



Welcome

Welcome to the Centre for Midwifery Maternal and Perinatal Health (CMMPH) newsletter where we share with you news, activities that are currently being undertaken by staff, students and visiting faculty. As with previous editions there is much to share and celebrate in how collectively we are promoting health and wellbeing of women and their families through a fusion of research, education and practice.

The themes in this newsletter revolve around review, success and international activity. Review of the pre registration midwifery curriculum resulted in the team being commended on a number of issues and support being given to run the pathway to midwifery registration via undergraduate and postgraduate pathways. Other success includes students receiving awards, funds, publications and raising funds for the Iolanthe Midwifery Trust by running the London Marathon. International issues linked to women's health and professional practice are another theme; a recent international conference focusing on *What next after the millennium development goals*; travels to Nepal of a visiting fellow Jilly Ireland; students future travel to Kenya; and a number of academic staff attending and presenting at an international midwifery conference in Prague in July.

The CMMPH now has a new web link where you can find past newsletters, information and, as we build the site, more sharing of up to date news regarding events activities and contacts details. Visit it at: www.bournemouth.ac.uk/cmph

Don't forget the BU Festival of learning: June the 9th- 15th for free events to the public on a range of topics, see page 6 for examples and full listing at www.bournemouth.ac.uk/fol. We hope you enjoy reading the newsletter.

Dr Jen Leamon

HSc Lead Dr Professional Practice

Inside this issue:

Welcome	1
Research	2-3
Education	4
Practice	5
News	6
Publications	7
Spotlight	8

CMMPH Aims

We aim to 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.

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In July members of CMMPH will be sharing their research and scholarly activity at the ICM conference in Prague.

Professor Vanora Hundley

Clean Birth Kits (CBK) to promote safe childbirth:

perspective of policy makers and district health officers in Pakistan, a project funded by Maternal Health TaskForce, Engender Health.

High rates of maternal and neonatal sepsis have been attributed to limited resources and a lack of awareness regarding clean birth practices. This research explores the views and perceptions of policy makers and district health officers with regard to CBKs as a means of distributing essential supplies and promoting safe childbirth.



The mixed methods study involved interviews with federal and provincial policy makers in Pakistan and a survey of 89 District Health Officers' understanding of CBKs, uptake, and

optimal distribution mechanisms in community settings. Findings indicate few women experienced clean births in Pakistan. Although support for CBKs was found to be high, knowledge of where and how CBKs were used was sometimes limited.

Implications are that policy makers and district level implementers need to promote CBK uptake by frontline health workers if the kits are to be an effective way of distributing scarce resources. Guidelines could be valuable in increasing awareness and in supporting health workers in CBK distribution and use.

Alison Taylor

Letting off steam! Video diaries to share breastfeeding experiences.

This doctoral research aims to explore women's daily experiences of breastfeeding in the early weeks to understand further why more women don't exclusively breastfeed beyond the early weeks. To understand the multi-faceted nature of breastfeeding, including women's daily trials and tribulations, the researcher needed to be present. Since this is impossible, five breastfeeding women were asked, in 2011/12, to keep a daily video diary until they perceived their chosen infant feeding method was established. A purposive sampling method was used to ensure that women who were breastfeeding their first full term healthy baby were recruited.



The findings indicate how mothers used the camera as a confidante to share anxieties, vent feelings and frustrations and to record their experiences as they occurred. Analysis reveals themes that capture the complexities and culture of breastfeeding in the UK today. The implications of this qualitative study are twofold; It will enable service providers to develop policy with women's lived breastfeeding experiences at its core. The evidence including video extracts will support and enable student midwives and midwives education with an understanding of how they can support women better in the vital early weeks.

Sue Way

ICM Workshop: Education and Practice World Café – Escalating Concerns about Care: Working Together to Safeguard Women and Families

This workshop will be open to 40 healthcare professionals committed to providing safe, effective, high quality care to women, their babies and families. The session, facilitated by four UK based Lead Midwives for Education, aims to promote sharing country specific experiences about why midwives and midwifery students may fail to raise concerns and report witnessed poor standards of care. Barriers and challenges will be explored to identify developing strategies to support midwives and midwifery students to highlight their concerns about practice, so that women, their babies and their families receive the safe, high quality and evidence based care to which they are



entitled. Midwives have an obligation to provide safe and effective care (NMC 2008).

