

Introduction

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter in the new locked down world of COVID-19. From a distance we share with you news about, and activities undertaken by staff, students and visiting faculty. This newsletter has a large number of successes to report from our students, including publications by undergraduate (see page 4) and postgraduate students, and a newly awarded PhD for Dr. Alice Ladur (see page 6). Alice had her viva on-line as well as her graduation, rather than the usual large ceremony in the Bournemouth International Centre.



Despite the pandemic colleagues are still attending and presenting at conferences, and Rebecca Edwards gives us a highlight of her presentation at the recent RCM Research Conference, (see page 3). Colleagues in the Midwifery and Health Science Department have had a number of successes in receiving small amounts of funding to advance areas of their research, or using it as a springboard to generate some research ideas (see page 3).

The WHO has just released the 'Next Generation' Partograph' and Prof Hundley highlights some of the important changes that have been made, particularly in defining the onset of the active phase of labour. (see page 5) We would like to thank everyone for their contributions and know we will continue to have a busy few months. We would also like to take this opportunity to say 'Get well!' to CMMPH Visiting Faculty and BU Honorary Graduate Sheena Byrom.

Susan Way

CMMPH
Centre for Midwifery,
Maternal & Perinatal Health
Bournemouth University

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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.

Newsletter Editors:

Prof Susan Way, Prof Edwin van Teijlingen & Prof Vanora Hundley

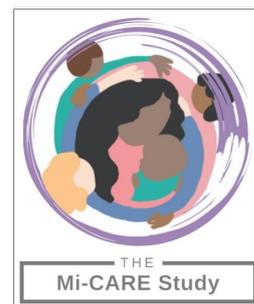
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Research in CMMPH:

CAD student Charlotte Clayton reflects on adapting her research to meet COVID restrictions



Clinical Academic Doctorate student, Charlotte Clayton reflects on the impact of COVID restrictions on her research and the opportunities it gave her when starting the recruitment and data collection phase of her study. Charlotte says, "I had always been determined to embed digital solutions into my study design alongside more traditional methods as my PPI (Patient-Public Involvement) work determined the use of digital technology as being an integral part of many childbearing women's lives. However, to account for people who are unfortunately digitally excluded, I also planned on using more traditional methods such as conducting interviews in person. I still intended to immerse myself in the local community during recruitment and data collection, working in partnership with the Children's Centres and local midwives but when the pandemic struck, social distancing restrictions did not allow for this. My recruitment started during the third, national lockdown and I needed to work differently. I quickly learnt how to use new software and soon enough I was attending Zoom sessions with the Children's Centre and local families, Microsoft Teams meetings with my colleagues, and answering swaths of enquires about the study via Facebook. Most of the interviews I have conducted so far have been via Microsoft Teams, Zoom, or over the phone. I found that for many of the participants, being able to share their experiences virtually, whilst being confined to their homes, provided an opportunity to speak with another adult outside of their households, and provided a space for them to share their experiences and be actively listened to. In the context of my own doctoral research, whilst the COVID-19 pandemic has caused unprecedented challenges, it has provided numerous opportunities to embrace the acceleration of digital technology and to work smarter. Whilst conducting research interviews virtually has its limitations, without its use I would not have been able to progress with my research nor been so successful with my recruitment. I have learnt new transferrable skills that will inevitably support my career development post PhD".



Welcome to new MRes student, Anna Marsh

In January Anna joined our team of Post Graduate Researchers at BU on our Masters of Research (MRes) programme. Anna graduated as a midwife in 2017 from Coventry University and currently practises at University College London Hospital alongside her study. Having recently received a Wellbeing of Women Entry Level Scholarship for Midwives, she is undertaking a project exploring social media within midwifery and maternity services. Firstly, she will review the current literature around nurses and midwives views around social media within the profession. The next phase of her project will include a discourse analysis of the social media site Instagram, analysing posts about birth by both women and midwives. Anna hopes to demonstrate if the social media site could be utilised as a bridge in communication between midwives and pregnant women. Anna's supervisors are Professor Vanora Hundley and Ann Luce, Associate Professor In Journalism and Communication in the Faculty of Management & Communication.



