

Introduction

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter. It has been a busy six months and, although we've said good-bye to some of the team, we are delighted to welcome lots of new members to the Centre.

We are excited to have a new focus within the Centre that reflects the increasing interest in women's health. Led by Professor Carol Clark, Professor of Physiotherapy, this group includes researchers whose background is physiology, nutrition, physiotherapy and media. This is timely with the launch of the Women's Health Strategy and the aim to shift the trajectory for women's health in the UK. You can read more about this important work on page 5.

Huge congratulations to the team for maintaining Gold University status with UNICEF [Baby Friendly Initiative](#) (BFI) (see page 4). This award recognises the quality of BU's midwifery programme and the commitment to ensuring that students have the latest evidence and knowledge to support mothers and babies to get the best start in life

Many members of the team have been busy influencing policy and practice. Bournemouth University submitted two responses to the call for evidence by the All Party Parliamentary Groups on Baby Loss and Maternity (see page 2). Professor Minesh Khashu provided evidence to the Ockenden Review.

At the November graduation ceremony of our midwifery students BU awarded Gill Walton, the Chief Executive of the Royal College of Midwives (RCM), with an Honorary Doctorate in Education (page 6).

We would like to congratulate Dr. Catherine Angell, Head of the Department of Midwifery & Health Sciences, on her well-deserved promotion to Associate Professor.

Dominique, Edwin and Vanora

Inside this issue:		CMMPH aims
Welcome	1	We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.
Research	2	Our strategy is to develop nationally and internationally recognised research that: <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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Publications	8	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

Midwives in CMMPH submit evidence to All Party Parliamentary Groups on Baby Loss & Maternity.

The recent publication of REF2021 results has focused attention on developing effective pathways to research impact. Academics have a responsibility to share evidence to influence policy and practice for the benefit of patients, service users and wider society.

Midwives in the Centre have been doing just that, providing evidence to the APPG on Baby Loss and the APPG on Maternity. The two APPGs have produced a joint report: *'Safe staffing: The impact of staffing shortages in maternity and neonatal care'*. You can find the published report here: www.sands.org.uk/appg



Safe Staffing: The impact of staffing shortages in maternity and neonatal care

Report of the Baby Loss and Maternity All Party Parliamentary Groups

New CRN Wessex Specialty-Lead for Reproductive Health & Childbirth



NIHR Specialty Leads play an important role in providing leadership of the specialty at a national level and promoting the engagement, placement and delivery of research studies. The Wessex role has been held jointly by Professors Vanora Hundley (BU) and Ying Cheong (UHS) for the last six years.

Dr Latha Vinayakarao, Visiting Faculty member, took over the role on the 1st November. As a Consultant Obstetrician at UHD, Latha brings a wealth of expertise on research in the NHS. She looks forward to meeting researchers across Wessex as we continue to promote the vibrant research community here in Wessex.

Iolanthe Fellowship for Charlotte Clayton

Charlotte has been awarded the 2022 Iolanthe Midwifery Trust Research Fellowship for her PhD work: *The public health role of caseloading midwives in advancing health equity in women and babies living in socially deprived areas in England: The Mi-CARE Study*.

This prestigious fellowship is designed to assist a midwife in the final stages of completing their doctorate degree. The award funds the writing process ensuring that important research is completed and disseminated.



Charlotte said: Late November 2022 I was presented with the Iolanthe Research Fellowship award by the trustees of The Iolanthe Midwifery Trust at their annual awards ceremony. For the last few years the awards ceremony has been held online, but this didn't appear to dampen the energy nor the spirit of the attendees. Receiving this award means so much to me, it really is a career defining moment! I'm truly honoured to be given the opportunity to focus on the completion of my PhD and dissemination of the evidence that was co-constructed with the incredibly tenacious and resilient women and midwives who took part in my research during the COVID-19 pandemic. Their enthusiasm to share their experiences and insights will stay in my thoughts and continue to inspire me, and inform future models of midwifery-led care for women living in socially deprived communities.

