

Introduction

Welcome to this Spring edition of our newsletter! As a 'new beginning' this newsletter is assembled with the help of PGR student Abier Hamidi who specialises in Marketing and Communications and types faster than we do. You can read Abier's profile and other members of the Centre for Midwifery and Women's Health on page 2. This is the first issue with Dominique as the lead editor for this newsletter.



The Centre for Midwifery & Women's Health has been publishing a newsletter for over a decade now. Previously under the name of the Centre for Midwifery, Maternal & Perinatal Health, the newsletter is full of news, events and activities undertaken by staff, students and visiting faculty. We are proud of the fact that we are a 'fused' centre engaged in research (page 3), education (page 4) and practice (page 5).

We are excited to holding our second Women's Health Symposium in June. We hope that you will join us –you can find details of how to sign up on page 6.

Dominique, Edwin and Vanora

Inside this issue:		CMWH aims
Welcome	1	<p>We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.</p> <p>Our strategy is to develop nationally and internationally recognised research that:</p> <ul style="list-style-type: none"> • 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.
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Featured Faces in CMWH

Stevie Webb- midwifery student

I am a 3rd year midwifery student and also Chair of the Midwifery Students Council.

I am a single mum of a 7 year old daughter and hooman mummy to my Cocker Spaniel. Outside of work & study I enjoy anything equestrian and baking.

I am in the process of arranging the Student Conference at BU with the assistance of the rest of the Student Council.

I absolutely love the learning. I have realised that I am far more capable than I ever thought possible. Juggling home life, work, study and social life can be challenging at times, but it's all about taking each day as it comes, prioritising and being organised.

This time next year I'll be working as a fully qualified midwife, settling into preceptorship and expanding my knowledge & experience. I am looking forward to exposing myself to all aspects of midwifery care and continuing to learn from women.



Nicola Keefe- Baby Friendly placement partner

I am the Infant Feeding Lead Midwife, and UNICEF BFI project lead at Portsmouth Hospitals. I am also a Professional Midwifery Advocate.



I am married with 2 children, Hollie (19) & Max (14) we have a dog called Juno. I have worked as a midwife for 6 years after qualifying with Bournemouth University in 2018. A lesser-known fact about me is that I am a qualified antenatal/postnatal yoga teacher...?

I love my role, I am passionate about evidence based, safe compassionate care for all. This is what drives me every day with implementing the BFI project. I have brilliant team of inspiring people who all work together to meet this goal, I couldn't do my job without them. Infant feeding is a really emotive topic and this can provide challenges, in a busy environment.

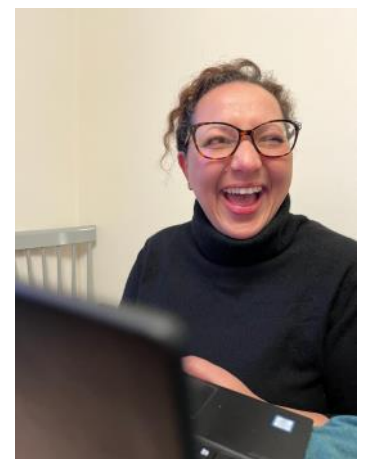
This time next year I'll be a millionaire? And if not the infant feeding lead of a fully accredited maternity unit.

Abier Hamidi- post graduate research student

I am a PhD student, researching gender and religion in the context of women and HIV in Libya and I am currently a research assistant with the centre. I am also a Marketing and Communication freelance consultant.

I am originally from Libya but grew up in London and lived in Paris and Dubai. I am a mother of two, Loujain (13) and Kayan (11). I love learning! What I find challenging is finding time to do everything that I want to do.

By this time next year, I hope I will be continuing my research on not only Libyan women but also other underserved communities.



Research in CMWH

Dr. Nirmal Aryal, who is a part-time researcher with **CMWH**, was interviewed in Nepal by a journalist for *Kantipur*, the largest Nepali-language newspaper of the country. Nirmal was interviewed after successful research [dissemination events](#) in both the capital Kathmandu and in Janakpur (in the south of Nepal). These dissemination programmes reported on a study into the risk of kidney damage in Nepalese migrant workers.

