

Introduction

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.

A highlight of the last six months is of course graduation in November. This is always a fun event as we get to share our students' success with their family and friends. This year our staff have been busy too and Sara Stride celebrated her success in style (page 6).

There is a lot of activity with new research projects. We are delighted to be partnering with the charity Birthrights to look at how dignity and human rights in childbirth are experienced by disabled women. This important survey will be led by Dr Jenny Hall and you can read about how to get involved on page 2.

CMMPH staff continue to lead national and international developments (page 6). Many congratulations to Dr Susan Way who has been appointed as Chair of the Royal College of Midwives' Board.

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

Inside this issue:

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

CMMPH Aims

We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.

Our strategy is to develop nationally and internationally recognised research that:

- Promotes the health and well-being of women, babies and their families
- Underpins clinical midwifery practice
- Informs policy making in relation to maternity care
- Ensures relevance and impact by maximising service user/voluntary sector involvement and the dissemination of results to health and social care professionals, service users and the voluntary sector undertakes work across a wide methodological range.

Our educational and research activity has gained national and international recognition for its contribution to the enhancement of professional practice and maternal and perinatal health.

Newsletter Editors:

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

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Research in CMMPH

Undergraduate research assistant scheme: the Midwifery quilt online project

Through the Undergraduate research assistant scheme Dr Jenny Hall, Senior lecturer in Midwifery, worked with student George Upson undertaking a degree in BA (Hons) Media Production in order to develop a website that would provide a lasting record of the textile quilt she created for her Doctoral studies. The individual squares of the quilt represent the research diary entries over the life of the project.



George worked with Jenny to create the website using his design skills to create an interactive resource that would enable further development of research over time. For the first time the diary reflections may now be viewed alongside the squares and provide a backdrop to the meaning behind the quilt. The quilt may be accessed online at www.midwiferyquilt.co.uk

Research in Nepal



CMMPH has been conducting research in Nepal for a number of years. Professor Edwin van Teijlingen's most recent project focuses on mental health training needs of health care workers serving pregnant women. This THET-funded project will bring 15 highly experienced UK volunteers to train around 100 maternity care practitioners about key mental health issues in pregnancy and after birth.

The target population is health care practitioners at the level of nurse and below (there are no doctors in rural villages). This BU-led project is being run jointly with Tribhuvan University (largest & oldest university in Nepal), Liverpool John Moores University and Green Tara Nepal, and the London-based Buddhist charity Green Tara Trust.

For further information please contact Edwin van Teijlingen at evteijlingen@bournemouth.ac.uk

Understanding disabled women's experiences of pregnancy, childbirth and parenting

In 2013 Birthrights, a charity focussed on human rights in childbirth, carried out a national survey of women on Dignity in Childbirth in the UK. Within the findings was a high rate of lack of dignified care amongst those women who responded who indicated they experienced some form of disability. As a result of this Birthrights approached BU and provided a small grant to carry out a study to explore more widely the experiences of dignity and human rights in childbirth for disabled women. Dr Jenny Hall from midwifery, Dr Bethan Collins from Occupational Therapy and Professor Vanora Hundley have been working with Jilly Ireland as a researcher and with Birthrights to create an online survey that will be used as a platform for recognising the needs of disabled women in the maternity services with a further aim to improve care.



The researchers have also been awarded Fusion funding in order to take the research further and provide opportunity for students from Occupational therapy and midwifery to co-create and co-produce the research as well as meet a gap in learning around disability and childbirth. They will have opportunity to develop research skills as well as investigate the needs of pregnant women with disability from a human rights perspective. The study will provide evidence that will help to raise issues around care for disabled women in the maternity services as well as develop a Consensus for practice working with stakeholders in order to translate the research into practice. A further aim will be to impact on the curriculum.

For further information please contact Jenny Hall at JHall1@bournemouth.ac.uk

Education in CMMPH

An update on examination of the newborn in the undergraduate curriculum

The new midwifery curriculum is now in its second year and students continue to be exposed to theoretical knowledge focusing on the examination of the newborn. First year learning consisted of: Introduction to NIPE/standards and competencies, the principles of a physical examination and examining the newborn eye including the red reflex. Students were encouraged to undertake 10 examinations of the newborn eye *only* under the guidance of a midwife who is NIPE trained. Students were also expected to observe NIPE checks if opportunities arose during their clinical experience.



