



Welcome

Welcome to the Centre for Midwifery Maternal and Perinatal Health (CMMPH) newsletter where we share with you news and activities that are currently being undertaken by staff, students and visiting faculty. It has been a busy six months at CMMPH and as always there is lots of news to share.

In July we said a fond farewell to two of our staff; Elizabeth Davis and Janine Davis took well earned retirement. We will continue to see Elizabeth as she works towards completing her PhD. We are delighted to welcome some new staff to the Centre both in the Bournemouth and the Portsmouth campuses, you can find details of their interests and some of the exciting work that they are already doing in the newsletter.

A highlight of the last six months is the reaccreditation of Bournemouth University (Midwifery) by the Baby Friendly Initiative's Designation Committee. BU is one of only 13 universities to have received full accreditation and among a small group of six that have been re-accredited. This important award recognises the hard work of the midwifery team.

Practice news includes the launch of the pilot scheme for OPAL (Online Practice Assessment for Learning) an intuitive, custom built system that is replacing paper based practice assessment documentation for new cohorts of students. We have been busy in the research field too as our publications, conferences and other dissemination activities show.

We hope you enjoy reading the newsletter and that it demonstrates how we are promoting health and wellbeing of women and their families through a fusion of research, education and practice.

Vanora Hundley, Professor of Midwifery

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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.

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. Jen Leamon, Prof. Edwin van Teijlingen and Prof. Vanora Hundley

Contact details: Centre for Midwifery, Maternal and Perinatal Health, Bournemouth University, Royal London House, Christchurch Rd, Bournemouth, BH1 3LT. **Tel:** 01202 962184

Web: research.bournemouth.ac.uk/centre/centre-for-midwifery-maternal-and-perinatal-health

Research news

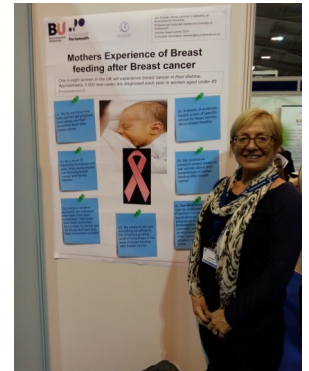
Bournemouth profiles midwifery research at the RCM Annual Conference in Telford in November

CMMPH was well represented at the recent RCM Conference in Telford with presentations from midwifery staff and doctoral students.

Dana Colbourne, PhD student, presented her doctoral research as a poster entitled '*Leading the way: a case study of a student-led postnatal clinic.*'



Jan Stosiek, Senior Lecturer, also presented a poster on her doctoral research. Jan's research explores '*Mothers' experiences of breastfeeding after breast cancer.*'



Lesley Milne's poster described her research from her recent International Midwifery Fellowship exploring barriers to facility birth in Nepal. Lesley is a Senior Lecturer in Portsmouth.



Stella Rawnsom, Senior Lecturer, also presented her doctoral research as a poster entitled '*Listening to Women: Exploring women's experiences of being part of a student midwifery caseload.*'

HSC postgraduate student publishes in BJOG

Rachel Arnold had the first paper from her research in Afghanistan accepted by the scientific journal *BJOG*. Her paper analyses the culture of a Kabul maternity hospital to understand its impact on the care of perinatal women and their babies. A heavy workload, too many complicated cases and poor staff organisation lead to a low quality of maternity care. Cultural values, social and family pressures influenced the motivation and priorities of healthcare providers. The centrality of the family and family obligations in Afghan society has emerged as a major theme. Another theme is the struggle for survival – as health care providers work to support their families to maintain the power that they have, and to survive within a hospital system where fear rather than compassion appears to drive and motivate. Rachel presented some of the key issues at the 2013 GLOW conference in Birmingham. Rachel is supervised by Professors Immy Holloway, Kath Ryan (LaTrobe University, Australia) and Edwin van Teijlingen.



BU at Times Higher Education (THE) Awards 2014

The BU and Poole Hospital research team who developed a medical device to make epidurals safer and more effective, were celebrating being shortlisted for the THE Awards 2014.