The International Confederation of Midwives' key concepts include respect for human dignity, advocacy and cultural sensitivity. Whilst the majority of midwives and midwifery students are committed to providing high quality care, there is evidence that some women and their families experience poor standards of care across the world. This includes care that is harmful and can lead to the death of the mother or baby (WHO 2012) or care that fails to respect women and their families (Bowser & Hill 2010). In the UK, the lead midwife for education and supervisors of midwives influence education and practice standards. Many education institutions and regulatory bodies have processes for healthcare professionals for escalating concerns about practice. This workshop will give participants the opportunity to consider what constitutes poor practice and consider possible strategies to help midwives and midwifery students address concerns about poor practice.

European Midwives Association; Education Conference, Maastricht

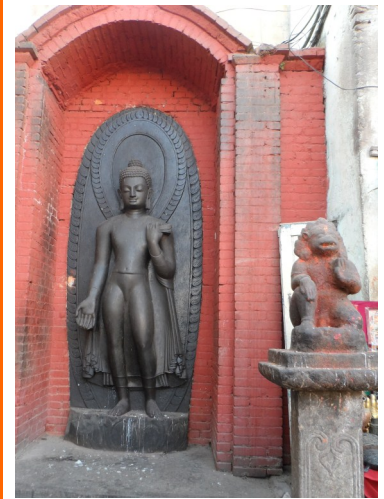
At the end of November, Stella Rawnsion and Catherine Angell (both Senior Lecturer in Midwifery at BU) attended the Education Conference in Maastricht. This two day event brought together 300 midwife educators from universities across Europe, from Norway to Greece and Ireland to Hungary.

Stella presented 'The best people for the job' which focused on our experience of introducing new methods for assessing the suitability of applicants to our BSc Midwifery programme. This generated a considerable amount of interest and discussion. It was clear that student selection was an issue for educators from a wide range of countries, both in terms of identifying competence in numeracy and literacy but also assessing applicants' communication and 'people skills'. Catherine's presentation was entitled 'Loosing the luggage; strategies that enable effective learning around infant feeding for student midwives'. This identified how we have used education theories to develop a programme that enables students to 'unlearn' negative or unrealistic ideas about infant feeding before embarking on new learning around this subject. This fitted well with a key theme that emerged from the conference relating to the role of emotion in enabling and blocking learning.

Sheetal Sharma

Getting women to care: Mixed-methods evaluation of maternity care intervention in rural Nepal.

Presenting from her PhD thesis, Sheetal reports an evaluation of a community-based maternal health-promotion intervention in Nepal. Too often women in low income countries do not have 'rights' over their own body: 'When to get pregnant, how often and when to access health services'. A major barrier to accessing services in rural Nepal is lack of support from mothers-in-law, who are the main decision-makers. A community intervention aimed to reduce these barriers and improve the uptake of maternal care. *Findings:* 1,236 women of childbearing age, with a child under two, participated in this controlled before-and-after repeated cross-sectional study. Three surveys were conducted between 2008 and 2012. Difference-in-Difference estimation assessed the effects of the intervention on outcome variables while controlling for a constructed wealth index and personal characteristics.



Edwin van Teijlingen took part in a panel discussion at the 4th Conference of the Canadian Society of Sociology of Health in Montreal in early May. The panel consisted of academics who are all long-term collaborators on a project called Birth by Design (BBD). Edwin's presentation focused on the concept of the social/medical model of childbirth. The meeting was made possible by fellow BBD collaborator Prof. Ivy Bourgeault (University of Ottawa).

The BBD collaboration comprises academics from a range of different scholarly backgrounds including sociology, political science and midwifery. The group started in 1997 with international colleagues who worked originally on a collaborative project called 'Birth in Europe and North-America'. This work resulted in the book *Birth by Design* and papers in major sociology academic journals including *Sociology of Health & Illness* and *Social Science & Medicine*.



EMOTIONAL PROCESSING IN CHILDBIRTH (EPiC) STUDY. A longitudinal study exploring the relationship between how women manage their emotions and the development of postnatal depression.

