

**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.

Since the last newsletter in November there have been a number of policy documents and consultations launched, all of which have the potential to impact on women, midwives and maternity services. Perhaps the most significant is the National Maternity Review, 'Better Births: improving outcomes of maternity services in England', where it is clearly stated that health outcomes are better for women if there is continuity of carer. Although this is not just about caseloading, Bournemouth University has a long history of supporting student learning using a continuity of care model, which is underpinned by research. It is timely therefore that Portsmouth NHS Foundation Trust and Bournemouth University have managed to secure another PhD clinical doctorate researching if it is possible to influence the place of birth (the Phoenix project) - see page 6

The recent announcement by government of the Comprehensive Spending Review and current consultation to determine how best to implement the recommendations could have far reaching consequences for the way student midwives pay for their education. It is an important time for the University and our midwifery colleagues to work collaboratively to showcase the high quality practice, education and research that is available to them in this region, highlighting why Bournemouth University is the university to come to.

*Susan Way, Associate Professor*

**Inside this issue:**

Welcome	1
Research	2
Education	3
Practice	4
Conferences	5
Studentships	6
News	7
Publications	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, Dr Susan Way

**Contact details:** Centre for Midwifery, Maternal & 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](http://research.bournemouth.ac.uk/centre/centre-for-midwifery-maternal-and-perinatal-health)

## Research in CMMPH

### UUPP Study: Updating the Understanding of Perineal Practice at the time of birth across the UK

Childbirth for most women is a joyous event, but it is well documented that pain and discomfort due to bruising, swelling and stitches in and around the birth canal (known as perineal trauma) can significantly blight the experiences of motherhood. The number of women who experience this trauma, particularly severe trauma varies between maternity units and geographical areas across the UK. It is possible that these differences may relate to what midwives are currently doing in practice at the moment of birth. CMMPH has secured funding to explore midwifery practice, with the intention of identifying mechanisms that prevent or reduce trauma.

#### Objectives

The study will inform our understanding of perineal practice by midwives at the time of birth across the UK. The specific objectives are to:

1. Obtain hospital policies from maternity units across the UK, via Heads of Midwifery.
2. Map perineal practice in hospitals across the UK through a survey of midwives accessed through the Supervisors of Midwives network.
3. Understand midwives' individual practice, beliefs and attitudes towards perineal care.



**Funding:** Wellbeing of Women

**Project team: Primary Investigator** (second from left): Sara Stride  
**Co-Investigators** (from left): Professor Vanora Hundley, Dr Susan Way, Dr Zoe Sheppard

Further details - contact: [sstride@bournemouth.ac.uk](mailto:sstride@bournemouth.ac.uk)



WELLBEING  
OF WOMEN

### Abstract submissions:

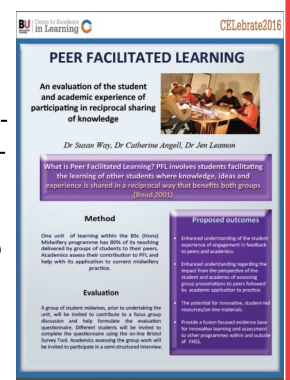
Members of CMMPH have been busy writing abstracts for both the European Midwives Association (EMA) education conference hosted by the RCM in London this year (2-3 December 2016) as well as the International Confederation of Midwives Congress (ICM), which takes place in Toronto, Canada from the 18-22 June 2017.




### Peer Facilitated Learning: An evaluation of the student and academic experience of participating in reciprocal shared learning

Dr Susan Way, Dr Jen Leamon and Dr Catherine Angell were successful in their bid to develop this project with undergraduate second year student midwives. The aim is to evaluate the experience of students and midwife teachers using Peer Facilitated Learning (PFL) when delivered through group presentations and engagement in peer discussion. Potential outcomes of the study include a) understanding of the student experience of engagement in feedback to peers and academics; b) understanding the impact from the perspective of the student and academics of assessing group presentations to peers followed by academic application to practice; c) review of transferable learning from theory experience to practice activity; d) provide a fusion focused evidence base, from the perspective of research, education and practice for innovative learning and assessment to other programmes within and outside of the university.

