of the year 2 elective placements? I’m looking at you, MID23 colleagues!”

“Travel to the conference was easy and there were breakfast butties, as much tea and coffee as you could drink, plus a tasty lunch all laid on. I would recommend keeping your eyes open for the next one!”



Teaching News

Online Global Midwifery event

Midwifery Programme Lead, Carole Lindsey writes: “As part of university Refreshers week, we hosted a full day Online global midwifery conference for first, second and third year students midwives and midwifery education team staff.”

“Three inspirational speakers joined us during the day and shared with us their global midwifery careers and the impact that we can have internationally as midwives and student midwives. We were also joined by student midwives and educators from Trinity College Dublin and the University of Pennsylvania for a peer learning event.”

“The day began with Steph Marriott joining us from Kuala Lumpur for her presentation ‘Careers in Global Health for Midwives’. Steph is a University of York graduate and former midwifery lecturer at the University of York. She currently works as the Medical Coordinator for the NGO Médecins du Monde’s in their refugee health programme in Malaysia. Steph shared with us her national and international midwifery career to date including her recommendations for exploring and planning a global midwifery career, the challenges she has faced and the support she has received along the way.”

“Next, Mervi Jokinen, joined us from London. Mervi shared with us her work and impact as Professional Advisor, Europe, Royal College of Midwives (RCM) in her presentation ‘Building Better Together: Midwives in EU and WHO European Region’. Mervi shared the RCM vision for Europe and some of the key policy and evidence base that underpins maternity care globally.”

“After lunch, we were joined by student midwives and educators from Trinity College Dublin and the University of Pennsylvania. Each country (one midwifery educator and three students) shared information about midwifery education, midwifery care and birth outcomes in each of our countries followed by a group discussion to consider the similarities and differences in each country.”

“Finally, we welcomed Professor Jacqueline Dunkley-Bent from The Netherlands. Jacqueline is the International Confederation of Midwives’ (ICM) first Chief Midwife.

Jacqueline shared her presentation ‘Midwives supporting safe maternity care, an ICM global perspective’ which outlined Jacqueline’s hopes for maternity services and midwifery care internationally, highlighted the importance of midwives for all women, birthing people and their families, and motivated us all to be the best midwives we can be. One of Jacqueline’s key messages was for us to always listen to the women and birthing people we care for.

This event was a fantastic start to refreshers week and we would like to thank our guests for joining us for our first refreshers week, cross- cohort learning event.”

Teaching News

Midwifery team host Transparent Change training day

Midwifery lecturer Dr Catriona Jones writes: “As part of the midwifery Refreshers week, we hosted a full bespoke training day, delivered by Jacob Stokoe from [Transparent Change CIC](https://www.transparentchange.co.uk) – a not for profit organisation tackling misinformation about trans people and gender identities.”

“The training day focused on Trans inclusion in perinatal care and was made accessible to all midwifery cohorts, as well as the midwifery education team, and staff across the Department and wider University with an interest in this topic. Invitations were also extended to Mid 20 graduates, clinical midwives in our partner Trusts/LMNS, medical colleagues and other key external partners.”

“The key elements of the day included discussion and information aimed at facilitating attendees understanding of trans identities and intersections, pregnancy, birth and post-natal care, perinatal mental health and inclusive practice.”



New publication to support students to optimise medicines use in people with chronic kidney disease

Lecturer Sally Porter has recently had an article published which could support students to optimise medicines use in people with chronic kidney disease (CKD).

CKD is a long-term condition in which the kidneys do not work as well as they should. This article offers practical guidance on prescribing for adults with stable CKD, who do not need to be assessed by a specialist. It explores important steps that healthcare professionals can take to enable people with CKD to get the best possible outcomes from their medicines.

Porter, S. (2023). Prescribing medicines in people with renal impairment. *Nursing Standard*, 38(11). [Online]. Available at: [doi: 10.7748/ns.2023.e12218](https://doi.org/10.7748/ns.2023.e12218).

