



Newsletter, Spring 2023

No 21

Introduction

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter. It has been a great start to the year with new staff and new research grants.

In this CMMPH newsletter we introduce and welcome several new members of midwifery staff (see page 4). Their strong links to practice will enhance the work of the Centre and be welcomed by students. We would also like to announce the recent NIHR award of nearly £1.7 million to BU and partner institutions for a study to prevent drowning in toddlers in Bangladesh (see page 2). This 4 year study is led by Prof van Teijlingen.

Women's health features strongly in the newsletter with the Dorset Women's Health Symposium in March and collaborative work with colleagues in Nepal (see page 5). The Centre will be holding its own event in July and we are delighted that Professor Lesley Regan, Women's Health Ambassador for England, will be joining us (see page 3).

We are excited to be joined by a number of Student Research Associates who are getting an opportunity to experience research through small projects, while contributing to the vital work of the Centre (read more on pages 2 and 3).

Finally, we would like to take this opportunity to congratulate Jacqueline Dunkley-Bent, the current Chief Midwifery Officer at NHS England on her appointment as the first Chief Midwife for the International Confederation of Midwives (ICM).

Dominique, Edwin and Vanora

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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:

Dr. Dominique Mylod, Prof. Edwin van Teijlingen & Prof. Vanora Hundley

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Research in CMMPH

New project to reduce number of deaths from drowning

CMMPH is leading on a new interdisciplinary study of nearly £1.7 million funded by the UK National Institute for Health and Care Research (NIHR). The research aims to reduce the deaths of newly-mobile toddlers from drowning in rural Bangladesh. This BU project, led by Prof. van Teijlingen is a collaboration BU's Department in Accounting, Finance & Economics and Department of Design & Engineering, and external partners: with the University of the West of England, the University of Southampton, the Royal National Lifeboat Institution (RNLI) and the Centre for Injury Prevention and Research, Bangladesh (CIPRB).





In Bangladesh, drowning is the leading cause of death in children between one and two years old. This low-income country has one of the highest rates of drowning, especially among children in the world. This four-year project will be working with communities to apply human-centred design techniques in Bangladesh. Together they will identify and prioritise potential solutions, develop prototype interventions, and assess the acceptability and usability of proposed interventions.

Women's health research in Nepal

Profs Carol Clark and Vanora Hundley travelled to Dhulikhel in the Kavrepalanchok District of Nepal to deliver a workshop on research methodology. The attendees included nurses, lecturers and senior academics from Kathmandu University. Together the group discussed the research gaps in women's health in Nepal and the types of studies needed to help build evidence for practice. Like many countries, research into women's health is a neglected area but one that is beginning to gather strength. The discussion identified research gaps in specific areas of health, such as postnatal care and nutrition, and also cross



-cutting themes, such as empowerment and education. Next steps for research collaboration were also discussed.

Early Labour

Dr Dominique Mylod has secured a small pump priming award to develop an App to support women in early labour. She is supported by an interdisciplinary team that includes BU academics Dr Malika Felton, Prof Vanora Hundley, Prof Carol Clark, Prof Xiaosong Yang, and UHD Digital Midwife Tracey Thompson.

Existing interventions to address the challenge of early labour (latent phase) have not demonstrated a reduction in clinical intervention rates and in many cases have resulted in women feeling unsupported. CMMPH research has focused on developing women centred approaches, which have been found to be acceptable to women and have reduced latent phase admission. The App will bring together three CMMPH

interventions:

- Lets Talk Early Labour web site
- Birth Ball infomercial
- Brythm (a breathing App)

in an interactive way to support women and prepare them for latent phase labour.

Work has begun on developing a prototype. Yaqing Cui is developing the App under the expert guidance of Professor Xiaosong Yang from the National Centre for Computer Animation at Bournemouth University. Women's involvement in all aspects of the App (including the content and design) is vital and we have recently appointed a Student Research Assistance, Megan Chester, to conduct some discussion groups as part of our Patient and Public Involvement and Engagement (PPIE) strategy.

