Bernie Carter, Professor of Children’s Nursing at UCLan, awarded the Presidential Medal for Excellence in Person-centred Healthcare by the European Society for Person-centred Healthcare (ESPCH).
The School of Health as it was previously known within UCLan has now changed. The newly formed ‘College of Health and Wellbeing’ became operational from 1st August 2015. There are approximately 310 staff and 6400 students within the College.

Our vision within the College is to be recognised by our stakeholders for providing a collaborative approach to the development and delivery of contemporary, evidenced-based education and applied research and innovation. We aspire to be responsive to local needs, national policy and international perspectives. We endeavour to embrace solution-focused approaches to provide opportunities for students, staff and partners to achieve their full potential, irrespective of a person’s background.

The College Executive Team comprises of four Heads of School, three Directors of College and a Manager for business, partnerships and international activity (See the College Executive Team list below). The College is supported by named business partners from each of the services within the University. There are a number of teams within the College which support all areas within the College. These are the placement learning support unit; service user carer involvement team; the research support team; methodological support and the Lancashire clinical trials unit. We will feature the work of the different teams in future editions of the newsletter.

Nigel Harrison, Executive Dean of the College of Health and Wellbeing, UCLan

COLLEGE EXECUTIVE TEAM

Janette Grey
Director of Academic Development

Jean Taylor
Director of Business Development (until end December 2015)

Dr Deborah Wisby
Director of Business Development (from January 2016)

Professor Caroline Watkins
Director of Research and Innovation

Dr Deborah Kenny
Head of School of Community Health and Midwifery

Robin Richardson
Head of School of Health Sciences

Dr Karen Wright
Head of School of Nursing

Dr Adrian Ibbetson
Head of School of Sport and Wellbeing

Jackie Day, Business
Partnerships and International Manager

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The Pakistani population, especially women and children, has among the highest rates of under-nutrition in the world. The prevalence of chronic malnutrition and stunting among children under five is 43.7%. Pakistan also has the second highest prevalence of severely wasted children, with global acute malnutrition rates of 17%.

These are the staggering statistics that drive the Abaseen Foundation to support the people of Pakistan through various projects and fundraising initiatives. UCLan has been working with the Abaseen Foundation for around 10 years in helping to facilitate these projects, including an ongoing initiative called Pennies from Heaven which has been running for several years and sees employees at UCLan donating the pennies from their monthly wage to the charity.

Nicola Lowe, Professor of Nutritional Sciences and Co-Director of the International Institute of Nutritional Science and Food Safety Studies at UCLan, leads on the projects alongside colleagues from UCLan; Dr Mick McKeown, Prof Fiona Dykes, and Dr Pamela Qualter, the Abaseen Foundation, and researchers in Pakistan. Nicola’s expertise lie in micronutrients such as zinc and iron, which are essential for human survival. It’s with this knowledge that Nicola has conducted research alongside colleagues in the UK and Pakistan into the challenges and opportunities of Nutrition Policy in the country. This research is driven by the primary concerns identified by the communities they are helping, and has involved developing nutrition support services at a local hospital, intervening where children are diagnosed with malnutrition, supplying nutrients, and providing education for mums around breastfeeding and weaning foods. Projects have also provided education on cooking and making the best use of the food that is available to the communities so they can be self-sufficient in the future and don’t need to rely on expensive supplements.

The next piece of research is about to begin around the effect that providing school lunches has on improving children’s cognitive development. The newest initiative developed by the charity and the University involves supporting two schools in very poor and marginalised communities in North West Pakistan. One of which was built by the Abaseen Foundation and is based on the brick kilns, where children, particularly the girls, wouldn’t otherwise have access to education. With the support of Interim Vice Chancellor Mike Thomas, UCLan has proposed plans to support two children each year from these schools to gain a fully funded scholarship to study at UCLan. At least one of these scholarships will go to a girl, as girls in these communities generally don’t have the opportunity to study past primary school level. The proposal also puts forward a PhD scholarship for a UK based student of Pakistani heritage to travel to Pakistan and undertake research that will benefit the health and wellbeing of these communities. This postgraduate scholarship is planned to be available to a new student every 3 years.

“The challenges we face in Pakistan relating to poverty and malnutrition are immense but we can, and have already, made a real difference in these marginalised communities by working in partnership with community leaders and members. It is a privilege to work with the Abaseen Foundation, and as an academic at UCLan, I appreciate all the support that UCLan has given me over the years to do this important research. These new student scholarships, offered by UCLan, are very exciting and will hopefully inspire the next generation of researchers to continue this work into the future.”

Prof Nicola Lowe

For more information on the work of the Abaseen Foundation visit www.abaseenfoundation.org.uk

LECTURER CELEBRATES HALF A CENTURY WITH A HALF MARATHON

HEALTH AND SOCIAL CARE LECTURER

COLETTE EATON RECENTLY RAISED £731.50 FOR ROSEMERE CANCER FOUNDATION BY CHALLENGING HERSELF TO COMPLETE A HALF MARATHON AT THE GREAT NORTH RUN.

Colette commented: “I turn 50 this year and wanted to mark it with something better than bath salts so I decided to set myself some running challenges. I secured a place on the Great North Run and began training, clocking up more than 500 miles. I chose the Rosemere Cancer Foundation because it is a local charity and because they supported some lovely people who were diagnosed with cancer in their 50s and are sadly not around to celebrate their birthdays this year.