Nursing Standard is available as an electronic resource from the University library.

Future Teacher online sessions

Senior Lecturer David Graham is taking part in an online session run by the Future Teacher team. David will present on the adoption of an OpenStax textbook for anatomy and physiology in Nursing. A free, online, peer reviewed textbook with multiple instructor resources including a blackboard course cartridge.

The session is online on 29th February. For more information and to register visit the [website](#).

Introducing SCOOTT: Surgery Versus Conservative Osteoarthritis of Thumb Trial

Osteoarthritis is the most common cause of arthritis and the hand and wrist joints are among the most commonly affected. Basal thumb osteoarthritis is the degenerative change of the first carpometacarpal joint between the metacarpal and trapezium bones, causing significant morbidity. Base of thumb osteoarthritis affects 1 in 5 people over the age of 40, and symptoms include thumb pain, tenderness and stiffness, which negatively impact activities of daily living and quality of life.



There are several treatments available for base of thumb osteoarthritis, each with different advantages and disadvantages, but we do not yet have strong evidence about which is best overall. Initial treatment usually involves a combination of painkillers, exercises, education, splints, and steroid injections. These non-surgical treatments can effectively reduce pain and prevent the need for surgery. However, currently patients are not routinely offered non-surgical treatments in a comprehensive and consistent way. Our research suggests only 21-45% of patients referred to secondary care receive any non-surgical management at all. We co-produced an enhanced package of non-surgical treatment (the 'ENGAGE' package), which offers patients a programme of personalised and psychologically informed treatments supported by evidence based educational materials, and delivered by trained hand therapists.

If pain does not improve, patients may be seen by a hand surgeon to consider surgery. The most common surgical procedure offered for base of thumb arthritis involves removing the trapezium, a bone at the base of the thumb (trapeziectomy). This is a simple and low-cost procedure which usually provides good pain relief in the long term, but full recovery can take up to a year. By comparison, base of thumb carpometacarpal joint replacement (CMCJR) is a relatively new surgical procedure that is increasingly used in both Europe and the UK. Joint replacement incurs higher costs but may lead to quicker recovery and earlier pain relief.

Funded by the National Institute for Health Research (NIHR) Health Technology Assessment Programme, researchers from York Trials Unit will work in collaboration with South Tees Hospitals NHS Foundation Trust, University Hospitals of Derby and Burton NHS Foundation Trust and the University of Nottingham to determine the clinical and cost effectiveness of treating arthritis of the base of the thumb, with or without surgery, and to determine the clinical and cost effectiveness of trapeziectomy versus base of thumb joint replacement.

What does the trial involve?

SCOOTT is a multi-centre, superiority and non-inferiority three-arm RCT with an internal pilot, economic evaluation and nested qualitative study, beginning in January 2024.

We will invite 656 adults with symptomatic base of thumb osteoarthritis, presenting to surgeons at 20 NHS hospitals across the United Kingdom, to take part from July 2024. Participants will be randomly allocated, on a 3:3:2 basis, to receive either trapeziectomy, CMCJR or enhanced non-surgical management.

The primary study outcome will be The Australian Canadian (AUSCAN) hand pain index, collected at 12-months post-randomisation, a patient-reported, disease specific and hand specific questionnaire. The trial will assess pain levels, how well participants use their hand, hand movements and strength, and ask about any problems relating to their treatment over an 18-month follow-up period. The nested qualitative interview study will explore participant experiences and the acceptability of interventions with 10-15 participants from each of the three trial arms, and will also explore the experiences of clinicians.

BASIL+ Study Findings Revealed: Behavioural Activation significantly reduces depression and loneliness in older adults



BASIL+
Behavioural Activation
in Social IsoLation

Depression and loneliness can have serious consequences for both mental and physical health, with the risk increasing for older adults with long-term health conditions (LTCs). To address the disproportionate impact the Covid-19 pandemic was likely to have on this high risk group, the Behavioural Activation in Social IsoLation (BASIL) programme was rapidly developed, adapting an existing intervention designed as part of the NIHR-funded MODS study.