The EPiC study used the Emotional Processing Scale (EPS) to explore relationships between emotional processing (EP) during the life-changing events of pregnancy and birth and the emergence of postnatal depression, exploring the predictive value of the EPS in identifying postnatal depression. A cohort of 974 women were surveyed at 13 and 34 weeks gestation and 6 weeks postpartum using the Edinburgh Postnatal Depression Scale EPS, and other validated scales. Strong associations were found between poor EP and the likelihood of developing postnatal depression. After adjusting for other established risk factors for depression, poor EP in early and late pregnancy made a strong unique contribution to the prediction of postnatal depression with the odds of women with a high EPS scores at both time-points developing depression postpartum being 2.5 and 3.4 times greater than women with low EPS scores. The EPS, validated in many countries, provides professionals internationally with a valuable tool to identify poor EP.

Used antenatally it will facilitate midwives to develop strategies for effective emotions management that will benefit families who are vulnerable to the detrimental impact of maternal emotional and psychological disturbances.



Carol is currently working in collaboration with Dr Andy Mayer (School of Psychology), Dr Carol Clark (HSC) Carolyn Atherton (Additional Learning Needs) and Jack (Caring Canine) to undertake research into Animal Assisted Learning.

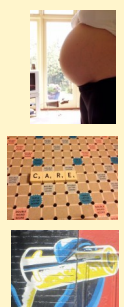
Future Research Activity and Opportunity

If you've been following our newsletters then you will know about our innovative four year PhD studentships that enable midwives to undertake a PhD while remaining in clinical practice. The studentships run for four years and students spend two days per week working as a midwife in clinical practice and three days per week working on their PhD research studies.

In September 2014 we will have three more midwifery studentships starting—two in Portsmouth and our first on the Isle of Wight. The studentships will address the following areas:

- Can pelvic positioning help women cope with pain in early labour?
- An exploration of community care provided by midwives and maternity support workers in the postnatal period
- Just one drink! An exploration of the conflict between harm reduction & abstinence in UK maternity care.

For further details please contact: Carol Wilkins, Vanora Hundley or Edwin van Teijlingen



Pre-Registration Education News

The Midwifery programme has undergone review, redevelopment and revalidation. The academic route to midwifery registration will now include; **BSc (Hons), PG Dip and MSc pathways.**

The team were commended on a number of elements including: The excellent strength of partnership between practice and university, level of leadership and innovation in the programme, caring approach to students and the balance between theory and practice. This success is a combined effort of individuals and the collective that has included staff within BU along with service users and representatives.

Thank you to all involved and look out for events to share key elements, process and assessment soon.

The practice assessors web site requires registration and offers 24hours free access to multiple BU resources for mentors, available at; www.bournemouth.ac.uk/practiceassessor

HSC Dr of Professional Practice programme

Will undergo revalidation in July. This doctorate is designed for experienced health and social care professionals who wish to explore and develop practice via a part time five year route. The learning journey of the HSC doctorate involves undertaking practice development and research that is supported by literature review and personal narrative or reflections. This is via membership of a cohort (8 people) which via group and peer supervision will support reflective engagement and nurture scholarship linked to professional practice. Learning also involves use of on line activities, BU facilitated sessions including master classes and bespoke research and professional development supervision. The ambition of this is to enable the professional practitioner to develop themselves as researching professionals and an element of service provision. Please contact Dr Jen Leamon if you would like to know more about this doctorate pathway.
jleamon@bournemouth.ac.uk

Post-Registration Educational News

Continuing the undergraduate success the Preparation of Supervisors of Midwives (PoSoM) and Return to Midwifery Practice underwent review and revalidation in May. Commendation for the relationships with practice and the quality of teaching and learning experience was noted within the units providing education and training in line with NMC expectations and BU Standards.

Newborn infant physical examination project.



Jenna Penhale, Katie Winwood, Rebecca Moss-Coleman and Luzie -Elisabeth Schroter, Jeanette Elliott (not in photo) are five BSc (Hons) Midwifery students who have participated in a pilot project which will equip them with the knowledge, skills and competencies to undertake NIPE (Newborn Infant Physical Examination) prior to qualification as a midwife.