“I crossed the line in 2h 54m 37s – it was an amazing day with a fantastic atmosphere and I’d fully recommend it to anyone who needs a challenge.”
A community-focused student has made a difference to the lives of people thousands of miles away after a volunteering trip to Africa.

Mental Health Nursing student, Ketran Eastham spent three weeks in Africa with the Volunteer Eco Student Abroad (VESA) charity. A volunteer travel organisation, they provide opportunities for people to undertake community-based volunteer activities.

The third year student heard about the opportunity during a first year lecture and spent two years saving, which allowed her to fund the experience in the summer before she began her final year. Ketran spent 12 days in St Lucia, South Africa; two days in Manzini, Swaziland and a week in Mozambique, where she visited Tofo and Bilenne.

Reflecting on the experience, she said:

“It was the best experience of my life and has given me a totally new perspective on things back in the UK. Witnessing the poverty and lack of opportunities available has made me realise how fortunate I am to be living in the UK and to be working towards a degree level education at UCLan.”

During her visit Ketran participated in a range of activities, including construction, conservation and education projects. She helped build a house for a family of eight who had previously lived in a small hut, taught English and maths in a local school and worked at two animal rehabilitation centres, for cheetahs and crocodiles. Having organised a number of fundraising gigs beforehand, Ketran was also able to donate £500, which was used to help an orphanage she volunteered at. With such diverse experiences, the trip proved to be an invaluable learning experience.

“I learned so much, particularly about African culture. We also got to briefly visit a village hospital which completely changed my view on our NHS service and made me realise just how privileged we are to have it. The hospital consisted of two small rooms with two beds in each. There was an evident lack of facilities as they had no sort of scanners, observation equipment, or even electricity. When I asked about mental health care I was told that it is seen from two different stances, medical and non-medical, with the non-medical stance being related to people who have mental health problems having them because of a curse or punishment for something they have done wrong in life. There are also no specialist services for people with mental health issues and hospital admissions because of mental health were unheard of.”

Ketran’s interest in volunteering stemmed from her involvement with UCLan’s Creative Communities Group (CCG), which aims to empower people, locally, nationally and internationally for positive change through volunteering and community engagement.

The nursing student has worked with the CCG for two years and helps run events, completes admin work and is also Director of Social Media. She is hopeful that her visit to Africa will benefit her work back in England.

Ketran added:

“My time in Africa will definitely have an influence on my work with the CCG. It has made me much more confident and has improved my team working skills, both of which I think will be beneficial in my role with the CCG.”

NURSING STUDENT TAKES VOLUNTEERING TO AFRICA

“She spent 12 days in St Lucia, South Africa; two days in Manzini, Swaziland and a week in Mozambique, where she visited Tofo and Bilenne.”
Bernie Carter, Professor of Children’s Nursing at UCLan, has been awarded the Presidential Medal for Excellence in Person-centred Healthcare by the European Society for Person-centred Healthcare (ESPCH).

The Medal was awarded in recognition of her long-standing work and advocacy for family and child-centred care in nursing and in her research. Bernie said she was “delighted to have won this prestigious award” and she explained: “being person-centred in the way in which we approach the people we care for is fundamental to the way in which people experience each and every health care encounter”. Bernie agrees with the commitment of the ESPCH to counter the modern preoccupation with biological dysfunction in isolation from a wider and entirely necessary concern with the effects of disease on patients’ lives and social functioning. In essence this means that rather than being more interested in the disease and the treatment we are equally, if not more interested, in each person’s unique needs, their specific context and what they want from us and the services we work within.

Much of Bernie’s work has focused on children’s understanding and experiences of health care and she commented that:

“working and researching with children and families to try and improve services and to gain deeper insight into their experiences of health and illness is a real privilege. Being awarded a medal for doing this is like the icing on the cake. Like so many achievements it would not have been possible without the skills, knowledge and talents of the inspirational international scholars and children’s nurses with whom I work.”

Much of Bernie’s research has focused on children’s pain and her research uses a range of different methods to generate children’s perspectives of their experience of pain and how it makes them feel. In some of her recent work the children used collage to create textured pictures of their pain and these pictures providing the starting point for conversations about their experience. Using collage materials meant that the children could use different materials and different textures to represent their pain, for example, kitchen foil to represent sharp and spiky pain, plasters to represent bad pain, different coloured yarns to represent different types of pain. By using collage, Bernie and the other researchers working with her were able to develop a deep understanding of the children’s experience of pain.

The award was presented by Professor Sir Jonathan Asbridge, President and Chairman of the Council of the ESPCH, during the Society’s Annual Conference and Awards Ceremony at the Francisco de Vitoria University in Madrid, Spain. The conference was attended by experts from across a range of disciplines, representing institutions not only across Europe but in the US, Australia and beyond.

Professor Carter has worked at UCLan since 2000 and is also Director of the Children’s Nursing Research Unit (CNRU) at Alder Hey Children’s NHS Foundation Trust.
This cautious approach may be wrong. Instead parents should decide what is best for them and professionals should support the parents.

