

Introduction

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter where we share with you news about and activities undertaken by staff, students and visiting faculty. In the issue we have highlighted research development opportunities for practice colleagues within the National Institute for Health Research (NIHR) scheme (page 2), supported by an account from Julie Woodman’s (Consultant trainee midwife) experience of completing an NIHR Internship with us at BU (page 5). The newsletter identifies our success at submitting abstracts to a number of high profile midwifery conferences (page 3) as well as the enthusiasm of a number of student midwives presenting their work at a conference held at BU (page 4). Congratulations to them all.



Our practice colleagues in Dorset were extremely successful in their nominations to the RCM Awards this year, winning 5 out of the 14 available categories. We know the hard work and dedication that colleagues give to supporting women and their families in practice and that our students have valuable insight into their innovation, leadership and evidence-based care.

Many of you reading this newsletter will be acutely aware of the ‘circle of life’. It is with great sadness to inform you of the untimely death of our colleague and friend, Lesley Milne. You can read the midwifery team’s tribute to Lesley on page 7. But, with sadness there is also joy, and I have pleasure in announcing that Dr Daisy Wiggins (former PhD student and now lecturer at BU) gave birth to a baby boy on the 12th April (yet to be named at the time of writing this newsletter).

Susan Way

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CMMPH aims

We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.

Our strategy is to develop nationally and internationally recognised research that:

- Promotes the health and well-being of women, babies and their families
- Underpins clinical midwifery practice
- Informs policy making in relation to maternity care
- Ensures relevance and impact by maximising service user/voluntary sector involvement and the dissemination of results to health and social care professionals, service users and the voluntary sector
- Undertakes work across a wide methodological range.

Our educational and research activity has gained national and international recognition for its contribution to the enhancement of professional practice and maternal and perinatal health.

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Research in CMMPH:

Clinical Research Opportunities

NIHR has integrated pathways to support doctors & dentists (IAT programme) and other registered health professionals (ICA programme). BU has been working hard to build a pipeline of training opportunities that maximise the available funding and support to help clinicians develop their research.

In September we will launch our [MSc Clinical Research](#) a taught programme that builds the foundations for an NIHR proposal for the [Clinical Doctoral Research Fellowship](#). The programme offers clinicians the flexibility to undertake this on a full-time basis or as individual CPD units that suit their needs. Funding to support this is available through the [HEE/NIHR Internship](#) scheme (closing date 17th June 2019) and the NIHR also offers a [pre-doctoral clinical academic fellowship](#) that supports training costs. If you want to know more about any of these pathways contact:: Prof Susan Way, sueway@bournemouth.ac.uk or Prof Vanora Hundley, vhundley@bournemouth.ac.uk.

Integrated Academic Training (IAT) Programme for doctors and dentists

- [Academic Clinical Fellowship \(ACF\)](#)
- [Clinical Lectureship \(CL\)](#)
- [In-Practice Fellowship \(IPF\)](#)

HEE/NIHR Integrated Clinical Academic (ICA) programme

- [Internships](#)
- [Pre-doctoral Clinical Academic Fellowship \(PCAF\)](#)
- [Clinical Doctoral Research Fellowship \(CDRF\)](#)
- [Clinical Lectureship \(CL\)](#)
- [Senior Clinical Lectureship \(SCL\)](#)

Wessex Clinical Academic Training Programme

CMMPH has been successful in securing three match-funded studentships as part of the Wessex Clinical Academic Training Programme:

1. Continuity model of midwifery care team: a new way of working: midwives views and experiences. – *Salisbury NHS Foundation Trust*,
2. What factors influence pregnant women to consider a vaginal birth after caesarean section? - *University Southampton Hospital NHS Foundation Trust*,
3. Emerging new roles in maternity services: facilitating change in practice using Participatory Action Research. - *University Southampton Hospital NHS Foundation Trust*.