The students have undertaken theory and practice preparation which has involved attending additional sessions alongside qualified midwives self-managed study and practice based learning, including 30 newborn examinations under the guidance of a mentor who is an experienced NIPE practitioner. The assessment will also involve theory and practice and for this cohort will be additional credits in relation to their degree. All of the students have expressed a strong commitment to obtaining the necessary skills and they have until September 2014 to complete. The pilot will pave the way for the new curriculum and is enabling the development of a theory and practice based unit that is robust in quality and places the women and her family and students central. For further information please contact Luisa Cescutti-Butler at lcbulter@bournemouth.ac.uk

Iolanthe Student Award and BU Global Horizons Funds Support Midwifery Elective in Kenya.



Amanda Gill (Portsmouth) and **Emma Barton** (Bournemouth), 3rd year BSc (Hons) Midwifery Students will be joining qualified NHS staff in July to Nanyuki Hospital central Kenya.



We will be involved in training Kenyan midwives in basic life-saving procedures and obstetric emergencies and observing the care of mother and babies. This gives us the opportunity to witness pregnancy and child-birth from different cultural perspectives in both a district hospital and rural community settings.

Funding our trip involved applications

to the Iolanthe Midwifery Trust and BU Global Horizons Funds. We needed to demonstrate what we aim to achieve whilst there and what we hope to achieve not only for ourselves, but also for our education and the profession.

In addition to this we are raising money for training equipment and resources for the Kenya project via engaging in a range of activities. Please see more details on the web link including how to sponsor or contribute to the fundraising:

Screen shot opposite of the web page.

<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserPage.action?>

Supporting Kenyan Midwives's fundraising page

Fundraisers: Luzie Toy, Biddy Emmerson, Katy Vidler, Emma Barton, Amanda Gill
My page: <http://uk.virginmoneygiving.com/team/supportingkenyamidwives>

Hi, thanks for visiting our page.

We are a group of midwives who are raising funds for an on-going project which aims to support and train midwives, traditional birth attendants and mothers in rural Kenya.

Having travelled to Nanyuki in August 2013 we are aware of the need for continual input in training and resources in many areas of maternal health.

What we found:
Midwives in the state hospital have limited and outdated training in common obstetric emergencies and neonatal resus. They work in difficult conditions and wards are so understaffed and overcrowded that 2 women often labour in one single bed and sometimes birth unattended by a midwife.

In remote tribal villages women live in small, dark huts, they often have up to 15 children and little or no contact with trained health professionals. It would take hours and sometimes days to walk to the nearest outreach clinic and most women have quick labours so most birth attended by a relative or fellow wife with no training to guide them. These traditional birth attendants or lay midwives have more time to take care for pregnant wife with no clean water, hygienic surfaces or gloves. Rural tribal marriages and lack of awareness often result in high levels of HIV.

Both groups of midwives we met were dedicated, hard-working and

Running total

£1,504.00

Target: £5,000.00

Total raised incl. Gift Aid: £1,780.00

Total donors: 15

Biggest donor: Kim Baker £1,004.00

Next donor: Kim Baker £1,004.00

Offline fundraising: £0.00

[Donate now >>](#)

Photos



Charity



Event details

01 August 2014

I am fundraising as a personal challenge. My challenge is to raise £1,000 for EGO.

Only **93** days to go!

93 days to go!

News from Practice involving the CMMPH - BU

Open the SMiLE project: Student Midwives integrated Learning Environment in Portsmouth Hospitals NHS Trust



Exciting times ahead, as on Monday 12th May 2014 Bournemouth University and Portsmouth Hospitals NHS Trust saw the opening of the SMiLE project at the

Portsmouth Maternity Centre, St Mary's Community Health Campus, within the city of Portsmouth.

The SMiLE project is a postnatal hub facilitated by Bournemouth University student midwives, supervised by a qualified midwife mentor. This facility is offered to all women and their babies in the postnatal period within the city of Portsmouth. The project is an innovative service design to fuse seamlessly with the current postnatal provision and to provide an additional learning environment for student midwives to gain postnatal skills and competencies. It offers women and families access to a wider range of postnatal services. This project is a collaboration between Bournemouth University and Portsmouth Hospitals NHS Trust as a PhD Fellowship. Dana recently shared a poster presentation within the Trust.



In the photo above from left to right are 3rd yr. Vicky Gaiger, Dana Colbourne PhD Student, 3rd yr. Amanda Gill, Midwife Claire Allen and 2nd yr. Sue Holly.