The research was led by Professor Simon Gilbody (Mental Health and Addiction Research Group) and Professor David Ekers (Tees, Esk and Wear Valleys NHS FT), together with York Trials Unit.

The BASIL programme aimed to evaluate a brief psychological intervention (Behavioural Activation) to mitigate depression and loneliness in older people with long-term health conditions and depression/low mood. We have previously reported findings from the pilot randomised controlled trial (BASIL-C19), and here we share the exciting findings from the definitive randomised controlled trial (BASIL+).

The BASIL intervention is based on Behavioural Activation (BA). BA is a type of support which aims to maintain or introduce activities which are important to an individual. Such activities may benefit their physical and emotional wellbeing, helping them stay connected with the world and remain active. The BASIL intervention was delivered remotely (via telephone or video call) by trained BASIL Support Workers (individuals from a range of backgrounds across the NHS and third sector organisations). Over a maximum of 8 sessions, participants work through a BASIL self-help booklet which guides them through the intervention in manageable steps.

Four hundred and thirty five BASIL+ study participants were recruited via 26 GP practices across England and Wales between February 2021 and February 2022. Study participants were 65+ years, with two or more LTCs (or who were considered 'Clinically Extremely Vulnerable' in terms of Covid-19 risk) and with symptoms of low mood or depression. Eligible participants were randomly allocated 1:1 to either the BASIL intervention (N=281) or usual care (with signposting information about maintaining physical and mental functioning) (N=217).

Engagement with the BASIL intervention was good with 80% of participants completing two or more sessions. Retention rates were excellent at over 80% at the 1 month and 3 month (primary outcome) follow ups.

The findings - recently published in *The Lancet Healthy Longevity* - demonstrate that the BASIL intervention significantly improved older adults' quality of life in the short term. Participants in the intervention group showed a significantly larger reduction in their levels of depression and emotional loneliness at 1 and 3 months when compared to participants in the usual care with signposting group. The largest improvements were found for older adults who engaged with five or more intervention sessions.

The results of the BASIL+ study provide encouraging evidence that remotely delivered Behavioural Activation support can significantly reduce the effects of depression and emotional loneliness for older people. The findings will be useful for policymakers and practitioners beyond the pandemic, contributing to long-term solutions for improving the well-being of older adults.

Research News

The findings have been endorsed by [Professor Lucy Chappell](#), CEO of the NIHR: “These results are an important step forward in understanding what works in tackling and preventing loneliness and depression. The research is also a great example of how public money allows researchers, healthcare professionals and the public to work together across institutions and organisations to deliver results that will really make a difference to people’s health and wellbeing.”

Importantly, BASIL+ included concurrent process and cost-effectiveness evaluations. Qualitative analysis of 42 semi-structured interviews with participants, caregivers and BASIL support workers will reveal valuable insights into the acceptability of the BASIL intervention. This work has generated rich data and the team are hoping to share the qualitative and cost-effectiveness findings soon.

You can read the recent press release about the BASIL+ findings on the [University of York website](#), and read the full BASIL+ paper on the [ScienceDirect webpage](#).

Keep up to date with the BASIL programme and outputs on our website here and you can follow us on X (Twitter): @BASIL_Research.

York Trials Unit (YTU) working group promotes Patient and Public Involvement (PPI) skills

The York Trials Unit aims to further strengthen Patient and Public Involvement in its research. It has set up a working group, which organised a PPI workshop and seminar in the last two months of 2023.