The project was nominated for Outstanding ICT initiative of the Year and – although pipped to the post by the Open University – being shortlisted for an award of this calibre is an incredible achievement and honour. The clinical project was initially proposed by the senior consultant anaesthetist at Poole Hospital, Professor Mike Wee. The device was developed by Dr Neil Vaughan for his PhD, supervised by Professor Wee and Dr Venky Dubey. Dr Richard Isaacs – now at Southampton General Hospital – was also part of the research team. All four, pictured here, were at the awards ceremony, along with colleagues from across the university who have supported this innovative and important project.



Dr Venky Dubey, Dr Neil Vaughan, Dr Richard Isaacs, Professor Mike Wee.

New PhD studentships in 2014/2015

An exploration of the community care provided by midwives and maternity support workers in the postnatal period.

This PhD studentship will explore the interaction of midwives and maternity support workers in providing infant feeding and parenting support in the community. *Primary Supervisor Carol Wilkins*

Portsmouth Hospitals NHS Trust

Just one drink! An exploration of the conflict between harm reduction and abstinence in UK maternity care.

This PhD studentship explores midwives' and women's perceptions of the risk of alcohol use in pregnancy, and the usefulness and acceptability of VitalPAC alcohol screening. *Primary Supervisor Edwin van Teijlingen*

Isle of Wight NHS Trust

Can pelvic positioning help women cope with pain in early labour?

This PhD studentship explores whether a programme of education and pelvic positioning can help women cope with early labour pain at home. *Primary Supervisor Vanora Hundley*

Dr Jenny Hall



I am pleased to have been able to join the midwifery teaching and research team after a number of years at other universities. It has been suggested I should introduce some of my research interests-so here goes!

I have an interest in arts-based methodologies and used different types for my Doctoral thesis, 'The essence of the art of a midwife: holistic, multidimensional meanings and experiences explored through creative inquiry'. As an aspect of this I developed 'text-quilts' as part of the interpretation as well as a reflective textile quilt. I hope to develop more with this form of inquiry soon. Over all of my career I have had a particular interest in spirituality in relation to midwifery and pregnancy, and have been proactive in writing philosophical papers around these issues as well as developing education programmes. I am a member of the British

Association for the Study of Spirituality and have been involved in the past three years collecting data for a longitudinal study looking into student nurses and midwives perceptions of spirituality and competence in spiritual care. This is led by a European group and includes students across 14 countries with the completion expected in 2015.

I am also currently involved with an unfunded study exploring the education of student midwives across the UK around dignity during birth. This is with a previous colleague where we had developed education sessions aiming to improve dignified care. We are hoping to progress this further over the next year with bid for funding. In connection with the dignity agenda we are also currently working with a human rights charity in BU, to develop a project that will explore the issues around dignity and humanised care for disabled women.

Finally, in the last two years I have been working on a project with midwives in Malta to promote normality of birth. They received funding from the European Leonardo da Vinci fund to send 80 midwives for education sessions over a period of 18 months. The intention is to continue supporting them and to evaluate the project. I hope this gives a taster of my involvements and my interests. I look forward to working within BU and developing these projects and others.

Contact Jenny at: jhall1@bournemouth.ac.uk

Dr Catherine Angell



I am delighted to have returned to Bournemouth University as part of the Midwifery teaching and research team. I studied for both my Midwifery degree and PhD at BU, and was employed here for several years before leaving to work briefly at another university. It has been great to come back to BU, where I feel a natural affinity with the teaching and research ethos.

My main interests are around infant feeding and health behavior. My PhD explored primary school children's perceptions of infant feeding, and to do this I developed the creative method 'draw, write and tell'. I am particularly keen to understand the factors that drive personal and public opinions around infant feeding, and have discussed the influence of media and educational interventions in various journals and at conferences. I have been a member of the Hampshire LREC for five years, where I particularly focus on qualitative research proposals or those that involve children and young people. I also have a longstanding interest in online access to educational resources and learning technologies, so I am excited about our forthcoming 'Innovation in Midwifery Education' conference (see page 5 for more details).