Currently 2nd year students on the west have undergone learning around cardiovascular and respiratory assessment of the newborn baby and examination of the head and neck. Future sessions will include examination of the abdomen and genitalia and providing unexpected news. From a practical perspective students are expected to auscultate the newborn heart for rate and rhythm and the lungs for normal breath sounds. As part of normal student experience they will also be expected to palpate newborn boy testes.

The practical aspects are not compulsory as we (midwifery team) are aware that not all students will be able to work with and/or shadow midwives who are NIPE trained. However we anticipate that exposure to the competencies will enable some students to build up their portfolio which may either support them to APEL learning if attending a postgraduate training course or possibly access a shortened version of a newly validated course. We are still in the planning phase. Any ideas or input from practice welcomed.

For further information please contact Luisa Cescutti-Butler at lcbutler@bournemouth.ac.uk

Supervision of Midwifery & BU Preparation of Supervisors of Midwifery (PoSoM) unit.

The Secretary of State's confirmation that the statutory SoM function will end is anticipated to take effect in early 2017. The NMC has been working with the DoH, the CNOs of the four UK countries, and RCM on the issues and has published a paper: [Modernising midwifery regulation: Protected title, function and midwifery scope of practice.](#)

Team Maternity is a BU Centre of Excellence in Learning funded project led by Dr Jen Leamon and Sarah Emberley. It is being undertaken in collaboration with the 2012 and 2013 third year students.

The project focuses on being part of an effective team during a maternity emergency. Although we have for many years assessed individual practice regarding maternity emergencies, this assessment responds to the collective challenge of a team as highlighted in recent reports, case reviews and in the NMC Code. The assessment will be introduced in 2016.

For further information please contact Jen Leamon at JLeamon@bournemouth.ac.uk

BU Festival of Learning 2015

CMMPH ran a number of workshops at the recent Festival of Learning.

The **Midwifery media workshop** James Donald and Professor Vanora Hundley aimed to help midwives understand how journalists come up with stories and how best to engage with the media.



Drs Jen Leamon and Jenny Hall facilitated an event within the Sovereign shopping centre Boscombe titled: *What's your story? Childbirth over the last 60 years from people in and around Boscombe.*

This popular public engagement event enabled individuals to record a visual timeline of their personal experiences of receiving or providing midwifery care, over the last sixty years.

Practice and Public Engagement in CMMPH

NMC Revalidation went live in October 2015. The first midwives to revalidate will be those who have a renewal date in April 2016. In BU Professor Elizabeth Rosser is leading an action learning group to explore our engagement and compliance as midwives and nurses working in academia. Dr Jen Leamon and Prof Vanora Hundley have offered to be part of this group.

RCM Conference



We were able to fully fund three student midwives to attend the RCM Student Midwives Conference in Telford this year Robbie-Ann Loader, Kayleigh Gilmore and Helen Crozier-Osbourne.



Dr Susan Way attended the conference in the capacity as RCM Board Chair and listened to some of the sessions being held as part of the student conference. It is heartening to know that there are many enthusiastic, motivated, committed and politically astute future midwives who will have the knowledge and expertise to take midwifery forward for the next generation.

Visiting Fellow Jilly Ireland from Poole NHS Foundation Trust along with her colleague Health Visitor Ruth Evans had a poster presentation: *Bump, baby and beyond – creative ways of designing antenatal preparation sessions involving service users.*



Next year the conference will be held in Harrogate at a slightly earlier date, in October.

Public engagement

Café Scientific is a monthly event hosted at Café Boscanova for Bournemouth University. The idea is that for the price of a cup of coffee or a glass of wine, anyone can come to explore the latest ideas in science and technology. The event starts with a short talk from a guest speaker before engaging in discussion around the topic. November's Café Scientific (Nov. 3rd) saw a debate between staff from CMMPH and staff from the Media School – the motion: "*Fear in childbirth: is the media responsible?*"

The debate was chaired by Prof. Vanora Hundley. The debaters on either side were Dr. Ann Luce and Prof. Edwin van Teijlingen. Ann Luce is a well recognised media researcher and a Senior Lecturer in Journalism and Communication. Readers will be familiar with Edwin van Teijlingen, Professor of Reproductive Health Research. Two opposing presentations generated a lively debate. The audience, however, was not with Ann and overwhelmingly voted in favour of the motion.



This is not the first time that we have run this debate and you can find out more about the arguments (for and against the motion) in this paper:

Hundley V, Duff E, Dewberry J, Luce A, van Teijlingen E. (2014) Fear in childbirth: are the media responsible? *MIDIRS Midwifery Digest*.24:4: 444-447.

