

Introduction

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter. As usual we have a mixture of news items and success stories. We would like to highlight Dr Alice Ladur, who not only completed her PhD recently, and published the second paper from her research in Uganda, but she was also awarded the VC Graduation PGR Research Award for Bournemouth University's most outstanding PhD student graduating of 2021 (see page 2 and 6). We also congratulate Dr Amy Miller and Dr Rebecca Edwards for achieving their PhDs (page 6). Both Amy and Rebecca were asked for minimal corrections to their theses, demonstrating that their writing and oral examination was of a very high standard.

Despite the constraints of travel due to the pandemic CMMPH PGRs and academics have presented on-line at several conferences, not least the International Confederation of Midwives over 5 days in June (page 2). Our undergraduate midwifery programme celebrates achieving Unicef BFI Gold, an excellent achievement and testament to Dr Alison Taylor's exceptional leadership (page 4).

We like to take the opportunity to congratulate our Dean of Faculty Prof Steve Tee on his retirement this Autumn. We will be joined by Professor Anand Pandyan in November as the new Executive Dean for FHSS. Anand is currently Professor of Rehabilitation Technology at Keele University and an Associate Non-Executive Director for the Royal Wolverhampton NHS Trust. He started his career as a Clinical Engineer in India and then pursued doctoral study and a research career in the UK which included time at the University of Strathclyde and Newcastle University. He later joined Keele University and has driven education, research, practice and internationalisation outcomes strongly in various roles whilst at Keele.

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.

Newsletter Editors:

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

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Research in CMMPH

Improving the health of childbearing women in England



The Centre for Midwifery, Maternal and Perinatal Health is working in partnership with University Hospitals Dorset and service users to improve perinatal health across Dorset. Dorset leads the way as one of twelve regions who were awarded NHS England funding to roll out a new Early Implementer Scheme (EIS) focused on improving women's health during the perinatal period. The learning and outcomes of the project will be shared nationally to improve the health of childbearing women in England. One of the over-arching responsibilities of The Perinatal Health Project is to 'embed evidence-based practice' into perinatal care. The aim of the EIS is to improve prevention, identification and treatment of pelvic floor dysfunction resulting from pregnancy and childbirth.

Rosie Harper, a women's health physiotherapist, was the successful applicant of a match-funded clinical academic doctorate studentship with Bournemouth University, University Hospitals Dorset and NIHR ARC Wessex. The project is supervised by Prof Carol Clark (HSS), Assoc Prof Carly Stewart (BUBS) and Sally Sheppard (UHD). The research title '*Nudging; a theoretical concept for a very practical approach to pelvic floor muscle training*' focuses on the use of digital health apps to educate and support perinatal women in pelvic floor muscle training. Rosie's clinical academic studentship will ensure the research findings are quickly and effectively implemented in clinical practice leading to greater impact.



Dr Alice Ladur's research featured in ObsPod podcast

You will notice that Alice features several times in this newsletter, acknowledging a number of her achievements since graduating last year. Alice is passionate about reducing maternal mortality in Uganda. Her doctoral research focused on increasing male involvement in pregnancy and childbirth as a means of promoting safe motherhood: Using an innovative game [Whose Shoes](#), which she adapted for the Ugandan context, Alice helped men in Uganda to understand what it was like for their wives to be pregnant and why accessing skilled care is vital to maternal and newborn health. Alice's work was featured in a recent podcast of the [TheObsPod](#) on World Patient Safety Day, looking at safe and respectful maternity and newborn care.



Episode 72 Respect - The Obs Pod
Today is World Patient Safety day World Pt safety day, this year focusing on safe and respectful ...
[buzzsprout.com](#)

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Also read about Alice's further achievements on page 6.