The intention is to have a prototype App completed for testing by the end of the year.



Research in CMMPH

Hold the Date—Women's Health Research in Dorset

PhD student Rosie Harper, Professor Carol Clark and Professor Vanora Hundley have secured internal funding to run a Women's Health symposium at Bournemouth University. The event will celebrate and showcase the new women's health research group as part of CMMPH and the diverse range of women's health research at BU. There will be a range of external speakers including Dame Lesley Regan who is the Women's Health Ambassador for England. The event will run on the 14th July 2023 from 1pm and refreshments will be provided. The event will enable PGRs and academics to identify problems, brainstorm ideas and develop solutions with other sectors to improve women's healthcare across a life course. If you'd like to find out more or wish to showcase your research please contact Rosie Harper on rharper1@bournemouth.ac.uk



New Longitudinal Health and Lifestyle Study



CMMPH academic Profs. Hundley and van Teijlingen are involved in the new Nepal Family Cohort Study (NeFCoS). This is a multidisciplinary cohort study into determinants of various diseases from childhood to adulthood in children and their parents. To date NeFCoS has collected health and well-being data for over 4,250 participants, and which will collect data repeatedly from the same individuals at certain intervals for years to come. Our primary focus is understanding the multiple risk factors of health conditions in children and their families, early diagnosis of diseases, and prevention and management of diseases through effective intervention.

Developing resilience for mental health

We are delighted to welcome three Student Research Assistants (SRAs) to support early work in building resilience for women's mental health. This is an interdisciplinary project led by Professor Wen Tang in the Faculty of Science and Technology. Wen is Professor of Games Technology and has developed interactive tools to support perinatal mental health https://www.bournemouth.ac.uk/research/projects/pathways-improving-perinatal-mental-health

This new project focuses on developing mental health resilience for women across the lifespan. The multidisciplinary team includes CMMPH academics Dr Malika Felton, Prof Carol Clark and Prof Vanora Hundley. They are joined by Chloe Casey who has been studying resilience as part of her doctoral work.

The three Student Research Assistants will carry out the following projects:

- Systematic review Use of technology for women's mental health, well-being and resilience Meera Raghunathan
- Patient and public involvement and engagement to understand how digital tools are used to support mental health, well-being, and resilience of women—Jordan Blackburn
- Develop a data base of local and national hard to reach groups to ensure equality and diversity in the project— Tanva Bellows

The team are looking forward to working with these new researchers.

CMMPH research makes an impact

Midwifery research conducted by CMMPH academics is reaching a wide-range of audiences. Two papers in particular have received significant downloads.





Prof. Vanora Hundley's paper 'WHO nextgeneration partograph: revolutionary steps

towards individualised labour care' in BJOG: An International Journal of Obstetrics and Gynaecology, is among its most downloaded papers! The BJOG alerted her to this fact in late March.

Whilst the paper 'Risk, theory, social & medical models: A critical analysis of the concept of risk in maternity care', co-authored by Professor Edwin van Teijlingen, is one of the top ten most cited papers ever in the journal *Midwifery* as listed on SCOPUS.

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Education in CMMPH

Meet our new team

Hazel Tennant Since qualifying as a midwife in 2006, I knew that I wanted to be a midwifery lecturer. In preparation for my future, I completed an MSc in 2012. Having a family and relocating back to my hometown of Weymouth put any further study and career plans on hold temporarily. In 2018, whilst also working as a clinical midwife, I was successful in commencing a clinical PhD studentship with BU. My study explores maternity staff experiences of the Unicef UK Baby Friendly Initiative (BFI). It is complete, and I am currently writing up my thesis. In the future I would like to further research infant feeding practices in maternity units. I also have an interest in infant feeding choices, why they are made and how choice is supported. I was delighted to be successful at my interview for a post as a midwifery lecturer with BU and was warmly welcomed into the team in October 2022. It is a time of much learning for me as the environment is very different