‘Beginners’ workshop

YTU colleagues who were (fairly) new to involving patients and members of the public in research immersed themselves in a day-long workshop. External PPI consultant Christine Smith and experienced PPI contributor Joyce Fox presented bite-size lectures on the fundamentals of PPI, mixed with (small) group discussions and exercises. Participants liked this mix and rated the workshop very highly. It had improved their confidence, knowledge and understanding of PPI, according to pre- and post-workshop polls.



Seminar to refresh knowledge

Two weeks later, Christine Smith and Joyce Fox presented a well-attended two-hour seminar. This was aimed at colleagues who wanted to refresh their PPI knowledge. It covered topics such as EDI, co-production, evaluation, recruitment and activities. Attendees said the seminar answered their questions about PPI.

The YTU PPI Working Group has also included PPI in the induction of new YTU colleagues and set up a shared drive with PPI materials. The group is looking to introduce more initiatives in 2024.

Social media adverts impact vaping behaviours among young people, study shows

Viewing e-cigarette adverts and content on social media - often endorsed by celebrities and social media influencers - is fueling the popularity of vaping among young users, according to a study from researchers at the University of York.

In their review, which included 11 research studies looking at social media networks such as Twitter, YouTube, Snapchat, Facebook and Instagram, the researchers found evidence that commonly used marketing strategies for e-cigarettes resulted in more users and more intentions to use the products among young people.

They also found they resulted in more young people starting to vape and increased how much vaping took place overall.

Sponsorship

Some of these marketing strategies included celebrity and social media influencer sponsorship, and a focus on the appeal of e-liquids, including flavours and nicotine levels, were observed.

Lead author of the study, Luana Chacon Santos from the Department of Health Sciences at the University of York, said: "It's becoming clear that the normalisation of e-cigarettes among young people could lead to a repeat of the harmful pattern we saw in the old tobacco industry. Social media platforms have become a strong marketplace for the sale of e-cigarettes, and stricter laws to tackle this area are needed urgently."

Lung injury

The researchers looked at studies analysing the effects of social media promotion of e-cigarettes on individuals over the age of 10 years-old from English speaking countries.

Most of the studies included in the review were conducted in the United States, where there has been a rise in vaping research, possibly linked to a 2019 outbreak of hospitalisations and deaths from lung injury associated with e-cigarette use, or vaping.

Dr Su Golder, Assistant Professor in the Department of Health Sciences at the University of York, said: "In a scoping review, it's common to see several different sub-stories emerging – but it was notable that all of our studies said the same thing. Seeing this type of promotion does affect young people; as a result, they are more likely to experiment with, start or even increase vaping habits. While it's tempting to say more research is needed, we've already got a very clear indication here of what is happening, and action is needed sooner rather than later."

Children

The UK Government has recently announced it will bring in measures to ban disposable vapes, as well as the ways they are marketed to children in shops. However these do not include targeting social media campaigns.

Luana Santos added: "Any measures to reduce underage access should include restricting these products online on social media."

Research News

Qualitative Research Network

The Department of Health Sciences Qualitative Research Network (QRN) supports qualitative researchers to thrive in Health Sciences.

New members are always welcome including people in the Department:

- Employed as qualitative researchers
- Undertaking qualitative research as part of their role
- Undertaking a PhD that involves qualitative methods
- Interested in improving their knowledge and expertise in qualitative research.

The Network meets regularly. Our interactive meetings take various formats, including group discussions, group member presentations, talks from guest speakers, training sessions, networking and social events. We have a mix of face to face, online and hybrid meetings.

In 2024, we are launching new internal web pages to support new and existing members to find out:

- How to get involved with the Network
- Who is in the Network
- About our collective qualitative research expertise
- About forthcoming meetings and events.

The pages also provide an easy way to access recommended reading and the Network's learning resources.

We encourage you to explore our membership, find out what's happening or browse our learning resources at sites.google.com/york.ac.uk/qrn/home

Why not come along to our new website launch and networking meeting on Tuesday 12th March 1-2pm in the DoHS boardroom (AEW/102) or email us for further information at dohs-qrn@york.ac.uk.