In support of the work we presented a poster at the recent Centre for Excellence in Learning conference at BU and have submitted an abstract for the EMA education conference.



 **Survey looking at the human rights and dignity experiences of physically disabled women** We are keen to find out about the experiences of physically disabled women and those who have an impairment or long-term health condition, during pregnancy, childbirth and early parenting. This study is being undertaken with Birthrights. Please publicise the survey: <https://bournemouth.onlinesurveys.ac.uk/the-human-rights-dignity-experience-of-disabled-women-d>

Further details from Jenny Hall: [jhall1@bournemouth.ac.uk](mailto:jhall1@bournemouth.ac.uk)

## Education in CMMPH

### Early labour is it a problem in Texas?

Photo shows Dr Rebecca Helmreich (UTH) & Prof Vanora Hundley (BU)



Professor Vanora Hundley was recently invited to give a lecture to staff and students at UT Health School of Nursing in Houston, Texas School of Nursing. The topic of her presentation was 'Early labour – should we be telling women to stay at home?'

Early labour often presents a challenge for women and midwives in the UK. There is evidence that women admitted to hospital in the latent phase of labour are more likely to get unnecessary interventions, however women seek hospital admission for reassurance and support. The problem is further complicated by a lack of a clear definition of the latent phase as a recent systematic review, conducted with colleagues from the International Early Labour Group, shows (Hanley et al., 2016).

Nurses at UT Health recognised the challenges of supporting women in early labour, but due to insurance policy requirements women are often not admitted to a labour and birthing room until their cervix is 4 cm dilated or in the active labour phase. Instead women remain in a triage or holding area until their cervix is 4 cm dilated, or may be sent home. The challenge in Texas is how to support women who are waiting for labour to progress.

CMMPH is conducting a number of studies to identify how best to support women in early labour and opportunities for collaboration with staff at UT Health were explored.

Hanley GE, Munro S, Greyson D, Gross MM, Hundley V, Spiby H and Janssen PA (2016) Diagnosing onset of labor: A systematic review of definitions in the research literature. *BMC Pregnancy and Childbirth* **16**: 71 <http://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-016-0857-4>

### Student midwives development of team working skills and competency for maternity emergencies.

Evidence from midwifery practice asserts the need for registrants to be not only individually competent in relation to maternity emergencies but to be able to demonstrate effective team working as the composite knowledge and skills inform the morbidity and mortality outcomes of women and their babies.

The Centre for Excellence in Learning (CEL) funded project was designed to create evidence and fusion based education for undergraduate students' midwives in their final year. We worked collaboratively with final year students to develop an assessment process that focussed on safe team working in maternity emergencies. Using iPads, the integration of this learning and assessment will enable enhanced preparation for practice. Jen and Sarah have shared this innovative development with their midwifery peers and recently at the CELebrate conference at BU. They are now working on refining and finalising the learning resources and assessment process before implementation in the next academic year.



For further information please contact Jen Leamon: [jleamon@bournemouth.ac.uk](mailto:jleamon@bournemouth.ac.uk)

### Interim arrangements for SOM preparation: For a post statutory era.

The next PoSoM unit starts in October 2016 and completes in April, which is after the proposed statutory function of supervision is revoked by Parliament, although there remains some uncertainty with this timeframe. With this in mind we are looking to progress a hybrid option for the 2016/17 academic year, which will be further developed for the September 2017 intake. This timeframe will enable us to be responsive to requirements published by Health Education England in the future about the function of non-statutory supervision.