CMMPH at International Confederation of Midwives Triennial Congress

The ICM planned its tri-annual conference for 2020. Due to the COVID-19 pandemic this conference was postponed until this Summer and held online. CMMPH members had a number of great contributions, starting with Prof van Teijlingen taking part in the Symposium, 'Birth by Design 20 years on- a sociological lens on midwifery in the year of the midwife'. Other presentations included:

- Uniting the voice of midwifery education in the United Kingdom: the evolution and impact of the role of the Lead Midwife for Education (**S. Way & N. Clark**)
- Students' experience of "hands off/hands on" support for breastfeeding in clinical practice (**A. Taylor, G. Bennetts & C. Angell**)
- Changing the narrative around childbirth: whose responsibility is it? (**V Hundley, A Luce, E van Teijlingen, S. Edlund**)
- The social/medical of maternity care AND you (**E. van Teijlingen**)
- Workshop: Building a skilled midwifery education workforce (J. Marshall, **S. Way**, M. Berg, M. Bogren)
- Are student midwives equipped to support normal birth? (**J. Wood & J. Fry**)



Abstracts for the 33rd ICM Triennial Congress will be published in December 2021, with abstract submissions in January 2022. The congress will take place in [Bali in 2023](#).

Research in CMMPH

Prof Hundley joins the CMidO National Research Strategy Board

Prof. Vanora Hundley has been invited to join the Chief Midwifery Officer National Research Strategy Board. The purpose this Research Strategy Board is to ensure the CMidO for England and the maternity transformation programme team have access to advice and expertise to support, develop, and embed the CMidO strategic plan for research. The Board will also provide a forum to discuss and identify research gaps and priorities relating to maternity and newborn care.

The first meeting was held on 16 September and chaired by Prof Jane Sandall, Head of Midwifery and Maternity Research.



Professor Jacqueline Dunkley-Bent OBE @TeamCMidO - Sep 16
Thankyou @SandallJane for leading & chairing the inaugural @NHSEngland maternity & midwifery research meeting today. Gr8 to have the contribution of 32 midwives, obstetricians @tonykellyuk, nurses & soon to join, a clinical fellow & the 70@70 programme funded by DHSC, through NIHR



Sarah Stride invited to speak at Royal Society of Medicine

Sara has been invited to speak at the RSM, Maternity and the Newborn Forum. Her talk 'Taking a step back: What influences midwives' perineal practice at the time of birth?' will be on the 4 November. Sara will present her findings from a national survey of midwives on their perineal practice. Sara was awarded a grant by the Well-being of Women for this survey which underpins her doctorate research.



The event will provide an opportunity for discussion and debate in relation to the evidence for the OASI (obstetric anal sphincter injury) Care Bundle, its impact on midwifery practice and women during the second stage of labour. It will also consider future research regarding OASI morbidity, repair techniques, the role of the midwife during childbirth, clinical practice during the second stage of labour, and the care of women during labour. For further details or to book: <https://www.rsm.ac.uk/events/maternity-and-newborn/2021-22/mbq01/>



PGR student Anna Marsh speaks at the NIHR Clinical Research Network

On the 29 September MRes student Anna Marsh was invited to speak at the NIHR Clinical Research Network Reproductive Health and Childbirth Research Symposium at a session named 'Getting Started In Your Own Research'. Hosted by the South-West NIHR networks, this event was an opportunity to share individuals' experiences of becoming clinical researchers. Anna presented alongside two experienced researchers who also shared their unique journeys into research, providing insight into the many pathways and opportunities available. As a very early career researcher, Anna says she was



NIHR | National Institute for Health Research

initially quite terrified at the prospect of presenting to such well-established researchers! However, as she developed her presentation she realised the benefits of

demonstrating the journey at all stages. It was great to hear lived experiences of getting into research from the highs to the lows, and was left inspired with new ideas for the future!

Congratulations also to Anna for passing her MRes Probationary Review in the Summer. The review is an important early milestone to ascertain that Anna and her research project show that they have the potential to successfully work towards the MRes learning outcomes. Anna's research is exploring social media within midwifery and maternity services having successfully been awarded a Wellbeing of Woman Entry Level Scholarship for Midwives.

