

Introduction

Welcome to the Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter where we share with you news and activities that are currently being undertaken by staff, students and visiting faculty. In this issue you will notice how busy we have been in public engagement with members travelling as far as Dubai and Canada as well as more local venues (pages 6 to 7). Our students have also been very active – we are delighted to include several articles where students are presenting their work. This is very encouraging and offers an excellent opportunity for them to network and share experiences.

We would like to welcome several new members to the Centre (page 2), Charlotte Clayton, Michelle Willis and two students linked to other research centres, Terri Coates and Melika Felton.

Congratulations to all our students who graduated November 2017, including PhD students – Dr. Luisa Cescutti-Butler, Dr Jane Fry and Dr. Sheetal Sharma (page 8). Well done to all of them.

Dr. Susan Way and Professor Edwin van Teijlingen have been invited by the NMC (Nursing & Midwifery Council) to be members of the national Thought Leadership Group which has been established to help develop new standards for pre-registration midwifery education. Professor Vanora Hundley has been appointed as Joint Speciality Lead for CRN Wessex Reproductive Health and Childbirth

The Centre continues to be active in Nepal, with Professor Edwin van Teijlingen participating in several events, as well as in India, the latter as part of BU's Global Festival of Learning-India 2017. Further information about the work can be found on page 6.

Susan Way, Associate Professor

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

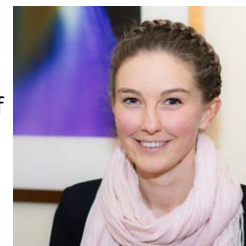
Contact details: Centre for Midwifery, Maternal & Perinatal Health, Bournemouth University, Royal London House, Christchurch Rd, Bournemouth, BH1 3LT. **Tel:** 01202 961821

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Research in CMMPH

Spotlight on a PhD student: Amy Miller

I graduated from the Anglo-European College of Chiropractic in 2016 with a Masters in Chiropractic. During my time as a student, I was involved in both clinical and research aspects of the student-led interprofessional breastfeeding clinic, where chiropractic interns and student midwives provide care for the breastfeeding dyad. I loved working in this unique setting, as it was a place of learning and growth for me. It was also the source of many questions, which I had begun to address through research. As ever, more questions were raised than answered.



Following graduation, I was unsure of my next step. Full-time chiropractic practice wasn't what I saw myself doing, and the research bug was growing... Opportunity knocks. A PhD studentship investigating the interprofessional feeding clinic was developed, and I was successful in my application for this position. This study aims to investigate the clinic from both a student perspective and maternal perspective. A mixed methods approach will be used to obtain an understanding of student experiences, and patient-reported outcomes and experiences, in order to gain a well-rounded view of the clinic and its role in student education and clinical breastfeeding support. I have completed my initial review and am now working towards transfer early next year. Beyond research, my interests in chiropractic practice are birth trauma, functional (musculoskeletal) feeding problems in infants, and infant development. I also enjoy teaching these topics, where my clinical and research knowledge overlap.

Joint Specialty Lead for Reproductive Health and Childbirth in Wessex

Prof. Vanora Hundley has been appointed as the [CRN \(Clinical Research Network\) Wessex](#) Joint Specialty Lead for Reproductive Health and Childbirth. NIHR CRN leaders drive the clinical research agenda, which is one of national importance. The leadership roles in each LCRN are both high-profile and demanding and leaders will be expected to be ambassadors for the NIHR. A key focus of the role in Wessex is to grow our portfolio of reproductive health and childbirth studies. This includes ensuring that studies are included in our national portfolio of research in order to receive the right support to be delivered successfully in the NHS.

Vanora said: "I would like to see more 'home grown' reproductive health and childbirth studies in Wessex particularly in midwifery. We have been very successful in developing a range of clinical studies through the HEE/NIHR Integrated Clinical Academic Programme, which has included our clinical academic doctorates. The next step is to develop larger interdisciplinary research studies that showcase the expertise of midwives and other colleagues in Wessex."