If you would like information on the interim proposal please contact Mary-Ann Robertson: [mrobertson@bournemouth.ac.uk](mailto:mrobertson@bournemouth.ac.uk) or Jill Bailey [JBailey@bournemouth.ac.uk](mailto:JBailey@bournemouth.ac.uk)



## Practice in CMMPH



Congratulations to Midwife Kim Morley, from Hampshire Hospitals NHS Foundation Trust, who was the regional winner of the Emma's Diary Mums' Midwife of the Year and was then voted overall winner of all the regions.

## Supporting the needs of women who have their baby removed at birth: A multiprofessional digital resource



Wendy Marsh, Lecturer Practitioner based in Portsmouth has secured funding from the [Bournemouth University Care and Service Users Partnership](#) to develop a teaching resource aimed at student midwives, student social workers and qualified practitioners to raise awareness of the needs of women who have their babies removed at birth.

This valuable resource stems from Wendy's doctoral work where it is realised that having a baby removed at birth is one of the most traumatic experiences a mother can endure. Whilst caring for mothers who have had their baby removed at birth is a vital part of midwifery care in the postnatal period, it is acknowledged as one of the most challenging aspects of contemporary midwifery practice. Despite the growing numbers of babies being removed at birth here in the UK, the impact of this intervention upon the mothers who birth them and that of the midwives who provide care for them, remains unclear. The results of Wendy's doctorate has identified that mothers who have their babies removed at birth suffer grief symptoms likened by them to that of a mother whose baby has died. The way in which they process their grief however is very different. Mothers also felt unsupported by the midwives who cared for them at this time. Whilst the midwives in this study recognised that mothers were grieving and did their best to help support them they did feel that they lacked the knowledge and skills to do so. It is clear from the findings that the current way of working in some organisations is not meeting the needs of this vulnerable group of mothers.

Wendy has recently accepted a job at Portsmouth Hospitals, as their Named Midwife for safeguarding children. It is a strategic post enabling Wendy the opportunity to embed her research findings into practice.



## New book co-edited by Luisa Cescutti-Butler

'The Hands-on Guide to Midwifery Placements' co-edited by CMMPH's Luisa Cescutti-Butler (Senior Lecturer in Midwifery) and Margaret Fisher

(Associate Professor in Midwifery – Plymouth University) was published by Wiley Blackwell in January 2016.

The book with chapter contributions from CMMPH Senior Midwifery Lecturers, Dr Susan Way and Stella Rawson, including midwives working in practice, contains useful, relevant and practical information to support student midwives whilst in placement. Each chapter includes a section of 'Top Tip's and vignettes from current midwifery students and recently qualified midwives. A review from a midwifery student studying at another university had this to say about the book: "Beautifully presented and clearly written, it really is very easy reading and provides a realistic overview of what students can expect on placement and how to seek support."



## Conference Presentations

### NETNEP 6th International Nurse Education Conference, Brisbane



Four academics, Dr Susan Way, Dr Vanessa Heaslip, Ashley Spriggs and Dr Dawn Morley, from FHSS presented papers at the Nurse Education Today / Nurse Education in Practice Conference during the 3rd – 6th April, in Brisbane. The conference is recognised as a leading nurse education event where cutting edge research and innovation ideas from across the world are disseminated. This year the conference has been expanded for the first time to include Midwifery Education.

The title of Dr Susan Way's presentation is, 'Leading with a SMiLE: Exploring a student-led clinic, practice education model for educational impact and service improvement'. The Student Midwives integrated Learning Environment (SMiLE) offers an alternative, reliable and collaborative student-led clinic practice education model for equipping midwives of the future with the knowledge, skills and competencies they will need to provide safe and effective post-natal care, to mothers, babies and their families. Early service evaluation of the clinic suggests that students found it benefitted their learning, built their confidence, and gave them opportunities to develop their post-natal skills. Peer learning and team working relationships were also improved.