This study, led by Bournemouth University's Dr. Pramod Regmi, was funded by The Colt Foundation in the UK. Dr. Nirmal Aryal is also research associate in the Equality, Diversity and Inclusion Research Unit of Greater Manchester Mental Health NHS Foundation Trust. The interview with Nirmal Aryal in Nepali can be read online, click [here!](#)



RCM i-learn research modules ready to launch

Professor Vanora Hundley and Dominique Mylod have completed development of three online learning modules commissioned from BU by the Royal College of Midwives Research team. The i-learn modules are aimed at midwives, midwifery students and Maternity Support Workers. Module one explains how research is organised throughout the UK; module two allows users to explore avenues to their own research careers; module three explores enablers, barriers and routes to embedding research findings in practice. The module content is ambitiously interactive and features animations, quizzes and interviews with key research stakeholders. They will be launched at the RCM conference in May.



Black women's voices in Healthcare PPIE Workshop November 2023

Linda Agyemang and Abigail Emelonye, nursing researchers, undertook PPIE to identify the health needs of black women and their involvement in health research.

Black women who were part of a faith group and reporting a variety of health needs shared their experiences of discrimination, poor access to information, cultural sensitivity, lack of mental health support, sexual health and difficulty in navigating the system in a foreign land. They felt there was a lack of research designed for and about them. If black women are to be included in research and their health needs met, then working and sharing information through channels such as community, faith-based organisation, using digital media and oral narratives may enable better communication and better align with their cultural values.

The PPIE contributors reported that they are willing to partner and co-design further research that promotes the health and wellbeing of black women in Dorset.

PhD identifies data gap in maternity health

Charlotte Roche is a BU PhD candidate and sits on the working group with the NHSE Maternity Transformation Directorate led by Professor Trixie McAree. The group have co-produced an e-learning package for maternity leaders about the implementation and evaluation of Midwifery Continuity of Carer (MCoC) at scale, which is nearly finished. Charlotte recently shared her PhD research findings with the Professional Records Standards Body (PRSB) and digital midwifery staff from the national maternity team. She identified a significant gap in data collection related to social determinants of health within maternity electronic systems. This lack of data perpetuates existing health inequities and hinders the analysis of the population impact of MCoC. The PRSB expressed keen interest in her findings and even suggested integrating them into the national standards for record keeping across the NHS.

Cold water and menopause

CMWH has a variety of different disciplines – some members are interested in physical activity during and after pregnancy. If you want to discuss a potential research idea contact Dr. Malika Fenton.

One such topic could be cold-water swimming, since it appears to ease menopause and menstrual symptoms.

See the study findings: <https://www.theguardian.com/society/2024/jan/25/cold-water-swimming-eases-menopause-and-menstrual-symptoms-study-finds>

Cold-water swimming eases menopause and menstrual symptoms, study finds

Cold water confers physical and mental health benefits, UCL study says, as half women surveyed say it reduces anxiety



❗ Cold comfort pharmac: Cold water 'may provide an alternative solution for women struggling with the menopause'. Photograph: Cavan Images/Alamy

Swimming in cold water can significantly reduce symptoms of the menopause such as mood swings and hot flushes, a study has found.

Education in CMWH

PhD training workshop in Kathmandu

Prof. Edwin van Teijlingen presented a PhD Thesis Writing Workshop at Tribhuvan University, the largest and oldest university in Nepal. The session was organised by Prof. Bhimsen Devkota in the Graduate School of Education. Bhimsen is also Visiting Professor in **CMWH**. The audience of PhD students raised a range of very interesting questions.



The teaching session was also an opportunity to promote our textbook [ACADEMIC WRITING AND PUBLISHING IN HEALTH AND SOCIAL SCIENCES](#) co-edited by **CMWH** Profs. Vanora Hundley and Edwin van Teijlingen as well as BU's Visiting Professor Padam Simkhada. Vanora Hundley and Edwin van Teijlingen as well as BU's Visiting Professor Padam Simkhada.

