

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 gives me great pleasure to include in this edition, a section on Sheena Byrom OBE, who was awarded an honorary doctorate from BU for her contribution to midwifery and maternity care.

Since the last newsletter in May we have been witness to a referendum that will take the UK out of the European Economic Community. The impact this will have on higher education is uncertain, with much speculation about student freedom of movement, recruitment and course fees as well as research funding and collaboration with European partners. Many of these challenges will also be faced by our NHS partners particularly in relation to the health and social care workforce.

Collaboration is as important as ever to ensure we have an appropriately educated and skilled workforce, delivering high quality evidence based care to women, and their families. Information within this newsletter is a testament to that collaboration, showcasing the excellent work being achieved in education, practice and research. On page six you will see two members of CMMPH achieving their doctorate, Alison Taylor and Rachel Arnold. We also welcome two clinical colleagues from Poole NHS Foundation Trust, Stephanie Grigsby and Susara Blunden who have both been awarded postgraduate internships by Health Education England/National Institute for Health Research which they are undertaking supported by BU and the Wessex Deanery. We have a record number of abstracts accepted at international conferences as well as continuing to contribute to professional and academic journals.

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.

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Research in CMMPH

BU's Clinical Academic Doctorates; an example of good practice in new official guidance

The Association of UK University Hospitals (AUKUH) has released new guidance, [Transforming healthcare through clinical academic roles in nursing, midwifery and allied health professions: A practical resource for healthcare provider organisations](#), aimed at NHS organisational leads with the responsibility for developing and embedding clinical academic roles for nursing, midwifery and allied health professions.

Clinical academics serve as a crucial connection between the NHS and universities, working to train future generations of healthcare workers while engaging in research which can improve outcomes for patients and help increase efficiency.

The guide contains practical information, case studies and templates. One of the case studies highlighted is BU's innovative clinical academic doctorates. The pragmatic four-year clinical doctorate model enables midwives and nurses to remain in practice while conducting a piece of research to meet clinical priorities. The model originated for midwives in Portsmouth Hospitals NHS Trust, where we have eight fellows, and has now been adopted by the Isle of Wight NHS Trust, University Hospital Southampton NHS Foundation Trust, Poole Hospitals NHS Trust and Dorset County Hospitals NHS Trust (Way *et al.*, 2016). The model is also being extended to other disciplines, with our first nurse fellow at Royal Bournemouth and Christchurch Hospitals NHS Trust.



Abstract acceptance:

Members of CMMPH have been successful in having a number of abstracts accepted for international conferences, 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.

EMA abstracts include:

- i) Grading Practice: A common framework to aid consistency and parity across midwifery education programmes in the UK, Fisher M and **Way S**
- ii) Dignity and care in pregnancy and childbirth: Educating student midwives, **Hall J** and Mitchell M I
- ii) The BRIEF randomised trial: do Cochrane summaries help midwifery students understand the findings of Cochrane systematic reviews? Alderdice, F and **Hundley, V**
- iv) UUPP study: Updating the understanding of perineal practice at the time of birth across the UK, **Stride, S, Hundley, V, and Way, S.**
- v) Promoting physiological birth in Malta: reflection on an educational project: poster presentation with three midwifery colleagues from Mater Dei Hospital, Malta: Poster **Hall J** and Maltese midwives



Interns Stephanie Grigsby and Susara Blunden

CMMPH is delighted to host two interns as part of the Health Education England/ National Institute for Health Research scheme. Steph Grigsby and Susara Blunden are midwives at Poole Hospital NHS Foundation Trust. Steph is the Research Midwife, whilst Susara works clinically on Delivery Suite. They have both been awarded postgraduate internships by HEE/NIHR, which they are undertaking supported by BU and the Wessex Deanery.

Steph worked with colleagues to introduce aromatherapy into the Haven Birthing Suite in 2012 and completed a service evaluation which indicated a reduction in the transfer rate for low risk augmentation. She then developed a study proposal examining the efficacy of aromatherapy for women experiencing delay in labour and is applying for funding.