Life beyond the PhD: an update from doctoral student Malika Felton

Malika's doctoral research was investigating whether slow and deep breathing was a feasible treatment method for pregnancy-induced hypertension. Due to COVID restrictions the final aspect of her research, which involved recruiting pregnant women to the trial had to be modified. Malika has now submitted her thesis and has applied to the NIHR Advanced Fellowship to support re-starting the trial. She has also started working as a Lecturer in Health and Exercise Physiology in the Department of Rehabilitation & Sport Sciences at BU. Alongside her work at BU, Malika has started a new role at the University of Exeter and is working with a multi-disciplinary team funded by the GW4 Alliance. The Moving Through Motherhood research team are researchers from across the South West who are looking into information and guidance provided to women regarding being physically active during and after pregnancy. The aim is to co-create the information with expectant mothers and those who support expectant mothers, to ensure it meets the needs of this group of women, which current feedback suggests it does not. Future funding will then be sought to turn these ideas into resources that will benefit pregnant women and new mothers.



Research in CMMPH:

Six successful bids for a small pot of development money

A small amount of QR (Quality Related) money was awarded to staff in our M&HS Department, several CMMPH staff won funding to further their research projects:

Dr Jane Fry & Dr Juliet Wood: The funding is to prepare for a conference presentation and publication on their research *An international collaboration of student midwives' confidence and competence in promoting and facilitating normal birth, a survey design*. The research stemmed from students expressing a lack of confidence and competence in facilitating normal birth at the end of their programme. The project looks at factors that help students develop their confidence in this area so that we can build this into how we teach and support their development towards qualification. This international collaboration comprises midwifery researchers in universities based in the UK, Ireland, Poland, Australia and the USA.



Dr Alison Taylor: Alison is aware that some NHS Trusts are now suggesting that women harvest colostrum in pregnancy, without the evidence to support this. In view of this Alison intends to complete a literature review to find out what evidence is underpinning this practice and what research needs to be undertaken to explore this practice further. Alison will mentor an undergraduate student to undertake the review.

Dr Laura Iannuzzi: The funding will pay for transcription and translation cost of interviews conducted in Swahili. The interviews with mothers about birth spaces and respectful care in Kenya, will be translated into English. This will help Laura's international team to start the data analysis early. The project *Maternity spaces and integral human development in a maternal health centre in a peri-urban setting in Kenya* and timely co-design of spaces with women.

Dr Luisa Cescutti-Butler: Luisa will work with an undergraduate student to help understand the question, *Invisible voices: what are the experiences of undergraduate students with different cultural backgrounds within the Department of Midwifery & Health Sciences*. Findings will contribute to the current departmental work for Athena Swan to achieve the Bronze Award, a publication in a high impact journal and co-designing the second phase of the research with student input.

Dr Catherine Angell: Catherine's project links to her original PhD wanting to explore what evidence is there of the development and delivery of school-based breastfeeding education and promotion in low and middle income countries? Catherine will work with an undergraduate midwifery student to complete a review of the literature.

Dr Preeti Mahato: (supported by **Prof. van Teijlingen**) received funding for a project to explore attitude and barriers to uptake of COVID vaccine among people in Pokhara valley. Collaborating with Pokhara University (PU) in Nepal, this project will fund a junior researcher to undertake a small qualitative research guided by a team from BU and PU. The researcher will conduct 10-12 interviews (online). This funding will help expand BU's link with the start of a new collaboration in Nepal.