Vanora has been visiting NHS research teams across Wessex to identify how the CRN can support them in developing and undertaking research. If you would like further information on her role or to discuss a research idea then please contact her at: yhundley@bournemouth.ac.uk

Welcome to new PhD students

Charlotte Clayton is undertaking a match funded studentship with University of Southampton Hospital. Charlotte was a research midwife at Hinchinbrook before moving to Bournemouth to start her PhD. Charlotte's research title is: *Impact of a continuity of care model on outcomes and experiences of mothers & babies on a low income.*

Michelle Willis, a newly qualified midwife from BU will be starting her PhD in March 2018. This match funded studentship with Dorchester County Hospital is titled: *What are the best strategies and modes of training to educate and empower midwives to assist pregnant women who are subjected to domestic violence and abuse?*

Two students linked with other research centres:

Malika Felton is undertaking her PhD in the Integrative-Wellbeing cluster and CMMPH. The study primarily grounded within cardiorespiratory physiology, links to clinical feasibility research in maternal health. She is exploring: *Acute and chronic effects of slow paced breathing in women with pregnancy-induced hypertension.*

Terri Coates is undertaking her PhD in the Faculty of Media and Communication and CMMPH. Terri is well known for her work as the midwifery adviser on 'Call the Midwife'. Her research will look at: *The Representation of Childbirth and Early Labour: A Multi-Modal Analysis of Media Discourses.*

Research in CMMPH

Disseminating research findings from Birthrights study

As this project comes to an end, some of the findings were disseminated at a study day held by the Southampton branch of the RCM. The day was dedicated to considering human rights concerns in maternity care. Dr Jenny Hall (pictured right) from CEL and Jillian Ireland, visiting researcher in CMMPH, discussed the human rights of women with disability, based on current research partially funded by Birthrights, undertaken with colleagues Prof Vanora Hundley and Dr Bethan Collins from Liverpool University. Other topics covered included a workshop by the human rights in maternity charity, Birthrights, and speakers from Barnados and Stop the Traffik. These latter presenters provided thought provoking, and somewhat harrowing, evidence for the need for awareness of sexual exploitation in young people, and trafficking of humans in our areas of practice. In addition It was an intense event that demonstrated the importance of discussing and researching these aspects of current midwifery care.



Isabell Nessel (PhD student) presented at 4th international Congress of the European Milk Bank Association (EMBA)

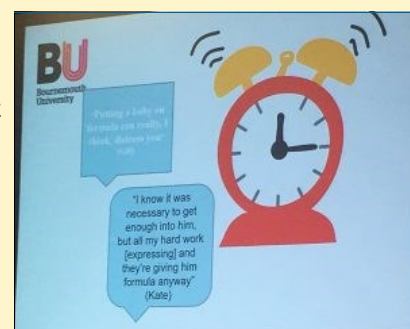
Isabell presented the results of a national human milk bank audit, she recently conducted as part of her PhD.

The conference was held in early October in Glasgow. It was well attended by milk bank staff, clinicians, nurses, parents, policy makers, and researchers from 35 countries. Various topics were covered, including: how human milk banking can support global health, donor human milk as nutrition for preterm infants, as well as human milk banking around the world. This included for example the difficulties of setting up human milk banks in Islamic countries. Further presentations covered the latest research concerning human milk banking and discussions about new techniques for thermal treatment of human milk.



Sharing findings from doctoral study

Dr Luisa Cescutti-Butler had the opportunity to attend and present at the prestigious international 3 day conference organised by MAINN @ UCLAN. *Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives*. It was attended by speakers and researchers from India, Australia, Sweden, South Africa, USA, Canada as well as the UK and therefore an ideal networking opportunity. The title of Luisa's presentation was "Is it 2 breastfeeds and then a bottle, or is it one breast-feed and a bottle? Not sure?", based on her PhD study, supervised by Professor Ann Hemingway, Dr. Jaqui Hewitt-Taylor. The paper reported on women's experiences of feeding their late preterm baby/babies (LPBs), born between 34^{0/7} and 36^{6/7} weeks gestation. The research used a feminist approach involving in depth, two phase qualitative interviews. The findings indicate that women caring for LPBs frequently encountered contradictory advice regarding infant feeding and often felt their own experiences, intuition and instincts were devalued. The research concludes that the practice of feeding of LPBs should be revisited in partnership with women, so their experiences and perspectives can be utilised to develop satisfying nurturing relationships whilst also meeting nutritional requirements and that breastfeeding is a feminist, human rights issue.



Education in CMMPH

2nd international midwifery conference to be held at BU



After our successful conference in 2015, CMMPH is to host a second midwifery education conference on the 5th and 6th July 2018. Keynote speakers will discuss pedagogic theory, developments in education and changes in midwifery education. The aim is to encourage the development of creative and innovative educational approaches both by providing a platform for sharing BU's work, but also by bringing together talented educators, academics and students (for co-creation) from other HEIs and from clinical practice, who will inspire the future development of education. It will also help establish BU Midwifery as a leader in midwifery education, highlighting the importance of our Fusion based approach, combining education, research and practice to bring a world class experience to the students. We will soon be putting out a call for high quality abstracts that relate to education research that impacts or will have a potential impact on the education and training of current and future midwives. Our previous conference generated 45 abstracts which translated into 10 presentations and 30 posters.

