

Introduction

Welcome to the Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter where we share with you news and activities that are currently being undertaken by staff, students and visiting faculty. In this issue you will notice particularly the links we have been making between maternity care and public health especially in relation to nutrition.

We would like to welcome several new members to the Centre, Dr Simon Dyall, Isabell Nessel and Dr. Fotini Tsofliou. Their research interests include dietary intake of very pre-term infants, peroxides (fatty acid degradation products) in preterm formula milk as well as diet patterns, stress factors and maternal obesity. Further detail about their projects can be found on page 2. The Newsletter continues with a nutrition interest reporting on the work of Denyse King and her collaboration with Health Education England in relation to childhood obesity (see page 5).

The Centre continues to be active in Nepal, with Prof Vanora Hundley having the opportunity to meet with nurses and midwives to discuss Continuous Professional Development (CPD) in Nepal. Prof Edwin van Teijlingen also participated in several events in Nepal as well as in India, the latter as part of BU's Global Festival of Learning-India 2017. Further information about the work can be found on pages 6.

Congratulations to Dr Jane Fry who has achieved her doctorate: *Independent midwives' experiences of utilising intuition as an authoritative form of knowledge in practice, a descriptive phenomenological study*. Independent midwifery is also a feature of one of our PGR students, Michelle Irving and further details about her research can be found on page 3. I hope you find the articles in our newsletter interesting to read.

Susan Way, Associate Professor

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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:

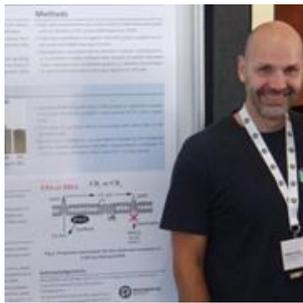
Dr. Susan Way, Prof. Edwin van Teijlingen, & Prof. Vanora Hundley

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Research: CMMPH welcomes several new members

Dr. Simon Dyall



I am very excited to be joining CMMPH, and thought it would be helpful to give a brief overview of some of the work my lab is doing. We explore the role of bioactive lipids across the lifespan and following neurotrauma, although recently we have been focusing more on the perinatal period. This interest grew from a collaboration with Dr Laura De Rooy, Consultant Neonatologist at St. George's Hospital Neonatal Unit, London, where we identified that extremely preterm infants receive very low dietary intake levels of key essential fatty acids.

Since I joined Bournemouth in 2015, we have developed this work into a programme of studies led by a new collaboration with Prof. Minesh Khashu, Lead Consultant Neonatologist at Poole Hospital, Neonatal Unit and Visiting Professor at BU. Our general focus is on the role of inflammation and oxidative stress in the adverse health outcomes of preterm infants. We initiated this work with an audit of donor breast Milk Bank practices, in collaboration with Gillian Weaver, former President of the European Milk Bank Association and supported by the UK Milk Bank Association. The ultimate aim is to develop standardised best practice guidelines to protect and maximise omega-3 and -6 fatty acid levels. Although this is a UK based study, the results and subsequent guidelines will have international relevance.

We are also running a feasibility study to develop techniques to measure lipid peroxidation and inflammation in preterm infants. This is based at the University of Roehampton, in collaboration with Dr Guilia Corona, and Dr Thierry Durand, the Directeur de Recherche, Responsable Département Lipides, and his group at the Institute of Biomolécules Max Mousseron (IBMM), France.

We are also about to start a project based at Southampton University, in collaboration with Dr. Caroline Childs and Prof Graham Burdge. Here we are looking at new-born intestinal cells with the aim of better understanding oxidative stress and inflammation in conditions such as necrotising enterocolitis (NEC).

If anyone would like further information on any of these projects, please contact: sdvall@bournemouth.ac.uk

Isabell Nessel: PGR student

Isabell started her PhD last year at BU and is looking forward to joining CMMPH. Her work is supervised by Dr. Simon Dyall and Prof Minesh Khashu. Isabell is currently investigating approaches to increase the intake of the important omega-3 and omega-6 polyunsaturated fatty acids in the perinatal period of preterm infants. She is currently conducting a Donor Milk Bank audit in the UK and some of you might have seen her presentation about lipid peroxides (fatty acid degradation products) in preterm formula milk at the PGR conference this year. A second part of her PhD, a correlation of lipid peroxidation products and perinatal health of preterm infants, will be a laboratory and clinical-based study.