Interviews will be taking place soon for students to start in September 2019. We are always looking for new ideas. If you have any ideas for research and are interested in developing a proposal for a match-funded PhD studentship then please contact Prof Susan Way, sueway@bournemouth.ac.uk or Prof Vanora Hundley, vhundley@bournemouth.ac.uk.

PGR student: Dimitrios Vlachos

My name is Dimitrios Vlachos and my bachelor degree is in Nutrition and Dietetics, gained from the A.T.E.I. of Thessaloniki, Greece. I joined Bournemouth University as a volunteer Graduate Research Assistant in January 2018, under the supervision of Dr Fotini Tsofliou. During my 6-month traineeship I gathered experience on research strategies and data collection methods and I was inspired to enrol onto the Master by Research – Faculty of Health & Social Sciences programme at Bournemouth University. My area of interest is related to nutrition and the topic which I am working on is the investigation of barriers and facilitators to following a Mediterranean style diet in adults globally. The ultimate goal of this literature review is to prepare the ground for a future nutrition intervention, which will promote Mediterranean style diet in England. I am very excited to be part of the BU team, under the supervision and direction of Dr Fotini Tsofliou and Professor Katherine Appleton. I hope my studies will help to expand the knowledge around the factors that influence the adherence to Mediterranean diet in in England.



Prof. Edwin van Teijlingen's keynote speech at NJF Congress

The 21st Congress of the Nordic Federation of Midwives held Reykjavik (Iceland) in early May invited Prof van Teijlingen to give a keynote speech. His paper '*The medical and social model of childbirth*' offers a social science perspective on midwifery and maternity care. This presentation focuses on the more practical as-



pects of the social-medical model, linking it to notions of risk in society and media representation of pregnancy and birth.

He was also invited to come a day early and contribute a session to the Nordic Network of Academic Midwives (NorNAM) at the University of Iceland which ran the course 'Theories & models for midwifery'. He shared that day with Professor of Midwifery Nicky Leap, now based in Australia and BU Visiting Faculty and Poole midwife Jilly Ireland, who introduced the A-EQUIP Model as an example of an applied model used in UK midwifery.



Research in CMMPH:

Abstracts accepted for the Normal Birth Conference

CMMPH staff and PGRs have been successful in having abstracts accepted for the Normal Labour and Birth: 14th Research Conference to be held at Grange over Sands. This prestigious conference attracts a wide range of international delegates, from architects to economists, neuroscientists to sociologists, and from those working in maternity care (midwives, doctors, doulas, paediatricians) to those who have experienced it. Successful abstracts include:

- i) *A birth ball to reduce pain perception in the latent phase of labour; randomised controlled trial*, Myloid D, Hundley V & Way S.
- ii) *But I really wanted a homebirth: A qualitative study exploring women's conversations with maternity care professionals when homebirth is not recommended*, Woodman J. & Way S.
- iii) *What helps or hinders student midwives' confidence & ability to support women's normal labour & birth?* Wood J & Fry J.
- iv) *Changing the narrative around childbirth: whose responsibility is it?* Hundley V, Luce A, & van Teijlingen E.
- v) *Do UK midwives document the perineal care and discussions they have with women at the time of birth: an online survey.* Stride S, Way S & Hundley V.

New PGR student Vanessa Bartholomew

Vanessa Bartholomew has worked as a registered midwife for the last 10 years. In January this year she commenced a match funded PhD studentship. The aim of her project is to develop a targeted intervention to improve current service provision for women with uncomplicated pregnancies in the latent phase of labour. It is anticipated this will lead to a reduction in hospital admissions in the latent phase and associated labour interventions to improve outcomes. Vanessa is being supported by Professor Vanora Hundley, Dr Carol Clark and Dr Ben Parris. Vanessa will be dividing her time between her PhD studies, working as a midwife, contributing to Dorset County Hospital's maternity safety team, and attending events organised by the Maternal and Neonatal Health and Safety Collaborative (MatNeo). MatNeo is an initiative aiming to meet the objectives of NHS England's 'Better Births', and maternity transformation programme.



