



Megaphone Online

June 2023

the voice of Health Sciences' staff and students

It's all about the awards

The Department has recently had a number of nominations for student and staff awards.

There has been success for both our nursing and midwifery students in their award nominations - see inside on pages 3 and 4 for info on awards for nursing student Amy Mann and midwifery student Jo Hewison.

Claudia Collins, final year nursing student, attended the Student Nursing Times awards in London. Despite not winning in her category, Claudia has since found out that she has won the "Rep of the Term" award for the Love York awards. Well done Claudia, you have been an outstanding course representative and this award is well deserved.



The Department's Green Impact team picked up a Bronze award at this year's ceremony. Well done to all the team. Find out more on page 13 inside.

Kate Flemming, Jerome Wright, Sandi Newby and Di Stockdale recently attended the University long service awards for 25 years service.

Congratulations to you all.

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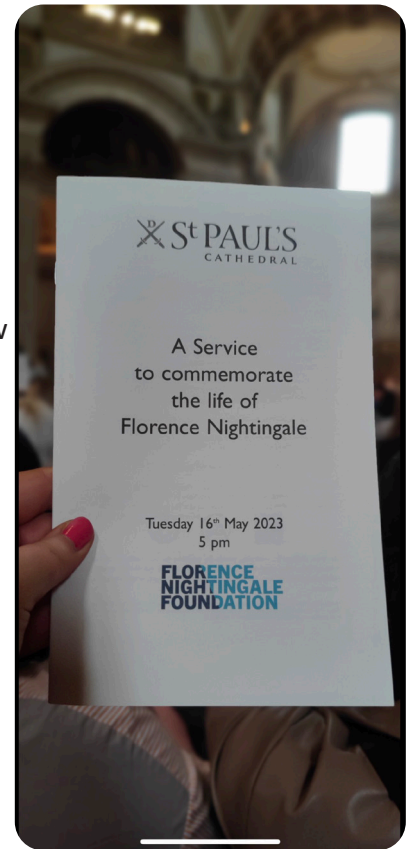
Student attends Service to Commemorate the life of Florence Nightingale

Amy Mann, second year nursing student, recently attended a service to commemorate the life of Florence Nightingale. Amy writes: “Recently I was very fortunate to be selected to attend an event in London to celebrate the legacy Florence Nightingale, organised by the Florence Nightingale Trust (FNT).”

“The celebration happened at St Paul’s Cathedral where a mass and a lamp procession was held. The meaning of the lamp procession is to show the giving of knowledge from qualified nurses to student nurses.”

“During the morning we were able to partake in discussions and hear talks from the Chief Executive of FNT and other FNT scholars and newly qualified nurses from across all disciplines.”

“I felt very honoured to have been selected to attend such a prestigious day and the people I could network with from across the UK and hear the stories of others to become a qualified nurse.”



Student and staff attend Student Nursing Times Awards



Claudia Collins, final year nursing student, attended the Student Nursing Times Awards in London recently with Jess Powell, Rachel Skipper and Morgan Clarke.

Claudia was nominated for the award of Outstanding Contribution to Student Affairs. Despite not coming away with a win, it is fantastic achievement and Claudia, Jess, Rachel and Morgan definitely enjoyed the day.

Student wins two awards for Kathleen's Legacy

Second year nursing student Amy Mann writes: "Over the last 16 months, I have formed a volunteer project outside of my university time which provides blankets to palliative and end-of-life patients across the UK called Kathleen's Legacy. I began this project to channel my grief into something beautiful to help others when my mama died suddenly in March 2022."

"Since it began, we have donated over 150 blankets nationwide and the number is climbing. My initial aim was to only do 10 blankets!"

"In July 2022 I was selected to be one of the 150 leaders with the Council of Deans and I created a workshop that interlinks with nursing education and my blankets. I had noticed that across the UK some student nurses were not as fortunate to receive an initial education on End of Life Care and that exposure seems to be what many are relying on in order to gain an understanding of it".

"My workshops are aimed at all training healthcare professionals, and explain the story about the creation of Kathleen's Legacy and the importance of remembering we are 'not just' student nurses and we can have such a positive impact on palliative and end-of-life care. I have since delivered this to final-year nursing students at the university as part of the palliative and end-of-skills day."

