

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 is the World Health Organization Year of the Midwife 2020 and who would have thought that when we started the celebrations in January, we would be in the middle of a pandemic by the end of the year. It is even more important to recognise the achievements of all of those who have had a positive impact on the lives of people in our community and further afield. I hope you have enjoyed reading on our website the creativity and innovation of past and present members of CMMPH along with our current and ex-students. Achievements for this year also include two PGR students who have achieved their doctorate, Dr Dominique Mylod and Dr Shaqaiq Ashrafi Dost, congratulations (see page 6). Several other PGR students have completed milestones that demonstrate their progression towards completion. Congratulations also goes to Professor Vanora Hundley who has been selected as a sub-panel member for the 2021 Research Excellence Framework (REF) and to all of our CMMPH members and students who have had either presentations, posters or papers accepted or published this year. Well done to everybody.

Finally, I am sure you will all join with me in saying huge congratulations to everyone involved in the successful joint approval (NMC and BU) of the BSc (Hons) Midwifery programme (page 4). The new curriculum (which had a very long gestation period) starts Sept 2021 and is aligned with the recently published NMC standards of proficiency for midwives (2019). The team was led magnificently by Dr Catherine Angell and Dr Alison Taylor and was a massive exercise in co-ordination, patience, quick thinking, perseverance and tolerance.

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:

Virtual International Day of the Midwife Conference (VIDM).



On May 5th 2020 Dr Luisa Cescutti-Butler and Dr Humaira Hussain presented their research: 'Making discoveries through research: midwifery students' perceptions of their role when caring for pregnant women who misuse substances: neonatal simulators as creative pedagogy' at the Virtual International Day of the Midwife Online Conference. It was truly an international occasion, one of the first during the pandemic, as there were midwives from around the world attending their session. The study was undertaken as there is minimal research involving undergraduate midwifery students interacting with neonatal simulators as creative pedagogy.

In this qualitative study first-year midwifery students were asked to interact with Foetal Alcohol and Drug Affected neonate simulators as a means of co-constructing knowledge around the effects of substance misuse during pregnancy and postnatally. The findings revealed three broad themes: *Kinaesthetic Learning*, *In Their Shoes* and *Midwifery Role in Educating Others*. This study has helped bridge the disconnect between teaching, research and practice as students were able to reflect on their future roles as midwives and students as 'researchers'. It emphasized the importance of interacting with the simulators as creative pedagogy as a method for enhancing their knowledge and as a means of building 'new knowledge'. In addition, Humaira and Luisa were able to share via Zoom, further research ideas post conference. They met with a range of midwifery and nursing educators at Frontier Nursing University based in in Kentucky who are interested in replicating the research with a larger group of undergraduate students.



You can hear the presentation here: <https://www.youtube.com/watch?v=35GU76UP36g&feature=youtu.be>

World Health Organization Labour Care Guide

Prof Vanora Hundley has been working with a team in the World Health Organization to respond to the [WHO Recommendations: intrapartum care for a positive childbirth experience](#) published in 2018. The team are developing a new WHO Labour Care Guide that incorporates the latest research and promotes quality, respectful and compassionate care for women. The new guide will focus on optimising care for women in labour rather than simply being a monitoring tool. It is anticipated that it will be published in early 2021.



Working with our clinical partners: Dorset County Hospital NHSFT

The wellbeing of NHS staff has been in the spotlight during this COVID-19 pandemic. Dr Rachel Arnold and Dr Preeti Mahato have recently commenced an in-depth study at DCH exploring how to enhance the wellbeing of maternity staff using an appreciative action research approach. Despite all of the challenges posed by the pandemic, the study, is well underway recruiting staff and is already producing some rich data.

Our enormous thanks go to Dr Jo Hartley (Head of Midwifery) for her support in enabling the research to take place at the maternity unit. If you wish to read more about the study it can be found using the following [link](#)



Research Supervision Recognition Programme



The UK Council for Graduate Education (UKCGE) has launched its Research Supervision Recognition Programme as a route to recognition specifically for supervisory practice. Bournemouth University was one of 13 universities invited to participate in the pilot. The programme recognises and celebrates good practice in research supervision. It involves structured self-reflections in nine specific areas of research supervision plus a 10th reflection about personal development. The programme

has had four members of FHSS staff who have been successful in their applications and now Professors Vanora Hundley, Edwin van Teijlingen and Susan Way have each submitted a portfolio of evidence to support their application. Those who have received recognition in this role will provide support for those who are new to the supervision experience.