### The 8th Annual Postgraduate Conference at BU

Jane Fry: I submitted an abstract for Bournemouth University's eighth annual Post-Graduate conference and was delighted to have it accepted. The category I entered was the "7 minute oral presentation". The intense pressure was felt as I attempted to outline my study and present the findings in this short time frame. The phenomenon under investigation for my doctoral study is: independent midwives' experiences of utilising intuition as an authoritative form of knowledge in practice. To the best of my ability I presented a brief synopsis of the study and was gladdened to hear the interest posed by a number of questions. Attending the post conference networking event, it was encouraging and interesting to hear of others experiences of intuition including a mother who had experienced it herself. I would highly recommend all doctoral students to present their research in this supportive environment.



Daisy Wiggins: I was delighted to have both my abstract for oral presentation and a poster accepted for the 8th annual Postgraduate conference. Being given this platform to enhance my presentation skills in a supportive environment full of peers and colleague is a great way to build confidence and I highly recommend it to other PGR students. My poster highlighting the work of my Ph.D. looking at a Decision support tool called my birthplace: using mixed methodology to assess its usefulness for pregnant women to support their decision making about place of birth. I was thrilled to be told that I had won second place for my poster, overall an extremely informative and worthwhile two day conference that I was honoured to be part of.

### National research conference of the Dutch Midwives

Edwin van Teijlingen, Professor of Reproductive Health Research, was invited to speak at this conference held in Utrecht in January 2016. He spoke (in Dutch) about the notion of a medical/social model of pregnancy & childbirth and its relevance to midwifery in the Netherlands. At this conference he was approached by a journalist from the *Dutch Journal for Midwives (Tijdschrift voor Verloskundigen)* to talk about his ideas and work. This resulted in a formal interview with him which was published in the May issue of the journal.

Edwin was also invited to speak at the Southampton University as part of their student conference on the International Day of the Midwife. On Friday 6<sup>th</sup> May Edwin presented a paper under the title 'Nepal: A country where midwifery is not recognised'.

### British Psychological Society Annual Conference

Carol Wilkins presented at the British Psychological Society Annual Conference in December 2015 as part of a symposium on emotional processing led by Professor Roger Baker.



## PhD studentships



### PhD studentships

CMMPH is delighted to partner with three NHS Trusts for this year's PhD studentships. We have two new clinical doctoral studentships with **Portsmouth Hospitals NHS Trust**:

- Balancing reporting and the duty of care: how do midwives care for women who have undergone female genital mutilation?
- The role of fathers/partners supporting postpartum women with mental health problems

One with **Poole Hospital NHS Foundation Trust**: Reducing caesarean section rate: the role of health care providers' organizational cultures in influencing birth outcomes

One with **Dorset County Hospital NHS Foundation Trust**: What are the best strategies and modes of training to educate and empower midwives to assist pregnant women who are subjected to domestic violence and abuse?

To find out more about how these studentships work follow [this link](#), read our paper, or contact Sue Way: [sueway@bournemouth.ac.uk](mailto:sueway@bournemouth.ac.uk)

## Spotlight on a PhD Student: Rebecca Cousins

**Can a combined telephone triage system with a home assessment reduce the number of women admitted to hospital who are not in established labour?**

After enjoying my first year as a qualified midwife, I realised I was missing the academic aspect of my midwifery degree. The collaborative PhD studentship between Bournemouth University and University Hospital Southampton Foundation Trust has provided me with the opportunity to embark on a new academic project whilst continuing to develop my clinical midwifery practice.



Early in their labour, low-risk women are encouraged to remain at home to improve birth outcomes however, many women feel anxious and lack confidence to do this without midwifery support. This research project will develop a home support visit for primiparous women in early labour. This will be an additional package of care alongside the current labour assessment provided by "Labour Line", an innovative telephone triage service providing dedicated midwives offering consistent and individualised labour advice. This study will assess the feasibility of conducting a randomised trial of a home support service with telephone triage compared with standard telephone triage. Furthermore it will aim to evaluate the effect of home visitation on women's early labour experiences and reported levels of self-efficacy. This project will contribute to knowledge surrounding early labour experiences and the feasibility of trialling early labour interventions. I am six months into my dual role and I look forward to the rewards and challenges that

will undoubtedly face me as the project evolves over the next few years!

