

Introduction

Welcome our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter where we share with you news about and activities undertaken by staff, students and visiting faculty. In the issue you will notice that CMMPH has been impressively successful this year with six PGRs starting their doctoral studies (see page 2). Topics range from issues of rising caesarean section rates in hospitals in Nepal to how previous experiences and fear influence women’s pain in the latent phase of labour. We wish them all every success in their doctoral journey. We are also congratulating two doctoral students who have completed their studies: Dr Daisy Wiggins whose clinical academic doctorate was a collaboration between Portsmouth Hospital and Bournemouth University looking at an innovative app called My Birthplace (see page 6) and Dr Liz Davey whose research centred around women’s experiences of wellbeing and peer support during pregnancy, through attendance at midwife-led aquanatal exercise classes (see page 7).

Three CMMPH members, Dr Jen Leamon, Sarah Emberley and Dr Catherine Angell have been shortlisted for the Vice Chancellor’s Staff Awards (see page 3). These Awards provide an opportunity to pause and reflect on the outstanding work of staff over the previous academic year, and to celebrate their achievements. For 2018, the Awards have been refined to align more closely to BU2025 and BU’s Vision and Values: inspiring learning, advancing knowledge and enriching society.

Our undergraduate students have also been making the headlines and Becky Weston, (final year student) features on the front page of the Autumn edition of the Bournemouth University publication *InsideBU*– the magazine that shares some of the enriching and inspirational stories from the BU community (see page 5).

Congratulations are also due to Sue Way who has been promoted at Bournemouth University to Professor.

Edwin van Teijlingen

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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: New PGR students

Jess Doherty, has worked as a specialist midwife in perinatal mental health for the past 10 years ensuring that mental health matters are considered in the maternity service for the betterment of women and their families. Jess is delighted to be given the opportunity to focus on midwives wellbeing through the joint PhD with Bournemouth University and University Hospital Southampton NHS Trust. The recently published *Work, Health and Emotional Lives of Midwives* study (2018) commissioned by the RCM has brought more evidence to the continuing and increasing difficulty in retention of midwives. Attrition rates and an aging midwifery workforce (retiring midwives) are perpetuating the now chronic shortage of midwives, leaving frontline working conditions increasingly challenging and exhausting. With this in mind, Jesse's focus will be to consider the experiences of early career midwives and define what strategies would enable and support their ability to develop, grow and maintain their resilience in the workplace.

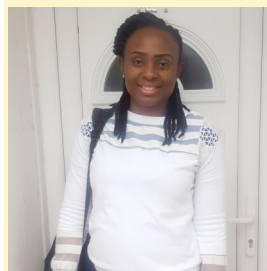


Hazel Tennant and Rebecca Dixon-Wright are both registered midwives and have also commenced match funded PhD studentships. Hazel will be spending her two days a week clinical work at Dorchester County Hospital. She started her studentship this September and will be researching the barriers, challenges and opportunities affecting the successful implementation of the UNICEF Baby Friendly Initiative standards into a maternity organisation. Hazel is being supervised by Dr Alison Taylor and Dr Rosie Reid with support from Prof Edwin van Teijlingen.

Rebecca's research topic relates to home phototherapy for early term infants with neonatal jaundice. The aim is to explore the experiences of women, their families and healthcare staff involved with phototherapy in the home. Rebecca will be working clinically, two days a week at the University Hospital Southampton. Her supervisors are Dr Luisa Cescutti-Butler, Dr Jaqui Hewitt-Taylor and Dr Alison Taylor.

Sulachana Dakhal started her PhD on the issue of rising caesarean section rates in hospitals in Nepal. Sulochana is a nurse and midwife by training and she completed her MSc in Public Health under supervision of Prof Edwin van Teijlingen at the University of Aberdeen. She will be supervised by Dr Pramod Regmi, Dr Juliet Woods and Prof Edwin van Teijlingen.

Aniebiet Ekong is a registered Public Health Nutritionist (WPHNA) who joined BU in October 2018. She is working with Dr Fotini Tsofliou and Dr Pramod Regmi on developing a culturally adapted tool (intervention) for healthy eating in pregnant African Immigrants in the UK. The research will aim at deepening understanding of the barriers and enablers to the adoption of the healthy eating guidelines by pregnant African immigrants in the UK. This will lead to the development and testing of a healthy eating tool that will take into consideration foods eaten by Africans. It is hoped that this study will expand our understanding of the role that culture/food plays in the formulation of interventions targeted at maintaining healthy weight in pregnancy and help stem the rising tide of gestational obesity in this minority population.



