



Newsletter

Volume 1, Summer 2013

Welcome

Welcome to the first Centre for Midwifery, Maternal and Perinatal Health (CMMPH) newsletter where we share with you the news and activities currently being undertaken by staff, students and visiting faculty. These reports demonstrate our commitment to promoting the health and wellbeing of women, babies and their families through research, education and practice.

It has been a busy six months at CMMPH. We are excited to have been awarded the first ever International Fellowship for Midwives offered by Wellbeing of Women and the Royal College of Midwives. The project explores barriers to women seeking facility birth in Nepal and the results will inform strategies to encourage women to further reduce maternal mortality. Other international staff exchanges have also enabled BU midwives to share knowledge with colleagues in Sweden, Slovenia and Uganda. Closer to home we have been working hard to develop strong partnerships with our colleagues in practice. A very successful conference on Supervision of Midwifery brought together 120 supervisors and stimulated collaborative working across the region, while an unique partnership with Portsmouth Hospitals NHS Trust has created three PhD studentships that combine practice with a research role. Our PhD students have also been working hard and you will find brief reports from two of our students in the newsletter. Finally our list of publications and dissemination activities shows that we have not been keeping all this work to ourselves.

We hope you enjoy reading the newsletter.

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, Prof. Vanora Hundley

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BU receives first ever International Fellowship for Midwives

A team from Bournemouth University are delighted to be the first ever recipients of a new award, the International Fellowship for Midwives, offered by Wellbeing of Women and the Royal College of Midwives. The award will enable Lesley Milne a Senior Lecturer at BU to undertake a research project benefitting midwives and women globally.

Lesley's project seeks to determine why many women in Nepal do not use health services or access skilled birth attendants (SBA) when giving birth. The latest figures from Nepal suggest that only a third of women have access to a SBA. Increasing the proportion of births attended by a skilled person is one of the key components of Millennium Development Goal 5 (MDG5).



Nepal has made significant progress in reducing maternal mortality ratio (MMR) from 539 per 100,000 live births in 2006 (one of the highest in the world) to 170 per 100,000 in 2010. However, the second component of MDG5, achieving universal access to reproductive health, is proving to be more difficult. The under-utilisation of health services is a major challenge, particularly with regard to encouraging women to give birth within a health facility where they are likely to receive care from a SBA. Lesley will use a mixed-methods study to explore perceived barriers to using birth facilities in two Nepalese hospitals. She will be supported by an experienced team including: Vanora Hundley, Professor of Midwifery at BU, Edwin van Teijlingen, Professor of Reproductive Health Research at BU, and Dr Padam Simkhada, Senior Lecturer at the University of Sheffield.



The study will provide a better understanding as to why pregnant women and their families do not use available maternity-care facilities and therefore do not access SBAs. This information will inform strategies to promote skilled care at birth and further reduce the MMR in Nepal. For further details about this study contact: Lesley Milne, Senior Lecturer, Portsmouth Campus: lmilne@bournemouth.ac.uk

Health promotion in Nepal

The first National Health Promotion conference in Nepal was held in Kathmandu March 30th to April 1st. The conference entitled "*Strategies for Changing Behaviours in 21st Century*" was a unique collaboration between Bournemouth University, the Government of Nepal, international organisations such as the World Health Organization, USAID, the Nepalese media, and several universities and colleges; and highlighted the importance of health promotion at all levels in Nepal.

There were 250 participants from seven different countries including the USA, Canada, UK, India, Nigeria, the Netherlands and Nepal. Prof. van Teijlingen gave one of the opening plenary sessions outlining health promotion from a global perspective. Ms. Sheetal Sharma, a PhD student at BU, presented findings from the long-term research project that aimed to improve the uptake of maternity services in rural Nepal.