## Congratulations to PhD students

**Daisy Wiggins** and **Dana Colbourne** on their successful transfer viva. They have now officially joined the doctoral route enabling them to carry on with their research, 'Does the presentation of decision support tools in app format affect the decision making and information gathering of pregnant women, their family and subsequently the interaction they have with health professionals' and 'Leading the Way: A case study of a student midwife led postnatal clinic'

CMMPH's PhD student **Preeti Mahato** has some quite different pieces of good news. In April she gave birth to a baby girl in Poole. Before giving birth she has managed to publish several papers related to her PhD and can be seen in our publications section.

**Welcome to Linda Barber**, our newest PhD student whose research will focus on the The Phoenix Project: 'Is it possible to influence choice regarding place of birth?'

The Phoenix Project is a collaborative arrangement (between five NHS Trusts with the intention of increasing choice for women where an MLU may not be available within their own NHS Trust. The study focuses around increasing uptake of the Grange in Petersfield, a standalone MLU offering a personalised service from a small group of midwives.

## Congratulations, news and events



### Congratulations to: Dr Alison Taylor

In our June 2014 Newsletter we reported on the research that Alison was undertaking for her own doctorate. It is with great pleasure that I am able to announce that earlier this year Alison successfully defended her doctoral thesis entitled, "It's a relief to talk... Mothers' experiences of breastfeeding recorded in video diaries".

## Celebrating International Day of the Midwife, 5th May 2016: Muffins for Midwives

We celebrated the day by holding a sale of muffins to raise money for Maternity Worldwide and raised £405.25. *Maternity Worldwide* is a charity that raises money to train midwives in Africa.



Alice Ladur, CMMPH PhD student brought to our attention that on average, 162,000 mothers die each year during pregnancy and childbirth. For every woman that dies during delivery, there is someone grieving; children who may never experience the love of a mother, families whose hearts rile with pain over the loss of a loved one simply gone too soon. No woman deserves to die whilst bringing forth life into this world. The good news is, it does not have to be this way as most deaths can be prevented through simple and affordable training of midwives.



Student midwives in Portsmouth (led by Nicola Keefe) rose to the challenge too—producing a brightly coloured stall of cakes that added significantly to the fund raising total.

## Jillian Ireland: CMMPH Visiting Faculty

The THET project sent its latest set of UK volunteers to Nepal in May. One of the three latest volunteers, is Jillian Ireland, CMMPH Visiting Faculty, who is midwife with Poole Hospital NHS Foundation Trust. Jillian wrote a blog about her forthcoming training visit.

The other volunteers on this visit are midwife Andrea Lawrie from The Robert Gordon University/Aberdeen Maternity Hospital, Aberdeen) and Dave Havelock, a mental health nurse specialising in high intensity therapy (IAP) from North Yorkshire. Prof. Edwin van Teijlingen and CMMPH Visiting Faculty Dr. Bibha Simkhada presented part of our THET project at the Britain-Nepal Academic Council (BNAC) 14<sup>th</sup> Nepal Study Days, Liverpool John Moores University, Liverpool in April 2016.

Their paper under the title 'Mental Health Training and Education in Nepal' was presented on behalf of their colleagues in the UK: J. Ireland and P. Simkhada as well as in Nepal: B. Devkota, L. Sherchan, R.C. Silwal, S.K. Maharjan, R.K. Maharjan, G. Sharma and S. Pradhan.

### JILLYMIDWIFE

1 MAY **Less than a week to go!**

**THET Maternal Mental Health project, Nawal Parasi, Nepal**

#jillirland #edvinvanTeijlingen

We are leaving the UK on Friday to work on a THET funded (Tropical Health Education Trust) project run by a partnership of UK (Bournemouth and

## BBC TV appearance



Charlie Dewhurst-Pape, one of our first-year midwifery students, recently appeared on the Victoria Derbyshire show. She spoke about her personal story of perinatal mental health problems.