This new advice comes from a research team led by UCLan’s Senior Research Fellow Dr Carol Kingdon, who is based at Liverpool Women’s Hospital. The team has just published an overview of research into the role of healthcare professionals in supporting parents to see and hold their stillborn baby. Lead author Dr Kingdon, from the School of Health, said: “Some current guidance for the management of stillbirth recommends that healthcare professionals should not encourage contact with a stillborn baby. Professionals should support any parent who says they want to hold their baby. Our results suggest that healthcare professionals should actively inform parents of their options for contact with the baby following stillbirth and repeatedly offer these opportunities to parents in a way that is sensitive to each parent. We found parents perceive an unmet need for increased guidance from staff, missed opportunities, and decisions made at the time giving rise to feelings of regret.

“Professionals should support any parent who says they want to hold their baby. Our results suggest that healthcare professionals should actively inform parents of their options for contact with the baby following stillbirth and repeatedly offer these opportunities to parents in a way that is sensitive to each parent. We found parents perceive an unmet need for increased guidance from staff, missed opportunities, and decisions made at the time giving rise to feelings of regret.

“All parents want to get to know their baby. Some parents do not have the chance to choose how to meet their baby at the time of birth. The time immediately after birth is the only time parents can make these memories of a stillborn baby. Health professionals’ involvement and commitment to memory making is an essential component of appropriate and compassionate care.”

Co-author Dr Mark Turner, a Consultant Neonatologist at Liverpool Women’s Hospital, said: “The clinical management of stillbirth is known to vary within organisations, between individuals and is subject to change over time. Our findings show how professionals can support parents to make appropriate decisions in unique, highly charged and changing situations.

“The review brings together research studies from all over the world to offer new insights that inform practice. Looking at all the studies together gives a better view of what is important to parents than individual studies and adds to the experiences of one professional or one team.”

This new review provides information that is valuable to both families experiencing stillbirth and all professionals providing care around that time. Liverpool Women’s has a specialist bereavement service, the Honeysuckle Team, whose work compliments the care of midwives on the Delivery Suite.

Midwife and nurse Marie Kelleher from the Honeysuckle Team said: “Our vision is to provide an invaluable service for women and their families following any loss, including miscarriage, stillbirth and neonatal death. We aim to help families create positive memories at such an emotive time in their lives.

“This research encapsulates much of what we do when a baby is stillborn. The team launched in 2014 to provide information, advice and emotional support in all aspects of bereavement care. Together we ensure parents are fully aware of and understand all the choices open to them, ensuring their family’s cultural and religious traditions are respected. We are committed to treating all babies, parents and their families with compassion, dignity and respect.”

NURSES’ DAY AND THE ROYAL COLLEGE OF NURSING PRESIDENT VISIT

MAY 12TH 2015 MARKED INTERNATIONAL NURSES’ DAY AND HERE AT UCLAN WE WERE READY TO CELEBRATE WITH OUR ANNUAL FUNDRAISING EVENT.

The event involved lots of UCLan staff, as well as pre-registration and postgraduate students selling home-made cakes and text books. The Royal College of Nursing (RCN) also attended the event, which managed to raise £650 for the RCN Benevolent Fund and a further £200 for the Florence Nightingale Foundation.

RCN President Cecilia Anim came to visit UCLan in August to receive the cheque on behalf of the Benevolent Fund. It was a great opportunity for students and staff alike to meet her. It is important to recognise the ongoing effort that UCLan students and staff make each year for the two Nursing charities as the chosen charities help nurses through hardship and scholarship. It is amazing that our students are able to make such a difference.

Sabina Gerrard, Senior Lecturer in Nursing
A Grand Day Out at an International Child Health and Children’s Nursing Conference

As 3rd year student nurses undertaking the Child and Young People Field of Practice, we were given the chance to compete to attend the Royal College of Pediatrics and Child Health and Royal College of Nursing Conference, in May 2015. Professor Bernie Carter had gained support from UCLan to fund three student nurses to attend one day of this exciting conference. The application form asked us to explain why we thought advocacy is so important. This was our first experience of going to a conference. We all felt privileged to have been given the chance and excited to engage in this learning experience.

After an early get up and a long journey to Birmingham we arrived at the international Convention Centre (ICC). Prior to this event, we organised which events we would like to go to. On arrival we were amazed by the amount of people who were there, which included doctors, paediatricians, nurses, students and also professors.

One of the sessions we attended was about clinical guidelines. This enabled us to broaden our knowledge and resources with regards to different guidelines out there which are provided to health care professionals. Another session which we felt benefited us was about safeguarding looked after children. We are qualifying this year, so found this very beneficial as we can use the information provided and take it with us into our practice.

As part of the day, we were able to visit exhibitions, stands and view the posters. One of the stalls we found really exciting was the Over the Wall stand. Over the Wall is a charity that provides children with long term illnesses, siblings and families the opportunity to go to a camp and take part in activities to help take their minds off their illness. We all felt that this should be promoted more within the North West. When we go onto placement, it is definitely something we will investigate, and hopefully manage to get something like this for children, siblings and families within the North West.

A real highlight of the day was when Lily was given the tremendous opportunity to meet Her Royal Highness Princess Anne (HRH), an experience she will never forget.

Overall, we feel proud and privileged to have been able to take part in this experience, to represent UCLan, and also ourselves. It was an amazing day and we would urge anyone given the opportunity to ‘go for it!’