"Our blankets, thanks to Grace Greenwood, are now part of the end-of-life boxes within the York Emergency Department as well as St Leonard's Hospice, a hospice in Glasgow, and Queens Medical Centre Critical care ward."

"Kathleen's Legacy was very lucky to be nominated across the YUSU season in three separate events. We won Volunteer Project Of the Year, Community Cohesion with a recommendation from the York Council and I won Highly Commended for Student Wellbeing of the year."



Student midwife wins Student Nightingale award

Second year midwifery student Jo Hewson, was recently nominated for and won a student Nightingale award from South Tees NHS Foundation Trust. Jo's nomination is below.

“Jo came to work with us in community in Northallerton. Jo had come to us from Harrogate so she had to meet a new team and learn new notes. Jo was understandably nervous at first, but she settled in very quickly becoming a valued member of the team and a pleasure to work with.”

“Jo is an excellent student midwife and the compassion she shows the women is amazing working as an advocate for the families she meets.”

“During her placement Jo showed passion around a particular subject within Midwifery, she was able to research this and able to discuss her concerns with professionals, Jo has shown strength and knowledge to stand against a normal Midwifery practice and showed incredible ability to support women and provide them with evidence-based knowledge. I was so proud hearing Jo discuss her concerns and how she hopes to change practice but more to develop her own practice in giving women choice.”

“I feel very lucky to have spent a short period of her training with Jo and I wish she was returning to us. She became a colleague and a friend during her placement at Northallerton and I feel very lucky to have been part of her student journey.”

“Jo definitely deserves this award.”



MNurs cohort celebrate final taught session

Our September 19 MNurs students recently celebrated with staff at their last taught session in Uni.

The group heard from our Subject Lead for Nursing, Melissa Owens, as well from former MNurs student Kheira Haffiane, who offered the group some good advice, hints and tips about starting as a newly qualified nurse.



Student Wellbeing Officer

Introducing Daisy Whitwood, your Student Wellbeing Officer.

“Hi, I’m Daisy and I’m your Student Wellbeing Officer. I’m here to provide a space for you to discuss any issues that might be concerning you or affecting your wellbeing during your time at University.”

“If you’re feeling stressed or worried, or struggling with your studies, feeling overwhelmed with your academic work, or if you’re experiencing a personal issue, a health issue, a relationship problem or financial concerns, I’m here to listen and to talk things through.”

“I provide 1:1 support, information and guidance and can help you navigate the support available on and off campus. Please don’t hesitate to get in touch if you would like a chat.”

How to contact your Student Wellbeing Officer:

You can book an appointment with Daisy directly via the self-booking system (<https://calendar.app.google/7FDPFiVkotYWzi8N8>), or email me at daisy.whitwood@york.ac.uk.”



PhD students take part in the final of Three Minute Thesis

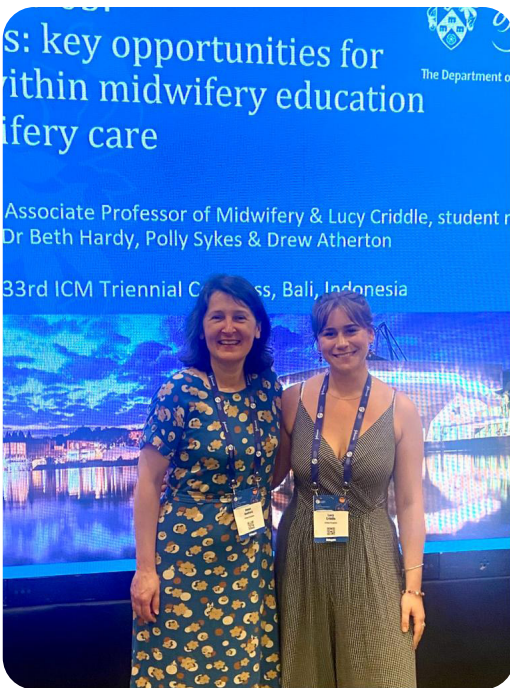
Three PhD students recently competed in the final of the York Three Minute Thesis competition.

Hollie Henderson, Louise Padget and Danielle Varley were among 11 shortlisted finalists presenting in the Ron Cook Hub.

Kate Flemming, Head of Department, said: “I would like to thank Hollie, Louise and Danielle for the excellence in their work that has enabled the Department to be so well represented in the final. I extend the warmest congratulations to the students and their supervisory teams for this success.”