Welcome to new researcher Dr Rachel Arnold

Rachel was a midwife in Poole maternity hospital for 16 years prior to working in post-conflict settings in South Sudan, Rwanda and Afghanistan. The contexts ranged from refugee camps to remote mountain communities, makeshift clinics in a famine area to a midwifery-training institute. There was one recurring challenge, however – to identify factors that would facilitate sustainable improvements in the quality of care in each unique setting. Following on from this Rachel conducted her PhD in the Centre for Midwifery, Maternal & Perinatal Health at BU. It was an ethnographic exploration of the barriers and facilitators to quality care for women in an Afghan maternity hospital and to date she has published two papers in international journals based on her PhD research.



Rachel joined CMMPH as a researcher in May 2019 to work on a study into maternity organisation and culture as part of a project based in Dorchester.

Congratulations to Vanora Hundley

Vanora has been re-appointed as the [CRN \(Clinical Research Network\) Wessex](#) Joint Specialty Lead for Reproductive Health and Childbirth. NIHR CRN leaders drive the clinical research agenda, which is one of national importance. The leadership roles in each LCRN are both high-profile and demanding and leaders will be expected to be ambassadors for the NIHR.

A key focus of the role in Wessex is to grow our portfolio of reproductive health and childbirth studies. This includes ensuring that studies are included in our national portfolio of research in order to receive the right support to be delivered successfully in the NHS.

NIHR | National Institute
for Health Research

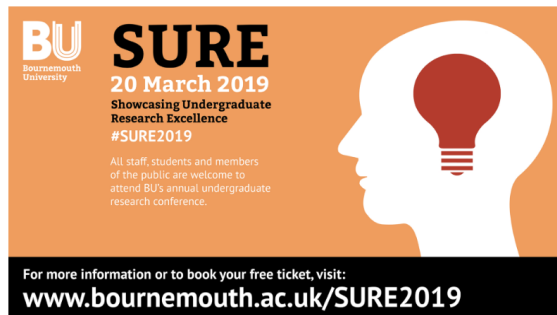
CRN Wessex

Education in CMMPH

Student midwives presented at SURE BU Conference

The Showcasing Undergraduate Research Excellence (SURE) conference is an excellent opportunity for undergraduates and recent graduates to share their work and develop their presentation skills to other students, academics, staff and attendees from external organisations. As well as demonstrating academic successes, it gives students the opportunity to take part in a professional conference and network with individuals who could help to develop their research on a greater scale.

Midwifery students: Zejneb Rissan, Natalie Burdett, Pauline Proksa, Michelle Allen and Bethany Pawson presented the group work they had completed for their Health and Wellbeing 2 assessment titled, *'Explore the UK trends in refugee and asylum seeking and the priorities for maternity services, with reference to the stories of women who are refugees or asylum seekers'*. They won the faculty award for 'Best original research via oral presentation'.



NMC draft future midwife standards

May 9th 2019 was the final day of a three month consultation for responses to the draft future midwife standards to be submitted. The NMC received 1,585 responses to the consultation surveys, In particular, 1,077 of the responses came from women, partners and members of the public, as well as 450 from midwives, student midwives, educators and employers. The Midwifery team responded collectively to the consultation agreeing that the standards focus on the safety, needs, views, preferences and experiences of women, newborn infants, partners and families in a range of settings.

However, issues in particular around the complex and / or medical language that is often used was raised as well as the vast number of outcomes and skills being identified. Further direction is needed related to recruitment and selection and the role and function of the Lead Midwife for Education.

The next steps from the NMC include a discussion with the Thought Leadership Group of experts of which Prof Susan Way and Prof Edwin van Teijlingen are members, with the aim to present a final draft to Council for approval in October 2019.