ARTICLE WRITTEN BY STUDENT NURSES: LILY MCSHANE, VICTORIA MCKERNAN, AND RACHEL KELLY.
Celebratory Horticulture and Justice Conference

In June 2015, UCLan hosted the Go Beyond conference, an event celebrating a trailblazing horticulture and environmental conservation programme in North West prisons and the wider offender management system.

Organised by Dr. Michelle Baybutt, Dr. Alan Farrier and Sandra Brookes from the Healthy and Sustainable Settings Unit, the day profiled ‘Greener on The Outside: Prisons and Probation’, a Big Lottery funded programme delivered over the past eight years aimed at enhancing physical, mental, social and environmental wellbeing of offenders and developing skills and employability.

Professor Mike Thomas, UCLan’s interim Vice Chancellor, opened the event and speakers included: Graham Duxbury, Chief Executive at Groundwork UK; Alan Scott, Deputy Director of Custodial Services North West at the National Offender Management Service; Janet Thomas from the National Probation Service; Jackie Roberts from Public Health England; Dr. Alan Farrier from UCLan; and Pam Warhurst from Incredible Edible (Todmorden).

Dr. Michelle Baybutt, who has pioneered and coordinated the ‘Greener on the Outside: Prisons and Probation’ and is the Programme Lead for Health, Inclusion and Citizenship at UCLan said: “It was brilliant to have so many thought-leaders in this field at UCLan, putting their heads together to move this conversation forward. We all strongly believe that integrated strategic environmental initiatives can improve wellbeing and quality of life, reduce health inequalities and have a positive impact on the drive to reduce re-offending. Horticulture and environmental conservatism can have a significant positive impact on offenders. We’re actively seeking further funding so we can continue to develop, implement and evaluate this work, and improve the lives of offenders, their families and the wider community.”

Green Health Goes Platinum

Earlier this year, UCLan Health received the University’s Platinum Award for its Green Impact submission. Having been awarded Silver in 2012-13 and being one of only two teams to reach Gold standard in 2013-14, we have now achieved the highest accolade after achieving the highest score across the University.

Green Impact is an environmental accreditation and awards scheme run by the National Union of Students, which brings together staff and students from across the country. The submission was led by Professor Mark Dooris, UCLan Health’s Sustainability Champion, with wide-ranging support from members of the ‘Greening the School of Health’ Group and Sandra Brookes, who oversaw the administration and data inputting.

IN THE PICTURE

Captured here are the recipients of the British Computer Society award, which were presented during the 35th AGM and Conference. UCLan’s Beverley Ellis, who is a Chartered member (MBCS CITP) and has been Secretary of PHCSG Executive Committee for over ten years, was one of the award winners (pictured second right). The award recognises and rewards length of service.

Also in the picture is (L-R): Grizelda Moules, Ian Herbert, Roz Foad, Dr Beverley Ellis and Dr Nilesh Jain.
UCLan to Lead Multi-million Euro Project to set Global Research Ethical Standard

A three-year study will address the exploitation of low and middle income country participants for research purposes.

The EU Horizon 2020 Project, led by Professor Doris Schroeder from the UCLan Centre for Professional Ethics, will allow researchers and policy makers from around the world to work together to counteract the practice of ‘ethics dumping’ or the application of double standards in research.

The €2.66 million TRUST Project study will look at ethics dumping; the purposeful exploitation of low and middle income country participants for research purposes, and ways to address this. For example ensuring DNA taken from indigenous people and used for research can be handled in an ethical manner; considering what benefits can be shared and addressing issues such as coercion and undue influence.

It will also address exploitation based on insufficient ethical awareness when researchers may not even realise that their methods of obtaining data are possibly exploiting vulnerable parties. Such risks can be person, institution or community based. Other examples include looking at how non-medical research should be governed, for instance food research involving human participants, and setting guidelines to address cultural differences such as differing views on animal welfare.

Professor Schroeder commented:

“Achieving equity in international research is one of the pressing concerns of the 21st century. Many international groups and organisations are working on governance frameworks and standards to guide research activities after progressive globalisation. However, their efforts are disparate and lacking a guiding vision. The goal of the TRUST Project is to catalyse a global collaborative effort to improve adherence to high ethical standards in research around the world.”

The three-year project will bring together thirteen multi-level ethics bodies, policy advisors, civil society organisations, funding organisations, industry and academic scholars from a range of disciplines. This includes UNESCO, the research arm of the French Health Ministry and two Non-Government Organisations (NGOs) which represent the San people of South Africa and sex workers in Nairobi, both of which have come under the spotlight due to the potential for exploitation in research.

By September 2018 the TRUST Project will have agreed a global code of conduct for ethical research in low and middle income countries; developed an on-line tool for vulnerable populations involved in research with no access to legal advice and created a compliance and follow-up tool for research funders.
MOVING THEATRE PRODUCTION HIGHLIGHTS ALZHEIMER’S DISEASE

The School of Nursing at UCLan was delighted to invite March 15 & September 15 nursing cohorts to see AZ2B Theatre again this year with their moving play ‘Grandma Remember Me’.

Grandma Remember Me tells the story of Lilly, a young girl and her relationship with her grandma who develops Alzheimer’s disease. The audience saw the impact that a diagnosis of dementia can have upon a family member through the eyes of a child. The play was warm, humorous and at times very emotional as we saw Grandma’s illness progressing; by the end of the production there was hardly a dry eye in the house.