Steph's internship study is looking at the views of the multi-professional team within Poole with regard to the proposed study methodology. The data collected through the survey will add to the PPI work already completed to ensure that the future study is acceptable to women and staff.

Susara's research involves reviewing literature around the risks of consuming and avoiding food and drink during labour for women on all care pathways and women's experiences surrounding this. National and local guidelines/policies on nutrition in labour will be collated and analysed after contacting all UK maternity facilities. Healthcare professionals directly involved in labour care at Poole will be asked to complete an anonymous survey regarding their practices, sources of guidance and opinions around eating and drinking in labour.

Susara's aim is to generate evidence to highlight best practice surrounding nutrition in labour. This has the potential to change local/national guidelines and will identify areas of further research.

Education in CMMPH

Higher Education Academy Fellowships

Congratulations to Dr Jenny Hall, Susan Mant, Dr Susan Way and Dr Carol Wilkins on being awarded HEA Senior Fellowships. HEA Fellowship is an international recognition of a commitment to professionalism in teaching and learning in higher education and demonstrates that practice is aligned with the [UK Professional Standards Framework \(UKPSF\)](#). -



News from Nepal



The CMMPH project training community health workers such as Auxiliary Nurse Midwives (ANMs) in Nepal on mental health issues related to pregnancy lead to a new publication and presentation at the Royal College of Midwives (RCM) conference. The latest paper based on our THET (Tropical Health & Education Trust) project appeared in an Open Access journal in Nepal. [Simkhada et al. 2016 see page 8 Newsletter] Whilst BU Visiting Faculty Jillian Ireland presented a poster at the RCM conference in Harrogate. Jillian is a community midwife at Poole Hospital NHS Foundation Trust. Our THET partnership includes Tribhuvan University's (TU) in Nepal, BU and Liverpool John Moores University (LJMU). This project is funded under the Health Partnership Scheme (HPS). HPS funds training and capacity-building projects in low-income countries, such as Nepal. HPS is funded by the UK Department for International Development (DfID).

Childhood Obesity: NHS Health Education England Commissioned Project

Denyse King is currently working on a childhood obesity related project, which has been commissioned by Health Education England. The content is to teach and support healthcare workers and professionals in dealing with families where there are overweight or obese children. This will be developed into a mobile learning device and made available for free to all healthcare workers and health care professionals from early next year with a twinned device for the families to use. The prototype is currently out for testing at this time.

Professor Edwin van Teijlingen is a steering committee member for this project in a public health governance capacity.



RCM Webinar

In October, Professor Vanora Hundley and Dr Susan Way presented the format of the PhD clinical academic doctorate via a webinar hosted by the Royal College of Midwives. A number of midwives from across the UK listened to the presentation and then asked questions about the impact and implications of the doctorate format. It was well received and the presentation can be viewed using the following link:

<http://betterbirths.rcm.org.uk/resources/bringing-research-and-clinical-practice-together-for-study-and-work/>



Stories from the Czech Republic: presented by Midwife Eva Hendrych Lorenzova



In October, student midwives and midwifery staff attended an inspiring session on 'Midwifery in the Czech Republic' The session was very well attended and generated comments in the class room as well as on twitter. The presenter, Eva Hendrych Lorenzova, is a midwifery lecturer who is trying very hard to introduce community midwifery in the Czech Republic, a country very much dominated by a medical model and high-tech hospital-based maternity care. Eva is here on a STSM (short term scientific mission) which is part of an EU-funded COST Action project. Over the past five year periods four different midwives from Continental Europe have come to Bournemouth University as part of the STSM. Eva is the fourth one, and with Brexit most likely to be the last on this EU scheme!

Eva also visited a number of local maternity units to see community midwifery, UK style, first hand.

Practice in CMMPH



In our last newsletter we reported that Wendy Marsh, named midwife for safeguarding at Portsmouth NHS Foundation Trust had secured funding from the Bournemouth University Care and Service Users Partnership to develop a teaching resource aimed at health and social care staff and students to raise the awareness of women who have had their babies removed at birth. The video is based on the findings from Wendy's PhD and includes many of the photos she collected over this time. I am pleased to report that the resource is now freely available at the [BU website](#) and is well worth watching.