Dr. Fotini Tsofliou

CMMPH's research collaboration with University of Texas Health on Nutrition and Maternal Health



An exciting and promising collaboration has started in the research area of diet patterns, stress factors and maternal obesity between CMMPH's Dr Fotini Tsofliou, Prof Vanora Hundley, Prof Edwin van Teijlingen and Dr Rebecca Helmreich from UTHealth in the USA. The research builds upon Fotini's and Rebecca's complementary research expertise in Nutrition, Stress, Obesity and Maternal health.



The evidence shows that both unhealthy diet and stress amplify maternal obesity but the association between diet quality and stress is poorly understood. This project will enhance insight into the relationship between diet patterns and stress in order to inform the development of innovative, effective strategies of dietary behaviour change in women of childbearing age.

Our research team is currently co-developing with an MSc student (Nutrition & Behaviour) and SRA (student research assistant) a novel online survey for assessment of dietary patterns and their related psychosocial determinants in childbearing age women. The survey will be piloted in a cohort of nursing students during the summer. This survey forms the fundamental initial phase of a larger project and will inform a research bid application in the area of promotion of Mediterranean diet via an innovative app in maternal obesity.

You can contact Fotini on ftsofliou@bournemouth.ac.uk

Research in CMMPH

Wellbeing of Women grant: Updating the Understanding of Perineal Practice (UUPP) at the time of birth across the UK

The study is now in the final stages of completion and the findings will provide a timely insight into current perineal practice undertaken by midwives in the UK at the time of birth. The findings complement the Royal College of Obstetricians and Gynaecologists/ Royal College of Midwives (RCOG/RCM), "Third and Fourth -degree Tears Project" on perineal care. Further research will include a follow up survey following the roll out of the manual perineal protection technique care bundle. In addition, the research group has been invited to work with colleagues at the University of

PhD studentships

CMMPH has recently advertised two clinical academic doctoral studentships involving collaborations with Dorset County Hospital NHS Foundation Trust and University Hospital Southampton NHS Foundation Trust:

- i) Strategies & Training to Educate & Empower Midwives Assisting Pregnant Women Exposed to Domestic Abuse
- ii) Maternity Care Model on Birth Outcomes & Postnatal Care Experience of Mothers & Babies On Low Income

In addition, we have two innovative interdisciplinary, fully funded, three year studentships :

- i) Acute and chronic effects of slow paced breathing in women with pregnancy-induced hypertension
- ii) The Representation of Childbirth and Early Labour: A Multi-Modal Analysis of Media Discourses

We are always looking for new ideas. If you have any ideas for research and are interested in developing a proposal for a match-funded PhD studentship then please contact:

Prof Vanora Hundley: vhundley@bournemouth.ac.uk or Dr Susan Way: sueway@bournemouth.ac.uk



Spotlight on a PhD student: Michelle Irving

Independent Midwifery in the United Kingdom as Perceived by Independent Midwives

Since qualifying in 1997, I have mostly worked as an Independent Midwife. It is a style of midwifery which I have found incredibly rewarding and satisfying, providing respectful, family-centred midwifery care and focusing on the promotion and maintenance of health. Working in this way has meant that I have been able to practise autonomously, to the full extent of the midwifery role. Between 2002-2012 the Independent Midwives' Association (IMA) undertook a prospective data collection project, using a questionnaire to capture a wide range of data about each case from the antenatal, birth and postnatal periods. The data demonstrated that care provided by Independent Midwives resulted in better outcomes for mothers and babies compared with NHS statistics. The IMA study was unable to provide an explanation for how the outcomes were achieved and recommended further research be undertaken to determine the possible explanations. I have recognised over the years that there is little understanding amongst health care professionals of what is involved in practising as an Independent Midwife and thus resolved to contribute to the evidence about Independent Midwifery by undertaking my own research. This study aims to enumerate all the component parts of Independent Midwifery practice, by conducting intensive interviews with Independent Midwives, leading to a comprehensive depiction of all that is involved in providing such care. Data analysis to date shows complexity in the interaction and interdependence of numerous factors in the care provided by Independent Midwives. Having recently passed my transfer viva I am focusing on completing the data collection this summer, with the aim of submitting my thesis next summer.



PhD studentship with the Anglo European Chiropractic College

Welcome to Amy Miller who is undertaking a full-time, fully funded PhD studentship. Amy is a qualified Chiropractic and has recently been studying at the AECC. Amy's research title is *Can a combined midwifery and chiropractic intervention clinic enhance student education and improve breastfeeding rates?* The aim of the project is to evaluate the working and outcomes of the joint BU-AECC breastfeeding clinic in terms of perceptions of effectiveness among service users (women and their partners), practitioners and students.