At the end of the play the cast held a question and answer session about the issues which were raised in the play. The students took full advantage of the opportunity to talk about the production with the cast who were very open and honest about how they have all been touched by dementia and the inspiration behind the play. The student feedback was overwhelmingly positive, comments included:

“Very accurate and emotional”, “I loved that the play came from the perspective of a child”, “Offered a great insight into the impact of dementia on the person and the family.”

The Theatre group continue to tour this wonderful play across the country and are working on a follow up production. A big thank you must also go to Dr Nigel Harrison for agreeing to bring this truly unique and well regarded event to UCLan again.

UCLan Academics Contribute to International Health Promoting Universities and Colleges Conference in Canada

Having been actively involved in the planning stages, UCLan’s Sharon Doherty and Professor Mark Dooris participated in and contributed research papers to the International Health Promoting Universities and Colleges Conference, which took place in June 2015 at the University of British Columbia (Okanagan Campus), Canada. Attended by 375 people from 45 different countries, the inspiring and ground-breaking conference was a resounding success.

Mark, who is also Co-Chair of the UK Healthy Universities Network, was a member of the Conference Planning Committee and the opening keynote speaker, presenting on ‘Promising Paths: Health Promoting Higher Education – Reflections, Challenges and Future Frontiers’. He was also a member of two Plenary Panel sessions and, with Sharon and colleagues from MMU and UWE, co-presented in two parallel sessions.

The papers presented were:

- The Healthy Universities Self Review Tool: Has It Supported Higher Education Institutions to Understand and Embed a Whole System Healthy University Approach?
- Connecting Health, Sustainability & Climate Change: A Whole University ‘Co-Benefits’ Approach – with reference to Food Examples from UK Universities

The culmination of the conference was the Okanagan Charter – an International Charter for Health Promoting Universities and Colleges. This emerged from many months of in-depth consultation and participatory processes overseen by an international Conference Charter Group, which was Co-Chaired by Sharon with Tara Black from Simon Fraser University. During the conference, the draft Charter was presented and delegates were invited to continue to co-write it. On the last day of the conference, delegates worked together to build consensus and plan for the ‘activation’ of the Charter.

The Charter issues two Calls to Action:

1. Embed health into all aspects of campus culture, across the administration, operations and campus mandates.
2. Lead health promotion action and collaboration locally and globally.

Mark Dooris, on behalf of the UK Healthy Universities Network, joined fellow national network co-ordinators in signing a pledge at the close of the conference:

“I commit to bringing the Okanagan International Charter for Health Promoting Universities and Colleges back to my university, college or organisation to inspire and catalyse further action towards the creation of health promoting universities and colleges.”
Local Children Get a Taste of Healthcare at Lancashire Science Festival

Staff and Students from the Health Schools at UCLan Coordinated the #skillzone for the Lancashire Science Festival in June.

The event attracted over 11,000 people over the three days and the Festival as a whole won the Heist award for Best Community Engagement Project, and the Northern Marketing Award for Best Corporate Social Responsibility (CSR) Campaign.

Staff and Students from the Health Schools ran a variety of workshops and drop in sessions including ‘operation’, ‘outbreak’, ‘be a paramedic’, ‘children’s nursing’, ‘become a mummy’, and ‘mental health and wellbeing’. The stroke team, Lancashire Care NHS Trust and Comensus also had stalls. In the sports hall we had a dress up station, where hundreds of people had their photos taken as healthcare professionals. We worked closely with local Ambulance, Fire and Police services who organised a crash scene.

Mental Health Lecturer Emma Jones commented on the event: “We have received fantastic feedback from people who attended and this was all down to the staff and students involved. They went above and beyond to make the #skillzone, crash scene and the stand in the sports hall such a success. Our amazing students volunteered their own time to help and did such a fantastic job, without them we really couldn’t have done it!”

Midwifery Students from Hong Kong Visit UCLan

Qualified Midwives on the first ever Masters in Midwifery programme in Hong Kong recently visited UCLan. The 13 Midwives chose to visit UCLan and supporting NHS trusts in June as part of their course, which required them to undertake an international visit.

Midwifery Lecturer, Neesha Ridley commented on the visit: “The visit from the Midwives was a real success and was thoroughly enjoyable. The visit included a tour of UCLan, a Midwifery skills lab overview and a Passionate Midwifery meeting, arranged by the UCLan Midwifery society. Within this we discussed the Global perspectives of Maternity care.

“We also organised visits and tours of local NHS hospitals. We visited the Maternity Units and Birth Centres at Lancashire Teaching Hospitals, Blackpool and Fylde Hospitals, and East Lancashire Teaching Hospitals. We also visited the 121 Midwifery service in Warrington.

“It was overall a great experience and we learned from the Midwives from Hong Kong hopefully as much as they learned from us. We are hoping that this will be an annual event.”
The 10th annual ‘Normal Labour and Birth’ conference took place in June 2015 in Grange over Sands in the English Lake District, to develop and disseminate evidence in the area of normal labour and birth.

This important global event (#normalbirth10), which is a UCLan initiative, was led by Soo Downe from the Research in Childbirth and Health Unit (ReaCH) at UCLan.