Postpartum role of fathers and mental health

There are two growing areas of interest in UK maternity care; namely, the postpartum role of fathers/ partners; and mental health issues in pregnancy and childbirth. There is increasing recognition that we are not doing as well as we could in providing mental health support to pregnant women and new mothers (e.g. RCM 2014). In the light of these developments, there are on-going discussions between midwifery colleagues in CMMPH and in the NHS to develop research in this important area of work. This evaluative and/or exploratory research can be qualitative or mixed-methods in its nature.

Further updates will be provided as the project progresses.

The Human Rights & Dignity Experience of Disabled Women during Pregnancy, Childbirth and Early Parenting: Interim Report September 2016

It has been reported in previous newsletters that members of CMMPH are undergoing a project with Birthrights, the pregnancy and birth human rights charity, around exploring the dignity and human rights experiences of women with disability. A multidisciplinary team, comprising of Dr Jenny Hall, Professor Vanora Hundley and Jilly Ireland from CMMPH, with Bethan Collins from Liverpool University have been working together on the 2-phase project. The first phase of the study aimed to identify the health experiences of women in the UK and Ireland with physical or sensory impairment during the pregnancy continuum through an online survey. A follow-up qualitative study is underway to establish in-depth views and experiences of human rights and dignity in maternity care of a group of women who have chosen to participate from the first study.



The Interim report outlining the results from phase 1 can be found on the CMMPH web site. The study identifies that, though most women were satisfied with the maternity care they received, there were challenges with the dignity of their care. These included lack of continuity of carer, not being listened to which reduced their choices and control; lack of respect of their rights feeling they were treated less favourably because of their disability and more than half (56%) felt that maternity care providers did not have appropriate attitudes to disability. Accessibility to services was also highlighted as poor, in some situations.

The themes from the study resonate with the findings of the recent maternity services review (National Maternity review 2016), which highlighted the importance of personalised care, that is woman-centred, with opportunity for choice and control, and continuity of carer for everyone. The BU study has identified that women with disability require this model of care as essential to meet their needs.

PhD studentship with the Anglo European Chiropractic College

Congratulations to Dr Alison Taylor, Dr Susan Way and Prof Edwin van Teijlingen in their recent success in securing a three-year PhD studentship with AECC: '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.



Conference Presentations

Altogether Better Health VIII. The global interprofessional practice and education conference, symposium in Oxford: Jane Fry

ATBH conference events are a platform where practitioners, service users, teachers, managers, policy makers and researchers compare perspectives, exchange experiences and pool resources in response to needs everywhere to effect change, enhance quality and improve safety in care for individuals, families and communities. This year it was held from the 6-9th September hosted by Oxford Brookes University, Oxford University and CAIPE.

Jane presented with Bournemouth University colleagues Dr Maggie Hutchings and Dr Janet Scammell. The title of their symposium was *Agency, connectivity and humanisation for fostering and sustaining caring practice*.

The symposium invites participants to consider what it takes to enact and sustain the praxis of humanising care in being professional', by focusing on different facets of a conceptual values based framework for humanisation, used as a touchstone, template, and roadmap to guide professional interprofessional and transprofessional caring practice.

Jane is also currently involved in a filming project with Dr Vanessa Heaslip to capture Les Todres (BU) scholarship on phenomenology.



Televising Childbirth

Professor Vanora Hundley has been invited to participate in a seminar series about 'Televising Childbirth' at the University of Nottingham. Hosted by the Maternal Health and Wellbeing Research Group and Health Humanities, the seminars are part of a collaborative Wellcome-funded project that brings together media and health sciences scholars to discuss the ways in which childbirth is represented on television. Speakers from across the arts, humanities and health sciences.

Vanora will speak on "Changing the Narratives around Birth; Midwives' views of working with the media". This is a collaborative study with BU's Faculty of Media and Communication, which has explored how midwives perceive and interact with the media. We anticipate that the findings will be ready for publication at the end of the year.