Art and Midwifery by Visiting Faculty Jillian Ireland

The latest issue of *Performing Ethos: An International Journal of Ethics in Theatre & Performance* includes the paper 'The birth of a lullaby and these COVID years' by Jillian Ireland, Visiting Faculty in CMMPH and Professional Midwifery Advocate in Poole Maternity Hospital, University Hospitals Dorset NHS Foundation Trust (UHD). Her new paper describes the birth (an appropriate verb to be used by a midwife) of a lullaby. This particular lullaby grew from a community-based maternity care intervention. This project was funded by the Burdett Fund for Nurses, supported by the Foundation of Nursing Studies, and co-created by local women and staff from maternity, health visiting and the Children's Centre in the community. The beautiful illustrations in this paper are by two local artists: Alan Mercel-Sanca (exhibited on the right) and Allison Churchill.



Research in CMMPH

CMMPH welcomes new researchers in Women's Health

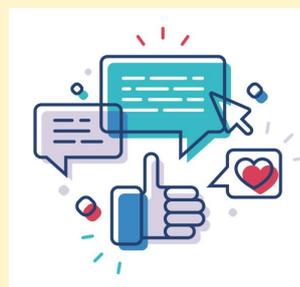


We are excited to have a new research within the Centre that reflects the increasing interest in women's health. Led by Professor Carol Clark, Professor of Physiotherapy, this research group includes researchers whose background is physiology, nutrition, physiotherapy and media. We are delighted to welcome Dr Malika Felton, Dr Rebecca Neal, Dr Susan Dewhurst, Dr Sarah Hillier, Dr Fotini Tsofliou, Rosie Harper and Kate. The strong interdisciplinary focus of this group enables us to look at research and practice in new and innovative ways.

Dr Rachel Arnold joins the cross-disciplinary team looking at 'marketing' childbirth

Rachel Arnold has joined the cross-disciplinary team looking at how marketing influences women's choices in relation to childbirth. There is considerable debate about media impact on perceptions and expectations of birth. It is thought that media depictions can encourage women to enter hospital earlier than necessary and affect preferences for place of birth and obstetric interventions. However there has been little research in this area.

The CMMPH research brings together social marketing, media and healthcare to understand how media and marketing influence healthcare choices and behavioural norms. We will explore whether it is possible to influence societal demand for safe and effective maternity care with the aim of enabling optimal use, while at the same time maximising the opportunity for personalised care. Rachel brings expertise as a midwife and qualitative researcher. The team includes marketing experts (Prof Chris Chapleo, Dr Julia Hibbert), communications expert (Dr Ann Luce, sociologist (Prof Edwin van Teijlingen), behavioural scientist (Dr Greg Kapuscinski) and midwives (Anna Marsh, Dr Rachel, Arnold, Prof Vanora Hundley).



Anna Marsh awarded a prestigious HEE/NIHR Pre-doctoral Clinical and Practitioner Academic Fellowship (PCAF)



Congratulations to Anna Marsh who has secured funding to conduct some preliminary research and develop a doctoral fellowship application for NIHR. Anna is looking at social media within maternity services. Whilst national reports have highlighted that communication across maternity services needs reviewing and updating, social media is still yet to become part of the role of a midwife. Anna's work begun with a Masters of Research at BU in which she undertook a scoping review of why midwives don't use social media, as well as a content analysis of posts about birth by midwives on the platform Instagram to scope current use. This award will enable her to work with women and midwives to inform the creation of a training package for midwives on how to use social media. In addition, she will scope current practice of social media within midwifery in several trusts across the UK, undertake modules at BU in Media Innovations, Consumer Insight and PPI.

The HEE/NIHR PCAF is a personal fellowship supports early career researchers to develop their clinical academic career. Talk to Edwin or Vanora if you are interested in exploring this opportunity.

Online training packages to support midwives in research

CMMPH is delighted to be working with the Royal College of Midwives to develop three new i-learn modules to support midwives in learning about research. The work is being led by Prof Vanora Hundley and Dr Dominique Mylod and has input from midwives in all four countries of the UK.

The modules will be designed to engage and inform midwives about three areas of the research:

- (1) An introduction to clinical research in the NHS
- (2) Exploring a career as a midwife researcher
- (3) Embedding clinical research into practice

It is anticipated that the first i-learn module will be ready for the RCM Education and research conference in 2023.



Education in CMMPH

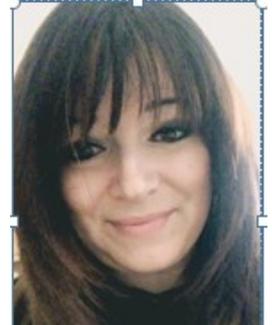
We have seen some changes in staffing with the retirement of Professor Sue Way, Dr Luisa Cescutti-Butler and Sue Mant (see pages 5 and 6). Dana Colbourne has also left BU for other ventures.