For further details contact: Professor Edwin van Teijlingen, Lansdowne Campus: evteijlingen@bournemouth.ac.uk

BU and University of Ljubljana working together to enhance midwifery practice

Slovenia, once part of communist Yugoslavia, is now an independent country which borders Italy, Croatia, Austria and Hungary. It is a modern and young economy with a strong infrastructure. Midwifery has been practised in the region for hundreds of years; however a decision to suspend midwifery training in the 1980s resulted in a severe shortage of midwives. In 1996 midwifery education was reinstated, but this time within higher education. In 2002 the first midwives were able to qualify with a degree from the University of Ljubljana, which offers the only undergraduate midwifery programme in Slovenia. The role of the midwife in Slovenia is mainly concentrated within the area of intrapartum care; a consequence of the midwifery shortage that saw midwives drawn from other areas to cover labour and birth. Very little antenatal and postnatal care is provided by midwives. These aspects of care are typically provided by gynaecologists, obstetricians, paediatricians and community nurses. Thus there have been calls for midwives to increase their role within public health and to develop primary care services. One aspect of care that could develop midwifery practice is examination of the newborn.



A scoping visit funded by ERASMUS (British Council) and EUNF (BU) was undertaken by Luisa Cescutti-Butler (Senior Lecturer) and Professor Vanora Hundley at the behest of the head of midwifery Dr. Polona Misvek at the University of Ljubljana. The visit explored whether midwives, paediatricians, neonatologists and midwifery lecturers would be receptive to a course that would teach Slovenian midwives to examine normal healthy term babies. This examination is currently only undertaken by paediatricians. A round table discussion was arranged with key professionals from the medical and midwifery community. The discussion was at times fairly animated; for example there was strong opposition from the neonatologist who believed that midwives were not ready to take on this role. In contrast, there

was encouraging agreement from a senior paediatrician who was present and the head of the Slovenian nursing/midwifery association. A positive outcome was the desire from all professionals to strengthen the midwife's role within the initial examination of the newborn and it is this aspect of care and knowledge that offers further opportunities for future collaboration and training.



For further details contact: Luisa Cescutti Butler, Senior Lecturer, Lansdowne Campus. LCButler@bournemouth.ac.uk

Working with midwives at the Karolinska Institute in Sweden

For many years a teaching exchange has taken place between the midwifery team at the Karolinska Institute in Sweden and the midwifery team at Bournemouth University. These visits help to sustain effective international links, a cross pollination of ideas in regards to research and enquiry, and enable the midwifery team to retain an outward facing demeanour to contemporary care of women during childbirth.

This year a midwife teacher, Helena Lindgren, and a Phd student, Malin Edqvist, came to Bournemouth for 5 days in April. Unfortunately their visit coincided with the Easter break, a situation which could not have been avoided. Nevertheless, the visit was a stimulating reciprocal exchange of ideas and information. The Swedish midwives did have the opportunity for some social time with the midwifery team, but they also had a full itinerary of visits including: a visit to the joint diabetic clinic in Yeovil and another to the joint Breast feeding/Chiropractic clinic in Bournemouth. During these visits they interacted with our students, but also provided lunchtime lectures for students and staff at both campuses (Bournemouth and Portsmouth). We were all provided with an insight into maternity care in Sweden along with lots of statistical information around mode and place of birth. Susan Mant (Senior Lecturer, Lansdowne Campus) and Sara Stride (Practice Educator, Yeovil) are visiting Sweden in May.

For further details contact: Susan Mant, smant@bournemouth.ac.uk



Supervision of Midwifery Conference: Collaborative Working and Leadership

In January Bournemouth University represented by Jen Leamon in partnership with SAMO's officers Suzie Cro and Helen Pearce and with the support of Bournemouth University's administrative staff co-ordinated a study day for the professional development of Supervisors of Midwives (SoM's).

The day was attended by 120 SOM's from over the south coast and north to the M4 corridor. Those attending positively reviewed presentations including: the voices of women working collaboratively to enhance care, believing in women and midwives, collaborative research in developing practice, the emergent NHS architecture including the DoH 6 C's, motivational interviewing, supporting midwives to support women, the aging midwifery workforce, defending decisions as a witness and LSAMO update.

Both LSAMO's have indicated their aspiration that further collaborative conferences are undertaken with BU.

For further details about midwifery supervision or future conferences contact: Dr Jen Leamon, Senior Lecturer, Lansdowne Campus:



Midwifery in Hoima, Uganda

In June Susan Tully a Senior Lecturer in midwifery and six BU students will travel to Hoima, Uganda to experience midwifery practice in a low income country. The aim of the visit is four-fold:

- to experience working as a midwife in a developing country at first hand;
- to support six BU student midwives (with two other midwives) on their Elective;
- to teach in the School of Midwifery;
- and to explore creating a formal link or Partnership between BU and the local Midwifery School.