Global Midwifery Twinning Project (GMTP). Jilly Ireland BU Visiting fellow

The RCM is working with three low-income countries in the GMTP with the aim to improve the standards, status and position of midwifery education and practice in the respective countries. I am the third midwife from Poole NHS Trust to take part (Maddy Jordan and Pip Clark visited Cambodia).



On my visit to the Midwifery Society of Nepal (MIDSON) with two other midwives my 'job' was to work with a mentor at MIDSON to assist in advocacy work. This role drew on my skills and experiences of being; a community midwife, supervisor of midwives, RCM Midwives' learning representative and being a member of BU visiting faculty at BU. The challenge ahead is to introduce and practise a midwifery model of care.



Nepal has no specific midwifery profession. MIDSON has been campaigning since its inception in 2003 for a separate midwifery education and training programme with government recognition.

Midwives are needed to bring maternity care to those getting none or too little and to limit unnecessary intervention which is disempowering women in the private sector. The images represent moments witnessed.



A pioneering research project by Poole Hospital and Bournemouth University has received recognition in two recent rounds of national awards.



The project focused on developing an epidural simulator to support clinical training of anaesthetists and aimed to improve patient safety and epidural effectiveness.

The team of Prof Michael Wee, Dr Richard Isaacs from Poole Hospital and Neil Vaughan, PhD student and Associate Prof Venky Dubey from the School of Design, Engineering and Computing at Bournemouth University received an award for innovation from the Institution of Engineering and Technology (IET) and was shortlisted in the IT & Technology category at the National Patient Safety Awards.

The simulator integrates patient-specific data with a 3D computer model and physical simulator to offer a realistic training experience for clinicians. The simulator will be able to simulate challenging patient characteristics and allow novice and experienced epiduralists to practice and improve their skills in a virtual setting.

News, Congratulations and Events



Professor Vanora Hundley Has gained the appointment as Temporary Advisor to the World Health Organization (WHO). She will be working with the team advising on a study called Better Outcomes in Labour Difficulty (BOLD) – this study, led by WHO, is looking at improving intrapartum-related maternal, fetal and newborn outcomes.

Daisy Wiggins Whose PhD looking at My Birthplace: a computerized decision making tool to support women, their partners and midwives to make a decision about place of birth, has passed her first review and received the Santander Mobility Award. This will fund a trip to the Nursing, Midwifery and Allied Health Professions Research Unit at the University of Stirling in Scotland. In addition, Daisy will visit Kings College London to network with colleagues at the Women's Health Unit.

Jan Stosiek Has been awarded £1500 award to support her professional Doctorate research—See page 8

Wendy Marsh For progressing through her PhD confirmation viva at Guilford. Her focus is: Babies removed at birth: Narratives of mothers and midwives.

Alison Taylor Has joined UNICEF UK's Baby Friendly Initiative Designation Committee as an independent member with expertise in the university standards. The Designation Committee is responsible for making the key decisions relating to the designation of UK health care facilities and universities as WHO / UNICEF Baby Friendly accredited. The Committee also acts as a steering group for the Baby Friendly management team, advising on academic, technical and ethical issues as required.

Carol Richardson PGR looking at the care of pregnant women who are obese ran the London marathon this year raising £1500 for the Iolanthe Midwifery Trust. This is her story. "This was the fulfilment of a lifetime dream for me and was really quite overwhelming. I was cautious with my approach and took it easy all the way, in my head this wasn't a race but an experience and what an experience! Coming along the embankment, I felt like a superstar with all the cheering, you could really feel the London support. I had a phone call wishing me luck from Celina, a trustee for The Iolanthe Midwifery Trust as well as all of my amazing messages from supporters and well wishers."



Professor Edwin van Teijlingen Has been invited to help evaluate the research capacity of Midwifery Science at Hogeschool Zuyd which is part of Maastricht University in the Netherlands. He is well versed in assessing research outputs due to his on-going involvement in the UK REF as part of Sub-Panel 2 – Public Health, Health Services & Primary Care.

Re-launch the '**Newborn Feeding Clinic**' at Anglo-European College of Chiropractic on 12th July. Invitation open to all. Keynote speaker to be confirmed. For further details please refer to the CMMPH website.