We are delighted to welcome a number of new lecturers in midwifery: to the department: Kate Burgess, Megan Harvey-Grainger, Laura Stedman, Hazel Tennant and Rebecca Weston. In addition, we have new lecturer practitioners: Vikki Pragnell, Julie Mills and Lara Cotton. They are just settling in and you will hear more from each of them in the next newsletter.



Congratulations to Dr Daisy Wiggins and Dr Laura Iannuzzi who have been promoted to Senior Lecturer in the recent promotion round.

Congratulations to Dr Catherine Angell who has been promoted to Associate Professor (see page 6).



UNICEF Baby Friendly Initiative (BFI) Gold Award

Many congratulations to the midwifery team who have successfully completed the re-validation required to retain the UNICEF Baby Friendly Initiative (BFI) Gold Award for Universities.



This award recognises the work the team has done in *Achieving Sustainability* through longer-term implementation and embedding of the Baby Friendly standards. The award is a mark of the sustained quality of Bournemouth University's midwifery programme and the work of the team to embed the standards across the University. Particular recognition goes to Dr Alison Taylor for her leadership in this area.

Newly qualified Midwife Ella Puddiphatt going to Nepal

Our recent midwifery graduate Ella Puddiphatt is going to Nepal to volunteer with the charity Green Tara Nepal. She will be supporting a project around promoting respectful maternity care in that country. Ella will be working with (and staying in the home of) Sushila Sapkota, who is the Programme Manager of the Safe Delivery Project at Green Tara Nepal. CMMPH has been collaborating with Green Tara Nepal on many different projects and papers of over the past 16 years.

As part of the preparation for her visit Ella attended the workshop run by Prof. Bishnu Bhattarai at Poole Maternity Hospital in mid-September. Prof. Bhattarai visited Bournemouth University from Manmohan Memorial Institute of Health Sciences (in Kathmandu, Nepal) on an Erasmus+ exchange.



Midwifery student recruitment event

In July midwifery staff from University Hospitals Dorset (UHD) NHS Foundation Trust and Bournemouth University took part in a successful midwifery student recruitment event in the Bournemouth Gateway Building. The recruiters included Dr. Dominique Mylod, CMMPH's Visiting and UHD NHS Foundation Trust's Professional Midwifery Advocate, Jillian Ireland, and also from UHD Maya Briggs. They are posing for this photo with a member of the public.



BSc (Hons) Midwifery (with Foundation Year option)

UCAS Code: Institution: Delivery:
B720 B50 Full-time

With foundation year: B721

If you know anybody interested in becoming a midwifery student please advise them to look at the BU webpages: <https://www.bournemouth.ac.uk/study/courses/bsc-hons-midwifery-foundation-year-option>

Practice in CMMPH

Suicide prevention in Dorset

The most recent [MBBRACE-UK report](#) makes grim reading— in 2020 women were 3x more likely to die by suicide during or up to six weeks after the end of pregnancy compared to 2017-2019. CMMPH has an expert in communication around suicide. Dr Ann Luce, Associate Professor in Journalism and Communication at BU, developed The Suicide Reporting Toolkit with colleagues at the University of Strathclyde.



The toolkit provides a simple and clear framework to help those communicating deaths by suicide in a sensible and responsible way. The Suicide Reporting toolkit can be freely accessed at: <https://www.suicidereportingtoolkit.com/> Through her work as the Research and Media Lead for suicide across Dorset, Ann has the remit to think more strategically about how to prevent loss of life by suicide in Dorset through better access to care and better communication of suicide in the region.

Ann has been working with Dorset Healthcare to help colleagues in the NHS understand the issues associated with suicide. Following the suicide of 11 healthcare professionals in 2019-2021, the Trust proactively commissioned some research to understand how they communicate about suicide, what postvention support they had in place and also what the barriers were to healthcare staff seeking support prior to reaching crisis. Female nurses are particularly vulnerable to risk of suicide with an elevated risk reported as high as 23% than women in other occupations. In a 2020 report on suicide by female nurses, the National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) found that of the 281 nurses who died in the UK between 2011 and 2016, 18% reported workplace problems prior to their death, and more than half (60%) were not in contact with mental health services. Given this, there is an urgency to help improve policy, practice and prevention for healthcare staff. Despite growing evidence of the relationship between occupation and suicide, including the prevalence of probable suicide clusters within healthcare settings, the UK does not collect data on suicides that occur in the workplace or that are identified as work-related.