Student midwife conference - Lesley Page and Kathryn Gutteridge

Each year the Student Midwife Council organises a conference for all student midwives at BU. This year's conference was a momentous occasion where the immediate past President of the Royal College of Midwives, Professor Lesley Page and the newly elected President of the Royal College of Midwives, Kathryn Gutteridge were invited speakers. Lesley delivered an inspiring lecture exploring her global work through the title, *Born with no home: birth and migration*. Kathryn's talk was a topic she is passionate about, *caring for women who have suffered sexual abuse*. Kathryn founded Sanctum Midwives; an organisation that educates, represents and challenges stigma around sexual abuse and its impact during motherhood.

CMMPH fully accredited as Baby Friendly for third time in a row



Our midwifery programme is fully accredited as Baby Friendly (BFI) for the third time in a row. We scored very highly: 90-100% in many areas. The report highlighted many of our strengths including the 'FUSION' of teaching, research and practice. It commended our enthusiastic students!

Feedback highlighted: *'a positive approach towards implementing the Baby Friendly learning outcomes and has consistently displayed enthusiasm and commitment. Assessment revealed that students continue to receive an excellent standard of education with previous results being further improved upon. Additional innovative education and assessment methods have been implemented for example all students are able to attend a breastfeeding clinic; very clear evidence of a firm commitment to breastfeeding within the lecturing team with a strong research and publication history.'*

'All students displayed enthusiasm and interest in breastfeeding and were able to clearly articulate how they would support mothers as well as their ability to describe how they would manage feeding in a vulnerable baby. Understanding of the standards related to relationship building and responsiveness was of a high standard as was their ability to demonstrate sensitive & appropriate communications skills.'

Online lecture to students in the Netherlands

In October Prof. Edwin van Teijlingen gave a distant lecture on 'Social-Medical Model of Childbirth' to students online at the Midwifery Academy Maastricht, the Netherlands.

Practice in CMMPH

Poole Hospital's 'outstanding' neonatal team wins national award



As reported by Jade Grassby in the Bournemouth Echo newspaper, (8.11.17) the neonatal service at Poole Hospital has been recognised with a prestigious national award. The team was named winners in the 'outstanding team' category at this year's Zenith Global Healthcare Professionals Awards, held in London. The award was made in recognition of the neonatal service's impressive performance and feedback from families.

In less than five years, breastfeeding rates have increased from below 40 per cent to more than 75 per cent, some 15 per cent higher than the national average. And in the last national audit of neonatal care, Poole Hospital outperformed many others, including in the time babies waited to be seen by a consultant. Visiting faculty member Professor Minesh Khashu, consultant neonatologist and professor of perinatal health, has led the team for the past 10 years and said staff are thrilled with the recognition. "We know from the incredible feedback we receive from families that the neonatal care we provide is very well regarded," he said.

CMMPH hosts NIHR intern, Julie Woodman

CMMPH is delighted to host intern, Julie Woodman as part of the Health Education England / National Institute for Health Research scheme. Julie works as a midwife as Portsmouth NHS Foundation Trust with a particular interest in women who choose to follow a care pathway outside of current clinical guidelines. Julie's role enables her to listen to this group of women via a fortnightly clinic, and really get to understand their choices which are often based on their belief system and previous experience. From these listening events Julie is aware that women are becoming disengaged with the maternity service as it is not meeting their needs. The aim of her research is to try and understand the communication that takes place between the women and healthcare professionals in order to improve the experience for women.

Whose Shoes? event in Poole

In October St Mary's Maternity Unit, Poole held a [Whose Shoes?](#) event. *Whose Shoes?*® is a facilitation tool to help empower both staff and service users. This was led by Gill Phillips, who is behind the original idea. Gill's approach involves promoting understanding and empathy by looking at issues from a wide range of perspectives from a range of possible stakeholders.

The event was initiated by NHS midwife Jillian Ireland, who is also BU Visiting Faculty in CMMPH. She was assisted by CMMPH's Dr. Jen Leamon, who supported NHS maternity staff, pregnant women and new mothers, in their discussions. Jen facilitated the discussion with the aid of the *Whose Shoes?*® board game.