2nd International Spirituality in Healthcare Conference 'Nurturing the Spirit': Dr Jenny Hall



On the 23rd June 2016 Jenny attended the above conference and gave an oral presentation *Spirituality and spiritual care in childbirth: views of experienced UK Midwives*. Jenny also presented as part of a multinational, multiprofessional group from Trinity College Dublin and Universidade Católica Portuguesa, Lisbon, Portugal: *The spiritual journey of infertile couples: discussing the opportunity for spiritual care*.

On the right of the picture is Jean Watson and other attendees at the conference.

Wessex Obstetric Anaesthetists' Annual Scientific Meeting

Professor Vanora Hundley presented at the WOA annual scientific meeting on papers that might change practice. The session, which also included presentations from a consultant anaesthetist (Dr James Eldridge) and a consultant obstetrician (Dr James Hounslow), aimed to get the audience reflecting on current practice and exploring the latest research evidence. It was well accepted by the multi-disciplinary audience of midwives, obstetricians and anaesthetists from across Wessex.



Congratulations, news and events

BU Festival of Learning, July 2016



The Centre for Midwifery, Maternal & Perinatal Health (CMMPH) took part in the Festival of Learning by debating the motion: “*Advising pregnant women to avoid drinking alcohol during pregnancy is symptom of the Nanny State and another step towards the medicalisation of childbirth*”.

Faculty of Health & Social Sciences’ Liz Norton and Edwin van Teijlingen, affiliated with CMMPH, argued in favour of the motion. Donna Wixted, joint Bournemouth University (BU)-Portsmouth Hospitals NHS Trust, doctoral student and Greta Westwood of Portsmouth Hospitals NHS Trust and the University of Southampton argued strongly against the motion. The exciting debate was chaired by Vanora Hundley Professor of Midwifery in CMMPH. The content of the debate has been accepted for publication in the December edition of MIDIRS.



Congratulations to: Sheena Byrom: Honorary Doctorate

Alongside Bournemouth University’s midwifery and other health and social care students who graduated in November’s ceremony, BU honoured prominent midwife Sheena Byrom OBE with an Honorary Doctorate for her services to the profession. Sheena gave an inspiring speech at Graduation. Sheena said, “If they can keep in their hearts the passion and the drive they had when they first came to the university, it will help them to be more resilient and keep them motivated towards what they want to do. Healthcare is a blend between love and science and both are equally important. In practice, it is key that they have the skills, but the things that makes the difference are love and compassion.” Sheena Byrom is one of the UK’s most experienced midwives and she is passionate about promoting and protecting midwifery practice. She is an accomplished academic and author, and has served on a number of national strategic groups including the government’s Midwifery 2020 Steering Group, and the NICE Guideline Development Group for postnatal care.



Alongside Sheena two students from the Centre of Midwifery, Maternal & Perinatal Health (CMMPH) graduated with a PhD in Midwifery. Dr. Alison Taylor received her PhD for her qualitative research on breastfeeding. Her thesis is entitled ‘*It’s a relief to talk: Mothers’ experiences of breastfeeding recorded on video diaries*’. Dr. Rachel Arnold was awarded her PhD for her research *Afghan women and the culture of care in a Kabul maternity hospital*.

Congratulations to PhD students:

Dominique Myeloid, Susan Mant and Debbie Houghton, Carolyn Richardson and Preeti Mahato on their successful transfer viva. They have now officially joined the doctoral route enabling them to carry on with their research, The title of their research studies are:

- i) Dominique: Can using a birth ball in the latent phase of labour reduce pain perception and obstetric intervention?
- ii) Susan: Exploring the experiences of newly qualified sign-off midwife mentors: a narrative inquiry to inform and improve preparation and sustainability for mentorship practice
- iii) Debbie: A hermeneutic phenomenological study exploring midwives experiences of medicine management in contemporary UK midwifery practice to enhance safety
- iv) Carolyn: African-Caribbean Immigrant Women’s Stories of Their Transition to Motherhood
- v) Preeti Mahato - Addressing quality of care and equity of services available at birthing centres to improve maternal and neonatal health in western Nepal