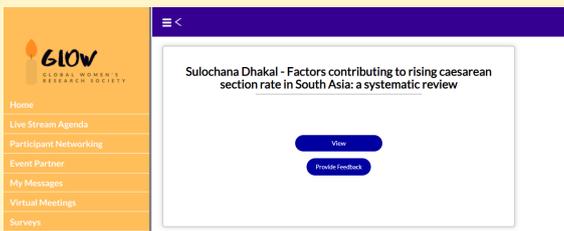
Research in CMMPH:

PhD student Hazel Tennant gives an update on her research

Hazel's study explores the barriers, challenges and facilitators for maternity staff when working with the Baby Friendly Initiative (BFI). A Unicef programme, the BFI aims to provide guidance for improvements in maternity services to better support families with infant feeding. In 2018 a local NHS maternity unit struggled to meet Unicef assessment criteria to remain BFI accredited. The study uses a qualitative case study design with a grounded theory approach and includes document and website analysis, with a range of maternity staff invited for observation, interviews and focus groups. As ethical approval has recently been granted by BU and NHS, data collection has commenced. A thematic analysis template will assist with data analysis. This research will offer valuable insights into how BFI could be implemented more easily within maternity units.



Poster presentation GLOW Conference



PGR student Sulochana Dhakal-Rai presented a poster at this autumn's GLOW conference, which was, for the first time, held online. This poster based on her PhD 'Factors contributing to rising caesarean section rates in South Asia: a systematic review' is supervised by Dr. Juliet Wood, Dr. Pramod Regmi, Prof. Edwin van Teijlingen and Visiting Faculty Prof. Ganesh Dangal (based in Nepal). Sulochana also has a poster accepted on her PhD topic at the BU PGR virtual conference below.

Presentations at BU PGR virtual conference

Professor van Teijlingen is key note speaker for this event, with a talk entitled, 'Flexibility in Research: Dealing with Adversity'. Several of our PGR students have abstracts accepted for the conference:

- Sara Stride (poster); 'Taking time to explore appropriate methods'. The poster explores how Sara came to decide on the research methods she is choosing to use for the next phase of her study.
- Karim Khalid (poster); 'Validation of the European Prospective Investigation into Cancer (EPIC) Food Frequency Questionnaire for use among Adults in Lebanon'.
- Malika Felton (poster); 'Adapting postgraduate research in the context of the coronavirus pandemic'. She discusses the highs and lows of research during the pandemic, her skills and experiences gained, and her coping strategies.
- Charlotte Clayton (oral); 'The Mi-CARE Study: Exploring the impact of a midwifery continuity model on health inequalities in women and babies from low-income backgrounds'



Midwives' views of mHealth and eHealth



The *European Journal of Midwifery* published the CMMPH paper 'Midwives' views towards women using mHealth and eHealth to self-monitor their pregnancy: A systematic review of the literature'. There are many apps to help women to monitor aspects of their own pregnancy and maternal health. This literature review aims to understand midwives' perspectives on women self-monitoring their pregnancy using eHealth and mHealth, and establish gaps in research. mHealth (mobile health) is the use of mobile devices, digital technologies for health, health analytics, or tele-health, whilst eHealth (electronic health) is the health care supported by electronic processes.

Dietary Patterns in women of childbearing age

CMMPH members published "A Priori and a Posteriori Dietary Patterns in Women of Childbearing Age in the UK" in the journal *Nutrients*. The authors highlight that a poor diet quality is a major cause of maternal obesity. They investigated investigate a priori and a-posteriori derived dietary patterns in childbearing-aged women. An online survey assessed food intake, physical activity, anthropometry and socio-demographics. A poor diet quality was found among childbearing-aged women; notably in the younger age category, those of white ethnicity, that were more physically inactive and with a lower socioeconomic background.



Education in CMMPH

BSc (Hons) Midwifery Approval event

The new BSc (Hons) Midwifery programme was finally approved following the joint Nursing and Midwifery Council and BU event on the 4th November. This means that starting September 2021, the programme will meet the NMC's newly published [standards of proficiency for midwives](#) (2019) and incorporates the NMC standards for student supervision and assessment.