Spotlight on a PhD Student: Carol Ann Richardson

The unique studentship that I have undertaken in collaboration with Bournemouth University and Portsmouth hospitals NHS trust allows me to maintain my clinical skills as a midwife and still keep my 'hand in'. The idea of working in a purely academic setting was always a daunting one and this has enabled me to develop new research skills within a university setting alongside the opportunity to slip back into those comfortable slippers and work on the wards. Personally I have found that being able to switch roles has given me confidence when the academic challenges seem insurmountable. The PhD is scheduled to run over a period of 4 years rather than the traditional 3 and has been designed to enable a small cluster of midwife researchers to continue to share our new skills with our front lines colleagues to enable us to promote 'live' evidence based practice.



I also have a role as a Supervisor of Midwives and enjoy this element of supporting colleagues, promoting normal birth and helping to positively develop other midwives. I am passionate about the benefits of good, thorough reflection and am most proud of my article about this subject, due to be published in the *Practising Midwife* in November 2015. Just in time for the upcoming revalidation process due to come into being in April 2016, where all nurses and midwives will be expected to compose 5 reflective accounts over the 3 years to be able to re-register.

My particular study broadly is looking at the subject of maternal obesity. This subject has been identified in the UK as a growing public health problem and clear guidelines regarding the amount of weight that women should gain in pregnancy currently absent. We know that limiting gestational weight gain in pregnancy can reduce serious health risks and at present it is unclear how best to deliver maternity services to this specific group of women. With this in mind my study specifically focusses on obese pregnant women's understanding of gestational weight gain. The study objective will establish what obese women and midwives understand about weight gain in pregnancy alongside developing an insight into what guidance they seek out. I will be using an explanatory sequential mixed method design, using online surveys and follow up interviews with the women in the study with focus groups for the midwives.

This study will provide a deeper appreciation of pregnant women's understanding of gestational weight gain and aims to provide firm evidence to support women appropriately in the future.

For more information contact : RichardsonC@bournemouth.ac.uk

Spotlight on a PhD Student: Debbie Houghton



A mixed methods study to explore midwives' confidence in medicines management

I have been a midwife since 1986 and worked at The Royal Victoria Hospital Boscombe and then at the Midwifery Led unit at the Royal Bournemouth Hospital. After completing my Bsc (Hons) Midwifery Practice I worked as a lecturer practitioner for 6 months then as an associate midwife teacher. I was then offered a full time Midwifery Lecturer post in 2004 at Bournemouth University and completed my Masters in Education. My main area of expertise was low risk midwifery but during the last few years I have become involved with Medicines and Childbirth and lead a unit called Medicine Management. A colleague and I also updated the Midwives' Pocket Formulary in 2013.

I started my Professional Doctorate in October 2013. The focus of my research is midwives' confidence in medicine management within contemporary midwifery practice. Confidence is identified as underpinning many areas of midwifery practice, however there are no studies that explore confidence in relation to medicines management. I plan to facilitate a number of focus groups/interviews to gain an understanding of how midwives perceive their confidence and from the findings develop an online questionnaire which will be administered to a larger number of midwives. Identifying areas of medicines management that midwives feel confident or less confident in will enable me meet the practice development aspect of the Professional Doctorate..

For more information contact dhoughton@bournemouth.ac.uk

Welcome to our new PhD students:

Rebecca Cousins is exploring whether a combined telephone triage system with home assessment reduces the number of women admitted to hospital not in established labour.

Michelle Irving is looking at labour as experienced by independent midwives and their clients.

Congratulations, news and events

Congratulations to:

All our graduates including Lecturer Practitioner **Sara Stride** who graduated with an MA in Advanced Practice (seen here relaxing in style).



PhD student **Rachel Arnold** who successfully defended her PhD thesis *Afghan women and the culture of care in a Kabul maternity hospital*. Rachel also recently published a paper on the findings in the British Journal of Obstetrics and Gynaecology.

Rebecca Cousins who has been awarded a PhD studentship with BU and University Hospital Southampton NHS Foundation NHS Trust. She will be exploring whether a combined telephone triage system with home assessment reduces the number of women admitted to hospital not in established labour.

Senior Lecturer **Denyse King** who was appointed as Autism Ambassador for Hampshire. The post involves being a positive, public voice for people with autism, raising awareness of the often misunderstood disability and supporting others with autism.

Associate Professor **Susan Way** who was elected Chair of the Royal College of Midwives Board. She will be holding this prestigious RCM post for a two-year term.



Prof Edwin van Teijlingen who has been invited to join the MRC Health Systems College of Experts.