Teaching News

Staff and student attend International Confederation of Midwives



From 11th to 14th June, Helen Bedford and Mid 20 student Lucy Criddle attended the 33rd triennial International Confederation of Midwives ICM Congress in Nusa Dua, Bali. They hosted a workshop, reporting on evaluative experiences of using interprofessional death cafes for midwifery student learning and facilitating a real time death cafe for international delegates.

Helen and Lucy write: ‘Attending and presenting at this global professional conference was a career highlight. We were proud to present our work (also representing our colleagues Beth Hardy, Polly Sykes and Drew Atherton) and this led to many interesting follow up conversations. The workshop was well received and we were at full capacity.’

“It was a fabulous opportunity to network with international colleagues and students, and we are grateful for Departmental support to attend.”

A presentation on key learning from the event will be held in July - date and time to be confirmed. All welcome.

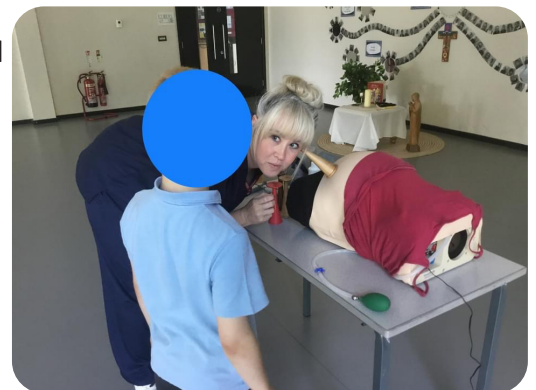
Inspiring the next generation



Rebecca Beggan (Midwifery lecturer in health sciences) was recently invited to a North Yorkshire primary school to talk to year 5 and 6 children about the role of the midwife as part of the school’s aspirations week.

Rebecca said: “This was a great opportunity to showcase the fantastic work midwives do in helping mothers, birthing people and newborn babies be healthy. It also highlighted the many roles and careers midwives can work in.”

“All the year 5 and year 6 children had an opportunity to find a fetal heart-rate on a manikin which they appeared to enjoy!”



Universal Credit harmful to mental health of lone parents

A new study has shown that Universal Credit is harmful to the mental health of claimants, particularly lone parents.

The research, part of the Changing Realities programme, showed that 32% of lone parents on Universal Credit (UC) experience mental health problems, compared to 28% for all adults in receipt of UC.

Researchers from the University of York, Poverty Alliance, and Child Poverty Action Group, demonstrated that the number of lone parents on UC experiencing mental health problems was higher than the incidence of mental health problems for lone parents in receipt of legacy benefits, as well as for all adults in receipt of legacy benefits.

Dr Maddy Power, lead author from the Department, said: “We combined analysis of the mental health impacts of Universal Credit with the accounts of lone parents and carers, charting their experiences of navigating the system and the additional challenges of doing so without the financial and emotional support that can come from a partner.

“Our results show that there is a direct link between experiences of Universal Credit and mental health problems and that this negative effect is particularly pronounced for lone parents.”

Lone parents and carers documented the challenges of navigating the complex UC system without family support, the stress associated with financial uncertainty created by UC, and the anxiety, distress and hardship created by social security.

They also described how the UC system does not recognise the burden of unpaid caring responsibilities, and the complexities involved in negotiating transitions of various kinds – whether to do with relationships or changing work patterns.

Dr Power said: “Change is urgently needed to improve social security in order to protect and support the mental health of claimants. We outline a five-point plan for change, in partnership with parents and carers on low incomes, which would help make social security in general, and Universal Credit in particular, a force for good.”

Dotty a lone parent participant in Changing Realities said: “Being on Universal Credit has meant that I was often faced with the decision of whether or not I should use my money to eat or heat the home, which has in turn, caused me a lot of anxiety about whether or not I’ll have enough money to last me for the rest of the week after food and fuel has been paid for.”

Researchers call for action to end mental health related deaths

Researchers have called for radical changes on a global scale to prevent the growing mortality rates of people with mental health problems.

A study, published in *Lancet Psychiatry*, and involving 40 global experts, including researchers at the University of York, revealed the factors that increased early mortality for people with mental health conditions.

These included deaths linked to traumatic life events, unemployment, stigma and marginalisation, lack of meaningful societal relationships, and poor access to healthcare, education, housing, and income security.