The programme is underpinned by a strong philosophy of women and family centred care, and the importance of the care continuum. It is combined with a focus on promoting women's own capabilities and optimising normal processes and is balanced with preparing future midwives to recognise and respond to complexity in women's care needs.

All these values align with *The Lancet* Midwifery series framework for quality maternal and newborn care. There are five themes that thread throughout the curriculum: Midwifery practice; Art and science of midwifery; Inter-professional learning; Promoting health and the care continuum. The programme also draws heavily on areas of excellence that we are known for: UNICEF baby friendly initiative; Continuity of career / Caseloading and Examination of the Newborn. This truly fuses education, practice and research.



'Sunday school' webinars in Nepal



Our project to support midwifery education in Nepal is making good progress. CMMPH, in collaboration with Dalarna University in Sweden and University Hospitals Dorset NHS Foundation Trust, has produced a Bridging Course for nursing lecturers who are currently teaching midwifery and maternity care. We are helping to up-skill current midwifery educators (all are nurses with midwifery skills) in line with the ICM (International Confederation of Midwives) standards. In addition, BU offers academics at NAMS (National Academy of Medical Sciences) in Kathmandu online support in their professional and pedagogic development.

Following the COVID-19 lockdown and seeing the success of online teaching of BU's students earlier in 2020 we decided to do webinars with midwifery lecturers at NAMS. Since many people in Nepal only have a one-day weekend (Saturday) Sunday is usually a working day and due to time difference early Sunday morning is the ideal time for webinars. To date sessions have been run by Juliet Wood, Michelle Irving, Edwin van Teijlingen and CMMPH Visiting Faculty Jillian Ireland (Professional Midwifery Advocate in Poole). The sessions proved very popular with 30 to 40 people attending online from Nepal.

International Midwifery Student Networking Day

On 18th November our BU midwifery teaching team organised 'The International Students' Networking Day. This day was part of Enrichment Week, a series of days aimed to 'enrich' the students' experience with extracurricular events. Led by Dr. Laura Iannuzzi and Dr. Juliet Wood, BU midwifery students were given a great opportunity to meet and network with midwifery students from three different countries: Italy, Nepal and the Netherlands.

At lunch time of the same day a session of the 'Zoom the midwife: global midwifery cafe' took place. This month it was an introduction from colleagues sharing their experience of working in the field of midwifery and maternity care in Afghanistan (Dr Rachel Arnold) and Nepal (BU Visiting Faculty Margaret Walsh).



CMMPH contribution FIGO Continuous Textbook of Women's Medicine

Prof Edwin van Teijlingen has been asked to contribute a chapter to the renowned series of books: *FIGO Continuous Textbook of Women's Medicine*. Together with two academic colleagues from the University of Helsinki (Finland) and one from the European University at St. Petersburg (Russia) he contributed the chapter 'Birth Systems across the World: Variations in Maternity Policy and Services across Countries'.

THE GLOBAL LIBRARY OF
WOMEN'S MEDICINE
www.glowm.com

Practice in CMMPH

World Health Organization: Year of the Midwife 2020 update



We launched this event in January 2020 and one of the first organisations to start the celebrations. As 2020 draws to a close, so does the WHO Year of the Nurse and the Midwife 2020. At the beginning of the year we took up the challenge to write something each month about the successes that members of CMMPH, past and present have achieved. Taking up the challenge in the middle of a pandemic has been no easy task but we hope that you have enjoyed reading about the creativity and innovation that our students (both undergraduate and post graduate), academic staff, clinical partners and CMMPH members have demonstrated. I would like to thank Dr Luisa

Cescutti-Butler for her help and support in getting the material together and to Jennifer Catlin for her IT skills in putting the material on the website. We would love to hear your feedback, please email sueway@bournemouth.ac.uk



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

Becoming a parent during the pandemic

Did you become a new parent in 2020?
Did you support new parents in 2020?
Are you interested in perinatal mental health?

Come, join us on 11th November!