PGR student, Sulochana Dhakal-Rai publishes fourth PhD paper

General Section Review Article

JPAHS
Journal of Patan Academy of Health Sciences

A brief history and indications for cesarean section

Sulochana Dhakal-Rai¹, Edwin van Teijlingen², Pramod R. Regmi³, Juliet Wood⁴, Ganesh Dangal⁵, Keshar Bahadur Dhakal⁶

¹PhD Student, ²Prof., ³Senior Lecturer, Faculty of Health and Social Science, Bournemouth University UK; ⁴Senior Consultant, Kathmandu Model Hospital, Kathmandu, Nepal; ⁵Chief Consultant, Karnali Province Hospital, Surkhet, Nepal

Abstract

Congratulations to Sulochana Dhakal-Rai on the publication of her fourth PhD paper 'A brief history and indications for cesarean section' in the *Journal of Patan Academy of Health Sciences*. This paper was published online first on 10 October.

Sulochana's PhD project based in CMMPH is supervised by Dr Pramod Regmi, Dr Juliet Wood and Prof Edwin van Teijlingen and she is supported in Nepal by Prof Ganesh Dangal [Professor of Obstetrics and Gynaecology at Kathmandu Model Hospital] and senior obstetrician Dr Keshar Bahadur Dhakal [Karnali Province Hospital, Nepal].

Education in CMMPH

BSc (Hons) Midwifery programme receives Unicef BFI Gold Award



The BFI Gold Assessment took place in July 2021, ably led by Dr Alison Taylor and Sara Stride. Staff and students were interviewed by the BFI Assessment Team, and were a credit to the university. The prestigious Unicef Gold Award for universities recognises the quality of our midwifery programme. The award demonstrates that infant feeding practices and relationship building are embedded in the BU curriculum, ensuring that graduates are equipped with the skills and knowledge to support families effectively.

Dr Alison Taylor has been instrumental in introducing and embedding the BFI standards into the midwifery programme. She has been an inspiration to the midwifery team and to the BU students who are studying at a BFI Gold accredited university. Her leadership has aided the development of a BFI Core Team, which is an essential requirement to demonstrate sustainability of the teaching and learning that relate to the BFI standards and how they will continue to be provided.

To apply for the Unicef BFI Gold the midwifery programme had to first pass its UK BFI Reassessment. This again involved staff and students being interviewed by the BFI assessors and was passed with outstanding results. The Assessors said, "Bournemouth students are enthusiastic, motivated and confident in their Baby Friendly knowledge, skills and attributes. Of particular note is the way they incorporate how a mother can be responsive to her babies needs through recognition of his/her feeding cues for love and comfort. The mother and her baby are at the centre of the conversation, which is sensitive and kind. The students understand why some babies are compromised and the need to prevent challenges through early, frequent feeds and supported hand expression etc. which is thoughtful and thorough."

Zoom the Midwife Global Café shortlisted for RCM Awards 2021

Dr Juliet Wood and Dr Laura Iannuzzi have been shortlisted for the RCM Awards 2021: *Johnson's Excellence in Midwifery Education, Learning and Research*. The Global Midwifery Café was initially created as an innovative response to the pandemic and students being unable to attend overseas elective placements. Their experiences were then shared with all BU student midwives at the Annual Student Midwife Conference. The idea was to enable student midwives to continue to develop their sense of belonging to the global midwifery community. Using the underpinning principles of the United Nations (UN) Sustainable Development Goals encouraging engagement with societal challenges, together with the Nursing and Midwifery Council (NMC) requirement in the Standards of Proficiency for Midwives (NMC 2019) the design of the idea facilitated learning opportunities for students to engage with concepts of cultural competence and global awareness in issues of maternity care. At the lunchtime Café, students and staff are treated to informal presentation by midwives from across the globe, or midwives who had worked globally. Students from Nepal, Italy and the Netherlands joined in with BU students. The presentations cover the health systems and midwifery governance and training schemes in their countries and include the impact of COVID. The Café time is concluded with audience discussion, with breakout rooms for increased personal engagement, and an explanation of the word for 'Midwife' in the national language of the country 'visited'.