Celebrating third year of BFI Gold status

Bournemouth University's Celebration of our UNICEF UK Baby Friendly Gold Award.

On 11th April 2024, the midwifery team at Bournemouth University will be celebrating their success in achieving the UNICEF UK Baby Friendly Gold award for the midwifery degree programme, sustaining this prestigious award since 2021. We hope that many of our stakeholders will be able to join us and look forward to sharing this story with you in the next issue. To book your place please go to the [Eventbrite page](#).



Accredited as
Baby Friendly Gold
unicef
UNITED KINGDOM

We are thrilled to work with our newly appointed Baby Friendly student reps, Kelly Fleet, Emma Fox, Karis Grover, Marissa Leach, Zoe Mantel, Charlie Ewart and Alice McIntyre. In addition to role modelling the Baby Friendly approach to care, they are joining us for Baby Friendly team meetings helping us to shape our curriculum as well as offering peer support to 1st year student midwives as they prepare for their breastfeeding assessments.

Professor Michael Dooley's – 'fireside' chats.

Professor Michael Dooley was recently made a Visiting Professor at Bournemouth University in the Faculty of Health and Social Sciences. Michael is currently Consultant Gynaecologist at The Lister Hospital London, Director of the Poundbury Clinic Dorset, Gynaecologist at King Edward VII's Hospital London and Surgeon Gynaecologist to Her Majesty The Queen including the Royal Household.

Michael is providing opportunities for colleagues to get together and discuss research ideas via 'a fireside chat' which is envisaged as an informal opportunity to discuss women's health and well-being and how to raise the profile of research in this area. Dr Chloe Casey, Dr Malika Felton and Dr Rebecca Neal enjoyed the first fireside chat in January.

Anyone wishing to book in on a Tuesday afternoon from 14.00-16.00 please email Carol Clark cclark@bournemouth.ac.uk



Dr. Arnold educating the world about Appreciative Inquiry

Appreciative Inquiry is a collaborative and energizing process that enables people to connect emotionally with their situation, consider others' perspectives and change how they see their situation. It has the potential for transformational change as people start to see compelling images of what could be – and are inspired to act. It has been used in business, the armed services, health settings and social work. On January 16, Dr. Rachel Arnold published an education blog on the Australian website i2Insights under the title 'Learning to use Appreciative Inquiry'. Read it [here](#).

Learning to use Appreciative Inquiry

January 16, 2024

By Rachel Arnold

What is Appreciative Inquiry? How does one shift from research that focuses on problems and negative details to the strengths-based approach of Appreciative Inquiry? What are the benefits and requirements of such an approach? And what is it about Appreciative Inquiry that fosters change?

Appreciative Inquiry, developed by David Cooperrider and Suresh Srivastva, is a five-step process (originally four steps), as shown in the figure below. The steps are:

1. Definition – deciding what to study in critical in moving humans in a positive direction.
2. Discovery – discovering and appreciating best experiences.
3. Dream – imagining the ideal – how it would be if those valued experiences happened most of the time.
4. Design – defining the dream more clearly and discussing steps towards realizing it.
5. Destiny – implementing wide-ranging actions, improvisation, learning, and adjustments.



Practice in CMWH

Dorset Women's Health Hub

[Women's Health Hubs](#) were launched across England in 2023 and defined to provide integrated health and services for women in the community and meet the needs of women across the life course by improving access to care, and health outcomes, and reducing health inequalities.

Colleagues from BU and in particular **CMWH** are contributing to the steering group: Prof Vanora Hundley, Prof Carol Clark, Dr Emma Thurston, along with Sally Sheppard (UHD and NHSE Perinatal Pelvic Health Project Lead for Dorset and BU visiting fellow) and Chris Leadley DCH who recently completed an ARC Wessex NIHR internship at BU. The steering committee is led by Helen Crook (Programme Manager Transformation Delivery NHS Dorset) with oversight from the Chief Medical Officer for the ICS, Paul Johnson. As well as working with charities like [Dorset Women](#) (chaired by Marianne Storey), we have been working with Wessex Health Partners <https://wessexhealthpartners.org.uk/> and Health Innovation Wessex <https://healthinnovationwessex.org.uk/>