Vanessa Bartholomew will start her PhD in January exploring how previous experiences and fear influence women's pain in the latent phase of labour. This interdisciplinary, match funded PhD studentship will enable her to spend two days a week in clinical work at Dorchester County Hospital and three days on her PhD. She will be supervised by Prof Vanora Hundley, Dr Carol Clark and Dr Ben Parris.

PhD Studentships

We are always looking for new ideas. If you have any ideas for research and are interested in developing a proposal for a match-funded PhD studentship then please contact

Prof Susan Way: sueway@bournemouth.ac.uk
or Prof Vanora Hundley: vhundley@bournemouth.ac.uk



Education in CMMPH

Vice Chancellor's Staff Awards:

1. Team Maternity



Dr Jen Leamon and Sarah Emberley have been nominated for a Vice Chancellor's Staff Award 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. Jen and Sarah developed a 'real time' simulated, team clinical assessment, focused around the management of a postpartum haemorrhage. This was driven by an understanding of the need for students to learn how to effectively manage this life-threatening event, and particularly the need for them to be able to do so in a team. Jen and Sarah developed this creative Objective Structured Skills Examination (OSSE) as a co-creation collaboration with a team of Level 6 midwifery students, who worked with

them in the Skills Room to develop the storylines, process and proforma for the assessment, based on shared clinical experience and published evidence. The assessment develops through a scenario, in which the students receive real time information about the clinical situation and feedback on the recovery/deterioration of the 'woman' (who is played by staff/students, often from other professional groups) in response to their care. The students, who may not previously have worked together, have to identify their team, allocate roles and function effectively within a 'real life' time frame. Students find this approach inspiring because applying their learning and making clinical decisions provide immediate results. The assessment ensures that graduates have highly relevant expertise on qualification and enhances their employability. Jen and Sarah have now undertaken this assessment with four cohorts of students. They have presented it at an international midwifery conference (MidEd18) and shared it with colleagues from other professional groups within the faculty, where this assessment, and others like it, have a wide range of applications.

2. Programme Leaders: Human Sciences & Public Health Department

Dr Catherine Angell has been nominated along with a number of other programme leaders for a Vice Chancellor's Staff Award under the criteria of Creativity. The nomination acknowledged Catherine's creativity, innovation, knowledge and expertise to inspire students and staff alike. This year Catherine organised the second international midwifery education conference, held at Bournemouth University (see page 4). Knowledge gained from the sharing of education expertise has been used to underpin the midwifery curriculum rewrite due to be validated in 2020, ensuring its uniqueness in a competitive market for attracting future midwifery students that will be an asset to the midwifery profession and workforce of the future. In advancing the knowledge of others, Catherine's research has included engagement with auxiliary nurse education in Nepal.

We would like to wish good luck to Sarah, Jen and Catherine.

Further collaboration with the Nuffield Foundation



This is the third year that CMMPH has worked in partnership with the Nuffield Foundation. This year Dr Alison Taylor provided an opportunity for Georgia Bennetts, a year 12 school student to work with her for 4 weeks during the summer on a research project at BU. The aim of these partnerships is to develop young people's skills and confidence in research methods in order to inspire the next generation. Having already gained ethics approval prior to the placement, the purpose of the research project was to explore student midwives' observations and experiences of breastfeeding support in clinical practice. Completing the whole project including a report of the findings, Georgia developed skills in setting up an online questionnaire for over 200 students, searching and critiquing the literature, analysing quantitative data using online surveys and excel, analysing qualitative data using thematic analysis and developing academic writing skills including using endnote in order to write and reference the final report.

Georgia shared the project at the Celebration event at BU on 31st October. In addition to this she has been awarded the British Science Association Gold CREST award for her work on this project. Findings will be shared with student midwives and local NHS Trusts and will be submitted as a paper for publication. Working with such a motivated and talented young woman was both a privilege and inspiration.

For further information about hosting a student on the Nuffield Research Placement programme email Rachel Delourme: rachel.delourme@cornwall.gov.uk

Education in CMMPH



Professor Susan Way awarded National Teaching Fellowship

Professor Susan Way, has been awarded a prestigious National Teaching Fellowship (Advance HE, previously Higher Education Academy), the first at Bournemouth University. The award has been running since 2000 and there are now 815 National Teaching Fellows, with up to 55 individuals receiving the award each year. The award recognises excellence in teaching and outstanding contribution to higher education. On gaining the award, fellows play an ongoing role in enhancing teaching and learning within their institution, the HE sector and further afield.