Midwifery Bridging Course in Nepal

In previous newsletters we have highlighted CMMPH's contribution to improving midwifery education in Nepal. In September the German aid agency GIZ published an online article [Midwifery education in Nepal: Training the first generation of professional midwives](#) in which it updates the developments in midwifery education in the country. The article highlights the contribution made by Bournemouth University: "During the COVID pandemic, when physical visits were not possible, midwifery educators from Bournemouth University and the Liverpool School of Tropical Medicine, both in the United Kingdom, continued to provide online support to midwifery faculty..." The BU work in Nepal was led by Prof Susan Way with support from BU's Drs Juliet Wood, Preeti Mahato, Rachel Arnold, Alison Taylor, Michelle Irving, Catherine Angell, and Profs Edwin van Teijlingen, and Vanora Hundley. Jilly Ireland (Visiting Fellow, UHD NHS Foundation Trust) and from Dalarna University in Sweden: Christina Pedersen and Kerstin Erlandsson were also part of the team.



Practice in CMMPH

A lens on staff wellbeing at Dorset County Hospital

The wellbeing of NHS staff has been in the spotlight through this pandemic as never before. Long before the current pressures, however, several studies highlighted that staff in maternity services are under extreme pressure and this is having a detrimental effect on them both personally and professionally. CMMPH is working with the Head of Midwifery, Dr Jo Hartley and the Research and Innovation Unit to explore how to enhance the wellbeing of maternity staff using an appreciative action research approach. The research team consists of two Post-Doctoral Researchers, Dr Rachel Arnold and Dr Preeti Mahato along with Profs Edwin van Teijlingen and Susan Way. The study is based on Appreciative Action Research and uses the asset-based approach of Appreciative Inquiry – looking for the best of what is and how to increase this, combined with the action and evaluation phases of Action Research. There are two main phases: Phase one - In-depth appreciative inquiry interviews (completed) and Phase two – Focus Group discussions and implementation of ideas, on-going co-analysis and reflection.

Despite the challenges of conducting research during a pandemic, 39 interviews were undertaken. Participants included midwives, maternity support workers, student midwives and doctors. Staff appeared to appreciate the opportunity to stop and reflect on their work and recall the things that they valued about their job and themselves. They were focused on and found meaning in ‘making a difference’ to the women in their care (and colleagues), in the relationships that they experienced with the women, and the privilege of ‘being with women’ through some of the best and the worst of life experiences. In addition, staff were driven by the desire to be ‘the best that they could be’ by continually learning, adapting and growing.



Dorset County Hospital
NHS Foundation Trust

Poole RCM branch shortlisted for RCM Awards 2021



The Poole RCM branch, which includes CMMPH Visiting Fellow, Jilly Ireland, has been nominated for this year's RCM Awards: *Slimming World caring for you in a global pandemic*. Members of the branch presented their work in front of a panel of judges and the eventual winner will be announced at the award ceremony in London on the 27 October. Several examples of staff support were described in the award presentation. Staff relaxation sessions; communication support; Daily wellbeing 'rounds'; a Schwartz Round for maternity; Freedom to Speak up Listening Events.

Dr Khan: drug and alcohol neonate simulators and digital stories

Dr Humaira Khan (CMMPH) was awarded an BU ACORN grant for '*Neonate simulators and digital stories: enhancing social work practitioner's knowledge of problem substance use during pregnancy*'. Humaira is working with a multi-disciplinary team across FHSS, Dr Hyun-Joo Lim, Dr Sally Lee and Dr Stefan Kleidopzsus (all Dept Social Work), Dr Claudy Op Den Kamp (Media School) and external partners, Essential Drugs and Alcohol Service (EDAS) based in Parkstone and Jan Parker from Southampton Solent University. The research considers the lived experiences of carers of problem substance using women and women who have used drugs and/or alcohol during pregnancy. The team presented at EDAS to carers and service users around the impact of teratogens on maternal and fetal outcomes. Participants interacted with the drug and alcohol neonate simulators showing the impact of gestational drug/alcohol use on a baby. The low fidelity Fetal Alcohol Simulator [FAS] demonstrates the typical facial deformities for a FASD baby whilst the Drug Affected Simulator [DAS] illustrates the tremors and shrill cry of a neonate's withdrawal. Participants were asked about (1) neonate simulators; (2) advice they would give pregnant women; and (3) participating in a research interview about their life experiences around drug/alcohol use during pregnancy. The latter will lead to digital storyboard film with a media student. The next step will showing the film and neonate simulators at a Global Café Social Work training event.