Laura Stedman I qualified in 2016 from Coventry University but started my career at Portsmouth Hospitals NHS Trust. Throughout my time at Portsmouth, I rotated through all clinical areas, completed a short rotation into practice

from the NHS, which I have just left. I look forward to my future here and to see how I will develop in my new career.



education and worked as part of the ATAIN team who reviewed term admissions into neonatal intensive care unit. Here, an incidental observation sparked a trail of thought which resulted in me enrolling on the MRes course at BU looking to explore the incidence of term admission to NICU from women diagnosed with gestational diabetes. I'm now working at BU as a midwifery lecturer and due to finish my MRes in September. I plan to enrol on the PhD and would also like to undertake the PG Cert to enrich my knowledge of academia. I foresee my research building the foundations of a very grey and limited area at present, with hope to enhance the care provision and birthing experience for women with a diagnosis of gestational diabetes.'

Megan Harvey-Grainger I joined Bournemouth University as a midwifery lecturer in November 2022. I hold a BA in Illustration from Portsmouth University. Here I developed an interest in the clinical benefits of Art Psychotherapy. I supplemented my studies with a foundation course provided by The British Association of Art Therapists and gained clinical experience in the acute mental health unit at Park Royal Hospital. I completed my Midwifery degree at Bournemouth University. Following this I relocated to London with a view to completing a preceptorship programme in a new trust. Working within a London trust equipped me with new and varied experiences, which I feel were invaluable to my personal and professional development. Throughout this time I developed an interest in student education after completing training in a new model of clinical education.



I plan to establish and develop my skills in this area by completing a PG Cert in Education alongside my role as a Lecturer. In the future I intend on commencing postgraduate study contributing towards Bournemouth University's Research Centre for Midwifery, Maternal and Perinatal health. An area of interest is studying Art Therapy in contribution towards women's health, as this links to my previous area of study. I also have a keen interest in the link between gynaecological conditions and obstetric outcome.

Bex Weston I have been working as a BU Midwifery Lecturer since November 2022. I began my journey into midwifery in February 2016 when I commenced my degree with Bournemouth University. Once qualified, I applied to work in the first pilot continuity of carer team at Portsmouth Hospital Trust, which involved caring for women through-



out their birth continuum. This was a new way of working and I was lucky to be part of this new strategy to improve care and outcomes for families. After two years, I was promoted to the Better Births Project Midwife which involved leading the rollout of continuity teams within the Trust. Once this project finished, I felt I needed a new challenge which led me to apply for the midwifery lecturer position which had always been an ambition of mine.

My plan is to build on my experience working in education by firstly undertaking a PG certificate in education. I then plan to use this as a steppingstone into academic writing with a view of undertaking a PhD whilst continuing to enhance my teaching skills.

Bournemouth University gave me so many amazing opportunities as a student and I feel very privileged to be able to provide students with the same level of support and prospects I was afforded whilst studying.

Practice in CMMPH

Women's Health

Dorset Women's Health Symposium - 9th March, 2023 Lighthouse, Poole, Dorset



Academic staff and PhD students from HSS recently attended this first symposium organised by the Women's Action Network Dorset (WAND). The title of the symposium was 'Women's Health Matters – menstruation to menopause'. This symposium was a culmination of a series of Dorset Women's Health Events that have been organised by WAND. ad involved a range of expert speakers from consultant gynaecologists, nurses, and other key stakeholders across Dorset responsible for women's healthcare. The symposium was opened by the comedian Helen Lederer the Patron of GO Girls, a charity supporting women diagnosed with a gynaecological cancer.

Women's Health lecture at Manmohan Memorial Institute of Health Sciences

Following expert advice from Rosie Harper, Carol Clark gave a lecture on urinary incontinence (including teaching the class how to do pelvic floor exercises) and helped to explore with the group how we handle taboo subjects. The visit to Nepal was funded by Erasmus Mundus as part of an exchange between Bournemouth university and Manmohan Memorial Institute of Health Sciences in Kathmandu, Nepal.