Researchers set out 18 recommendations in the study, which include delivering integrated healthcare, community-based interventions, restriction of access to lethal means of suicide, reduction of inequalities as well as increased investment in mental health services and research.

Professor Simon Gilbody, Director of the Mental Health and Addictions Research Group (MHARG) in the Department, said: “We were honoured to join forces with research leaders from around the world in preparing this landmark report. York has been at the forefront of research to tackle this major health inequality. The *Gone Too Soon* report places mental health on the same page as physical health, and we have used our research intelligence to inform the key recommendations.

“Our specific contribution was to help tackle the epidemic of tobacco-related harms in mental health services. This contributes to the 20-year health gap at the heart of this report.”

The study, led by MQ Mental Health Research and funded by The William Templeton Foundation for Young People’s Mental Health, offers a practical roadmap for implementing the solutions, but researchers are keen to point out that any solutions must be co-designed by people with lived and living experience of mental illnesses in order to be successful. The report of the study was co-produced by researchers alongside many people with first-hand and family experience of mental illness.

Professor Rory O’Connor, Director of the Suicidal Behaviour Research Laboratory at Glasgow University, said: “Globally, too many people die prematurely from suicide and the physical health problems associated with mental illness and mental distress.

“For this first time, we have brought together a multidisciplinary global team of academic, policy, clinical, and lived and living experience experts with the specific aim of understanding the driving forces behind these deaths together with what needs to be done to tackle this public health crisis.”

Research highlights global impact of smokeless tobacco use

RA review of government control policies has shown a reduction in global smokeless tobacco use, although there are still gaps in research in some countries.

A team from the University of York and Public Health Foundation of India (PHFI), in collaboration with the ASTRA (Addressing Smokeless Tobacco and Building Research Capacity in South Asia) consortium, conducted a comprehensive review focusing on policies related to smokeless tobacco, exploring their context, and investigating their impact on smokeless tobacco use.

The research examined data from 2005 to 2021, which showed that 57 countries have implemented policies specifically targeting smokeless tobacco, with 17 of them having policies beyond the scope of the World Health Organisation (WHO) Framework Convention on Tobacco Control (FCTC).

The review, published in *The Lancet Global Health*, demonstrates that policy initiatives based on the WHO FCTC have led to reductions in smokeless tobacco prevalence, ranging from 4.4% to 30.3% for policies related to taxation and 22.2% to 70.9% for multifaceted policies, which may include advertising campaigns for example.

Professor Kamran Siddiqi, from the Department, said: “Despite being one of the most important causes of head and neck cancers, smokeless tobacco use has been overlooked. “This paper shows that there is enough evidence for rapid and comprehensive policy action. Such action can make a significant difference in preventing cancers in South Asia.”

The review identified several countries, including Bhutan, Singapore, and Sri Lanka, that have enforced a complete ban on smokeless tobacco, including cultivation, manufacture, distribution, and sale of such products.

Partial import and sale bans on specific forms of smokeless tobacco were reported by Australia, Bahrain, Brazil, India, Iran, Tanzania, Thailand, New Zealand, and the UK. Bans on tobacco use in public places were implemented in Guam, India, Myanmar, Nepal, Pakistan, and the USA.

India, in particular, has taken a comprehensive approach to tackle the use of smokeless tobacco products. These measures include taxation, regulation of contents, labelling and packaging, education campaigns, cessation services, restrictions on sale to and by minors, and a ban on the sale and manufacture of smokeless tobacco products.

The review, however, also revealed significant research gaps in some areas and limited evidence regarding smokeless tobacco policies, their descriptions, and impact evaluations. It emphasised the need for continuous updating of guidelines and frameworks to incorporate new evidence on effective smokeless tobacco control measures.

Professor Monika Arora, from Health Related Information Dissemination Amongst Youth (HRIDAY) and Public Health Foundation of India (PHFI), said: “Countries have enforced measures to restrict smokeless tobacco use but these are not mentioned prominently in important reports and scientific publications. They appear somewhere in the appendix, and this limits further research and policy action to tackle use of smokeless tobacco.”

The review highlights the critical need to establish standardised outcome measures, including adverse health outcomes and prevalence of smokeless tobacco use, to effectively evaluate the impact of policies and monitor the global smokeless tobacco epidemic.

Demand for children’s palliative care expected to rise

Researchers from the University of York have found that the number of children with life-limiting conditions rose by almost a quarter over 10 years in Wales.