The trip is funded through a BU Fusion Investment Fund (Staff Networking and Mobility strand). Several of the students have also won funding from the BU Global Horizons Fund.

For further details about this midwifery visit contact: Susan Tully, Senior Lecturer, Portsmouth Campus:
stully@bournemouth.ac.uk

Rewriting the curriculum

The Midwifery academic team are currently immersed in the review of the undergraduate pre-registration midwifery curriculum. To date, this process has involved consultation with our clinical colleagues, user representatives, the strategic partners, commissioners and students. We are exploring how to maintain what we know is strong and well-reviewed within the existing curriculum while embracing new challenges and evidence which inform women's experience of care, midwives practice including.

Along with this undergraduate activity will be the innovation for the 2014 cohort to include a route for existing graduates to undertake a preparation for midwifery practice at Masters level linked to a post graduate award.

For further details contact:

Dr Carol Wilkins, Senior Lecturer, Portsmouth Campus CWilkins@bournemouth.ac.uk
Debbie Houghton, Senior Lecturer, Lansdowne Campus: DHoughton@bournemouth.ac.uk

**PhD studentships:
Partnership enables midwives to
combine clinical practice with a
research role.**

For many clinicians undertaking a PhD means choosing to either give up clinical practice for a period of time or studying on top of an already demanding full time job. Now a partnership between the Centre for Midwifery, Maternal & Perinatal Health (CMPH) and Portsmouth Hospitals NHS Trust (PHT) is making it easier for midwives to undertake a doctorate while still maintaining their clinical skills. The team has developed a novel studentship that will allow midwives to combine clinical practice with a research role, working across Bournemouth University (BU) and PHT. The studentships will run for 4 years and students will spend two days per week working as a midwife in clinical practice and 3 days per week working on their PhD research studies. In addition to benefiting the individual midwife, these studentships are intended to build research expertise in the clinical area.

CMPH is currently offering three matched-funded PhD studentships for midwives, which will begin in September 2013. The studentship topics have all been designed in response to identified clinical needs within PHT and so the projects will have direct relevance for practice. The three projects for 2013 are:

- **My Birthplace** - an evaluation of a Smartphone or tablet application (app) to improve the decision making process for women and their partners.
- **Student Midwife integrated Learning Environment (SMiLE)** - an evaluation of a student-led postnatal clinic/postnatal hub at PHT.
- **Obesity in pregnancy** - a mixed methods study to determine the optimal way to deliver specialist services for pregnant obese women.

These PhD studentships are an exciting development in doctoral education at BU. The studentships offer a more flexible option for clinicians wishing to maintain their clinical skills and will facilitate stronger links between the University and NHS Trusts. In addition, combining quality research training with a project that matches local clinical needs will ensure that the research will have direct impact in the future.

For further details about these studentships contact: Professor Vanora Hundley, Lansdowne Campus. vhundley@bournemouth.ac.uk

**Midwifery lecturer nominated for
Health and Care Champion Award.**

Midwifery lecturer, Sara Stride, has been nominated for the Western Gazette Pride Awards in the Health and Care Hero section. The awards celebrate the good work undertaken in Somerset in various categories including Sporting Hero, Services Hero and Charity Champion.

Sara was nominated by two BU student midwives, Katey Riggs and Lorraine Telfer. Sara said "I feel very honoured to have been nominated by our students. In the nomination they said I was inspiring a new generation of Midwives which is very touching.

Unfortunately Sara was pipped to the post by 85-year-old Sherborne nurse Nancy Pollard who won the award. Nancy's career has spanned six decades and she still works in a care home for the elderly. She said: "I am thrilled to win and very proud to receive this. I just want to make sure that elderly people are cared for with the dignity and respect they deserve."

Funding

ERASMUS funding to attend Karolinska University in Sweden to take forward a project related to group antenatal care - Sue Mant and Sara Stride

ERASMUS funding to attend University of Ljubljana, Slovenia to explore the possibility of a course on examination of the newborn – Luisa Cescutti Butler

International Midwifery Fellowship – Wellbeing of Women – Lesley Milne, Edwin van Teijlingen, Vanora Hundley & Padam Simkhada

BU Fusion Investment Fund (Staff Networking and Mobility strand) - Susan Tully for a midwifery visit to Hoima, Uganda to explore creating a partnership with the local midwifery school.