Congratulations, news and events

Poole Africa Link (PAL) Lira Oct 2016: Lesley Milne

Many of you will be aware that FHSS supports the Poole, Africa Link (PAL) a charity set up and supported (but not funded) by Poole Hospital NHS Foundation Trust <http://pooleafricalink.org.uk/>

Each year a small team of health care professionals visit Lira Regional Referral Hospital (LRRH) and Lira University, northern Uganda to work and teach in both settings. I was fortunate enough to represent BU and work alongside PAL colleagues on their October 2016 trip. I was also tasked with determining whether LRRH could become an elective placement for Bournemouth University students in the future.

The Lira Regional Referral Hospital maternity unit is small in size, but there are approximately 20 births a day/6,000 per year. Consequently a number of women quietly labour in 30 plus degrees heat outside the front entrance of the maternity unit until they are almost ready to birth as there is no room inside. The unit is usually staffed by 3 nurse/midwives. In addition, there are 57 students from 4 institutes allocated to the labour and postnatal wards. It is not unusual to see 8 plus students standing watching a number of women at once, lying naked, in close proximity to one another, with no curtains dividing them, being catheterised (there is no toilet on the ward for either women or staff) having vaginal examinations and giving birth. Aside from the lack of privacy and dignity there is an appalling lack of basic equipment such as soap and facilities for women to attend to their personal hygiene. I concluded that, at present, it would be unethical to send more students there.



The 'Knitted midwife project'



At the Royal College of Midwives conference in Harrogate over the 19th and 20th October a 'strange' art installation appeared formed of, in the region of, 500 knit and crochet midwives. The purpose of the display was to highlight the current shortage of midwives throughout the UK and started as a light hearted conversation on twitter between **Dr Jenny Hall** from CMMPH and midwifery lecturer Lindsay Hobbs in the University of Bradford. When the conversation took place the statistics showing the number of midwives required was 2600 (by the time the project had commenced it had risen to 3500).

To highlight the situation, the @knitted midwife was born, encouraging midwives and others to 'knit a midwife' to solve the problem in time for the RCM conference. Instructions for a simple pattern were placed on a blog and participants were encouraged to create their own clothes. The campaign caused some amusement and inspiration with non-knitters persuading friends and family to knit one for them. Some midwife teams had 'knit-evenings' They arrived in batches from as far afield as Texas and Germany. The display at the conference was well received but the knowledge that the number presented was only 500 of the 3500 missing midwives gave impact. Photos and messages from the conference were shared via social media and the President of the RCM mentioned the project in her final speech, waving her own 'knitted president' complete with chain. A final twist was that each was sold in aid of the RCM benevolent fund; midwives being sold to aid other midwives.

Though this was a light hearted project it had a serious message highlighting the acute shortage of midwives the UK is currently facing. As an adjunct to the project the 'knitters' were asked to send with their midwife a message as to why they had done so and provide some insight into the importance of midwives. In addition, at the conference itself, questionnaires were also present to inquire about the impact of the display. Jenny and Lindsay have received ethical approval to evaluate the data and explore the meanings generated by this project. The 'knitted midwife' will therefore live on.

The Royal Garden Party Experience

During the Spring I was fortunate enough to be invited to attend one of the garden parties organised at Buckingham Palace. The invitation came via the Royal College of Midwives and two Board members, Barbara Kuypers (LSAMO Midlands) and I were chosen to attend. Our biggest challenge was to decide not to wear a coat, as neither of us had one that matched the hat, even though it rained most of the day. We had an enjoyable afternoon, despite the weather and took away some lasting memories.



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

2016 (from May)

- Angell C., Simkhada B., Simkhada P., et al** (2016) 'Continual Professional Development (CPD): an opportunity to improve the Quality of Nursing Care in Nepal' *Health Prospect*.
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Thank you to all contributors. If you have a story linked to the CMPMPH 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