Women's Health a research priority for Kathmandu University

Women's health was one of the priority areas identified at a Research priorities workshop facilitated by Profs Vanora Hundley and Carol Clark in February at Kathmandu University. Participants of the workshop which included nurses and midwives identified research themes: dignifying women's health and western practices of maternal care, health literacy and behaviours including empowering women as priority areas. In addition, they recognised the importance of diet and nutrition, health promotion and



innovations in health care and mental health.



The speakers were welcomed by Subasna Shretha, Director of Clinical Nursing at Dhulikhel Hospital and Associate Professor of Kathmandu University (pictured here with Carol).

Dr Rebecca Neal also visited Dhulikhel Hospital in November 2022 for a tour of the facilities and met with the Director of Clinical Nursing (pictured) and Dr Kunta Devi Pun to discuss future research together.

The importance of communication for optimal patient care



As part of the Erasmus+ exchange, Profs Vanora Hundley and Carol Clark were recently invited to discuss the importance of communication with nurses at Manmohan Memorial Hospital in Kathmandu, Nepal.

MUNDUS

Good communication is a vital part of quality of care, but something that can be neglected when wards are busy and nurses are handling numerous tasks. Participants in the session came from a range of areas within the hospital from medical-surgical wards, emergency room, through to outpatients' department. However, all reported that finding time



emergency room, through to outpatients' department. However, all reported that finding time to stop and listen to patients could be a challenge when the hospital was busy.



The group participated in a number of exercises, which included role-playing to understand how it feels to be a patient entering the hospital.

Later Vanora and Carol were able to visit the research facilities to understand how recruitment and randomisation to vaccine trials is being handled in Manmohan Memorial Hospital. Dr Sujan Marahatta explained the process and discussed how the hospital was contributing to this important research. Finally, a visit to the physiotherapy department provided the opportunity to discuss collaborative research in women's health.

Congratulations, news and events

Completion of Major Review for Rosie Harper

Congratulations to Rosie Harper for successfully completing her Major Review on 16th December 2022. Rosie is on a clinical academic doctorate funded by BU, University Hospitals Dorset (UHD) and NIHR ARC Wessex. Rosie is working two days a



week in UHD with the women's and men's health physiotherapy team on a project entitled: Nudging; a theoretical concept for a very practical approach to pelvic floor muscle training.

Rosie's supervision team include Prof. Carol Clark, Carly Stewart (Associate professor and Head of the Department of People and Organisations - Bournemouth University Business School) and Sally Sheppard (Physiotherapy Service lead for Women and Men's Health at UHD and the Dorset Project Lead for the NHS E perinatal Health project).

Congratulations to Chris Leadley



Chris Leadley completed her NIHR ARC Wessex & Health Education England (HEE) Research Initiation Internship award. Chris is the Team lead and Clinical Specialist **Dorset County Hospital** Pelvic health physiotherapist working at Dorset County Hospital NHS foundation

As part of her award Chris has successfully undertaken (passing with Distinction) the Public Involvement in Research unit at BU. She is currently writing a narrative review aimed at discussing the importance of holistic care for women with urinary, and faecal incontinence and pelvic organ prolapse. Chris is supervised by CMMPH's Prof. Carol Clark.

Charlotte Clayton speaks at Maternity & Midwifery Hour

Congratulations to Charlotte Clayton, a PhD student supervised by Professor Ann Hemingway, Dr Mel Hughes and Dr Stella Rawnson, who recently spoke about her doctoral research with Professor Trixie McAree as part of a Maternity and Midwifery Hour.

Maternity & Midwifery Hour was born out of a desire to keep midwives connected throughout the COVID-19 pandemic and beyond. Charlotte's research is exploring the Pregnancy and Postnatal Experiences, and birth outcomes of women and babies Living on a Low-income, and the role of continuity models of midwifery care in the reduction of health inequalities.