Contact Catherine at: cangell@bournemouth.ac.uk

Pre-Registration Education News



In October the Baby Friendly Initiative's Designation Committee confirmed that Bournemouth University (Midwifery) would be re-accredited as Baby Friendly. Bournemouth is one of only 13 universities to have received full accreditation and among a small group of 6 that have been re-accredited: <http://www.unicef.org.uk/BabyFriendly/News-and-Research/News/Three-new-university-courses-gain-Baby-Friendly-awards/>

The UNICEF UK Baby Friendly Initiative University Standards programme is an accreditation programme aimed at university departments responsible for midwifery and health visitor/public health nurse education. It was developed to ensure that newly qualified midwives and health visitors are equipped with the basic knowledge and skills they need to support breastfeeding effectively.

The case study on BFI University standards has been written for national guidance and can be found here: http://www.unicef.org.uk/Documents/Baby_Friendly/Going%20Baby%20Friendly/baby_friendly_university_guidance.pdf

Introducing new members of midwifery staff



Dr Catherine Angell
Principal Lecturer
Based at Bournemouth campus
cangell@bournemouth.ac.uk



Dr Jenny Hall
Senior Lecturer
Based at Portsmouth campus
jhall1@bournemouth.ac.uk

Michelle Irving
Lecturer
Based at Bournemouth campus
mirving@bournemouth.ac.uk



Sara Stride
Lecturer Practitioner (new role)
Based at Bournemouth campus
sstride@bournemouth.ac.uk



Jacqueline McMullan
Lecturer Practitioner
Based at Portsmouth campus
jmcmullan@bournemouth.ac.uk

Michelle Maxwell
Returns as Lecturer Practitioner
Based at Portsmouth campus
mmaxwell@bournemouth.ac.uk

Reducing Avoidable Term Admissions' eLearning project

Luisa Cescutti-Butler, Debbie Houghton and Carol Wilkins (Senior Midwifery Lecturers, Bournemouth University) are working collaboratively with Kate Graham-Williams (Locum Consultant Neonatologist), Kim Edwards (Network Educator) and Teresa Griffin (Deputy Manager/Lead Nurse) from Thames Valley and Wessex Neonatal Network to develop, implement and evaluate a multi-disciplinary eLearning module with an aim in reducing avoidable term admissions to neonatal units. Recent audits have indicated that many of these term admissions are avoidable and because of the difficulties in standardising guidelines and protocols an education package aimed at prevention of admissions seemed worthwhile. Health Education Wessex has a responsibility to ensure that NHS employees are equipped with the right skills and knowledge to deliver excellent health and patient care, therefore they were approached and have agreed to provide funding for the learning package with Alison Potter (E-Learning Project Manager, HE Wessex) managing the project. The agreed supplier is LEO, a company specialising in designing and developing outcome focused digital and blended learning and media productions and platforms. The company has worked across the public and private health sector for many years and will work with us in developing an eLearning module applicable to all healthcare professionals who care for women and their term babies in the early postnatal period. Key professionals, including users of maternity services (parents) have agreed to review content (case scenarios) before going 'live' in March 2015.

For more information please contact Luisa Cescutti-Butler, Debbie Houghton or Carol Wilkins at lcbutler@bournemouth.ac.uk, dhoughton@bournemouth.ac.uk, cwilkins@bournemouth.ac.uk

Examination of the Newborn Course (EXON) and undergraduate student midwives – An update

The first pilot to 'fast-track' five under-graduate student midwives with the skills and competencies around EXON at the point of registration was completed in September 2014. Four of the five students successfully obtained the necessary qualifications with one student leaving the project early due to unforeseen family circumstances. The students' journey to completion was not smooth with the main barrier being a lack of midwives who haven't extended their midwifery practice to include EXON. This meant that some of the students had to undergo the practical elements of the course in trusts other than the one where they were placed for their three years of training/education. All four of the students have successfully qualified as midwives and have obtained midwifery posts in the local area. They remain committed to EXON and have volunteered to be EXON 'champions' within their respective trusts. I am grateful to Jeanette Elliot, Luzie Schroter, Jenna Penhale and Bex Coleman-Moss for their hard work and dedication during the pilot and for their feedback and advice for the next intake.