PhD Studentship University of Surrey - Wendy Marsh

Portsmouth NHS Hospitals Trust & BU – three matched funded PhD studentships – Gill Walton, Greta Westward, Vanora Hundley, Edwin van Teijlingen, Sue Way, Catherine Angell, Carol Wilkins, Maggie Hutchings, Debra Bick

Denyse King - Writer in Residence for Portsmouth libraries.

Publications

2013

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- Hundley (2013) Early labour - should we be telling women to stay at home? *MIDIRS Midwifery Digest* (in press)
- Leamon J. & Ireland. J (2013) Parting the clouds: a vision of supervision of midwifery *The Practising Midwife* 16(1):12-14
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- Angell, R.J. and Angell, C. (2012) More than just 'snap, crackle and pop': Outlining 'DWT' as an innovative method for research with younger children. *Journal of Advertising Research* (accepted – in press)
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- Hundley V, et al. (2012) Are birth kits a good idea? Systematic review of evidence. *Midwifery* 28: 204-15.
- Leamon J. (2012) I am here: reflective learning and a poem about a midwife, mother and a baby. *Essentially MIDIRS*. 3 (2) 46-49.
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Spotlight

Midwives' perceptions and experiences of engaging with child protection work by Wendy Marsh

I qualified from BU as a registered midwife (RM) in 2005. I worked for several years, in a variety of clinical settings in the UK before accepting a six month post as a case loading midwife in Western Australia.



On my return to the UK, I embarked upon my PGCE and commenced my role here at BU, as a Lecturer/Practitioner in Midwifery. My passion for education and personal development saw me go on to study and successfully complete, my MSc in Professional Practice earlier this year, once again at BU.

My research focus was to identify the current state of knowledge around the effect of using hypnosis for reducing the requirement of pharmacological methods of pain relief in labour. The completion of my also MSc coincided with a successful application for a six month period of internship, awarded by the NIHR. The NIHR internship provided me with protected time away from clinical practice and invaluable mentorship from an inspirational and experienced researcher.

This opportunity was pivotal in equipping me with the essential skills to secure a fully funded PhD studentship that commenced in April of this year. My PhD will study aims to explore midwives perceptions and experiences of engaging with child protection work and the emotional and physical consequences to them of doing so. It will explore what women perceived their experience to be and ultimately "what was missing" to help support them. The next three years look exciting and I look forward to keeping you updated with my progress.

For more information contact
wmarsh@bournemouth.ac.uk

Listening to women: an exploration of women's experiences of being part of a student midwife's caseload during their childbearing journey by Stella Rawnsdon

Stella Rawnsdon

My PhD study aims to hear women's personal stories to develop an understanding of how being part of a student midwife's caseload may have impacted on their childbearing experience. In



2009, the Nursing and Midwifery Council required institutions providing undergraduate midwifery education in the UK to have a strategy for students to gain experience of providing continuity of care for women throughout their childbearing journey via caseload practice.

Currently, no formal research into women's experiences of this approach to student involvement in their care has been undertaken. Utilising qualitative methods, my study follows women's experiences of continuity of care provision from a student midwife (supervised by a qualified midwife) throughout pregnancy, birth and the early days of parenting. I am interested to hear women's stories of how they develop and maintain relationships with the student, how they report the care provided in relation to their holistic needs and aspects of significance as identified by the women. The study proposes to recruit 6-8 women who will be interviewed using a semi-structured approach. Women's stories will be sought on three occasions; twice during pregnancy and once in the postnatal period. Data will be analysed using interpretive approaches within a narrative inquiry framework to identify themes of significance to the individual women within the study, and the women as a group.

For more information contact
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Maternal and Childhood Obesity (MaCO)

In a new online video Denyse King talks about the BU online resource for health professionals to learn about obesity. You can see the video at:
<https://wessexhiecpartnership.org.uk/wires/video-series/public-health/>
For further details about MaCO contact: Denyse King, Senior Lecturer, Portsmouth Campus. dking@bournemouth.ac.uk



Congratulations

Congratulations to Rachel Arnold, Luisa Cescutti-Butler, and Stella Rawnsdon who have successfully completed their PhD transfer vivas. Good luck to Jane Fry and Liz Davey who have their transfer vivas scheduled in the coming months.