AN ESRC FESTIVAL OF
SOCIAL SCIENCE EVENT

**BECOMING A PARENT...
IN A PANDEMIC**

FREE TO ATTEND + 100% ONLINE
11th November 2020; 1400-1600
Organised by the University of Surrey

Dr Andrew Mayer presented at an online conference organised by the University of Surrey on the topic of becoming a parent during a pandemic. The conference was an ESRC Festival of Social Science event where academics, practitioners, campaigners and new parents joined to discuss the challenges of becoming a mother or father during this difficult time. Dr Mayers has also been asked by the Hampshire Perinatal Mental Health community team (Southern NHS) to develop their father's service. Anyone who would like to get involved please email: amayers@bournemouth.ac.uk or look at the webpage <https://andrewmayers.uk/fathers-mental-health>

University Hospitals Dorset NHS FT

October 1st saw the launch of the University Hospitals Dorset NHS Foundation Trust (UHDFT), which brings together Royal Bournemouth and Christchurch Hospitals and Poole Hospital NHS Foundation Trusts in partnership with Bournemouth University.

The Trust's University status recognises our close working relationship, which includes education, research and practise collaboration. We are excited to continue to work closely with our colleagues in the newly formed Trust to improve care for mothers and babies.



Student Woody White shares experience of working during a pandemic

During the COVID-19 pandemic, I chose to stay in practice as part of the 'Opt-in' group. There were many individual aspects to consider and a number of uncertainties. However, the two main driving factors for my decision were that I was fearful of the long gap I would have out of placement and the fact that I would be isolated in hospital accommodation if I was to opt out. I am very grateful that this was an option given to us.

The time in placement was invaluable, it was an experience like no other being involved in the plans and adaptations in response to the pandemic. I felt more part of the maternity team than before and that we were truly valued as part of the workforce. Things rapidly and constantly changed so it was paramount that we were flexible and regularly updated. Supporting women and their families through this unprecedented time was both challenging and rewarding. The support we provided to women was occasionally the only support they had; this was challenging. The workload, lack of a summer break and the quick transition into third year proved difficult. However, although it was not an opportunity I had predicted when starting the course and was challenging at times, I have learnt a great deal and it has been paramount in my confidence and development as a student midwife.



Wessex Vision magazine

[Wessex CRN's Vision magazine](#), reported on in our last newsletter, has now been published. Three clinical academic doctoral students highlight their research collaborations with clinical practice and talk about why it matters to mothers and babies, and the value of a clinical academic programme.

Congratulations, news and events

Congratulations to CMMPH Post Graduate Research students

Although 2020 has been a challenging year, several of our PGR students have achieved successful outcomes either at the final viva voce examination of their thesis, their major review or probationary review.

Viva voce examination

1. **Dr. Shaqaeiq Ashrafi Dost.** The title of Shaqaeiq's thesis is, 'Factors that affect the management capacity, leadership and employee performance in the Ministry of Public Health (MoPH), Afghanistan: An embedded single-case study'. Shaqaeiq was supervised by Dr. Rachel Arnold, Prof. Edwin van Teijlingen and Prof. Steve Tee. We would like to highlight the comment made by the Dutch external examiner who wrote: "Just jotting a signature on this certificate does not seem to be doing full justice to what the Shaqaeiq achieved".



2. **Dr Dominique Mylod.** The title of Dominique's thesis is, 'Using a birth ball in the latent phase of labour to reduce pain perception: a randomised controlled trial'. Dominique was supervised by Profs Vanora Hundley, Carol Clark and Susan Way. Dominique's enthusiasm and drive for research made the BALL trial one of the most successful reproductive health studies in Wessex. Dominique says of her achievement, "I am humbled at the expertise, resources, effort and goodwill that have been invested in my education and development as a researcher". Dominique has now joined the midwifery academic team as a permanent member of staff and is looking to pursue postdoctoral studies.

Major Review

The major review is an important milestone, normally mid-way through a PGR's enrolment to ensure they are on track to complete their research degree in a timely and successful manner.

Congratulations to **Jessica Doherty** (who is also the Midwifery and Health Science Department PGR rep); **Vanessa Bartholomew**; **Hazel Tennant** (see also page 3) and **Iro Arvanitidou**.

Probationary Review

The Probationary Review takes place between 3-6 months from commencement of the doctorate and is an initial assessment of the PGRs understanding of the research project and their intentions over the life of the study.