According to the report, launched by children’s hospices Tŷ Hafan and Tŷ Gobaith in Wales, one in 172 under 18-year-olds have a life-limiting condition, with more than 50% of all deaths of children in Wales between 2009 and 2019 among children with these conditions.

Report author, Dr Stuart Jarvis, Research Fellow in the Department of Health Sciences at the University of York, said: “The report shows that there have been substantial increases in the number of children and young people in Wales with life-limiting conditions since 2009, with no reduction in medical complexity.

“This means that more resources are needed to simply continue to offer the same level of care to these children throughout Wales, let alone provide much-needed additional support.”

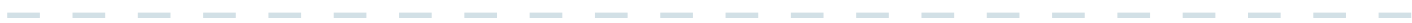
Maria Timon Samra, Chief Executive of Tŷ Hafan Children’s Hospice, said: “We are very proud of this ground-breaking report, the first ever to look specifically at children with life-limiting conditions in Wales.

“More than ever this reinforces the need for a sustainable long-term funding solution from the Welsh Government.”

Andy Goldsmith, Chief Executive of Hope House Tŷ Gobaith, said: “The report shows that the type of services we provide will need to adapt to keep up with the increasingly complex conditions that children are now living with.”

Eluned Morgan, Welsh Government Minister for Health and Social Services, said: “This is a really important report, providing Wales specific data. I look forward to continuing to work with hospices, families and the NHS to ensure children with life-limiting conditions and their families have access to the services and support they need.”

The report was undertaken by a team from the University of York, led by Professor Lorna Fraser and funded by the Welsh Government through the National Programme Board for Palliative and End of Life Care.



Research News

ECSG Blood Cancer PPIE group visit Biology labs

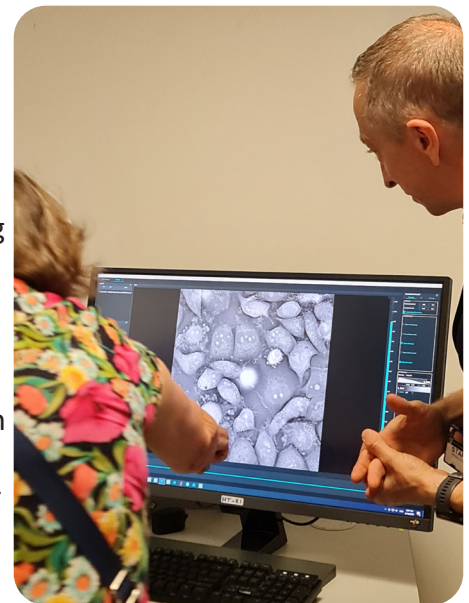
The Epidemiology and Cancer Statistics Group (ECSG) facilitates a thriving Support Group in York for people who have blood cancer and their friends and family. On Friday 16th June the group and the ECSG Patient and Public Involvement and Engagement team (which is led by Debra Howell) were invited by David Kent (Biology Department Deputy Head - Research) to tour the labs where his research on blood stem cells takes place. Among other things, they were asked to share their thoughts about new ways of testing individual cells to see if they are cancerous, which is the current focus of much of the work of David Kent's lab.



David Kent, together with other colleagues in Biology, work closely with clinicians and researchers in the Haematological Malignancy Research Network (HMRN), which is ECSG's main research project. Many of the patients in ECSG's support group are also members of HMRN's Patient Partnership, which sits within the Yorkshire and Humberside Haematology Network (YHHN). The visit was organised as part of our robust PPIE activities.

On arrival, a number of patients and their families met for lunch and a general introduction, before splitting into groups for a tour of the Technology Facility, which included seeing the impressive instruments that the Biology Department uses to examine materials at the cellular level. The meeting went well, with patients and families enjoying chatting to staff using the machines and seeing cells moving and interacting with each other in real-life.

The visit finished with a discussion about the work that the lab is currently planning which, if successful, could see a major breakthrough in the treatment of cancer in the future. It was a wonderfully collaborative event in which patients and scientists came together and reinforced their respect for sharing each other's experience, and the positive impact of working together for patient benefit.



MEASURE project evaluates NHS surgical hubs



The Department of Health Sciences (DoHS) and Centre for Health Economics (CHE) researchers have received £1.6m to investigate whether ‘high-volume, low-complexity’ surgical hubs achieve their aims. The government is currently investing £1.5 billion in developing such hubs to reduce NHS waiting lists.