Midwifery moves to a new department within the Faculty

A period of consultation took place between 13th December 2018 and 11th February 2019 on a proposed new alignment of BU's portfolio of departments and associated leadership changes, in order to facilitate the delivery of BU2025, the university's overarching strategy for the next five years. In the Faculty of Health and Social Sciences, five departments are now agreed and will be up and running for the new academic year. Midwifery is moving from the Department of Humans Sciences and Public Health (which will cease to exist in its current form) to the Department of Midwifery and Health Sciences and will be joined by Paramedic Science and Operating Department Practitioners. Currently the post for Head of Department is out for advert. The other Departments are: i) Nursing Science; ii) Social Science & Social Work; iii) Rehabilitation & Sport Sciences; iv) Medical Science & Public Health

BBC Radio Scotland: Midwifery and maternity care in the media

On Monday the 29th of April Prof Edwin van Teijlingen appeared on BBC Radio Scotland to discuss the portrayal of midwifery and maternity care in the media. The occasion was the publication of the book *'Hard Pushed: A Midwife's Story'* by Scottish midwife Leah Hazard. Leah was interviewed about her new book and Edwin joined from BU's radio studio to discuss work conducted on the topic of midwifery and the media here at BU.

The BU research is both multi-disciplinary and cross-faculty. It started as a collaboration between BU's Media School (Dr Ann Luce) and FHSS (Prof Vanora Hundley, Dr Catherine Angell & Prof Edwin van Teijlingen) with colleagues at the University of Stirling. This research has resulted in several publications. More recently we were joined by The Business School in this project.



Practice in CMMPH

Practice partners success at the RCM Awards 2019

Dorset had an overwhelming night of success at the awards winning 5 out of the 14 categories:



1. Slimming World Award for Partnership Working: Emma Twine and Belinda Doe, Dorset Local Maternity System
2. Maternity Support Worker of the Year Award: Gemma Douglas, Poole Hospital NHS Foundation Trust
3. WaterWipes Award for Team of the Year: The Cygnet Homebirth Team, Dorset County Hospital NHS Foundation Trust
4. RCM Caring for You Award: Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust
5. Bereavement care Award: Sera Bailey, Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust

CMMPH student midwife, Charlie Francis-Pope was shortlisted for Pregnacare Award for Student Midwife of the Year. Congratulation's to everyone. If you want to read more about the categories, use the following link, <https://www.rcmawards.com/2019-winners>

Debbie Houghton and two student midwives meet Gill Walton, RCM CEO

Speakers4schools is a charity who organises senior leaders from all walks of life to engage with 15-18 year olds in schools to talk about their careers and the business they work in. Barton Peveril College hosted the most recent event where Debbie Houghton, Senior Lecturer in Midwifery and two students, Amy Dent and Pui Shum met the CEO of the Royal College of Midwife, Gill Walton. The students were really helpful talking about their current experience of life as student midwife.

Comments from the students include from Amy, "As a student midwife I found Gill's presentation really interesting. To see where her career had started and the progression was insightful and how the NHS has impacted on her career was really lovely. She is definitely an inspiration to myself!" and Pui, "It was a very inspiring talk that I was reassured I am in the right career path. It was also interesting to know about the different roles Gill has been involved in and learn about different career paths a midwife can go into."



Consultant Midwife trainee Julie Woodman awarded NIHR internship

Julie Woodman has been a registered midwife for 16 years with extensive intrapartum care experience. Through Julie's role as a Supervisor of Midwives (now a Professional Midwifery Advocate) she developed a special interest in providing care plans for women who request support for unusual birth plans. In 2017 she was successful in securing a National Institute of Health Research (NIHR) internship award to undertake primary research into women's experiences of their interactions with maternity care providers when requesting homebirths against medical advice. Under the supervision of Professor Susan Way and with the support of Bournemouth University this research is now complete and being prepared for submission to a peer reviewed journal. The abstract has also been accepted for oral presentation at the 14th International Normal Labour and Birth Research Conference in June 2019. It is hoped that the findings will support further research being undertaken as part of her Master's dissertation into the experience of clinicians when supporting women who request homebirths against advice and explore ways in which these conversations can be developed to ensure unbiased and truly informed shared decision making which women find empowering and respectful.