News

A brand new Midwifery Society was launched in September to bring together midwifery students from each cohort in BU. The society offers support and advice, aiming to make new friends and form support networks. It will be hosting study days and events relevant to the future of midwifery and future careers, as well as socials and events to have some fun, on what can sometimes be a challenging course! All events will also support and raise money for local and worldwide maternity charities. If you are interested in getting involved or have any requests for study days or events, please do not hesitate to get in touch! subumidwiferysoc@bournemouth.ac.uk Facebook: [facebook.com/bumidwiferysociety](https://www.facebook.com/bumidwiferysociety) Twitter: <https://twitter.com/BUMidwiferySoc>



Professor Edwin van Teijlingen and Visiting Fellow Padam Simkhada met with Mr. Ganga Lal Tuladhar Member of Parliament in Kathmandu to discuss getting evidence into practice in Nepal. A variety of topics were discussed: ranging from the need for research into the newly established work-force of social mobilisers to getting our existing research incorporated in both policy and practice in Nepal.



Portsmouth Hospitals NHS Trust Apply now for a PhD studentship with BU and Portsmouth Hospitals NHS Trust.

The Phoenix Project is it possible to influence choice regarding place of birth. <https://research.bournemouth.ac.uk/pgr/funded-clinical-phd-studentships-in-the-faculty-of-health-and-social-sciences/>

Future events

CMMPH is running a two day **masterclass on systematic reviewing** 15-16 February 2016. The masterclass examines the rationale for systematic reviews and takes participants through the various elements involved in conducting a review: selecting (electronic) databases; literature searching; data extraction; data synthesis; interpretation and reporting. It will be facilitated by Prof Edwin van Teijlingen, Prof Vanora Hundley and faculty librarian Emma Crowley. All have extensive experience of conducting systematic reviews.

The masterclass is suitable for postgraduate students, academics and professionals who are looking for an introduction to systematic review methods. It is suitable for participants who wish to critically appraise and use systematic reviews, and for those exploring the basic principles involved in conducting a systematic review.

Book now: <http://systematic-review-2016.eventbrite.co.uk>

In press

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2015

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- Arnold R, van Teijlingen ER, Ryan K, & Holloway I (2015) Understanding Afghan health care providers: A qualitative study of the culture of care in a Kabul maternity hospital. *BJOG* **122**: 260-267. *
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- Hall J (2015) Time-wasters in A&E: time to shake the label. *Nursing Times* Net March
- Hall J (2015) *Spirituality and compassion and maternity care in The Roar behind the silence: why kindness, compassion and respect matter in maternity care*, S. Byrom & S. Downe (eds.) published by Pinter and Martin.
- Hundley V, Luce A, & van Teijlingen (2015) Do midwives need to be more media savvy? *MIDIRS* **25** (1):5-10.
- Lake J, Butt C and Way S (2015) Midwives making a difference: a conference organised by and for student midwives. *The Practising Midwife*, September: p. 22-23 *
- Lewis P, Freemantle D and Ireland J (2015) The loss of midwifery supervision: to mourn or rejoice? *Practising Midwife* **18** (3): 12-16.
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- Marsh W, Robinson A & Shawe J (2015) Mother's experiences of compulsory removal of babies at birth: a systematic review of evidence. *MIDIRS Midwifery Digest*. **25**:3: 341-346.
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Conferences

In June Dr Jenny Hall gave a keynote presentation "Sowing the seeds' of spiritual wellbeing at the start of life", to the inaugural **International Spirituality Healthcare Conference at Trinity College in Dublin**. The talk highlighted that, despite considerable research and evidence focussing on spiritual care at the end of life in nursing, there is still minimal discussion across maternity services. This is also despite evidence that women and their families view birth as a meaningful experience and that religious belief around birth is significant and should be recognised in care. She also facilitated a discussion with Dr Mary Mitchell from UWE, Bristol around 'A creative approach to teaching spirituality to student midwives'. The conference was attended by delegates from Brazil, England, Ireland, Northern Ireland, Portugal, Scotland, South Africa, The Netherlands and the USA and gave opportunity for networking and debate around needs of pregnant women in an international context.

International Normal birth conference, Grange over Sands June 2015

Dr Jenny Hall presented - *Promoting physiological birth in Malta: Educating for change*

Prof Vanora Hundley - *Do midwives need to get more media savvy?*

Royal College of Midwives Conference October 2015

Dr Susan Way chaired a number of sessions

Jillian Ireland had a poster presentation – Bump, baby and beyond

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 Emma Pegrum on epegrum@bournemouth.ac.uk