A recording of the Charlotte's contribution to the meeting can be viewed HERE.





Dominique Mylod presents the new iLearn units at the RCM Conference

Congratulations to Dominique Mylod who presented the new iLearn units at the recent Royal College od Midwives' Research and Education Conference. The three units developed by CMMPH academics include (1) an introduction to research in the NHS, (2) exploring a career as a researcher, and (3) embedding clinical research into practice. The units will be available on the RCM site shortly. https:// www.ilearn.rcm.org.uk/

Edwin van Teijlingen appointed to Dutch midwifery committee

Congratulations to Prof. Edwin van Teijlingen who was appointed last month as the chair of the assessment committee of a proposed new masters in midwifery. This masters was developed as a joint proposal by all midwifery education colleges in the Netherlands and the assessment is conducted by the Dutch-Flemish Accreditation Organisation (NVAO). The NVAO ensures that the quality

of higher education in Flanders and the Netherlands reaches international standards, is socially relevant, and enjoys the trust of students, employers, and society.



Featured publications

New paper on Mediterranean diet

MRes student Leigh Chester just published a PROSPERO protocol with the title 'A systematic review of dietary modifications to Mediterranean-style'.



Leigh is supervised by Drs. Fotini Tsofliou (in CMMPH) and Paul Fairbairn. This protocol outlines a review which will synthesise research findings on the modifications to the Mediterranean style diet in adults (aged >18). The main aim of the review is to investigate substitutions and adaptations to the Mediterranean style diet.

https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=408278

Dr Alison Taylor and BU co-authors

This paper written by four BU academics reminds the reader that peer reviewers reading your manuscript with a fresh pair of eyes, can lead to some great questions and useful comments. Whilst reviewers' reservations and misunderstandings can help you to rephrase and better focus your paper, though sometimes we consider some reviewers' comments as a pain in the neck. Interestingly, although the paper 'Struggling to reply to reviewers: Some advice for novice researchers' was accepted in 2022 the publication date was spring 2023.



The PhD viva and then....

Professors Vanora Hundley and Edwin van Teijlingen published in the Journal of Education & Research a pa-



per <u>'Reflections on Variations in PhD Viva Regulations: "And the Options Are ..."</u> outlines that examining PhD research in the form of a doctoral thesis is specialist work, which is why few people know the potential variations.

This paper outlines a variety of outcomes of a PhD examination, followed by four short case studies, each reflecting on a particular aspect /differences we experienced as examinees or as examiners.

The paper further aims to alert PhD candidates and examiners to study the examination rules set by the awarding university, as the details of the PhD examination outcome, and hence the options available to both examiners and the students may differ more than one might expect.

Sulochana Dhakal Rai invited to speak in Nepal

PhD student Sulochana Dhakal Rai has been invited to present her paper' Assessing factors associated with rising caesarean section rates in urban Nepal: a hospital-based study' at the NESOG Conferentie in Kathmandu. Sulochana's PhD

supervisors are: Dr. Pramod Regmi, Prof. Edwin van Teijlingen, Dr. Juliet Wood, and in Nepal: Prof. Ganesh Dangal



XVIth INTERNATIONAL Conference
Nepal Society of Obstetricians and Gynecologists (NESOG)
Theme: "Universal Health Coverage for Women"
Date: 31stMarch – 1st April, 2023

New paper on COVID-19 and vaccine hesitancy in Western Nepal

A new paper 'Perceptions around COVID-19 and vaccine hesitancy: A qualitative study in Kaski district, Western Nepal' appeared in the international journal *PLOS Global Public Health*. It reports on

19 in-depth interviews in the city of Pokhara and its surrounding rural areas. In the interviews people expressed fears about COVID-19, and adherence to public health measures such as social distancing and warring masks. The interviewees generally saw the COVID-19 vaccine as solution but mentioned its potential lack of effectiveness, the uncertain duration of protection and its side-effects.