From left to right: Ruby Vowles (Poole Hospital); Jo Shaw (Poole Hospital); Millie Westwood (Salisbury Hospital); Helen Carey (Dorchester Hospital); Sian Ridden (Salisbury Hospital).

Demand for places on the second pilot project remained high when the call was put out at the beginning of the academic year 2014/15. Unfortunately it was only feasible to recruit five students, all based in Bournemouth. The students have commenced their studies and are enjoying the learning so far.

Our newly validated midwifery curriculum which commenced in September 2014 now includes theoretical input around EXON. Basic skills have been included for Level C – examining the eyes for the red reflex and listening to the newborn heart for rate and rhythm. The skills around red reflex (and the rest) will only be achievable if there are enough midwives in practice who are competent in EXON, therefore the current expectation is that our midwifery students will qualify with the relevant theory but not necessarily with the skills and competencies needed to practice EXON at the point of registration. It is anticipated that only a small number of students (5) will achieve the practical experience in their 3rd year.

The pilot projects are helping to 'iron' out some of the barriers which currently exist in practice. 'Fast-tracking' students onto one of our twice yearly CPD EXON modules will help to ensure there are more midwives on the ground to help support the students in the long term. If you require any further information please contact Luisa Cescutti-Butler, Senior Midwifery Lecturer on lcbutler@bournemouth.ac.uk

Save the date: Friday 3 July 2015 Innovation in midwifery education—what works?

A one day conference exploring evidence based innovation and development in midwifery education.

The conference will include:

Professor Stephen Hepell- New technologies and online learning

Professor Billie Hunter- Learning from resilience research

Kirsten Baker- Drama in midwifery education

Student led debate - "Online learning is the way to increase student satisfaction"

Meet the editors - publishing education research findings

Cost: Tickets and hospitality for this conference are subsidised by Midwifery at BU. £80 per person (£65 if registered before 28 February 2015).

Call for abstracts for presentations and posters: Abstracts for presentations and posters are welcomed for this conference. Please send abstracts (maximum of 250 words as a Word document) by email to cangell@bournemouth.ac.uk, with the email subject line 'Midwifery Education Conference 2015' by **1 February 2015**.

Tickets are available at <https://innovation-midwifery-education.eventbrite.co.uk>

News from Practice involving the CMMPH - BU

Online Practice Assessment for Learning (OPAL)

OPAL will be replacing paper based practice assessment documentation for new cohorts of midwifery and nursing students from November 2014.

OPAL is an intuitive, custom built system that can be accessed from any computer, tablet device or smart phone linked to the internet. This innovative approach will enable students and staff to access and contribute to practice assessments easily, securely and transparently. OPAL is currently a pilot project, and there is an ongoing project to develop and adapt it in response to user feedback. This will ensure that it fulfills the needs of students, clinical staff and tutors.

Further details about OPAL and a link to the website can be found at <http://www.bournemouth.ac.uk/hsc/placements/opal-at-bu.html> where there is also a dedicated helpdesk email for further queries.

Newborn Feeding Clinic re-launched

July saw the re-launch of the Newborn Feeding Clinic based at the Anglo-European College of Chiropractic. This clinic brings together chiropractors and midwives to support women and their babies to breastfeed successfully.

The clinic was re-launched at a conference organised by Dr Susan Way, Alison Taylor and Dr Joyce Miller. It was well attended by health care professionals from across the locality as well as student midwives, chiropractic students and members of the public who are passionate about supporting mothers to breastfeed successfully.

Midwifery student, Charlotte Scragg, who has been involved with the clinic revealed how *“working at the feeding clinic has really enhanced my practice this year and has been a great learning experience. It has allowed me to gain confidence in supporting mothers with breastfeeding issues but has also allowed me to work as part of a multidisciplinary team and learn from other professions. All the women seem extremely grateful for the care and support they receive on the day.”*



Clinic address: AECC, 13-15 Parkwood Road, Bournemouth, BH5 2DF

To book an appointment:

Email: clinicappointments@aecc.ac.uk

Tel: 01202 436222

Web: <http://www.aecc-clinic.co.uk/services-and-prices/newborn-feeding-clinic/>

Spotlight on a PhD student: Daisy Wiggins



I am a qualified midwife working at Portsmouth Hospital NHS Trust. I'm also studying for a Doctorate within the School of Health and Social Care here at BU.