Three journal articles are currently out for peer review, funded by NHS England. As a result of the project, NHS England has created a postvention policy and an accompanying internal toolkit that will be rolled out to all NHS Trusts in England by Christmas. The Samaritans have also created an accessible postvention toolkit for Trust leaders, using the research as underpinning evidence. BU Collaborators on the project were: Georgia Turner; Dr. Reece D. Bush Evans, and Lauren Kennedy.

Farewell to Prof. Sue Way

After a long and distinguished career in midwifery education, Prof. Sue Way retired recently. She had her official retirement party in the Bournemouth Gateway Building on August 10th. Associate Professor Catherine Angell gave a heartfelt speech highlining Sue's achievements in the Centre for Midwifery, Maternal & Perinatal Health, as well as her work as a practising midwife and her extensive work for the NMC (Nurse Midwifery Council) and the RCM (Royal College of Midwives). Sue has been awarded the honorary title of Professor Emerita to maintain her link with BU and, especially, CMMPH.



To finish with the word of Gill Walton, CEO of the RCM, in her congratulations on Sue's retirement: "Sue has done so much for midwives, midwifery and women and families. Her huge commitment including to the RCM will have a long lasting impact on the future of midwifery and safe, high quality care."

Promoting safe maternal and newborn care

Dr Catherine Angell is working with Rebecca Savage, Patient Safety Programme Lead in the Wessex Academic Health Sciences Network, to evaluate a coaching programme as part of the Maternity and Neonatal Safety Programme (MatNeoSIP). The aim is to improve the safety and outcomes of maternity and neonatal care of all women, babies and families and reduce unwarranted variations in care and experience of care.

Congratulations, news and events

Honorary Doctorate for Gill Walton

Congratulations to Gill Walton, Chief Executive of the Royal College of Midwives, who received an Honorary Doctorate in Education during Bournemouth University's graduation ceremony at the Bournemouth International Centre on 11th November. Gill was recognised for her strong collaboration with BU, in particular her work in promoting clinical academic careers. As Head of Midwifery at Portsmouth Hospital, Gill worked with the CMMPH team to introduce BU's innovative four year clinical academic doctorates that enable clinicians to remain in practice while undertaking their PhD.

Gill said, "It's a humbling experience being given an honorary doctorate. It's about all the hard work, not just that I've put into midwifery, but everyone else I've worked with in my career and my friends and family who supported me. Ultimately, it's about being recognised as a midwife, and that is a great thing."



Congratulations to Karim Khaled & Raksha Thapa

Two PhD students successfully defended their PhD theses in September, both subject to amendments. Karim Khaled did an interesting comparative PhD 'Association between stress and diet quality among women of reproductive age from a university population in two countries: UK & Lebanon' which was supervised by two experienced CMMPH academics: Dr. Fotini Tsofliou & Prof. Hundley.



Secondly, Raksha Thapa with her study on 'Caste-based healthcare inequality in Dalit communities in Makwanpur, Nepal: A mixed-method study'. Raksha is supervised by colleagues in the Department of Nursing Sciences Drs. Pramod Regmi and Vanessa Heaslip jointly with Prof. Edwin van Teijlingen in CMMPH. We also like to congratulate Vanessa on her promotion in a her new post of Professor of Nursing and Healthcare Equity at Salford University. We are sad to see her go though.

Congratulations to Anna Marsh

Anna successfully defended her MRes thesis in November, subject to corrections. Anna's research, "Social Media Use by Midwives—an untapped potential?", combined midwifery and media studies to look at how midwives use social media to communicate with women. She is supervised by Prof Vanora Hundley in CMMPH and Dr Ann Luce (Faculty of Media & Communication). The work forms the foundation for her PCAF award (see page 3).



Congratulations to Emma Northover

Emma Northover has been appointed as the new Director of Midwifery of our partner University Hospital Southampton NHS Foundation Trust.