Listen to Prof Khashu's podcast on QI in neonatal care

CMMPH's Visiting Professor Minesh Khashu produced a podcast about QI (Quality Improvement) in neonatal care, which is freely available on '[The Incubator](#)' site. Prof. Khashu is the clinical lead for the neonatal service at Poole Hospital as part of University Hospitals Dorset NHS Foundation Trust. In his podcast he talks about his professional journey, his passion for QI and the important role parents and families can play in continuous improvement in neonatal care.



Congratulations, news and events

Congratulations to Dr Amy Miller on her PhD

Amy has featured on several occasions in a number of editions of the newsletter outlining her conference presentations and publications as well as being awarded British Chiropractic Association award for Chiropractor of the Year 2018-19 (Volume 12 CMMPH edition). Amy's interest in infant feeding led her to start work with Dr Alison Taylor at the interprofessional student-led breastfeeding clinic based at the Anglo European College of Chiropractic in Bournemouth. The clinic is also known as the Joint Newborn Infant Feeding Clinic where our undergraduate midwifery students have clinical placements alongside chiropractic interns.



Combined Chiropractic and Midwifery Newborn Clinic

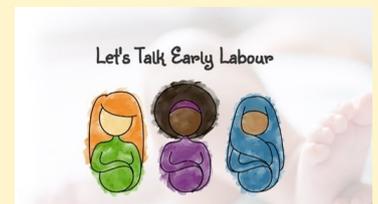
Breastfeeding your baby can be regarded as the most natural thing in the world, but it can also be a stressful time. Problems such as poor latch, frequent regurgitation and birth related difficulties can make the feeding extremely challenging – yet help is at hand.

Amy's PhD project is titled, '**Mother-baby feeding outcomes and student experiences of an interprofessional student-led breastfeeding clinic: A mixed-methods study**'. The pragmatic, mixed-methods study used quantitative methods to describe infant feeding outcomes for women attending the Clinic, and qualitative to explore students' experiences and early-career practitioners' reflections of the Clinic. Student midwives and student chiropractors placed different value and emphasis on their experiences in the Clinic. The interprofessional nature of the Clinic offered opportunities for students to develop the knowledge, skills, and communication to provide breastfeeding support, whilst supporting mothers to continue to breastfeed and meet their personal goals. Amy's supervisory team were Dr Alison Taylor and Profs Susan Way and Edwin van Teijlingen.

Congratulations to Dr Rebecca Edwards on her PhD



In the previous newsletter we reported that Rebecca presented at the RCM Research Conference. Rebecca intertwined her personal experience of the PhD journey alongside the preliminary findings of her research study. At the point of reporting Rebecca was writing up her thesis. I now have the pleasure of letting you know that Rebecca successfully defended her thesis in October. Rebecca was a Clinical Academic Doctorate student and her study was titled, '**Can an educational web intervention, co-created by service users, affect nulliparous women's experiences of early labour? (A randomised control trial)**'. The shortened version is, The Let's Talk Early Labour (L-TEL) Trial. Using self-efficacy theory as an underpinning framework, a web-based intervention was co-created with women who had previously used maternity services. It provides early labour advice, alongside videoed, real experiences of women who have previously had babies. The primary aim of this study was to evaluate the impact of this intervention on women's self-reported experiences of early labour to determine if the intervention improved women's out of hospital (at home) early labour experience. Rebecca's supervisors were Profs Susan Way and Vanora Hundley.



Dr Alice Ladur receives the VC Graduation PGR Research Award

In our previous newsletter we congratulated Alice on being awarded her PhD. Alice's success has continued with her research being recognised as an excellent contribution to knowledge by being awarded the VC graduation Prize for PGR Research. Alice will receive her prize at this year's graduation. Alice says, 'This is a celebration for and with the women who envision a healthy pregnancy and childbirth process'.

Alice has also secured a new job as a Lecturer in Global Health at the University of Winchester.