Alongside this, Susan has also become a Fellow of the Royal College of Midwives (more later) and this November was successful in her promotion to Professor.

2nd International Midwifery Education Conference at BU

In the first week of July Bournemouth University ran its second international midwifery education conference in the Executive Business Centre. This year's conference was called, 'What works in midwifery education? A conference run by midwifery educators for midwifery educators.' The conference brought together nearly 100 delegates. There were presentations and posters from midwifery educators based in all four countries of the UK, Germany, Belgium, Switzerland and Australia, resulting in lively stimulating debates. The conference organisers teamed up with the leading scientific journal in the field *Midwifery* (published by Elsevier), and to coincide with BU's conference *Midwifery* published a special issue on Midwifery Education. This special issue was introduced at the conference by Dutch midwife Dr Ans Luyben, one of the special issue's editors.

The conference awarded two prizes for the best poster. One prize was for the best academic poster and one voted by the conference audience. The former prize was won by a poster from NHS Education for Scotland. The public's poster prize was won by the University of Bradford jointly produced by film students and student midwives.



Midwifery (Elsevier) education special issue



The recent editorial in *Midwifery* education special issue was co-authored by midwives Prof Vanora Hundley, Franka Cadée of the International Confederation of Midwives (ICM) and Mervi Jokinen of European Midwives Association (EMA). The *Midwifery* Special issue addresses a wide range of topics from across the globe. The editorial explores the challenges for midwifery educators from three different midwifery perspectives: 1) political; 2) academic; and 3) professional association.

Sheila Kitzinger Programme, Green Templeton College, University of Oxford 9-10th July 2018

Prof Vanora Hundley was part of an international working group that met in Oxford to discuss global midwifery education. The event was supported by the Sheila Kitzinger Programme, which honours the life and builds on the work of the social anthropologist Sheila Kitzinger (1929-2015). Over 40 midwives, students, academics, women's advocates, and representatives from national and global organisations came together to discuss current issues in midwifery education and to identify practical solutions, drawing on research evidence and country case studies. Together they made recommendations that will inform the development of a global report on strengthening midwifery education, led by WHO, which will be made widely available.



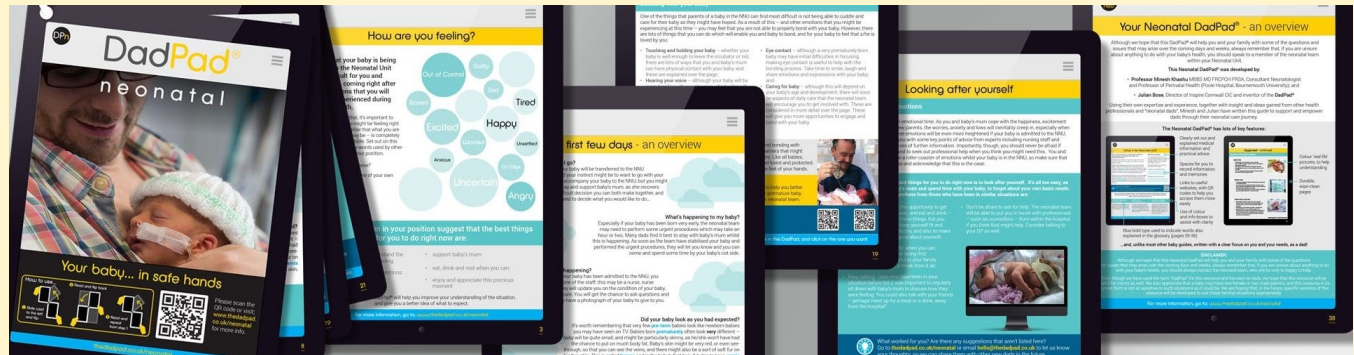
Review of undergraduate pre-registration midwifery education

As reported in our previous edition, an innovative curriculum has already been planned in detail, and will be finalised once the NMC releases the new midwifery education standards in January 2020. We expect to receive an NMC visit in the spring of 2020. Currently however, we are working with our nursing colleagues to transition the mentor standards across to the new NMC Standards for student supervision and assessment in practice, planned to take effect in Sep 2019.