The aims of the conference were to provide the opportunity to disseminate ongoing and complete research, to enhance clinical practice, education, management, supervision, service delivery, and policy, and to further research collaboration.

With over 200 delegates from 15 countries, the conference gave participants the opportunity to address and debate social, cultural, physiological, psychological, emotional and spiritual aspects of labour and birth. It also examined new developments in the current evidence base on the nature of and cultures around birth, and on associated processes and outcomes of labour and birth.

Participants included midwives, obstetricians, epidemiologists, sociologists, anthropologists, architects, service users, activists, students, pediatricians, actors, and many others.

Soo Downe was delighted to lead the conference and commented: “The quality of the research presented was world-class. The venue, the Grange Hotel in the English Lake District, is the perfect setting to bring together researchers and others from around the world, and to showcase the best international research in the area of normal childbirth, across the whole range of methodological approach, from very small in-depth qualitative studies, to quantitative studies with hundreds of thousands of participants.”

She added: “The UCLan Research in Childbirth and Health (ReaCH) team are very proud and honoured to have set up the conference series, with the invaluable help of the health conferences team at UCLan, and the International Series Steering Group. We look forward to the 11th conference in Sydney, Australia in 2016, and then to welcoming everyone back at Grange in 2017.”

The potential Twitter reach for this event was reaching 6 million by the end of the conference, and you can find out more at #normalbirth10.

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The Royal College of Nursing (RCN) has created a new Midwifery Forum to enhance the profile of midwifery both within and beyond the RCN. The forum aims to promote the highest standards of practice and to increase awareness of midwifery and reproductive health. Dr. Debbie Wisby, Principal Lecturer in Midwifery, Neonatal and Sexual Health and Lead Midwife for Education at UCLan, is delighted to have been appointed as the new Chair of the Forum and began her four year term of office on June 1st 2015. Debbie will be working at both a national and international level within her role.

The RCN is a member of the global organisation, the International Confederation of Midwives (ICM), whose work addresses the global challenges and issues facing midwifery and midwives. In March, together with the RCN Midwifery and Women’s Health Advisor, Carmel Bagness, Debbie attended the ICM European Union Region meeting in Brussels. Nationally, Debbie has been invited to attend the ‘Birth Tank’ event as part of the NHS Maternity Review at Kings College, London in July and will be presenting at the RCN Women’s Health Conference in November.

The forum welcomes members from midwives, midwifery students, maternity support workers and health care assistants working in maternity health.

If you are interested in joining, please contact Dr. Debbie Wisby on 01772 893887 or dawisby@uclan.ac.uk
BOOK LAUNCHES

DYKES F, FLACKING R (EDS) (2015) ETHNOGRAPHIC RESEARCH IN MATERNAL AND CHILD HEALTH. ROUTLEDGE

Fiona Dykes is Professor of Maternal and Infant Health and leads the Maternal and Infant Nutrition and Nurture Unit (MAINN) at UCLan. She is also employed for part of her time on a secondment basis, as a Visiting Professor at Dalarna University in Sweden. Fiona edited this book during her secondment.

Co-Editor Renée Flacking is Associate Professor and newly appointed Director of the Centre for Reproductive, Infant and Child Health (RICHI) at Dalarna University, Sweden. She recently undertook her Postdoctoral research in MAINN, with Fiona Dykes as her supervisor, involving an ethnographic study in neonatal units in Sweden and England. Reflections on undertaking this research constitute one of the book chapters. Renée is a Visiting Fellow at UCLan.

The book is a unique and innovative resource for those interested in conducting ethnographic research in health and social care settings. It provides a combination of ethnographic theory and an international selection of empirical case studies.

The book begins with an overview of the origins and development of ethnography as a methodology, discussing underpinning theoretical perspectives, key methods and challenges related to conducting this type of research.

The following substantive chapters present and reflect on ethnographic studies conducted in the fields of maternal and child health, neonatal nursing, midwifery and reproductive health.

The book is designed for academics, postgraduate students and practitioners within maternal and child health, family health, medical sociology, medical anthropology, medicine, midwifery, neonatal care, paediatrics, social anthropology and public health.


Dilyse Nuttall is a Principal Lecturer at UCLan leading the Family, Community & Public Health Team in the School of Community Health & Midwifery. She is course leader for the V150 prescribing programme and is currently undertaking research in this field.

Jane Rutt-Howard is a Senior Lecturer within the School of Health Sciences at UCLan and is Course Leader for the PG Cert in Enhanced Clinical Practice and BSc (Hons) Nurse Practitioner.

The Textbook of Non-Medical Prescribing has been developed to provide the reader with an insight into the key issues relating to prescribing in the UK today.