Gill Walton—new Chief Executive of the Royal College of Midwives.



Many of you may know that Gill took up the post in September 2017, so this is the first opportunity we have had to formally thank her for her vision and support in helping us take forward the four-year, clinical academic doctorate run at Bournemouth University. Gill was able to see the benefits that this model would bring to her organisation early on, and was instrumental in helping us spread the word across Dorset, Hampshire and the Isle of Wight about the scheme. Portsmouth currently has three midwives undertaking the doctorate with one having just submitted her thesis for examination.

Thank you Gill and we wish you every success in your new role.

Conference Presentations

Undergraduate midwifery final year work, showcased at conference



Student midwives Katie Batt, Miriam Coad, Rosie Honeychurch, Tracy Horley and Lucie Wilson had their Level 6 *Health, Leadership & Innovation Unit* work displayed at a recent conference run by Royal College of Midwives Learning Representatives at Poole Maternity Unit and led by Heidi Hurley. The theme of the conference *Saving Babies' Lives* is a NHS England mandate to tackle stillbirth and early neonatal death. BU students, as part of their assessment, produced a four-minute digital story on the importance to women of stopping smoking during pregnancy. The fifth digital story reminds midwives of the impact of stillbirth on families.

The stories were run consecutively during the lunch break and received a lot of attention from the audience. Both Poole Maternity Unit and Dorset Clinical Commissioning Group made enquiries to use the digital stories as teaching resources for women. Dr Susan Way also presented a session on the NHS England Stillbirth Information Hub, where she was a member of the Task and Finish Group.

BU research at international Normal Birth Research Conference

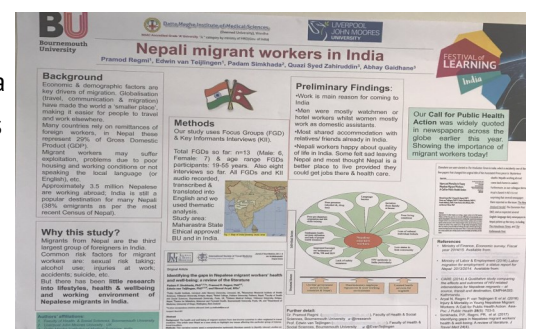
The Normal Birth Research Conference is an annual, international event focusing on less complicated aspects of pregnancy and birth. This year there were delegates from over 20 countries including Canada, USA, New Zealand, Australia, Brazil, Poland, Spain, the Netherlands, Sweden, Norway and India! The attendees included midwives, obstetricians, birth supporters, architects, artists, geographers and educators as well as representatives of the World Health Organization, charities and Baroness Cumberlege from the House of Lords. Midwifery lecturer, Sara Stride, on behalf of the research team (Hundley & Way), presented a poster of their work, '*a qualitative study to explore UK midwives' individual practice, beliefs and attitudes regarding perineal care at the time of birth*'. Dr Jane Fry, also from CMMPH, presented on her Doctoral work, '*A descriptive phenomenological study of independent midwives' use of intuition as an authoritative form of knowledge during women's labours & births*'.

She also facilitated the workshop '*Finding your own intuition: a workshop designed to explore practitioners' ways of knowing during childbirth*'. Dr Jenny Hall presented recent research with Dr Bethan Collins from Liverpool University, Prof Vanora Hundley and Jilly Ireland, midwife & BU visiting researcher, '*How can we improve the 'normal' childbirth experience of disabled women?*'. She also facilitated a workshop '*Spirituality & childbirth: bringing felt-sense into childbirth- a co-operative inquiry*' with Prof Susan Crowther from RGU, Aberdeen.



International Festival of Learning

As part of BU's international Festival of Learning CMMPH staff presented a poster on research related to Nepali migrant workers in India. The study is a close collaboration between Dr. Pramod Regmi and Prof. Edwin van Teijlingen in CMMPH and Indian colleagues at Datta Meghe Institute of Medical Sciences, Deemed University in India), and Prof. Padam Simkhada at Liverpool John Moores University (LJMU) & BU Visiting Faculty.



Conference Presentations cont.