The paper adds to a growing volume of public health papers on COVID-19 in Nepal or Nepalese people living in the UK written by BU academics.



Late 2022 and early 2023 publications

Bartholomew V, Hundley V, Clark C. Paris B. (2023) Changing the way we think about pain, *MIDIRS Midwifery Digest* 33 (1): 30-38 **T**

Chester L, Tsofliou F, Fairbairn P (2023) A systematic review of dietary modifications to Mediterranean-style diets *PROS-PERO* https://www.crd.vork.ac.uk/prospero/display_record.php?RecordID=408278 **T**

Clark C, Bartholomew V, Mylod D, Hundley V (2023) The importance of pain histories for latent phase labour, *MIDIRS Midwifery Digest* (in press) **T**

Collins B, Hall J, **Hundley V, Ireland J** (2023) Effective communication: core to promoting respectful maternity care for disabled women. *Midwifery*. 116: 103525 https://doi.org/10.1016/j.midw.2022.103525

Harper RC, Sheppard S, Stewart C, **Clark CJ** (2023) Exploring Adherence to Pelvic Floor Muscle Training in Women Using Mobile Apps: Systematic Review, *Journal of Medical Internet Research (JMIR)* mHealth and uHealth (in press)

Harvey O., **Taylor A.**, Regmi, PR, **van Teijlingen E.** (2022) Struggling to reply to reviewers: Some advice for novice researchers. *Health Prospect*, **21**(2):19-22.

Harvey, O, **van Teijlingen E**, Parrish M. (2023) Using a range of communication tools to interview a hard-to-reach population, *Sociological Research Online* https://journals.sagepub.com/doi/10.1177/13607804221142212

Mahato P, Adhikari B, Marahatta SB, Bhusal S, Kunwar K, Yadav RK, Baral S, Adhikari, A, **van Teijlingen E** (2023) Perceptions around COVID-19 and vaccine hesitancy: A qualitative study in Kaski district, Western Nepal. *PLOS Global Public Health* **3**(2): e0000564. https://doi.org/10.1371/journal.pgph.0000564

Regmi, P., Simkhada, P., Aryal, N., van Teijlingen, E. (2022) Excessive mortalities among migrant workers: the case of the 2022 FIFA World Cup. *Europasian Journal of Medical Sciences*, **4:**31-32. https://doi.org/10.46405/ejms.v4i0.455

Sathian B, van Teijlingen, E, Banerjee I, Kabir R. (2022) Guidance to applying for health research grants in the UK. *Nepal Journal of Epidemiology*, **12**(4):1231-1234.

Simkhada P, **van Teijlingen E**, Regmi, PR (2022) Migrant Workers in Qatar: Not just an important topic during the FIFA World Cup 2022. *Health Prospect*, **21**(3):1-2. https://doi.org/10.3126/hprospect.v21i3.49835

Simkhada P, Dhimal M., van Teijlingen E, Gyanwali P. (2022) Nepal Urgently Needs a National Evidence Synthesis Centre, *Journal of Nepal Health Research Council*, **20** (3): i-ii.

Simkhada B, **van Teijlingen ER**, Panday A, Sharma SC. Simkhada P, Singh D. (2023) Stakeholders' perceptions of continuing professional development among Nepalese nurses: A focus group study *NursingOpen* https://doi.org/10.1002/nop2.1586

Wiggins D, Hundley V, Bond C, Wilkins C, and Walton G. (2023) Could a decision support tool be the key to supporting choice for women regarding place of birth? *Midwifery*; 117: 103564 DOI: 10.1016/j.midw.2022.103564

World Health Organization Labour Care Guide Prioritisation Group (2023) Global research priorities related to the World Health Organization Labour Care Guide: results of a global consultation. Reproductive Health 20;57; https://doi.org/10.1186/s12978-023-01600-4

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