The aim of the book is to:

• Provide a foundation on which non-medical prescribing students (including nurses, pharmacists and allied health professionals) can build their knowledge around the principles of prescribing
• Act as a continued source of information for qualified non-medical prescribers
• Provide a key source of information for non-prescribing health professionals who must learn about the concept and context of prescribing (e.g. pre-registration student nurses, pre-registration paramedics)
• Provide a key source of information for prescribing health professionals, including doctors considering acting as designated medical practitioners, who need to understand more about their role and the context of non-medical prescribing

The book provides information essential to enable safe and effective prescribing. It has been fully updated in the second edition, linking it to the National Prescribing Centre Single Competency Framework for non-medical prescribers. It is structured around four core themes: public health, social and cultural issues, prescribing principles and continuing professional development. Content includes: the history and context of non-medical prescribing; ethical, legal and professional issues; factors influencing prescribing; effective consultations; essential pharmacology; clinical skills; prescribing for specific groups; the role of the multidisciplinary team; and an evaluation of the impact of non-medical prescribing including a look at issues emerging from the introduction of non-medical prescribing.
Sexual and reproductive health promotion aimed at children and young people is particularly relevant in Zambia as a high proportion of the population of children and adolescents are HIV positive (150,000) or AIDS orphans (600,000). The majority of Zambian children and young people will have been infected with HIV perinatally or as a result of abuse, blood transfusions or contaminated needles. Effective and increasingly available anti-retroviral treatment (ART) is contributing to the healthy development of children and young people in Zambia. These young people require appropriate SRH advice and guidance so they can make informed and responsible choices about relationships, contraception and disclosure of their HIV status.

In 2014 a group of students and a lecturer from UCLan undertook a project in Zambia to promote sexual health and to provide specific knowledge and skills around HIV and sexual health promotion to community peer leaders which they could then deliver within their own communities. Further funding was secured in 2015 to return to Zambia with a group of students to build and expanded upon the 2014 project. In 2015 the project extended to include 8 students undertaking the BSc (Hons) Sexual Health Studies course, 2 Child Nursing students, 2 Media students and two lecturers (James Meek and Linda Sanderson). The 2015 project again worked with Sport in Action, a non-governmental organisation which delivers sporting activities through a network of peer educators in schools across Zambia. Sport in Action wanted to continue to incorporate sexual health promotion alongside sport and the university project trained community peer leaders and worked directly with young people in schools.

Health promotion are essential skills for both sexual health and child nursing students. To have the opportunity of undertaking health promotion in another country was valuable for all concerned. Linda Sanderson, Principle Lecturer for children’s nursing reflects on the trip:

“I had the privilege of working directly with children and young people in Zambia in a variety of situations. I saw the value of using sport as a communication and ice breaking tool (as we were working with the Charity, Sport in Action). I noted that the young people were keen to learn about their bodies and how to take responsibility for having safe sex. I recognised the initial hesitancy I had about talking openly and frankly about relationships and sex but I followed the example of the sexual health team and quickly gained my confidence. The young people were so keen to learn that I soon forgot my own inhibitions. I talked to children and adults who were living with HIV. They had access to suitable ART (antiretroviral therapy) and so were living healthy lives but the stigma they experience in their community can be very challenging for them.

We also visited the hospital in Lusaka which has a large Children’s HIV centre which supports many children and families who are living with HIV. This appeared to be an excellent facility and I would love to learn more about it.”

The project in Zambia was brief, just 2 weeks, but during that time the child nursing students, sexual health students and two lecturers worked with approximately 50 peer mentors and a hundred children and young people. The focus of the work was to teach about puberty, forming relationships, protected sex and factual information about the transmission of HIV. Feedback from the Sport in Action team was positive, they felt that the children and young people we had worked with had benefitted from the student and lecturers’ input.
Nursing Student Awarded ‘Student of the Year 2015’

Lorraine Stanley, a 3rd year Children’s Nursing Student at UCLan, was awarded Student of the Year 2015 at Lancashire Teaching Hospitals NHS Trust for her work on the ‘Soap gives Hope’ project in Tanzania.

Lorraine was undertaking an international placement to Tanzania and wanted to create a project that would really help people and make a difference to their lives. She contacted an infection control nurse with her idea who put her in touch with GOJO (suppliers of soap and equipment to UK hospitals). Lorraine led this project and spent much time liaising with GOJO in order to make her dream become a reality. After much persuasion GOJO agreed to donate and deliver 1200kg of soap and dispensers to Mount Meru Hospital in Tanzania.

The soap and dispensers were delivered in February but due to red tape the soap was not released. As a result of this Lorraine had to meet with medical directors of the hospital to encourage them to sign acceptance papers in order to receive the delivery, it was eventually released and delivered in July 2015.

Whilst waiting for the release of the soap, Lorraine spent time working with healthcare professionals in Tanzania to promote hand hygiene and infection control. Lorraine also created posters advertising the importance of this and left them at Mount Meru so her work would continue after she returned to the UK. Lorraine unfortunately had returned to the UK before the equipment was released, however she remains in contact with Mount Meru and knows that they are continuing to use the soap and dispensers.

Sarah Williams is Nominated as Rising Star

Sarah Williams, a staff nurse and UCLan graduate who works at the Emergency Department at the Royal Blackburn Hospital, is celebrating after being nominated for the Rising Star award at the national Nursing Times Awards.

Sarah was secretly nominated for the award by one of her patients, William Woodcock, who was under her care for a number of days when he was on the Medical Assessment Unit (MAU) where she worked prior to joining the Emergency Department in April of this year.

William’s entry submission praised Sarah for her care and her “smile and friendly manner” adding that “although she was relatively newly qualified, the depth of her knowledge was staggering and she put me and my family at ease by explaining everything that was happening. I honestly wouldn’t be alive if it wasn’t for the care and attention she showed me. When I moved to a different ward she came up a week later to see how I was getting on.”