Practice in CMMPH

National Launch of the DadPad

This resource was developed by Prof Minesh Khashu and launched on father's day 2018 to support fathers being looked after in the neonatal units across the country. It has been very well received nationally. More details can be found at <https://thedadpad.co.uk/neonatal/>



Becky Weston, third year student midwife

Becky features on the front page of the Autumn edition of the Bournemouth University publication *InsideBU*—the magazine that shares some of the enriching and inspirational stories from the BU community. Becky was interviewed as part of a feature called, *Healthcare Heroes*, a campaign which ran earlier in the year to celebrate BU's ongoing impact in healthcare and 70 years of the NHS. Becky is based at Portsmouth Campus, St Mary's Hospital. Becky states, "a degree of autonomy is important for students in healthcare, with mentors offering indirect supervision to allow students to fully experience the role, while being on-hand to offer advice and guidance when needed." Becky also recognises that most of the mentors that she works with have trained at BU—you are always bumping into former BU students". <https://issuu.com/bournemouthuniversity/>



Using virtual babies to enhance student learning

Dr Luisa Cescutti-Butler is leading a collaborative study with Dr Humaira Hussain (Department of Nursing and Clinical Science, FHSS) and Solent University to evaluate cross disciplinary use of Fetal Alcohol Syndrome (FAS) and Drug Affected Syndrome (DAS) simulators for student learning. There has also been a growing body of research looking at the use of IDIs (interactive digital technologies) such as the Virtual Baby project to educate teenagers about sexual health and parenting skills. However, there is limited research combining the use of the virtual baby doll versions of FAS and DAS to educate the public about the impact of teratogens (alcohol and drugs) antenatally and postnatally on the newborn



baby. This research aims to address this gap by using the FAS and DAS simulator dolls to enhance learning for BU midwifery undergraduates and their role in supporting women who may be affected by these issues. The study therefore aims to facilitate BU midwifery student perceptions and understanding of the effects of alcohol and drugs on antenatal and postnatal development through hands-on interaction with the virtual FAS and DAS dolls as creative pedagogy within a taught session. Data obtained from this arm of the study will be collated with data from psychology and social work students at Solent University and Health and Social Care 6th form students from Sarum Academy in Salisbury.

Professor Susan Way made a Fellow of the Royal College of Midwives

In June Prof Susan Way became a Fellow of the Royal College of Midwives.

The recognition is awarded to midwives who have shown exceptional contribution in promoting the art and science of midwifery, and the benefits midwives have on the health of women and their families. Sue said: "I feel honoured to be awarded the fellowship and the recognition that it gives to the work I have undertaken during my career to support the education of future and current midwives."



Congratulations, news and events

CMMPH is delighted to be the home of BU's first graduate with a Clinical Academic Doctorate.



Dr Daisy Wiggins successfully completed her doctorate in June this year. Daisy says of the model “it is an excellent opportunity to fuse research with practice. It is a totally unique pathway, one that appealed to me personally because I had just qualified as a midwife. Going into a traditional PhD pathway would have meant losing the clinical skills I had just worked so hard to achieve. Completing the Clinical Academic Doctorate has put me in a position where I could continue to hone my midwifery skills, being active and present in clinical practice whilst setting myself up with all the research skill needed to pursue many of the academic and research career options, the world is my oyster now”. Daisy’s doctorate was a collaboration between Portsmouth Hospital and Bournemouth University looking at an innovative app called MyBirthplace. The study looked to assess the effectiveness of the app in supporting women to make a decision about place of birth. The study showed women were more decisive about their choice having had the app and most women found it useful to use. Using MyBirthplace in clinical decision making is the way forward to support women with evidence based information and informed choice. Professor Vanora Hundley, Daisy’s supervisor and Acting Dean, said “We are very proud of Daisy. She is the first student to complete this innovative programme and we believe that she is the youngest midwife in the UK to achieve her doctorate. This would not have been possible without the flexibility that this model of study offers. Combining practice with research and doctoral education, the Clinical Academic Doctorate reflects the Fusion approach that Bournemouth University is known for”.

Congratulations to PhD student Amy Miller

At the British Chiropractic Council’s annual conference 13-14th October, Bournemouth University PhD student Amy Miller was awarded British Chiropractic Association’s (BCA) award for Chiropractor of the Year 2018-19 for her contributions to research and engagement. Amy’s PhD is investigating an interprofessional student-led breastfeeding clinic for student learning, and breastfeeding outcomes and experiences. The BCA award for Chiropractor of the Year recognises individuals who have made a significant contribution to the profession. BCA Council members each make a nomination, with a final decision reached by group agreement. Speakers at the conference included President of the Canadian Chiropractic Association Alison Dantas and Team GB athlete Marilyn Okoro, and for the first time this year featured a women in the Chiropractic panel.



Prof Minesh Khashu nominated Research Chair

The nomination is for research chair for an international collaborative of clinicians and researchers working to improve fathers’ experiences in health systems and society at large with the aim to improve father baby bonding and co-parenting. Prof Edwin van Teijlingen is also a member of the group. Further details can be found <http://www.familyinitiative.org.uk/maternal-and-newborn-health/neonatal-fathers>.