My study is a collaboration between BU and Portsmouth Hospital. Portsmouth has created “Mybirthplace” a Decision Support Tool in the form of a simple computer program that is accessible as a web application or an app on a smartphone/ tablet device to support shared decision making for pregnant women.

The app provides women with information on the options available to them to give birth. The app is supported by statistics from the 2011 birthplace in England study. Previous research suggests that women are given a varying amount of information regarding place of birth with only 51% of women feeling that they received enough information to help decide where to have their baby (Dodwell and Gibson, 2009).

My study will be conducted in Portsmouth and South East Hampshire maternity units where the app has been rolled out as standard antenatal care. I will be using a sequential exploratory mixed method design to understand the role the decision support tool plays in women's information gathering and decision making behaviours.

The primary objective is to assess the effect it has on how and when women make a decision; specifically looking at the time at which a definitive choice is made. Secondary outcomes include women's perceived usefulness in the information gathering process, accessibility and how it affected decision making.

The findings of the study could potentially lead to a change in the delivery of health based information and level of discussion of informed choice. It will give women greater autonomy in the decision making process and hopefully assist them to be more involved with the provision of their care.

News, Congratulations and Events

Congratulations to all of our students who successfully graduated in November, all were successful in getting jobs.

Vanora Hundley has been invited to sit on the panel of the Global Health Research Programme – a joint venture involving the Medical Research Council (MRC) in the UK and the Department of Biotechnology (DBT) in India and the UK Department of International Development (DFID), which brings together researchers from the UK, India and Low Income Countries.



Wendy Marsh won the prestigious Royal Society of Medicine (RSM) *Luke Zander Research Support Bursary*. The prize of £500 and a year's membership to the RSM was established to honour Dr. Luke Zander a founding member of the Forum and an innovator in maternity care.

Sheetal Sharma, PhD student, has been appointed to the editorial board of the *Journal of Asian Midwives*. The journal is the first regional online midwifery journal launched by South Asian Midwifery Alliance. Prof Rafat Jan at Pakistan's Aga Khan University's School of Nursing & Midwifery is lead editor.

JOURNAL OF ASIAN
MIDWIVES (JAM)



Sara Stride wins the the iCARE Excellence award



Congratulations to Sara Stride who won the iCARE Excellence award at Yeovil District Hospital. Sara, a Lecturer Practitioner, was nominated by the student midwives based at Yeovil. The photograph shows Sara receiving her award at the ceremony held at Westland Leisure Complex on 16 October 2014. Emma Britton the presenter of the Breakfast Show at BBC Somerset was the compere for the evening. Also in the photograph is Paul Mears (Chief Executive) and Peter Wyman CBE (Chairman).

Edwin van Teijlingen was featured in a book called 'Dutch midwifery: an inspiration to the global community.'

Sue Way, Wendy Marsh, and Vanora Hundley were nominated for a Shine Award for 'High Performing Education and Training Team of the Year' for their work with the SMiLE clinic.



A clinical trial on Pain relief in labour by **Mike Wee**, a joint collaboration between BU and Poole NHS Trust, was chosen by the National Institute for Health Research (NIHR) and Research for Patient Benefit (RfPB) to illustrate the benefits of patient and public involvement in trials.

Conferences

June 2014: **International Confederation of Midwives 30th Triennial Congress (Prague, Czech Republic)**. CMMPH presenters included: Vanora Hundley, Sheetal Sharma, Alison Taylor, Sue Way, Carol Wilkins. In addition, several CMMPH papers describing our work in Nepal were on display in the South Asia Midwifery session at the ICM.

July 2014: **Supporting Breastfeeding: it takes a whole community**. CMMPH presenters included: Alison Taylor and Susan Way

October 2014: **Time 4 you Conference**. CMMPH presenters included: Jen Leamon, and Edwin van Teijlingen.