Congratulations to Luisa Cescutti-Butler and Sue Mant

We would like to congratulate Dr. Luisa Cescutti-Butler and Sue Mant on their retirement from Bournemouth University. We wish them all the best in the future.



Congratulations to new Associate Professor

We also like to congratulate Catherine Angell, the head of the Department of Midwifery & Health Sciences on her promotion this autumn to Associate Professor. Among other duties and responsibilities Catherine is also on the National Research Ethics Service as a committee member for Southampton (A) LREC. We think this promotion is timely and well deserved!

Vanora Hundley appointed as Deputy Chair of NIHR DCAF panel

Congratulations to Prof. Hundley on her appointment as Deputy Chair of the HEE/NIHR Integrated Clinical and Practitioner Academic (ICA) Programme's Doctoral Clinical and Practitioner Academic Fellowship (DCAF) Scheme Selection Committee.

Featured publications

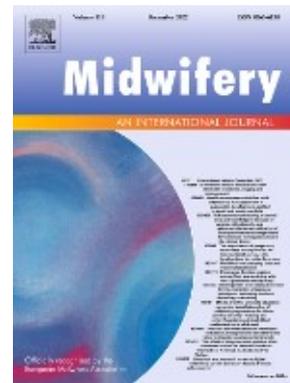
Congratulation to Daisy Wiggins

Dr Daisy Wiggins and Prof Vanora Hundley have had a paper accepted for publication in *Midwifery*. The article "Could a decision support tool be the key to supporting choice for women regarding place of birth?" reports on Daisy's doctoral work looking at the effectiveness of using MyBirthplace to facilitate shared decision-making regarding place of birth.

The tool, developed by Gill Walton and team at Portsmouth NHS Trust, is now widely used across the UK to facilitate discussions about birth place.



Daisy found that the introduction of Mybirthplace within the hospital impacted early discussions between the woman and the midwife and appeared to benefit women's decision making regarding place of birth



Study of fathers with babies in NICU in COVID-19

Prof. van Teijlingen, Visiting Faculty Prof. Minesh Khashu and Ms. Jillian Ireland published their paper 'COVID-19 restrictions and psychological well-being of fathers with infants admitted to NICU' in *Acta Paediatrica*. This study on the impact of COVID-19 restrictions on fathers with infants admitted to neonatal units, recruited via social media and parents' associations and the online survey was available in English, French and Italian. It covered 12 countries and 108 fathers completed the survey.

COVID-19 restrictions were categorised into three types: no restrictions, partial and severe restrictions. Fathers who experienced partial restrictions reported more involvement in caregiving activities but high levels of emotional difficulties and sleeping problems compared to those who experienced full or no restrictions. The paper concludes that given impact on the psychological well-being of fathers, restrictions should be avoided as much as possible in the neonatal unit and fathers given free access to their infants if they follow appropriate infection control precautions.

ACTA PÆDIATRICA
NURTURING THE CHILD

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Fourth PhD paper for Dr. Rachel Arnold

The *Journal of Asian Midwives* published Dr. Arnold's fourth paper from her ethnographic study of a large maternity hospital in Kabul, Afghanistan. This paper with her PhD supervisors has the title 'Hidden Relationships: Perspectives on Leadership & Management in Afghan Maternity Services - An Ethnographic Exploration'. The study include that hospital staff in Kabul described their managers as both autocratic and weak. They explained that their managers failed to enforce standards or listen to their concerns. At the same time managers felt powerless to improve care because the government did not support their initiatives to reform the working environment or discipline staff members who were flouting the rules.

JOURNAL OF ASIAN MIDWIVES (JAM) Journal of Asian Midwives (JAM)

Volume 9 | Issue 1

Article 5

6-2022

Hidden Relationships: Perspectives on Leadership and Management in Afghan Maternity Services - An Ethnographic Exploration

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Disability & pregnancy paper



Effective communication: core to promoting respectful maternity care for disabled women

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In October Prof. Vanora Hundley and our Visiting Faculty Jillian Ireland published their latest paper 'Effective communication: core to promote respectful maternity care for disabled women' in the international journal *Midwifery*. This paper was co-authored by two former BU academics: Dr. Bethan Collins and Dr. Jenny Hall. This qualitative study with women in the UK and Ireland found that the most important factor that enabled this communication was continuity of care. The factor that most promoted respectful maternity care was effective communication. This is not so different in other parts of the world, or for non-disabled women, however care providers should be particularly careful to enable good communication with disabled women.