Conference presentation

Clinical Academic Doctorate student, Rebecca Edwards had the opportunity to present at the RCM Research Conference 2021 (Growing the Next Generation) on 23rd March this year. Rebecca is currently writing up her thesis, and the conference was a fantastic chance to engage with others at a national level about her work. This year, like so many other things, the conference had been moved to an online, virtual format. Although this seemed unusual at first, Rebecca believed that this gave more people the opportunity to attend, without the expense



and time-consuming need for travel! She was able to outline the project, and present some of the preliminary findings of The Let's Talk Early Labour trial, a randomised control study undertaken at University Hospital Southampton, measuring the effectiveness of a co-created web intervention on first time mothers' experiences of the latent phase of labour.

Rebecca intertwined her personal experience of the PhD journey which, like so many others', she would say, has been long, challenging albeit very rewarding. Rebecca enjoyed discussing the challenges and advantages that the clinical pathway has provided, and it was in this that

the audience could best engage and empathise. Rebecca has continued to engage with other early researchers and PhD students on Twitter where she has reflected further on the ups and downs of the PhD journey.

Education in CMMPH

Upskilling nurse/midwife educators in Nepal

In previous newsletters we informed you about our joint project with GIZ, which was aimed to provide academic support to nurse/midwife educators in order to enhance their midwifery knowledge and skills. CMMPH members have developed a bridging programme in collaboration with key stakeholders from Nepal. A scoping review which included two visits to Nepal were undertaken before the pandemic to collect views from educators who teach maternity care about what the programme should include. As a result of this work a year-long bridging programme has been developed. At the outset of the project it was envisaged that CMMPH members would go to Nepal to



support the delivery of the programme, especially in clinical practice. Due to the constrictions caused by the COVID-19 pandemic this became impossible, but the bridging programme framework has been submitted to the Nepal Nursing and Social Security Division

(NSSD) for review, and followed up with a presentation and discussion about the content. In principle the documents has been agreed but further internal discussions are taking place about the best way to implement the programme.

Publication of article by Student Midwife Verity James



When asked to consider and discuss the physical, social and psychological impact of a minor pregnancy ailment as part of a first-year assessment, Verity James chose heartburn as she had suffered from this during both of her own pregnancies. Heartburn is commonly experienced in the antenatal period, and often viewed as a minor ailment, however Verity considered whether this condition may be linked to more significant side effects for the pregnant woman. As part of the assessment, Verity developed an infographic that could be used during antenatal appointments for midwives to discuss heartburn with the women in their care and offer further support should this be required. This infographic and accompanying article co-written by Verity and her Personal Academic Advisor Denyse King has subsequently been published in *MIDIRS* in December 2020.

Supporting research development

CMMPH are working to support midwives and others to develop research skills. There are currently a number of funding opportunities available, which can be used to enable individuals to have time to develop their research ideas. Funding can also support colleagues to undertake training, such as the Systematic Review unit, in the MSc Health Research. <https://www.bournemouth.ac.uk/study/courses/msc-health-research>.

Internship award

South West HEE-NIHR ICA Internship Award	28th May 2021
South West HEE-NIHR ICA Pre-doctoral bridging award	28th May 2021
HEE/NIHR Pre-doctoral Clinical Academic Fellowship (PCAF)	Launches January
Wellbeing of Women Entry Level Research Scholarships for Midwives	To be confirmed
Wellbeing of Women Entry Level Research Scholarships	To be confirmed

Doctoral training

HEE/NIHR ICA Clinical Doctoral Research Fellowship	15th June 2021
NIHR Doctoral Research Fellowship	15th July 2021
NIHR-Wellbeing of Women Doctoral Fellowship	15th July 2021

Post doctoral – early career

South West HEE-NIHR ICA Post-doctoral bridging award	28th May
HEE/NIHR ICA Clinical Lectureship	15th June
Wellbeing of Women Post-doctoral Research Fellowship	To be confirmed