October 2014: **GOLD Perinatal Online Conference**. Edwin van Teijlingen and Vanora Hundley were invited presenters.

November 2014: **RCM Annual Conference in Telford**. CMMPH presenters included: Dana Colbourne, Lesley Milne, Stella Rawnsdon, and Jan Stosiek

November 2014: **Cornwall Real Baby Mile Conference**. CMMPH presenter included Alison Taylor.

2014 Publications

*Indicates publications with students

- Angell C (2014) 'Draw, write and tell'. A literature review and methodological development on the 'draw and write' research method. *Early Childhood Research*—early online: <http://ecr.sagepub.com/content/early/2014/08/04/1476718X14538592.abstract>
- *Arnold R, van Teijlingen E, Ryan K, and Holloway I. (2014) Understanding 'Afghan healthcare providers: a qualitative study of the culture of care in a Kabul maternity hospital'. *BJOG (early online)*
- 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* 30(11):1140-6
- *Cannings A, Senner P, Hewer S, Bryant Z, Gower B and Elizabeth N. (2014) [Positioning following maternal collapse – MIDIRS Midwifery Digest](#)
- *Dixon-Wright B (2014) The Stranger in the Corner *MIDIRS. Midwifery Digest*
- *Fry B [Diary of a Midwife](#) - *MIDIRS Midwifery Digest*
- Grylka-Baesclin S., van Teijlingen, E. & Mechthild, G.M. (2014) Cultural differences in postnatal quality of life among German-speaking women: a prospective survey in two countries. *BMC Pregnancy & Childbirth* 14:277
- Hall J (2014) Research unwrapped: Continuity of care: what matters to women. *The Practising Midwife* 17 (6) 39-40. 42
- Harding A, Sanders F, Medina Lara A, van Teijlingen E, Wood C, Galpin D, Baron S, Crowe, S, & Sharma, S. (2014) Patient Choice for Older People in English NHS Primary Care: Theory and Practice. *ISRN Family Medicine*, <http://www.hindawi.com/journals/isrn/2014/742676/>
- Heidari T, Ziaei S, Ahmadi F, Mohammadi E and Hall J (2014) Maternal Experiences of Their Unborn Child's Spiritual Care: Patterns of Abstinence. *Iran J Holist Nurs* (online 2 October) DOI: 10.1177/0898010114551416
- Hundley V, Duff E, Dewberry J, Luce A, van Teijlingen E. (2014) Fear in childbirth: are the media responsible? *MIDIRS Midwifery Digest. (in press)*.
- 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* 69: 687-692.
- Kirkby D (2014) *My Mini Midwife* VIE Books
- *Lake J., 2014. Witnessing the art of woman-centred care by and exceptional mentor. *The Practising Midwife*. 17(8), 24-26
- Leamon J, Way S. & Cro S., (2014) Supervision of midwives and the 6Cs: exploring how we do what we do. *The Practising Midwife*. 17(8), 41-42.
- Marsh W (2014) Removing babies from mothers at birth: Midwives experiences. *British Journal of Midwifery* 22(9): 620 - 624
- *Marsh W, Colbourne D, Way S, & Hundley V (2014) Would a student run postnatal clinic make a valuable addition to midwifery education in the UK? A systematic review. *Nurse Education Today* (in press)
- *Richardson C (2014) Chasing time for reflection. *The Practising Midwife (in press)*
- Simkhada, B., van Teijlingen, E.R., Porter, M., Simkhada, P. & Wasti, S.P. (2014) Why do costs act as a barrier in maternity care for some, but not all women? A qualitative study in rural Nepal *International Journal of Social Economics* 41 (8), 705-713
- 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.
- Way S (2014) A UK-wide model to aid consistency in the education of midwives and midwife teachers. *Midwifery* (in press)
- Way S and Scammell J 2014. Humanising midwifery care *The Practising Midwife (in press)*
- 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* 41(3):283-9.

Denyse King – Patron of Reading (primary schools) 2013 to present

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 Rebecca Freeman on rfreeman@bournemouth.ac.uk