Midwifery education in Nepal

The midwifery team at BU has been approached by colleagues in Nepal to help develop midwifery education in this low-income country. The discussion has been opened by a German aid agency bringing together midwifery educators in Nepal and at BU. As part of this exciting potential collaboration CMMPH has proposed UK midwife Margaret Walsh as Visiting Faculty. Margaret is currently working for the German aid organisation in Kathmandu, training both local midwifery educators and midwifery students.



Congratulations, news and events

Dr Luisa Cescutti-Butler appointment :Research Ethics Committee



Luisa was recently successful in gaining a position on a Research Ethics Committee (REC) within the NHS Health Research Authority (HRA). It is an arm's length body of the Department of Health (DH), which means the Government has devolved some of its responsibilities to the HRA and they have their own budget and board, but the HRA is ultimately an extension of DH and are accountable to it. The HRA has as its main aim, with partners, to make the UK a great place to do health research, to build confidence and participation in health research, and so improve the nation's health. Luisa applied to join because she feels passionate about protecting the safety and wellbeing of patients and the public and wanted an opportunity to influence how research is produced and how it is facilitated at ground level.

Luisa is required to attend a minimum of six meetings per year and will need to attend an induction and equality and diversity training within the first year of her appointment and thereafter, a minimum of five hours training related to research ethics for the remainder of her time on the ethics committee. All these activities will be helpful to her current role as a member of the Science, Technology & Health Research Ethics Panel at Bournemouth University as well as being a PhD supervisor.

Congratulations to Denyse King

Denyse presented her work at the Future Technologies Conference in Vancouver, Canada last November. Her paper 'NoObesity apps – From approach to finished app' has been published in [Advances in Intelligent Systems and Computing](#). Many healthcare workers find it challenging to have a discussion about obesity with service users and feel not competent (enough) to provide the relevant health advice. As a result they are seeking easily accessible, evidence-based, mobile health learning (mHealth). mHealth applications (apps) such as the Professional NoObesity and Family NoObesity have been designed to: support families with making sustainable positive behaviour changes to their health and well-being, ease pressure on practitioners' overweight and obesity care related workloads, as well as to support the education of professionals, students and service users.

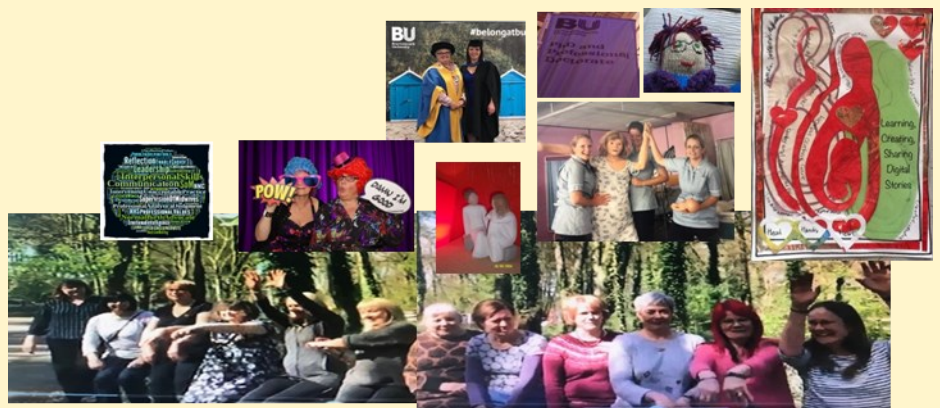


Retirement of Dr Jen Leamon: Coming of age story

I arrived at Bournemouth University 21 years ago and have come of age to retire. When I arrived at BU it felt my professional home. The midwifery team then, as now, are passionate about facilitating education that nurtures students to become competent, kind and thoughtful woman centred midwives who utilise different forms of evidence. In my time here I have sought to uphold and advance these principles with a sprinkle of creativity linked to curriculum development, learning and assessment approaches and facilitating learning.