Festival of Learning 2014

This summer the Festival of Learning coincides with national Universities Week. Now in its second year, the Festival invites local people to join us to find out more about our research and how it can impact upon the lives of those around the world. Small example of events:

Alan Mercel-Sanca, Edwin van Teijlingen & Sheetal Sharma 9th June: Talks: Nepal and Bournemouth University link with our partners UKNFS

Andrew Mayers 10th June: Maternal mental illness: Managing risk factors

Vanora Hundley 11th June: Fear in childbirth: Is the media responsible?

David Biggins 12th June: How to improve your teamwork

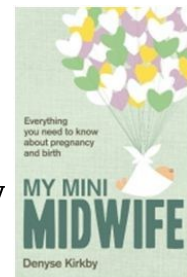
Jen Leamon 13th June: Sharing your health and social care stories: By the use of creating a 'Selfe'.

Find out more at www.bournemouth.ac.uk/fol. Or if you don't have internet access or would rather speak to us in person, you can call +44 (0)1202 962362 or email: fol@bournemouth.ac.uk.

Recent Visitors to the Centre Anna Isaksson and Cecilia Andersson midwifery students from Karolinska Institute Sweden who have been here for 12 weeks gaining practice and theory experience. They were joined by Dr Helena Lindgren from Karolinska and Marie Ekbom, Chefbarnmorska Lead Midwife at the Sodra Birth unit B, who on their short visit met with researchers to discuss future collaborative working and visited the New Haven birthing suite at Poole NHS Trust. Hopefully we have made some good links which may be further explored in regards to Examination of the Newborn.

Publications

Denyse King was invited by Mother & Baby as her new book *My Mini Midwife* (£8.99, VIE Books) was released in February and now gaining 4—5 * ratings on Amazon. Denyse's new book is a guide to everything you need to know about conception, pregnancy, birth and beyond. Denyse published under the name Denyse Kirky.



Student midwife publications

Becky Dixon-Wright, BU student midwife published 'The Stranger in the Corner', a short story on a birthing experience in the May edition of *MIDIRS*.

[Positioning following maternal collapse](#) – *MIDIRS Midwifery Digest* (online 26.3.2014)

Article by BU student midwives and nurses (A.Cannings, P.Senner, S.Hewer, Z.Bryant, E.Gower and N.Elizabeth) about how best to position a pregnant lady who has fainted or collapsed. The group of six students are working on a project around the topic, looking at how best to help other health professionals who deal with pregnant women learn how to deal with the situation. <http://www.midirs.org/2014/03/26/positioning-following-maternal-collapse/>

[Diary of a Midwife](#) - *MIDIRS Midwifery Digest* (online 27.3.2014)

Diary by midwife Becky Fry, who graduated from BU in 2013 and is now working at a hospital in Salisbury. Available on line at <http://www.midirs.org/2014/03/27/diary-of-a-midwife/>

Staff publications in 2014

Angell C (2014) 'Draw, write and tell'. A literature review and methodological development on the 'draw and write' research method. *Early Childhood Research* (accepted – in press)

Bick DE et al. on behalf of the [Modified Obstetric Early Warning Systems Research Group](#) (2014) A national cross-sectional survey of heads of midwifery services of uptake, benefits and barriers to use of obstetric early warning systems (EWS) by midwives. *Midwifery* – early online: <http://www.sciencedirect.com/science/article/pii/S0266613814000965>

Harding A, Sanders F, Medina Lara A, van Teijlingen E, Wood C, Galpin D, Baron S, Crowe, S, and Sharma, S. Patient Choice for Older People in English NHS Primary Care: Theory and Practice. *ISRN Family Medicine*, 2014. <http://www.hindawi.com/journals/ism/2014/742676/>

Isaacs RA, Wee MYK, Bick DE, Beake S, Sheppard ZA, Thomas S, Hundley V, Smith GB, van Teijlingen E, Thomas PW (2014). A national survey of obstetric early warning systems in the United Kingdom: the current picture five years on. *Anaesthesia* (in press)

van Teijlingen E, Hundley V, and Bick D. (2014) Who should be an author on your academic paper? *Midwifery* 30 (4): 385-386.

van Teijlingen E, Hundley V, Matthews Z, Lewis G, Graham WJ, Campbell J, Ten Hoop-Bender P, Sheppard ZA, Hulton L (2014) Millennium Development Goals: All good things must come to an end, so what next? *Midwifery* 30(1):1-2

van Teijlingen E, Ireland J, Hundley V, Simkhada P, Sathian B. (2014) Finding the right title for your article: Advice for academic authors, *Nepal Journal of Epidemiology* 4(1): 344-347.