Education in CMMPH

Visit to the University of Ljubljana, Slovenia

Sara Stride (Midwifery Lecturer Practitioner) and Associate Professor Susan Way travelled to the University of Ljubljana in Slovenia to extend education and research collaborations between the two universities. The trip was funded through BU Seedcorn funding and ERASMUS teaching mobility fund (British Council) to extend research and education collaboration between the two Universities. We received a warm welcome from the Head of Midwifery Education, Dr. Polona Misvek. Polona has previously visited Bournemouth University and has co-authored a number of papers with Professors Vanora Hundley and Edwin van Teijlingen. The Seedcorn funding enabled Sara to do a key note lecture to an audience of midwives, student midwives and midwifery lecturers. In attendance was also the CEO of the Nurses and Midwives Association of Slovenia, Anita Prelec. The lecture related to a recent project funded by the Wellbeing of Women charity where Sara was the Principle Investigator. The topic entitled, 'Updating the Understanding of Perineal Practice at the time of birth (UUPP Study)', was well received and generated many questions. We have also been able to agree with the support of Polona Misvek and Anita Prelec to repeat the survey element of the research with midwives in Slovenia.



Co-funded by the
Erasmus+ Programme
of the European Union



During the visit we presented a number of lectures/discussions with second and third year student midwives on topics such as midwifery education at BU, water birth, perineal care and midwifery practice at Yeovil District Hospital NHS Foundation Trust. One of our aims was to create links between student midwives at Bournemouth and Ljubljana. Members of the BU Midwifery Society are keen to establish a working relationship, and to exchange information about practice and education experiences. Student midwives in Ljubljana were really interested about the Society and are keen to establish something similar at their university.

Health, Leadership and Innovation: an innovative unit of learning combined with a creative assessment. Dr Jen Leamon explains:

Women's experiences of midwifery care and the context within which it is delivered is dynamic and evolving. Hence undergraduate preparation needs to be a creatively responsive to these changes. Health, Leadership and Innovation (HLI) unit is a new third year unit which draws on the student's reflective practice skills developed over the previous years through the medium of oral story sharing. The concept is based on my doctoral studies.

The ambition in this unit was to extend their oral skills of story sharing to the creation of digital stories, which would form part of the assessment. The learning included classroom sessions, self-managed learning from peers as well as experiential learning. Together, these learning experiences inspire the student in the development of their clinical leadership awareness and skills. Sharing the marking scheme in advance with students helps to ensure students' subjects are pitched at the appropriate level for their chosen audience. Students can demonstrate analytical skills in sharing a vision and the setting of priorities. Key to the digital story was a contemporary midwifery philosophy that had a coherent person-centred narrative that involved image, text and sound.



The HLI unit is delivered across two cohorts (Sept. & Feb.). Students have selected a wide variety of topics which reflected the spectrum of the everyday but extraordinary practice of midwives. Topics included: domestic violence, positions in labour, communication and maternal mental health, yoga in pregnancy, leadership and student midwives, breastfeeding, working with women who are deaf and many more. Students used their own digital equipment or other resources such as animated PowerPoint and software to create and record film, images and sound for their story. Students have shown extraordinary resilience in producing an assessment that for many was completely out of their comfort zone. They have demonstrated creativity and imagination that has brought the story sharing to life. Our ambition is to negotiate with students to enable us to share their work via CMMPH.

Success for PG Dip student midwives

A group of Postgraduate Diploma midwifery students in their third year submitted an abstract for the NET conference in September which has been accepted. It is based on their presentation for the Health and Wellbeing unit where they created an interactive 'monopoly-type' event around poverty. They are going to be presenting on 'Peer education in midwifery using an interactive board game experience'. **Congratulations!**

Practice in CMMPH

Denyse King and Health Education England on childhood obesity

The development of this project is outlined in the model below, which demonstrates how the two Apps were developed using a person-centred approach. The model worked by putting patients and the public at the centre of the development. Patients and the public were engaged through focus groups where insights were gathered to identify the challenges and issues to the problem. This fed into the design day working with behaviour specialists, education experts, childhood obesity specialists and public health experts to develop solutions to the issues and challenges identified by the research. These solutions were then tested further with the public, which informed the final structure and functions of the App. Following this, topic experts from the Project Collaborative were identified to provide the governance, steer and topic expertise for the content of the Apps, which was then tested out with patients and the public before the content was finalised. Schools in England were invited to enter a 'Name the Apps' competition, and the winner will be chosen by the end of April. The project is currently in the final development phase where the content will be used to produce the Apps, will be available to download for free, for use by the public and health professionals in Sept. 2017.