Prof Vanora Hundley invited to join Tommy's Scientific Advisory Group:

Congratulations to Vanora who has been invited to [Tommy's Scientific Advisory Group](#). Tommy's is a pregnancy charity "working to make the UK the safest place in the world to give birth". The charity funds pioneering research to understand how to prevent complications and loss, as well as enabling specialist care for people at their clinics, research centres and across the NHS. In addition, the charity provides expert, midwife-led advice for parents before, during and after pregnancy, working together towards safer, healthier pregnancies. They foster a connected, caring community, united in

Tommy's
Together, for every baby

our goal to make pregnancy safer for all and advocating for and supporting those who have lost babies. As a member of the Scientific Advisory Group, Vanora will review the strategy, plans and outputs from the Tommy's Research Centres.

Congratulations, news and events

Dr Daisy Wiggins finalist in BU's Alumni '30 under 30' talent



The [30 under 30 competition](#) highlights young talent from across the BU alumni community. Daisy has been recognised for role modelling the clinical academic role and encouraging students and practitioners to become involved in research for the benefit of mothers and babies. We all know that research has never been more important to health and care services, but it can appear dry and irrelevant if not properly embedded within practice. Daisy's enthusiasm for research is making a real difference to health care in Wessex. The competition is extremely competitive, and Daisy is only the second HSS graduate to be recognised.

**30
under
30
2021**

Professors Hundley and Way join RCM Professorial Network

The network was first established in March 2020 as a response to the COVID-19 pandemic and was initially called, The Professorial Advisory Group. The aim of the group was to develop robust, rapid reviews of the evidence in relation to provision of care. The PAG made a significant contribution to the RCM's professional response to the pandemic through developing a series of rapid analytical reviews. The PAG members and the RCM team wished to continue their collaborative work and opened up membership to all UK professors of midwifery and related subjects. The name changed also to the Professorial Network. The purpose of the PN is to provide an open channel of communication between its members and the RCM. This will enable the RCM to work with members of the Professorial Network on the development of some RCM resources, publications and events. The PN offers the members of the group a forum for collaboration and networking with each other and with the RCM.



Royal College of Midwives

Visiting Fellow Mandy Forrester takes up role at ICM



Congratulations to Mandy Forrester on her new role as Midwifery Advisor—Regulation at the ICM, which she started this September. In her new role Mandy will be reviewing the ICM's regulatory resources, developing a plan to strengthen midwifery regulation globally and working on e-learning packages for member associations to use when lobbying for regulation. Mandy has a range of experience including as a clinical midwife in hospital and community settings and in regulation, maternity safety, education, management and research. Recent appointments include the RCOG Programme Lead for Each Baby Counts Learn and Support and prior to that the Head of Quality and Standards at the RCM. Mandy has worked in Nigeria and Uganda providing technical support to education and twinning programmes. Mandy's regulatory

experience includes working with a team to develop regulation and registration at the Ministry of Health in the United Arab Emirates. Later, Mandy worked as a Midwifery Adviser at the Nursing and Midwifery Council, UK, where she worked on reviewing the Midwives Rules and Standards and for medicines.

Dr Rachel Arnold is interviewed by Radio Solent

In mid-August Dr Rachel Arnold joined Steve Harris on Radio Solent on the show called Dorset Breakfast to discuss the current situation in Afghanistan, and the time she spent working in a maternity hospital in Kabul under the previous episode of Taliban rule. A more detailed report of the interview (plus others Rachel has done since), will be in the next edition of the newsletter.

Pilot studies paper reaches 90,000 reads

This short methods paper called 'The Importance of Pilot Studies' was one of Profs Hundley and van Teijlingen's earlier attempts, to publish more of their work in practitioner journals. This approach has been highly successful in terms of reaching a wider audience. Longer, more sophisticated research methods papers on pilot studies have been written over the years, including in the *Journal of Advanced Nursing*, *Social Research Update*, and the *SAGE Encyclopedia* on research methods, but none of these has been read or cited as often as the short paper in the *Nursing Standard*.

NursingStandard

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Thank you to all contributors. If you have a story linked to CMPH you want to share in the next edition, or would like to be on our mailing list please email Leah.onHSSFacultySupportAdministrator@bournemouth.ac.uk