Department of Health Sciences

Qualitative Research Network



Equality, Diversity and Inclusion News

Welcome to LGBTQ+ History Month

Matthew Jacobs, LGBTQ+ Equality, Diversity and Inclusion Champion writes: “It is a month-long annual celebration of lesbian, gay, bisexual, trans, queer and non-binary (LGBTQ+) history. It is also an opportunity to reflect on the history of LGBTQ+ rights and related civil rights movements. This year the theme focuses on Medicine & Healthcare #UnderTheScope. It is a prompt to celebrate the work and life of LGBTQ+ people who have made significant contributions to the field of medicine & healthcare. It is also an opportunity to shine a light on the discrimination and inequalities that LGBTQ+ people have historically experienced in healthcare settings, and still face to this day (Please see our noticeboards in the Seebom Rowntree Building and ARRC Building for some inspirational profiles).”

“For so long LGBTQ+ people’s history was hidden, following the repeal of Section 28, UK LGBTQ+ History Month was created to claim our past, celebrate our present and create our future. As we celebrate LGBTQ+ History Month this February, I was reflecting on our role as individuals and professionals in fostering a culture of inclusion and respect for LGBTQ+ people in our workplace and beyond. LGBTQ+ History Month is an opportunity to learn from the past, celebrate the present, and shape the future of the LGBTQ+ community and its contributions to society.”

“It is also a chance to acknowledge, raise awareness and challenge the discrimination and prejudice that still affect many LGBTQ+ people today here in the U.K. and across the world. As individuals and professionals, I believe we have a responsibility to support LGBTQ+ inclusion and equality in our Department of Health Sciences and the wider University. “

“Here are some ways we can do this:”

- “Educate ourselves and others on the basics of LGBTQ+ identity, terminology, and history. We can then share this information with our colleagues, students and learners through workshops, webinars, tutorials or seminars.”
- “Understand and educate ourselves on why gender pronouns matter. Beginning the conversation around sharing your pronouns is a simple way to normalise not assuming someone’s pronouns or gender – it’s one of the cornerstones of an inclusive culture. For most people, your pronouns simply aren’t a big part of your experience. But for people who are constantly questioned about their gender or are misgendered, the experience can leave them feeling excluded and alienated.”
- “Recognise and celebrate LGBTQ+ role models (in our teams or outside), highlighting their stories and achievements, how they have inspired us or contributed to our success.”
- “Create and foster a safe and inclusive environment for LGBTQ+ employees, students and learners. We can ensure that our policies, practices, and programmes are respectful and supportive of LGBTQ+ diversity and inclusion.”
- “Incorporate all the above into our curriculum design, professional practice and programmes, to ensure they are respectful, inclusive and supportive of LGBTQ+ people.”

“So, during LGBTQ+ History Month, let’s come together as a community to not only acknowledge our diversity but actively celebrate it. We encourage everyone to reflect on our shared history, recognising the challenges overcome and victories achieved. We are committed to building an inclusive environment for our staff, students and learners, where every individual feels valued and respected.”

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Louise Earnshaw, Suman Prinjha, Yan Ding, Harriet Evans Tang, Margaret Briggs, Kelli Kennedy, Lizzie Carter, Charlotte Dewar, Claudia Viglianti-Pinches and Heather Maslen.

Goodbye

We also wish a very fond farewell to those who have left the department, including: Ailish Byrne, Kelly Storrer, Sarah Hampton, Danny Downes, Sarah Masefield, Maxine Lamb, Mariam Khokhar, Liz Newbronner, Ben Lorimer, Rosie Stevens and Fiona Meddings.

News

In December's issue of Megaphone we featured an article by Dr Helen Anderson on Nurses needing a voice in decision-making to improve retention. The article's findings have now been animated and can be viewed at <https://www.youtube.com/watch?v=FYn3Uz0DnFs>.

Next issue

Our next issue is out in April.

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).