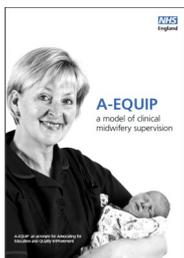
Wendy Marsh: Post Doctoral Research

In the May 2016 Newsletter we shared with you that Wendy Marsh had recently completed her doctorate with Surrey University and her research focused on the psychological and emotional needs of women, who experienced their baby being removed at birth, or shortly after and that of the midwives that provide care for them. The insight gained has enabled current care provision to be assessed, challenged and in turn best practice, education & training developed, so that midwives may learn and add to their own knowledge base in this area. As a result of her work Wendy has been awarded a Health Education England (HEE), National Institute for Health Research (NIHR) grant to enable her to have time, space and academic support to continue this work. Benefits of this award also include being able to consolidate and extend my current learning, disseminate my research and access further guidance, mentoring and support to develop post-doctoral research opportunities and funding. Wendy intends to use this award to work up a post-doctoral proposal to undertake further research in this area.



Advocating and educating for quality improvement :(A-EQUIP)

NHS England have recently published their vision of the new model of [clinical supervision of midwives](#) that replaces the statutory function that the Local Supervising Authorities had up until March 2017. The A-EQUIP (an acronym for advocating and educating for quality improvement) model supports a continuous improvement process that aims to build personal and professional resilience of midwives, enhance quality of care for women and babies and support preparedness for appraisal and professional revalidation. The term 'supervisor of midwives' in England will change to Professional Midwifery Advocate. The Department of Public Health and Health Sciences in the Faculty are keen to work with practice partners to support the development and delivery of a bridging programme for already qualified supervisors of midwives to take on the role of PMA as well as offer a programme for midwives with no previous statutory supervision experience. For further details please email Sara Stride, sstride@bournemouth.ac.uk or Jen Leamon, jleamon@bournemouth.ac.uk.



A study to evaluate the introduction of PHYSical Newborn Examination (PHYNE) knowledge and skills to pre-registration student midwives

Luisa Cescutti-Butler is the Principle Investigator for this project, which aims to evaluate the impact and effectiveness of offering physical newborn examination knowledge and skills to pre-registration student midwives. A focus group with current 3rd year students who have been exposed to the theoretical and some practical elements of Examination of the Newborn Programme (EXON) throughout their course will be undertaken alongside a survey of qualified midwives who completed EXON as an extracurricular activity. Results are anticipated to feed into the development of the new undergraduate curriculum.

Conference Presentations

CPD in Nepal

Prof. Vanora Hundley had the opportunity to meet with nurses and midwives to discuss Continuous Professional Development (CPD) in Nepal. Speaking from recent personal experience she highlighted the importance of CPD in saving lives. At the moment nurses in Nepal can stay registered for decades without any evidence of updating their knowledge or recent work experience. A team from Bournemouth University, led by Prof Edwin van Teijlingen, has been conducting interviews with a range of nurses from government and private hospitals as well as stakeholders in the government and nursing and midwifery organisations to identify training needs. CMMPH are collaborating on this project with Liverpool John Moores University as well as Manmohan Memorial Institute of Health Sciences in Nepal. This work will support the Nursing Association of Nepal and the Nepal Nursing Council to lobby for legislation to support CPD.



CMMPH staff working with colleagues in Nepal.



The 15th BNAC (Britain Nepal Academic Council) Nepal Study Days was held 12-13 April at Bournemouth University and attended by colleagues from across the globe. It included a poster on the THET-funded project and Birthing Centres in Nawalparasi. The latter presented by CMMPH PhD student Preeti Mahato (see photo). Then it was off to India where Prof Edwin van Teijlingen participated in BU's Global Festival of Learning-India 2017 presenting a paper on Nepali migrant workers: trials & tribulations at Symbiosis School for Liberal Arts in Pune and at the India Habitat Centre in the capital Delhi. The session offered insight from various studies on Nepali migrant workers conducted by Bournemouth University staff and students.

Next, three dissemination events in Kathmandu: i) Primary Healthcare Workshop '*Delivering Primary Health Care in hard-to-reach areas of Nepal: Opportunities & Challenges*'; ii) Presentation of evaluation of the CPD programme to Nepal Nursing Council & Nursing Association Nepal; THET-funded project on *Mental Health Training for Rural Community-based Maternity Care Workers in Nepal*. The session was jointly organised by Tribhuvan University with Bournemouth University and Liverpool John Moores University.

Finally a three session training event for nurses in Kathmandu. The international team comprised Dr Andrew Lee from the University of Sheffield (photo), Dr Bibha Simkhada and Prof Padam Simkhada from Liverpool John Moores University, and Prof Edwin van Teijlingen.