Selected 2022 publications

- Adama EA, Koliouli F, Provenzi L, Feeley N, **van Teijlingen E, Ireland J**, Thomson-Salo F, **Khashu M** (2022) COVID-19 restrictions & psychological well-being of fathers with infants admitted to NICU, *Acta Paed* 10.1111/apa.16455
- Adesina, N., Dogan, H., Green, S. **Tsofliou, F.**, 2022. Effectiveness and usability of digital tools to support dietary self-management of gestational diabetes mellitus: A systematic review. *Nutrients*, 14 (1). **T**
- Arnold, R**, Gordon, C, **Way S, Mahato, P, van Teijlingen, E** (2022) Why use Appreciative Inquiry? Lessons learned during COVID-19 in a UK maternity service, *Eur J Midwifery* 6: 1-7. <https://doi.org/10.18332/ejm/147444>
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- Bartholomew V, Hundley V, Clark C**, Paris B (2022) [The RETHINK Study Protocol: to determine if pregnant women who pain catastrophise are more likely to attend hospital during the latent phase of labour](#). *Evidence Based Midwifery* **T**
- Clayton C**, Hemingway, A, Hughes, M, **Rawnsdon S**. 2022. [The public health role of caseloading midwives in advancing health equity in childbearing women & babies living in socially deprived areas England: Mi-CARE Study protocol](#), *Eur J Midwifery* 6 **T**
- Clark C**, Kalanaviciute G, **Bartholomew V**, Cheyne H, **Hundley VA** (2022) [Exploring pain characteristics in nulliparous women: a precursor to developing support for women in latent phase of labour](#). *Midwifery*, 104 **T**
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- Ekong A, Adesina N, Regmi P, **Tsofliou F, Wood J**, Hewitt-Taylor J (2022). Barriers and Facilitators to the recruitment of Black African women for research in the UK: Hard to engage and not hard to reach. *MIDIRS Midwifery Digest*. **T**
- Fairbairn, P., Dyal S, **Tsofliou F** (2022) The Effects of Multi-Nutrient Formulas containing a Combination of Omega-3 Polyunsaturated Fatty Acids & B vitamins on Cognition in older adult: Syst Review & Meta-analysis. *Brit J Nutrition*. **T**
- Gugelmin-Almeida, D., Jones, M., **Clark, C.**, Rolfe, U. Williams, J., 2022. A novel retraining strategy of chest compression skills for infant CPR results in high skill retention for longer. *Eur J Pediatrics*.
- Harvey, O., van Teijlingen, A., Regmi, P.R., **Ireland, J, Rijal, A., van Teijlingen, E.R.** (2022) Co-authors, colleagues, and contributors: Complexities in collaboration and sharing lessons on academic writing. *Health Prospect* 21(1):1-3.
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- Killingback, C., **Tsofliou, F, Clark, C.**, 2022. ‘Everyone’s so kind and jolly it boosts my spirits, if you know what I mean’: A humanising perspective on exercise programme participation. *Scan J Caring Sci*, 36 (1), 162-172.
- Marsh A, **Hundley V**, Luce A, Richens Y (2022) Social media friend request –to accept, or not to accept? *RCM Midwives* March: 38-40 **T**
- Mohan, V., Branney, J., **Clark, C., Neal, R.**, et al. 2022. Reliability and preliminary reference values for the Total Faulty Breathing Scale (TFBS): A cross-sectional study. *Health Sci Reports*, 5 (3)
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- Tsofliou, F.**, et al. 2022. Barriers and Facilitators Associated with the Adoption of and Adherence to a Mediterranean Style Diet in Adults: A Systematic Review of Published Observational and Qualitative Studies. *Nutrients*, 14 (20).
- van Teijlingen E**, Simkada B, Regmi P, Simkhada P, **Hundley V**, Poudel KC (2022) Reflections on variations in PhD viva regulations: “And the options are....” *J Education and Research*. (in press)
- Wiggins D, Hundley V**, Bond C, Wilkins C, and Walton G. (2022) Could a decision support tool be the key to supporting choice for women regarding place of birth? *Midwifery* (in press)

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.on.HSSFacultySupportAdministrator@bournemouth.ac.uk