Sarah, who is 27 and lives in Baxenden with her partner Callum and two year old daughter Sophie, qualified as a nurse in March 2014. She had previously had a career in retail in Manchester before being made redundant. Following several months of unemployment, she took up a role as a carer in a residential home and loved it so much, she applied to do a nursing degree at UCLan which involved placements spent at the Trust before joining the Trust’s MAU in her first permanent job.

Sarah said: “This nomination was a massive surprise and I was really shocked that William took the time to do this. I love nursing and I was just doing my job but this has been a massive confidence boost and confirmed that I’m in the right career!”

Jane Pemberton, Deputy Chief Nurse at the Trust, added: “I’d like to congratulate Sarah for this fantastic accolade. She underlines everything that is excellent about our nursing staff at the Trust. It is testament to her dedication that one of our patients nominated her for this award which is richly deserved. We wish her the best of luck – retail’s loss is certainly our gain.”
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<thead>
<tr>
<th>Workshop</th>
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<td>Advanced Clinical Skills - Consultation Skills Including History Taking</td>
<td>10.03.16</td>
<td>9.30am - 12.30pm</td>
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<tr>
<td>Advanced Clinical Skills - Respiratory System OR Gastro-Intestinal System</td>
<td>10.03.16</td>
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<tr>
<td>Advanced Exercise Rehabilitation</td>
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<tr>
<td>Are you ready for CPD Audit?</td>
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<td>Art Therapy - An Introduction</td>
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<td>Assessment and Management of Acute Kidney Injury (AKI)</td>
<td>12.11.15</td>
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<td>Assessment and Management of the Wrist &amp; Hand - An Update</td>
<td>14.04.16</td>
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<td>Assessment of Quality of Movement of Common Movement Tasks &amp; their Physiological Cost</td>
<td>22.01.16</td>
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<tr>
<td>Biomechanics of Conservative &amp; Surgical Management of Neuromusculoskeletal Dysfunction</td>
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<td>Cervical Cytology Update for Cervical Smear Takers</td>
<td>10.09.15 or 15.03.16</td>
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<td>Clinical Human Factors in Healthcare with Learning Disabilities - An Introduction</td>
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<td>Chronic Heart Failure</td>
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<td>Cultural and Spiritual Awareness</td>
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<td>Designing and Delivering Healthcare Simulation</td>
<td>09.04.16 or 19.04.16</td>
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<tr>
<td>Developing Compassion Fatigue Resiliency PART 2</td>
<td>27.11.15 or 17.03.16</td>
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<tr>
<td>Ear Care Management</td>
<td>27.11.15 or 20.05.16</td>
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<tr>
<td>Examination of the Newborn - Update</td>
<td>12.04.16</td>
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<tr>
<td>Fragile Process of Attachment - Theory and Practice</td>
<td>04.03.16</td>
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<tr>
<td>How Does The Body Work In Biomechanical &amp; Physiological Terms?</td>
<td>21.01.16</td>
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<td>Human Trafficking</td>
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<tr>
<td>Managing the Difficult Airway</td>
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<tr>
<td>Mentor Update for Cervical Smear Takers</td>
<td>10.09.15 or 15.03.16</td>
<td>1.30pm - 4pm</td>
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<tr>
<td>Motivational Interviewing for Mental Health Issues</td>
<td>09.12.15</td>
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<tr>
<td>Motivational Interviewing related to Sexual Health - Theory and Practice</td>
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<td>Musculoskeletal Injection Therapy Practice - An Update</td>
<td>26.04.16</td>
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<tr>
<td>Neurological Injection Therapy Practice &amp; Spasticity Management - An Update</td>
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<td>Personality Disorder – An Introduction</td>
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<td>Polypharmacy &amp; Medicines Optimisation</td>
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<td>Public Health for AHPs: How to Make Every Contact Count</td>
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<tr>
<td>Recognising and Managing Unusual Infections</td>
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<tr>
<td>Rheumatology Practice for Therapists</td>
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<td>Service Improvement Made Easy</td>
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<td>Solutions vs Problems - Possibilities Abound</td>
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<td>Spinal Cord Injuries</td>
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<td>Suicide and Self-Injury Awareness</td>
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<tr>
<td>The Cost of Caring: Introduction to Compassion Fatigue PART 1</td>
<td>20.11.15 or 10.03.16</td>
<td>1pm - 4pm</td>
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<tr>
<td>The Use Of Exercise To Prevent Falls In Older Adults</td>
<td>10.02.16</td>
<td>1pm - 4.30pm</td>
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<tr>
<td>Theory and Treatment of Health Anxiety</td>
<td>16.06.16</td>
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<tr>
<td>Understanding Muscle Function</td>
<td>04.03.16</td>
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<tr>
<td>Venepuncture</td>
<td>09.09.15 or 02.12.15 or 10.02.16 or 20.04.16</td>
<td>1pm - 4pm</td>
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<tr>
<td>Working Safely/Therapeutically with People who have Committed Sexual Offences (2-part Workshop)</td>
<td>17.11.15 and 16.06.16</td>
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<tr>
<td>Working with Common Mental Health Problems: A guide for Primary Care Practitioners</td>
<td>02.06.16</td>
<td>9am - 4pm</td>
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For further information please contact:
Tel: 01772 893808
Email: healthcpd@uclan.ac.uk
www.uclan.ac.uk