CMMPH represented at the 5th European Midwives Association Education Conference

The conference was held this year in London and attended by HRH The Princess Royal. Presentations from CMMPH colleagues ranged from developing a common framework for assessing practice and innovative on-line education approaches, to dignity and care in pregnancy and childbirth and how evidence is utilised in practice.



The human rights & needs of disabled women during pregnancy and childbirth

The National Maternity Services Review highlighted the importance of personalised maternity care that is woman-centred, and offers access to appropriate information and care for all women. However, a recent study, part-funded by the human rights charity Birthrights and undertaken by researchers in Bournemouth University, Dr Jenny Hall and the University of Liverpool, heard women describe difficulties with a lack of consistency of carer, and the fact that they were not being listened to. In particular women identified that maternity care providers lacked knowledge of disability. In contrast, women who felt that they were supported by someone seen as an expert in their condition reported building a positive relationship with their care provider.

A Consensus for Practice Forum was held on Friday 26 May 2017 discussing the findings and identifying how maternity care providers, in light of the Maternity Transformation programme, can best meet the needs of disabled women to protect women's dignity and rights, particularly within the context of ever-increasing demands on staff and resources.

Congratulations, news and events

Congratulations to Dr Jane Fry

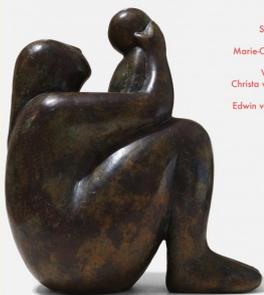
Independent midwives' experiences of utilising intuition as an authoritative form of knowledge in practice, a descriptive phenomenological study-my doctoral thesis

Jane says, I undertook my PhD viva on the 29 November 2016 which whilst nerve wracking was an enjoyable experience. I was awarded it pending corrections which were reviewed and accepted 2 weeks later. Having worked all my summer holidays to complete the thesis the relief was immense. Post PhD I have presented findings at the ATBH interprofessional education conference in Oxford and have had my first article accepted for publication in the Indo-pacific Journal of Phenomenology. This is a methodological paper concerning undertaking a literature review in a phenomenological study. I am now looking forward to writing week in the hope of writing my first subject paper and have joined my first supervisory team. None of this would have been possible without my wonderfully supportive and knowledgeable supervisory team: Prof Todres, Associate Prof Janet Scammell and Dr Sue Barker.



New book published 2017

**NEW THINKING ON
IMPROVING
MATERNITY CARE**
International Perspectives



Edited by
Sarah Church
Lucy Frith
Marie-Claire Roboam
Marie Berg
Valerie Smith
Christa van der Walt
Sao Downe
Edwin van Teijlingen

"*New Thinking on Improving Maternity Care* is the result of years of comparative international research, with the goal of finding and generating the best possible evidence across a range of childbirth practices, contexts, and issues in Europe. There is a general shift towards a more risk-averse approach to childbirth globally, but this is occurring at different rates in population attitudes and in use of childbirth technologies, in different countries. The drivers to such changes can also vary from country to country, but the clinical, social and economic consequences are similar.

This book offers a new set of theories to help explain the nature of maternity care provision across Europe and beyond, including complexity theory, salutogenesis, and new concepts of organisational culture. The aim of the book is to examine the nature of these theories, and to apply them to a range of practical situations in a number of different countries. A book that will become required reading for European maternity professionals."

International Day of the Midwife: 5 May 2017

CMMPH celebrated the International Day of the Midwife by [publishing on-line](#) a number of poems that students had composed as part of their story sharing sessions. Storytelling is an integral part of the undergraduate midwifery curriculum at Bournemouth University and offers students an opportunity to hear and learn from each other. The stories are often powerful and bring mixed emotions to the classroom, from laughter to tears. Well done to Leanne Hazelwood, Kirsty Taylor, Jodie Smith, Claire Price and Georgia Boulding.

CMMPH Away Day

The 12th December saw CMMPH members, including Visiting Faculty come together for a day of sharing. Dr Sheena Byrom, as well as teaching the undergraduate students in the morning, also shared her thoughts around the opportunities and challenges of using Social Media to get a message 'out there'. Prof Minesh Khashu followed this up with a presentation entitled, 'making health a social movement'. A number of our Post Graduate Students joined us and each were challenged to talk about their research in three minutes, known as 3MPs (three minute presentations). The afternoon was led by the University Research & Knowledge Exchange Office (RKEO), who ran a Sand Pit event where ideas for future research were explored.



2017

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Thank you to all contributors. If you have a story linked to the CMPH 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