Networking in Healthcare Education (NET) Conference 2017



This conference is firmly established as one of the leading annual international conferences for networking in healthcare education. Three student midwives, Rebecca Sadler, Leanne Hazlewood and Rosie Honeychurch from the PG Dip Midwifery pre-registration programme presented at the conference and

won the 'Andrew McKie Best Student Abstract'. Here is what they said about the experience. "Our abstract, titled: '*Peer learning in midwifery using an interactive board game experience*' focused on a piece of work we had carried out in our second year as midwifery students. We were tasked with presenting a piece of work to our peers on the complexities of poverty and how it impacts on the women and families accessing maternity care, we used an interactive monopoly board to keep our peers interested." For further information about their experience visit the [HEA website](#).



PhD student Dana Colbourne used her Santander funding award to also attend the conference, Dana says, "This conference has given me a great opportunity to network with like-minded professionals, as well as meeting service users who bring a completely different perspective on healthcare education and what they feel should be included to make a difference." Dr Susan Way presented our successful undergraduate Service Improvement Project, '*Real-time service improvement: Preparing undergraduate healthcare students for the reality of interprofessional team working.*' This was well received and generated some sharing of other university's approaches to student engagement with service improvement.

Dr Simon Dyall presented at a conference in Dubai

Dr Symon Dyall was invited to present at the Updates on Functional Food and Health Supplements (FFSH 2017) conference in Dubai at the end of October, on the role of omega-3 and omega-6 fatty acids in the perinatal period. This is a physician only conference with attendees from the Middle East and Persian Gulf.

International Confederation of Midwives: Toronto

CMMPH were well represented at the ICM, **oral presentations** included:

1. '*Newborn feeding clinic service evaluation*' (Dr Alison Taylor & Dr Susan Way); 2. '*Ensuring high-quality respectful care in a climate of fear and intimidation*' (Dr Rachel Arnold); 3. '*Mental health training for community maternity workers in Nepal*' (Prof. Edwin van Teijlingen).

Workshops included: 1. '*Spirituality & Childbirth*' (Dr. Jenny Hall was co-organiser with Susan Crowther & Celine Lemay); 2. '*Centralization of Birth Settings: Worrying Developments Affecting the Role of Midwives in Social Organization of Maternity Care*' (Prof. van Teijlingen was co-organiser with I Bourgeault, G DeClercq, R DeVries, C Benoit, J Sandall & S Wrede). **Poster presentations** included:

1. Dr Rachel Arnold and supervisors '*Women's rights: the impact of management systems, managers' practice & attitudes on midwives*'; 2. Dr. Alison Taylor and PhD supervisors '*Early breastfeeding support for first-time UK mothers: study based on video diaries*' AND on '*Mothers need to talk, midwives need to listen: Insights from breastfeeding mother's video diaries*'; 3. Sara Stride & Dr. Susan Way on '*UUPP Study: Updating the Understanding of Perineal Practice at the time of birth across UK*'; 4. Prof. Vanora Hundley, Dr. Ann Luce (BU Media School), Prof. van Teijlingen & students Sofie Edlund & Sian Rid-den on '*Changing the narrative around birth: midwives' views of working with media*'; 5. Professors Hundley and van Teijlingen contributed to poster by Dr. Andrew Symon (Univ. of Dundee) and UK colleagues: '*Midwifery-led antenatal care models: Mapping systematic review to evidence-based quality framework to identify key components & characteristics of care*'.



Congratulations, news and events

CMMPH student wins 2017 BU Postgraduate Research Prize

Dr. Sheetal Sharma was awarded her Ph.D. at the November graduation won *The Postgraduate Research Prize*. This prize is for the postgraduate student whose achievement is deemed by the Vice-Chancellor to have been most outstanding in their time at BU. Sheetal stood out as her maternal health research project in Nepal resulted in several publications, including ones in *BMC Pregnancy & Childbirth* and *PLOSOne*. She won the best poster prize at the international GLOW conference in Birmingham in 2013 with the poster presentation 'Getting women to care in Nepal: A Difference in Difference analysis of a health promotion intervention'. She won a SBSP travel scholarship to present a poster at the European Congress on Tropical Medicine & International Health in 2013 in Denmark. Sheetal presented at the Science in Society conference (SiS) at Berkeley University in 2012 where she received a [Graduate Scholar Award](#). In addition, she won a [Santander travel scholarships](#) for £5,000 to learn about research at the University of Buenos Aires, Institute for Clinical Effectiveness & Health Policy (Argentina) and at the University of Barcelona in Spain. Sheetal also presented her work at the first ever [national health promotion conference](#) in Nepal.