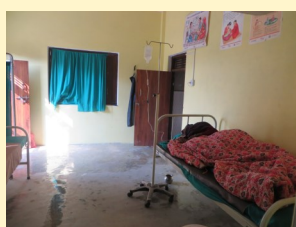
Minesh has also been awarded the **Outstanding Frontline Leadership Award** at the Zenith Global Icon Awards. The awards recognise, showcase and celebrate healthcare professionals who have excelled in their area of specialty through management, patient care, education, research, and innovation .

Perinatal mental health and birth trauma

Dr Andy Mayer recently presented at the RCM Southampton and New Forest Branch study day at Totton. He spoke about birth trauma, with particular emphasis on fathers’ experiences of witnessing trauma.



Congratulations to Lesley Milne



Her latest paper, ‘Gender inequalities and childbearing: A qualitative study of two maternity units in Nepal’ will appear soon in: *Journal of Asian Midwives*. The study received financial support from Wellbeing of Women and the RCM and Lesley won their first International Fellowship Award. The paper is co-authored with Vanora Hundley, Edwin van Teijlingen and two of FHSS’s Visiting Faculty, Padam Simkhada (Liverpool John Moores University) and Jillian Ireland, Professional Midwifery Advocate at Poole NHS Hospitals Foundation Trust.

Congratulations, news and views cont.

Paper by Dr Alison Taylor



Women and Birth
Available online 11 October 2018
In Press, Corrected Proof



The therapeutic role of video diaries: A qualitative study involving breastfeeding mothers

Alison M. Taylor^a, Edwin van Teijlingen^b, Jo Alexander^c, Kath M. Ryan^{a, d}

Congratulations to Alison whose paper 'The therapeutic role of video diaries: A qualitative study involving breastfeeding mothers' was accepted by the international journal *Women & Birth* (Elsevier). Many women in the UK do not breastfeed, or do so briefly. Using a camcorder, five mothers captured their feeding experiences in a video diary. This paper focuses on one theme, the therapeutic role of the camcorder in qualitative research. Four sub-themes are discussed in this paper: personifying the camcorder; using the camcorder as a confidante; a sounding board; and a mirror and motivator. The paper concludes that frequent opportunities to relieve tension by talking to "someone" without interruption, judgement or advice can be therapeutic. Further research is needed on integrating the video diary method into standard postnatal care to provide benefits for a wider population.

Congratulations to Dr Liz Davey:

Title: An exploration of women's experiences of wellbeing and peer support during pregnancy, through attendance at midwife-led aquanatal exercise classes.

In addition to support offered by family and friends, pregnant women can be observed networking in social groups in a variety of community settings. Social connections can help prepare women for motherhood by contributing to wellbeing adjustments and to the development of social capital during this life transition. Findings from the qualitative case study suggest that peer support characteristics refine emotional, influential and informational attributes for network situations where social support in the community settings can supplement health promotion by a midwife. The participant's experience of wellbeing during transition to becoming a mother is viewed as being negotiated within the interrelationship of biological, social, psychological and ecological systems of pregnancy.



Paper by Dr Rachel Arnold

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Parallel worlds: An ethnography of care in an Afghan maternity hospital

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In September Rachel and her supervisors published the second paper from her PhD research in Afghanistan. The paper 'Parallel worlds: An ethnography of care in an Afghan maternity hospital' appeared in the prestigious journal *Social Science & Medicine* (published by Elsevier).

The paper highlights that the fundamental cause of poor quality care in this large hospital was not a lack of training, protocols, equipment or staff working conditions but a clash between principles of biomedicine and more traditional values. Rachel graduated with a PhD in 2016.

Congratulations to Dominique Myloid:

The Ball Assisted Latent Labour (BALL) trial has just recruited their 200th participant. The pragmatic randomised controlled trial is the highest recruiting trial in the Wessex Clinical Research Network for reproductive health. Clinical Doctorate midwife Dominique Myloid is researching whether using a birth ball at home in latent labour reduces pain perception. Dominique has also recently welcomed BU final year student midwife Alice Lovell to the island for a week's research elective.



If that wasn't all Professor Susan Way

It has been a very successful year for Susan Way. As we've already seen she was awarded a prestigious National Teaching Fellowship, she became a Fellow of the Royal College of Midwives and this November was successful in her promotion to Professor.

Many congratulations Sue – very well deserved!



Early 2018

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