Congratulations to **Rebecca Savage**

Bournemouth University Alumni Outstanding Midwife Award winner

The awards set out to recognise and celebrate the diverse achievements of BU's graduates, with nominations sought from the university's staff and alumni community. This year there were five award winners across four categories linked to BU's core purpose – inspiring learning, advancing knowledge and enriching society. New for this year – and to coincide with the International Year of the Nurse and Midwife – was an Outstanding Nurse or Midwife of the Year category, designed to recognise a BU-educated healthcare professional. We are proud to be able to announce that "*the winner was:*"



Midwife Jo Lake

Jo graduated in 2014 after studying BSc (Hons) Midwifery, and now works as a midwife in Zambia. During her time at BU, Jo showed her aptitude for sharing her midwifery knowledge and skills with maternity care providers in low-income countries by completing an elective placement in Rwanda. Jo followed her passion by moving to a rural part of Zambia two years after she qualified as a midwife. She has spent the last few years working alongside Zambian trained nurses and midwives in a very hands-on, practical role as well as embarking on a strategic role by being a member of the clinic's Management Team, offering advice on clinical improvement and efficient day-to-day running of the facility. You can read more about what Jo had to say about receiving the award [here](#)

Congratulations, news and events

REF 2021

Congratulations to Prof Vanora Hundley who has been selected as a sub-panel member for the 2021 Research Excellence Framework (REF) 2021. The [Research Excellence Framework \(REF\)](#) is the system for assessing the quality of research in UK higher education institutions. Sub-panel members are predominantly practising researchers of suitable personal standing and expertise. Vanora was appointed for her expertise in midwifery practice and research.



Retirement of colleagues

The end of this academic year saw the retirement of three midwifery colleagues: Dr Liz Davey, Sarah Emberley and Dr Stella Rawnsdon. They have been longstanding members of the midwifery academic team and will be sorely missed. Their contributions to the midwifery community have been wide reaching.

Stella's expertise included caseload practice and was the focus of both her Master's and doctorate. Her work informed various iterations of the BSc (Hons) Midwifery programme ensuring BU student midwives had access to, and became confident in, caseload holding. See more about Stella's work [here](#). Among other things, Liz was particularly called on for her expertise in pharmacology and worked with Debbie Houghton to bring medicine management alive in the curriculum including assessments. She co-authored the *Midwife's Pocket Formulary*, the fourth edition being reviewed in the CMMPH Spring 2020 newsletter. Sarah ably led the team in the development of the midwifery clinical skills suit ensuring students had access to up-to-date equipment to perfect their skills before and after their clinical placements. Sarah was an experienced clinical midwife and brought her current knowledge and skills to classroom in a fun and innovative way. Sarah, along with Dr Jen Leamon were nominated for a Vice Chancellor's Staff Award in 2018 under the criteria of Creativity. This award is for a person or team who has used a creative and/or innovative approach to have a significant impact linked to one or more of the BU2025 outcomes. Sarah and Jen developed a 'real time' simulated, team clinical assessment, focused around the management of a postpartum haemorrhage.



Dr Stella Rawnsdon



Dr Liz Davey



Sarah Emberley

ICM President doctorate examined by Prof van Teijlingen

In October Prof. Edwin van Teijlingen had the pleasure of acting as one of the examiners for the ICM president (now Dr.) Franka Cadée. The PhD defence at the University of Maastricht, the Netherlands, was largely on ZOOM with a small group attending, socially distanced, in person in Maastricht. From all of us at CMMPH our congratulations go to Dr. Franka Cadée on the successful defence of her thesis 'Twinning, a promising dynamic process to strengthen the agency of midwives'.



Bournemouth Gateway Building (BGB) now open

The building is the new home of the Faculty of Health and Social Sciences. It features a range of specialist facilities, teaching space, offices and catering. Its 10,000 square metres of space will create a unified base for the faculty's education, research and office activities, which are currently taking place across several buildings in the Lansdowne area. It will also be open and accessible to all BU students, staff and the community. Our new address is Bournemouth Gateway Building, Bournemouth University, St Paul's Lane, Bournemouth BH8 8AJ. To find out more about the building follow this [link](#)



April-Nov 2020

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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](mailto:Leah.on.HSSFacultySupportAdministrator@bournemouth.ac.uk)