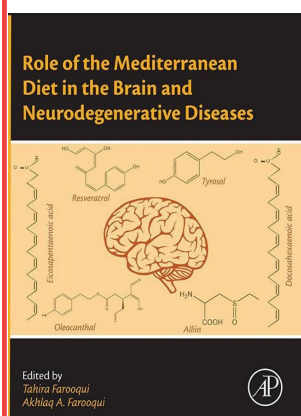
Sheetal won the [BU photo competition at the 2014 PGR conference](#) with the above photo. She even found time to join the editorial board of the *Journal of Asian Midwives*. Her PhD. supervisors were Dr. Catherine Angell, Prof. Vanora Hundley & Prof. Edwin van Teijlingen (CMMPH), BU Visiting Professor Padam Simkhada, Liverpool John Moores University, and Dr. Elisa Sicuri, Assistant Research Professor at ISGlobal, Spain

Clinical Doctorate Midwife Dominique Mylod wins Iolanthe award

Dominique Mylod attended the Iolanthe Midwifery Trust Awards presentation at Bush House, London. The annual awards fund research, education and travel and were presented by Baroness Cumberlege. Dominique's award has funded 30 birth balls to be used in her research, 'The Ball Assisted Latent Labour (BALL) trial on the Isle of Wight. The BALL trial will be looking at whether using a birth ball at home in early labour reduces pain perception and obstetric intervention in labour.

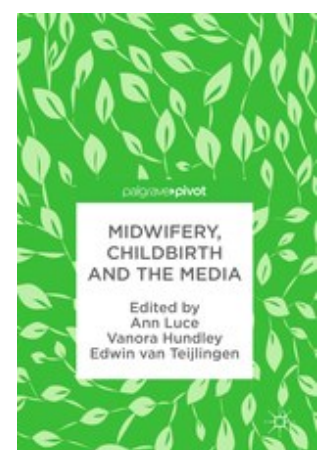


Book Publications:



Symon Dyall has just published a chapter in the book "Mediterranean Diet in the Brain and Neurodegenerative Diseases" Edited by T. Farooqui & A. Farooqui The chapter is entitled, "Interplay between lipid mediators & immune system in the promotion of brain self repair", which is published by Academic Press and has a publication date of November 1st 2017.

Vanora Hundley, Edwin van Teijlingen and BU Media academic Ann Luce edited *Midwifery, Childbirth and the Media* which was published by Palgrave Macmillan in November 2017. The various chapters also include a contribution by CMMPH's Dr. Catherine Angell.



Congratulations, news and views cont.

Congratulations to Prof. Vanora Hundley on being invited to join the External Review Group for the WHO Recommendations on Intrapartum Care for a Positive Childbirth Experience.



Clinical Doctorate Midwife Dominique Mylod wins Iolanthe award

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Congratulations to Dr Luisa Cescutti-Butler

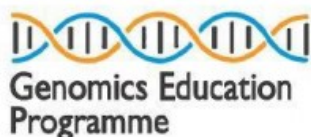


I finally completed my doctorate in August 2017. My research focused on exploring women's experiences of caring for their late preterm babies. A feminist lens enabled me to understand that women who care for this group of preterm baby have a complex journey. It is one which begins with separation, with babies being cared for in unfamiliar and highly technical environments where the perceived experts are healthcare professionals. Women's needs are side-lined in favour of their baby/babies, and they are required to mother with 'powerless responsibility'. Institutional and professional barriers to mothering/caring are numerous. One of my recommendations is that organisations and healthcare professionals listen to women, hear their stories and use their experiences of mothering/caring to direct developments in practice. Professionals need to accept that late preterm babies do not belong to an institution and to the professionals that work within it, but instead, recognise a mother's prime relationship is with her baby and thus work with women to facilitate autonomous mother-work.

Congratulations to Denyse King

Congratulations to Denyse King, Midwifery Lecturer and Public Health Practitioner, in the Centre for Midwifery, Maternal & Perinatal Health (CMMPH) who has been invited to join the National Genomics Nursing & Midwifery Group which contributes to the 100, 000 Genomes Project and the HEE Genomics Education Programme.

She will be in illustrious company, as members of this group include: Lord Willis, Prof. Lisa Bayliss-Pratt, Prof Sue Hill, Dame Prof Donna Kinnair, Joanne Bosanquet MBE, Dr Julie Green, Karen Stansfield, Philippa Jones, Jane Niederer, Carmel McCalmont, Dr Susan Hamer, Anne Trotter, Zoe Scullard, Sue Hatton, Dr Anneke Seller, Maxine Foster, Alison Pope, Dr Ed Miller, Charlotte Szczepanik



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