You may like to watch her appearance: <http://www.bbc.co.uk/iplayer/episode/b072zdcv/victoria-derbyshire-18032016> (approximately 90 minutes in)

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

## In press

Symon A; Pringle J; Cheyne H; Downe S; Hundley V; et al. (in press) Midwifery-led antenatal care models: Mapping a systematic review to an evidence-based quality framework to identify key components and characteristics of care. *BMC Pregnancy and Childbirth*

## 2016

- Alderdice F, Lasserson T, McNeill J, Beller E, Carroll M, Hundley V, et al. (2016) Do Cochrane summaries help student midwives understand the findings of Cochrane Systematic reviews: the BRIEF randomised trial. *Systematic Reviews* 5:40. <http://www.systematicreviewsjournal.com/content/5/1/40>
- Escuriet R, White J, and van Teijlingen E (2016) Assessing the performance of maternity care in Europe: a critical exploration of tools and indicators. *BMC Health Services Research* 15: 491 <http://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-015-1151-2>
- Fisher M, Bower H, Chenery-Morris M, Jackson J, and Way S (2016) A Scoping Study To Explore The Application And Impact Of Grading Practice In Pre-Registration Midwifery Programmes Across the UK. *Nurse Education in Practice*. (early online [doi:10.1016/j.nepr.2016.01.007](https://doi.org/10.1016/j.nepr.2016.01.007))
- Hall, J. (2016) Facilitating learning of spirituality in midwifery, *Spiritual Care* 5(2): 81–88. DOI: [10.1515/spircare-2016-0021](https://doi.org/10.1515/spircare-2016-0021),
- Hanley GE, Munro S, Greyson D, Gross MM, Hundley V, Spiby H and Janssen PA (2016) Diagnosing onset of labor: A systematic review of definitions in the research literature. *BMC Pregnancy and Childbirth* 16: 71 <http://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-016-0857-4>
- Luce A, Cash M, Hundley V, Cheyne H, van Teijlingen E, Angell C (2016) 'Is it realistic?' The portrayal of pregnancy and childbirth in the media. *BMC Pregnancy and Childbirth* 16:40 DOI: 10.1186/s12884-016-0827-x
- Marsh W (2016) Removing babies from mothers at birth. *RCM Midwives* Spring 34-35.
- Marsh W, Shawe J, Leamon J and Robinson A (2016) How are midwives prepared for their role in safeguarding and child protection? *MIDIRS Midwifery Digest*, 26 (1) \*
- Regmi PR, van Teijlingen E, Hundley V, Simkhada P, Sharma S, Mahato P (2016) Sustainable Development Goals: relevance to maternal and child health in Nepal. *Health Prospect* <http://www.nepjol.info/index.php/HPROSPECT/article/view/14581/11840> \*
- Regmi, P.R., Aryal, N., van Teijlingen, E. (2016) Childbirth in the exam centres in Nepal: An overlooked Public Health issue! *Health Prospect* 15(1): 20-21. <http://www.nepjol.info/index.php/HPROSPECT/article/view/14745/11954>
- Simkhada P, van Teijlingen E, Luce A and Hundley V. (2016) Media, Health & Health Promotion in Nepal *Journal of Manmohan Memorial Institute of Health Sciences*
- Way S, Hundley V, van Teijlingen E, Walton G, and Westwood G. (2016) Dr Know. *RCM Midwives* Spring 66-67 \*
- Way S, (2016) Consistent, quality midwifery care: How midwifery education and the role of the midwife teacher are important contributions to the Lancet Series, *Midwifery* 33: 1-2. DOI: 10.1016/j.midw.2016.01.003
- Way S, and Scammell J, (2016) Humanising Care *The Practising Midwife* 9(3): 27-29
- Way S. (2016) Beyond the crossroads: The changing face of midwifery education *MIDIRS Midwifery Digest* 26(1): 27-28

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](mailto:epegrum@bournemouth.ac.uk)