I have also felt BU to be my intellectual home within CMMPH and the Centre of Qualitative research which embrace and support humanisation, narrative and reflective work. My own academic scholarship linked to stories has enabled gathering, creating, promoting and enabling students to create and share stories that enhance their own personal and professional reflective development. I have worked across the Faculty to advance a shared understanding of how narrative contributes to our understanding of people and their context, and have supported individuals using narrative methods in their doctoral studies.

Our stories of the everyday and the unusual are important and powerful to our individual, collective and shared understanding of meaning. I have had so many varied moments in my time at BU linked to my education, professional practice and research endeavours and interactions with those I have worked alongside and sought to help and support learn. Thank you one and all. I leave you with a few pictures each with its own story.





Lesley died on the 17th March 2019 after a short illness.

This contribution has been collectively written by the midwifery team at Bournemouth University:

Lesley started work at Bournemouth University in 2004. She brought with her significant clinical and education experience, which she had gained in the UK and in other countries, such as Bhutan. Lesley was employed as a Senior Lecturer, but also as Programme Lead for our Portsmouth campus...a difficult role but one she took on with enthusiasm and professionalism. Indeed, she remained as Programme Lead for 8 years instead of the usual 3 years...a testament to her tenacity and perseverance!



Lesley was a team player. She knew a lot, but also recognised what she didn't know, and networked well with others to ensure things ran smoothly. She had a great eye for detail, and would happily stretch a 5 minute debate into 5 hours if she wasn't satisfied that all the issues had been fully addressed!

Lesley was calm, kind and approachable at work, and was well liked by students and staff. She made a point of thanking people for their efforts, particularly when colleagues travelled over to Portsmouth from Bournemouth. This was a trip that Lesley also undertook frequently...fortunately it's a pretty straight road between those two locations, as navigating when driving could be a little challenging for her at times! However, her gentle sense of humour meant she saw the funny side of this and she would often regale us with stories of her adventures on the roads.



Lesley liaised with a number of NHS Trusts. In particular she held a link role with Portsmouth Hospital for many years, where she worked hard to support students and their midwifery mentors. Through her teaching and clinical links Lesley touched the hearts and minds of many. To put this in context, in the time she worked at Bournemouth University well over 1000 students became qualified midwives. Lesley played a significant part in the journeys of these students, and through this will have influenced the childbearing experiences of many thousands of women. This is a remarkable legacy...and one Lesley would have been characteristically humble about.

In recent years Lesley's work included research in Nepal, supported by a grant awarded by Wellbeing of Women (a leading charity funding research into women's health) and a global engagement role, both subjects close to her heart. They reflected her sense of responsibility to a much wider community. She had also been enjoying creating a new midwifery curriculum with the team, and we will carry her thoughts and ideas forward in that.

Lesley was not only our colleague, she was our friend, and we will warmly remember the times we spent with her.

And why the butterflies....? (a passage from Lesley's Order of Service)

A butterfly lights beside us like a sunbeam.

And for a brief moment its glory and beauty belongs to our world.

But then it flies on again, and though we wish it could have stayed,

We feel so lucky to have seen it...



Late 2018

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Thapa R., van Teijlingen E., Regmi P., Heaslip V. 2018. Caste exclusion and health discrimination. *Prospero* CRD42018110431 Online: http://www.crd.york.ac.uk/PROSPERO/display_record.php?ID=CRD42018110431 **T**

Early 2019

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Clayton, C., Hemingway, A., Rawnsone, S., Hughes, M., 2019. A scoping review exploring the pregnancy, postnatal and maternity care experiences of women from low-income backgrounds, in high-income countries [online]. Available from: osf.io/yb3zq **T**

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Way, S., Reed, H. 2019. Creating and sharing digital stories: Bringing together the art and science of midwifery through assessment. *The Practising Midwife, (accepted)* **T**