Practice in CMMPH

WHO Next Generation Partograph

March saw the launch of the WHO next-generation partograph, which is part of the [new Labour Care Guide](#). The partograph and guide are the result of a considerable amount of research, knowledge synthesis, consultation, field testing and refinement by the WHO working group (which includes Prof Vanora Hundley). The partograph includes changes to reflect current thinking on the start of active labour (cervical dilatation of 5cm rather than 4cm), evidence-based guidance on labour progress and explicit recording of supportive interventions such as labour companionship to improve the overall childbirth experience. The new partograph is much more than a monitoring tool; it is designed to prompt early recognition and action to improve the quality of care that the woman and her baby receive. Read more here: <https://obgyn.onlinelibrary.wiley.com/doi/epdf/10.1111/1471-0528.16694>

Guided relaxation



Visiting Associate Jillian Ireland conducted a small research project in her local maternity unit to evaluate guided relaxation sessions for staff. When COVID-19 was present, Jilly and her fellow Professional Midwifery Advocates received support from the Head of Midwifery to set up a support and information hub in a room that previously had been used for training and meetings. Since February 2020, 180 episodes of guided relaxation have been shared. For most of the participants their self-assessed level of tension score improved immediately following the session. It is proposed to conduct a mixed-methods study using survey and semi-structured interviews to examine the potential effects of this intervention during the COVID_19 pandemic.

Maternal Mental Health Training in Nepal

The THET (Tropical Health & Education Trust)-funded project 'Mental Health Training for Rural Community-based Maternity Care Workers in Nepal', led by Bournemouth University, has been showcased on the webpages of Public Health England (PHE). PHE hosts the WHO (World Health Organization) Collaborating Centre for Public Health Nursing and Midwifery. A WHO collaborating centre is an institution designated by the Director-General of the WHO to form part of an international collaborative network set up by WHO in support of its programme at the country, inter-country, regional, interregional and global levels.

Our THET project was organised by Tribhuvan University in collaboration with Bournemouth University and Liverpool John Moores University (LJMU). Mental health is high on the global agenda and this project raised the importance of the issue in Nepal. The three universities collaborated on an education intervention training Auxiliary Nurse Midwives in Nawalparasi on mental health issues and mental health promotion. The project was supported by Green Tara Nepal, a Non-Governmental Organisation (NGO) with whom BU has been working for over a decade.



Respectful language within maternity services

Two members of CMMPH Visiting Faculty, professor Minesh Khashu and Jillian Ireland, co-authored a paper with Sunitha Vimalasvaran from Luton and Dunstable Hospital about respectful language in maternity care. The paper, published in the Lancet, urges colleagues to think about the language they use and speak up when poor language that insults, discourages and diminishes a woman's autonomy is used. Suggestions are given for more respectful language, particularly when care is offered in the intrapartum period.

THE LANCET

Congratulations, news and events

Congratulations to Dr Alice Ladur on her PhD

Alice's PhD project 'Male involvement in facilitating the uptake of maternal health services by women in Uganda' focused on improving access to maternity care services to help reduce maternal mortality. Family members such as the



husband, partner and mother-in-law can all influence health seeking behaviour impacting on maternal health outcomes for pregnant women. Alice says, "the training and skills obtained from the PhD programme will strengthen my work in maternal health as I join others before me to create an environment where no woman dies during pregnancy and childbirth." Her supervisors, Profs van Teijlingen and Hundley like to thank Gill

Phillips who encouraged Alice to use the game she had designed as a tool to explore the challenges affecting health and social care in the UK. Alice translated the board game 'Whose Shoes' into Lugandan and used it with men in her PhD study in rural Uganda.

Alice Ladur Retweeted
Gill Phillips @WhoseShoes · May 7, 2017
Exciting!
Hoping it'll make a BIG difference in Uganda if the fathers get involved in #MatExp
Good luck with vital PhD project @AliceLadur 🍀



Supervisor of the year 2021 nomination

Congratulations to Prof. Edwin van Teijlingen who has been nominated for the Supervisor of the Year Award 2021. He has made it to the short-list of six supervisors from across the UK and the judges will announce the winner in early June. Edwin says thank you to all PhD students who have nominated him.