Parliamentary inquiry into birth trauma

CMWH has been very active in contributing to the parliamentary public inquiry into the birth trauma call for evidence:

- (1) A group led by Rosie Harper (Clinical doctoral physiotherapist) submitted written evidence from a multidisciplinary group – Jillian Ireland (UHD), Sally Sheppard (UHD), Carly Stewart (BU) and Carol Clark (BU) highlighting the topics of tokophobia, pelvic floor muscle dysfunction, post-natal pain and mental health and raising the need for more midwives and physiotherapists with specialist skills.
- (2) Prof Vanora Hundley and Prof Helen Cheyne submitted written evidence on the latent phase of labour. Current maternity services are not designed to support women in this phase of labour and consequently women presenting at hospital are sent home 'not in labour'. The result is that women are often exhausted and traumatised before they are recognised as being 'in labour'. They called for a change in the design of maternity services to ensure that women can receive the personalised care that they need at whatever the stage of their labour.
- (3) Dr Andrew Mayers was invited to give oral evidence to the inquiry on perinatal mental health.

Multidisciplinary group report on a new study in collaboration with SportBU, to identify factors associated with injury incidence in university athletes.

The study, led by Dr Louise Burgess and Kate Rattley (PhD student), in collaboration with Dr Chloe Casey, Rosie Harper (PhD student) and Ellie Cox (MSc student), aims to identify lifestyle and health factors that may lead to an increase in injury risk in athletes. The information below is a snapshot from the [HSS Blog](#) published in January, 2024. [Injury Tracking](#)

Dr Louise Burgess, Lecturer in Sport and Exercise Science, said: "This study aims to collect data over several seasons of varsity sport, to identify potential correlates of injury risk and inform future injury prevention strategies within the University. It's exciting to collaborate with the performance sport department at BU and collect data that will have a meaningful impact on student experience."

Kate Rattley, PhD student, said: "It's really important to increase availability of information for athletes on how they can reduce injury risk both in advance of and during game play. There's been fantastic progress in elite sport and it's important this information filters down to all levels of sport. Part of this research aims to increase high quality data in relation to women's health and performance and this study presents an exciting opportunity for Bournemouth University and TeamBU to contribute to this rapidly evolving field."



Digital nudges on social media for pelvic floor training

Rosie Harper on a BU:UHD:NIHR match funded PhD studentship has just had a paper accepted for publication relating to Public and Patient Involvement and Engagement using a social media campaign. The campaign began in Autumn and set out to encourage women to regularly contract their pelvic floor muscles with the aim of being 'dry by Christmas'. The women were stimulated to adhere to the exercise program by receiving digital nudges.

Congratulations, news and events

Upcoming events

May—BU-UHD Partnership Conference 2024: Delivering Outstanding Care Together

Date: Wednesday 8th May

Time: 4-7pm

Location: Kimmeridge Building, Talbot Campus, Bournemouth University

Book at: [BU-UHD Partnership : Delivering Outstanding Care Together Tickets, Wed 8 May 2024 at 16:00 | Eventbrite](#)

June—CMWH Women's Health Symposium will be held in the Fusion Building at BU. Professor Michael Dooley (Visiting Professor – BU) and Helen Crook (NHS Dorset) are among the speakers. There will be opportunities for PGR and staff to present their research. Dr Chloe Casey ccasey@bournemouth.ac.uk is the main organiser along with Rosie Harper. [Women's Health Research Symposium Tickets, Tue 25 Jun 2024 at 10:00 | Eventbrite](#)

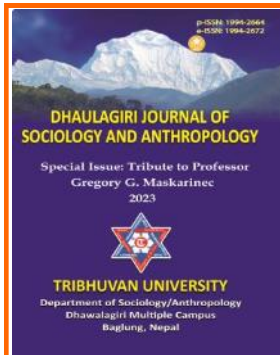
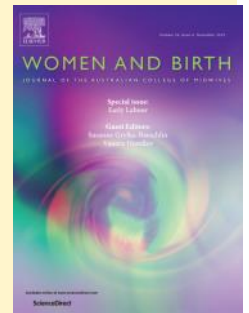
Please join us for the next **Research Development Hub** surgery—exploring all things research. They are held in the Bournemouth Gateway Building and are scheduled throughout the year.