“These hubs only carry out routine surgeries and only on patients with a low risk of complications, in an effort to speed up processes. They come in different shapes and sizes, but each one draws staff members from across their NHS Trust,” explains Joy Adamson (DoHS, York Trials Unit), who leads the 4-year NIHR funded study along with Peter Sivey (CHE).

“Our evaluation, called MEASURE, will look at how Trusts are setting up their hubs and what they mean for patients, carers and staff,” she continues. “We will continuously update NHS officials about interim findings, so that they can make adjustments to services if possible and necessary.”

Peter Sivey adds: “We will crunch the numbers to find out which hubs are most and least productive, and we will look at factors such as patients’ medical conditions, survival rates and waiting times in relation to resources such as hub equipment, facilities and number of staff. Each year, we will zoom in on a small number of hubs to fully understand the stories behind the numbers.”

For more information, please contact the team via: measure-study@york.ac.uk and/or follow @/MeasureStudy on Twitter.

Department wins Bronze Green Impact award

Congratulations to the Department's Green Impact team who picked up a bronze award at this year's ceremony.

The Green Impact award is an award programme designed by NUS and SOS-UK to support teams and university departments to improve sustainability within their organisation. While the programme has its roots in universities, it is now used by over 1,500 organisations across the world, including most recently the NHS and English Heritage.

Each year, teams are invited to complete actions in a bespoke toolkit designed for their organisation, and here at York our toolkit closely aligns with the University's Sustainability Plan and the UN Sustainable Development Goals. It is also possible to design a bespoke project to tackle sustainability issues that particularly affect your department or team, and these projects are eligible for the same awards.



This year, our Green Impact team, comprising of Dea Neilsen, Sarah Compton, Rachel McAllister, Kate Mooney, and Victoria Exley decided to set ourselves a fairly modest goal of achieving a Bronze award. Dea said: "We're delighted that we managed to achieve this goal, and are looking forward to aiming higher in next year's programme".

Athena Swan and International Women's Day meet our Book Club

Women@York Conference

Amanda Perry was invited to speak about her career journey and represented the Department at the Women@York conference event in May. The conference was part of celebrations of the 5th anniversary of the Women in Research Network. The conference was opened by Professor Kiran Trehan, PVC for Partnerships and Engagement.

Athena Swan and International Women's Day Book Club event

Rachel Carr and Sophie Godfrey facilitated the book club event based on international women's day. The group read the following:

Elinor Cleghorn: *Unwell Women: A Journey Through Medicine and Myth in a Man-Made World*. The feedback from those that read the book was excellent.

'It was really well-written and readable, and an overall excellent book. A lot of us were hesitant about whether we would get the same enjoyment from a non-fiction book, but this was a great choice. It sparked a lot of interesting debate on cultural, historical, ethical and social contexts and showed how - although lots has changed and improved over time - there is still a lot of frustration in valuing a woman's voice in her own medical treatment today. We found that a lot of the facts, figures and lived experiences in the book made us angry or upset, but also made us think and dwell on how this related to us and the women we know.'

The book club group would recommend this book and would be particularly interested to hear of what our male colleagues think of it.

For more information on the Department's book club, contact Sophie Godfrey (sophie.godfrey@york.ac.uk).

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Lisa Fuzzard, Heather Walker, Jessica Goodliffe, Qian Zhao, Jessica Winterson, Claire Frobisher Shooter, Giorgia Previdoli, Mariya Geneshka, Catherine Porter, Luis Beltran Galindo, Saima Afaq, Kate Morton, Isabelle Briggs, Lindsay Thurston, Shaun Bell, Ramsha Hussain, Caron Morrison and Katie Stearman.

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Sharon Eiles, Rachel Cunningham-Burley, Christopher Andrew, Lauren Walker, Rebecca Lait, Ally Chadwick, Sarah Walker, Emily Peckham and Anna Marshall.

Congratulations to:

Kate Flemming, Jermone Wright, Sandi Newby and Di Stockdale who recently received long service awards for 25 years service at the University. (Pic shows LtoR, Kate, Sandi, Di and Jerome).



Keith Ford and his son Lewis (pictured left), who completed the Great York Walk on 3rd June which was a 25 mile walk around York for Mentally Fit York which raised £9,800.

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**).