Iolanthe Midwifery Trust Award Success



Professors Vanora Hundley and Susan Way have been supporting Veronica Blanco-Guitierrez, a midwife working at University Hospitals Southampton NHS Foundation Trust with her Iolanthe Midwifery Award application. Veronica has been successful in her bid and has been awarded £1,500 to complete a literature review and undertake an exploratory discussion with women about the focus of her proposed PhD research proposal. The working title of Veronica's study is: *The impact of ethnicity on perinatal urinary incontinence*. Veronica is aiming to apply for an NIHR doctoral study award in the near future and this



Perinatal mental health for mothers and their partners: call for papers

As Guest Editor, Dr Andrew Mayers is inviting papers for the Special Issue in the *International Journal of Environmental Research and Public Health*. The Special Issue aims to discuss new knowledge or new cutting-edge developments in perinatal mental health research. They are keen to include new developments regarding the mental health of fathers and other partners as evidence is limited in the area. Tentative titles and a short abstract can be sent to ijerph@mdpi.com. Deadline for submissions is 31.12.21.



International Journal of
**Environmental Research
and Public Health**
an Open Access Journal by MDPI

Vice Chancellor Creativity Award

Congratulations to Drs Catherine Angell and Alison Taylor on winning the Vice Chancellors Award in the category, Creativity. They won the award for, "being committed to ensure that midwifery students had and continue to have, an excellent learning experience during this year of exceptional challenge. You have excelled in demonstrating your leadership, innovative and creative talents during this time, to make sure this happens. You have remained calm, compassionate and thoughtful in all your communication to students and members of the midwifery team and have been honest when you don't know the answer".



Congratulations, news and events

CMMPH celebrates International Day of the Midwife: 5th May

With midwives across the globe, CMMPH celebrated the International Day of the Midwife 2021. Since we were unable to celebrate in person in this challenging year, we planned and watched together online events around this year's International Day of the Midwife theme: **Follow the data: invest in midwives**. Creative members of the midwifery team Dr Laura Iannuzzi, Dr Juliet Wood and Debbie Houghton put together a montage of pictures and comments from students, staff and partners from across the globe.



CMMPH staff included in REF 2021 submissions

This spring BU submitted its details of high-quality publications to the REF. The REF comprises a set of UK-wide panels that assess the quality of research in different fields. The CMMPH staff members were submitted to sub-panel 3 'Allied Health Professions, Dentistry, Nursing and Pharmacy'. This national research assessment takes place once every six to seven years. In the previous REF2014 the Faculty of Health & Social Sciences submitted nearly 25 academics. Reflecting our growth in research capacity this time round our Faculty submitted is close to 100 academics, including nearly a dozen based in CMMPH. We are also honoured to have Prof. Vanora Hundley on this national sub-panel, although she won't be assessing BU's submission. Finally, CMMPH academics have already published the first papers of 2021 which will be eligible for submission in the next REF in six to seven years' time.



Media and midwifery paper reaches 1,000 reads

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BMC Pregnancy and Childbirth

RESEARCH ARTICLE

Open Access

"Is it realistic?" the portrayal of pregnancy and childbirth in the media

Ann Luce¹, Marilyn Cash², Vanora Hundley³, Helen Cheyne⁴, Edwin van Teijlingen^{3*} and Catherine Angell³



ResearchGate, the professional network for over 20 million scientists and researchers from all over the world, informed us that our interdisciplinary paper "Is it realistic?" the portrayal of pregnancy and childbirth in the media' has been read 1,000 times. The paper was published in 2016 in *BMC Pregnancy & Childbirth* but was initially rejected by two media journals that didn't seem to value systematic reviews as a method in their discipline. This paper is part of a growing number of publications on the media and midwifery/maternity care that CMMPH members have produced.

2021 publications

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