Book through Nikoleta Gkounta: HSSRKEAdministrator@bournemouth.ac.uk

Special series on early labour research

Prof Vanora Hundley has guest edited a special edition of Women and Birth focusing on the latent phase / early labour. The special issue, published at the end of 2023, features the latest research evidence from colleagues across the globe and will help address this much neglected area. The issue includes papers from **CMWH** midwives on interventions to support women during the latent phase.

The special issue is the latest in a series of events by the International Early Labour Research Group to identify best practice in this area. Previous events have included a symposium, doctoral student training, and an online conference.



Interview with Professor Edwin van Teijlingen

The Dhaulagiri Journal of Sociology and Anthropology recently conducted an interview with Prof. Edwin van Teijlingen. In this insightful conversation, Prof. Teijlingen generously shared both his personal and academic experiences. His words serve as inspiration for aspiring scholars, not only in Nepal but also beyond its borders.

The journal which is published in Nepal, operates an Open Access model, so it is freely accessible. Read the full interview [here](#)

International midwifery collaboration on early labour

Academics from **CMWH** travelled to Winterthur, Switzerland with the Swiss European Mobility Programme for a conference on early labour organised by the University of Zurich School of Health Studies.

The visit included networking with colleagues from Denmark, Finland, Germany, Switzerland and the UK. Collaborations will support the development of a new book on the latent phase of labour. Thanks to the midwifery department for stimulating discussions and kind hospitality.



Featured publications and presentations

Dr Laura Iannuzzi gives keynote at International Congress of Midwifery Students

Dr. Laura Iannuzzi was invited to give a keynote presentation "*Women's suggestions on how to improve the quality of maternal and newborn care: a qualitative analysis from the IMAGINE EURO survey in Italy during the two years of the COVID-19 pandemic*"

She also presented a qualitative evidence synthesis undertaken for the Italian national guidelines at the World Conference on Qualitative Research : "*Women's information needs in the childbirth continuum: methodological challenges and findings of a qualitative evidence synthesis in the context of National Antenatal care guidelines development in Italy*".

Rosie Harper's paper published - Exploring Adherence to Pelvic Floor Muscle Training in Women Using Mobile Apps: Scoping Review

The paper highlighted the high prevalence of pelvic floor dysfunction and how mobile apps are being used in the NHS to support health care and increase accessibility. The aim was to identify behaviour change techniques employed by mobile apps aimed at addressing pelvic floor muscle dysfunction and compare adherence to pelvic floor muscle training. A total of six studies met the criteria, all used behavioural change techniques and there were increased levels of adherence to pelvic floor muscle training in those using mobile apps. <http://dx.doi.org/10.2196/45947>

Poster exhibitions at the Chief Midwifery Officer's Vision Conference

PGR Midwifery Researcher Louise Barton and ECR Dr. Dominique Mylod showcased BU Research with their posters in Birmingham on 14th February 2024 for the [Chief Midwifery Officer's Vision Conference](#).



Dr. Dominique Mylod presented a poster on 'Co-creating an app for the latent phase of labour' on behalf of the Early Labour App group.

Louise Barton is evaluating a midwifery-led, smoke-free pregnancy pathway for her clinical doctorate. <https://intranetsp.bournemouth.ac.uk/documentsrep/Louise%20Barton.pdf>



Professor Vanora Hundley invited to present at the Council of Deans Health Research and Innovation Conference

The final session of the conference in February 2022, 'Overcoming Challenges in Research Roles', involved three personal experiences of the challenges and opportunities of clinical academic roles.

Addressing the topic, Vanora shared experiences from **CMWH** on building a positive research culture, including how we engage undergraduate students in research. The session was well received with participants saying that it was 'well-worth staying for'.