Whitford H, Entwistle VA, van Teijlingen E, et al. (2014) Use of a birth plan within woman-held maternity records: A qualitative study with women and staff in northeast Scotland, *Birth* (Epub ahead of print)

Conferences

January 2014 [The 2nd South Coast Conference for: Supervision of Midwives](#). The 6 C's: Exploring how we do what we do. This conference was coordinated by Jen Leamon from BU in collaboration with the LSAMO's Suzie Cro and Helen Pearce. It was attended by 120 SoM's from across the south coast and very positively reviewed.

February 2014 [Maternal health millennium goals conference](#). Researchers from BU the University of Aberdeen, University College London (UCL), the University of Southampton, Integrare (Spain), Evidence for Action (E4A) organised a successful international maternity workforce conference. The discussions focused on the global agenda of maternal and new-born health for the next 15 years and addressed the role midwifery should and could have in international policies.

Spotlight



Jan Stosiek

I am a Senior Lecturer in Midwifery with over 30 years' experience in midwife practice and education. I am undertaking a part time Professional Doctorate at the University of Portsmouth and have completed core units and engaged in researching:

Mother's experiences of breastfeeding following breast cancer.

The research focus emerged when I was recovering from breast cancer myself. Breast cancer is the most common female cancer in the United Kingdom (UK), with a one in eight lifetime risk. The incidence is strongly age related with the majority of cases affecting the over 50's (81%). Westlake and Cooper (2008) reported that the incidence of breast cancer had been increasing, on average 2% a year in the UK since the late 1970's. The number of women who survive as a result of improved diagnosis and treatment is also increasing (Cancer Research UK 2011).

Although breast cancer mainly affects the over 50s, more pre-menopausal women are living and moving on with life as a result of improving knowledge and care and in association with increasing maternal age at first (27.9) and subsequent births (ONS 2011). In 2011 nearly half of all births were to mothers aged 30 and over (ONS 2011). This means healthcare professionals and other support bodies are increasingly likely to encounter women who have a history of breast cancer who have had a baby they wish to breastfeed and that women are increasingly likely to find themselves in this situation. Breast feeding after breast cancer may have its own problems but like any other mother, these women may have the desire to breastfeed their baby and currently will find very little evidence or information relating specifically to themselves.

This qualitative research project will use a narrative approach to explore with women their experiences of breast feeding after breast cancer. The women are being recruited from around the globe and four women have been interviewed to date. Thematic analysis of the transcripts will be undertaken and it is the objective that this research will raise awareness of the issues for women, and inform professional understanding and education. **Congratulations on receiving a Iolanthe Midwives Trust award.**



Liz Davey

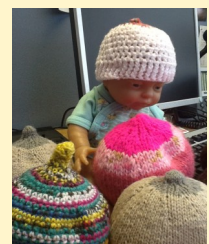
Senior Lecture in Midwifery and Student on the Doctorate of Professional Practice programme.

An exploration of women's experiences of wellbeing through

attendance at aquanatal exercise, and the impact of peer support during pregnancy.

As an experienced midwife I have provided aquanatal classes for a number of years and am interested in women's building of relationships during childbearing. Midwifery antenatal care focuses on: provision of information, advice on a range of health topics promoting healthy lifestyles alongside clinical assessment of wellbeing. During pregnancy women have the need for social support and this can come from peer networks, family, friends and work colleagues which may be significant in the transition to motherhood. Common interest groups provide women with opportunities to meet and discuss advice and information relating to health risks and may promote positive strategies for personal wellbeing and family health.

The experience of wellbeing during childbearing is related to physical and emotional health and to the individual's assessment of internal and external factors on their quality of life. This research will use a qualitative approach to explore pregnant women's experience of wellbeing through developing social communities by attending aquanatal classes facilitated by a midwife instructor. A case study approach will be used to examine any emergent relationships and the associated networks within the women's community and reflected accounts regarding promoting health messages during this time. Such common interest groups may offer midwives new opportunities to present positive health messages for pregnant women which use peer support communications in more varied community settings than previous have been used.



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