New publications –since Autumn newsletter

- ✓ **Bartholomew V, Hundley V, Clark C**, Parris B (2024) The RETHINK Study: Could pain catastrophisation explain why some women are more likely to attend hospital in early labour. *Sexual & Reproductive Healthcare* 39: 100941 <https://doi.org/10.1016/j.srhc.2023.100941>
- ✓ **Edwards R, Way S and Hundley V** (2023) Let's Talk Early Labour: The L-TEL Randomised Controlled Trial. *Women & Birth* 36(6): 552-560 <https://doi.org/10.1016/j.wombi.2023.07.132>
- Grylka-Baeschlin S, **Hundley V**, et al. (2023) Early labour: an under-recognised opportunity for improving the experiences of women, families and maternity professionals *Women & Birth* <https://doi.org/10.1016/j.wombi.2023.09.004>
- Gyawali, K, Simkhada, P, **van Teijlingen, ER**, Manandhar, S., Silwal, R.C. (2023). Sexual Harassment Among Nepali Non-Migrating Female Partners of International Labor Migrant Men. *Journal of Health Promotion*, 11(1): 22–31. <https://www.nepjol.info/index.php/jhp/article/view/61198>
- ✓ **Hamidi, A**, Regmi P, **van Teijlingen, E** (2024) Islamic perspectives on HIV: a scoping review, *Discover Soc Sci Health* 4:6. <https://doi.org/10.1007/s44155-024-00063-7>
- ✓ **Harper, R**, Sheppard, S, Miller, E, Stewart, C, **Clark, C** (2024) #DryByChristmas: a PPIE study on women's engagement with humorous pelvic floor muscle training digital nudges on social media. *Health Expectations*. 27(2), e14033
- ✓ **Hundley V and Marsh A** (2023) It's time for healthcare professionals to engage with social media. *Evidence Based Nursing*. <http://dx.doi.org/10.1136/ebnurs-2023-103738>
- Khanal SP, **van Teijlingen E**. et al. (2024) Risk perception and protective health measures regarding COVID-19 among Nepali labour migrants' returnee from India. *KMC J*, 6(1): 313-30. <https://doi.org/10.3126/kmcj.v6i1.62364>
- ✓ **Marsh A, Hundley V, Luce A** and Richens Y (2024) What are UK nurses and midwives' views and experiences of using social media within their role? A review. *MIDIRS Midwifery Digest*. 33(4), 312-318
- McEvoy B, Anderson M, Farrant K, Martin H, McWhinney A, Newman T, Vowles Z, Wagstaff J, **Marsh A** (2024) Embarking on a clinical academic career: opportunities for midwives. *MIDIRS Midwifery Digest*. 14 (1), 31-32
- ✓ **Marsh A**, Ward S, Collins S, et al. (2024) Ask A Midwife: a service evaluation. *The Practising Midwife*. 27 (2) 40-43
- ✓ **Marsh A**, Letley K (2023) Midwives on tour - reflections from a trip to Norway. *The Practising Midwife*. 26 (10), 32-34
- ✓ **Mylod DC, Hundley V, Way S, Clark C** (2023) Using a birth ball to reduce pain perception in the latent phase of labour: a randomised controlled trial. *Women & Birth* 37: 379-386 <https://doi.org/10.1016/j.wombi.2023.11.008>
- ✓ Nhlabatsi MM, **van Teijlingen, E, Hundley, V** (2023) Clinicians' barriers to screening and diagnosing diabetes distress in patients with type 1 and 2 diabetes mellitus: a systematic review, *African Journal of Health Sciences*, (in press)
- ✓ Pound M, Massey, H, Roseneil, S, Williamson, **R, Harper, C.M**, Tipton, M., Shawe, J, **Felton, M** and Harper, JC, (2024) How do women feel cold water swimming affects their menstrual and perimenopausal symptoms? *Post Reproductive Health*. <https://journals.sagepub.com/doi/10.1177/20533691241227100>
- ✓ **Rolfe U**, and **Mahato, P** (2024) Mental health care experiences in prehospital and community settings: a scoping review. *Europasian Journal of Medical Sciences* : <https://www.nepjol.info/index.php/ejms/article/view/63502/48024>

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