



# Lothian and Borders NMAHP Research Community

December 2015



## Special points of interest:

- Academic Appointments
- NMAHP Successes and Awards
- Centre for Dementia Prevention

## Inside this issue:

Scottish Clinical Research Nurse of the Year 2015	2
Award Success for Queen Margaret University Nursing	2
Scottish NMAHP Research Awards	3
Functional Fitness MOT	4
Publications	5-8
Centre for Dementia Prevention—Launch	8
Appointments at Edinburgh Napier and Queen Margaret Universities	9
NHS Borders Update; The Lydia Osteoporosis Project	10
Lothian NMAHP Doctoral Network	12

## Appointment of new Dean at Edinburgh Napier University

**Professor Tracy Humphrey** studied for her Undergraduate Degree in Midwifery at the University of Stirling, Scotland. Since then she has had a successful clinical academic career working in a range of settings in a variety of senior clinical, management, educational and research roles across the North of Scotland. After completing her MSc in Midwifery at the University of Aberdeen in 2003, she applied for a PhD studentship with the Nursing, Midwifery and Allied Health Professionals Research Training Scheme. This was a flagship Scottish Government initiative to increase the research capacity amongst these professional groups. After a competitive process, she was the only midwife to be awarded a funded studentship and she went onto successfully complete her PhD in 2007, whilst continuing to work clinically in practice. As a Consultant Midwife, she has a track record of influencing and implementing national maternal and neonatal policies in Scotland through her research, practice and role as a government advisor. Her areas of research and publications are on reducing unnecessary interventions during childbirth and improving outcomes for women and families in remote and rural areas through educational and service improvement initiatives. Internationally she is known for her work with Ministries of Health in developing middle income countries where there are high rates of maternal and newborn mortality. This has led to the introduction of accelerated direct entry midwifery programmes of education and midwife led pathways of care that has had a demonstrable impact on skilled birth attendance rates and quality of care.



In April 2015, she was appointed as Dean of School for Nursing, Midwifery and Social Care at Edinburgh Napier University. This is one of the largest Schools of Nursing and Midwifery in the UK that provides all fields of nurse education and midwifery at undergraduate and postgraduate level. They have many sustainable international programmes of education in many European countries and Asia. Their internationally recognised research and enterprise activities are in areas such as medical technologies, public health, psychological interventions, maternal and newborn health, mental health and cancer care.

## NMAHP Successes!



Congratulations Judy Coyle!

### Scottish Clinical Research Nurse of the Year!

**Judy Coyle**, former Lead Clinical Research Nurse in the Emergency Medicine Research Group Edinburgh (EMERGE), Royal Infirmary of Edinburgh has been chosen as the Scottish Clinical Research Nurse of the Year 2015. The award is given by the Scottish Research Nurse and Co-ordinators' Network at their annual conference, which was held in Dundee in October. Judy has worked in clinical research for almost 20 years and has seen the growth of the EMeRGE team from 5 to 30 members over the last 7 years. She led many of the early studies and has helped research become an integral part of care in the Emergency Department, where she has acted as a role model and mentor and has inducted and supported the less experienced members of the group. The colleagues who nominated Judy emphasised her patience, wisdom and enthusiasm as being a key component of the atmosphere and drive that underpins EMeRGE.

Judy has recently taken up a new post in the Edinburgh Clinical Trials Unit and it was poignant that the award was made on her last day in post surrounded by her proud colleagues from EMeRGE!

### Queen Margaret University: Award success for nursing duo

Two students from QMU's Professional Doctorate in Health and Social Sciences programme have been awarded top prizes at the annual QMU Doctoral Students Conference. The student-led conference provides a platform for doctoral and masters students at QMU to share their research with academic staff and showcase the wide range of research being undertaken across all disciplines.

Dr Kath MacDonald, who is a staff member within QMU's Division of Nursing, graduated from QMU's Professional Doctorate in Health and Social Sciences programme in summer 2014. She was awarded first prize for her presentation: 'Trust, transition and choosing your battles: an exploration of partnership between young expert patients with cystic fibrosis and the healthcare team'. This study explored how young "expert patients" with cystic fibrosis perceive partnership and negotiate care with the healthcare team. Expert patients are people who have the confidence, skills information and knowledge to play a central role in the management of life with chronic disease.

Kath also presented this work at the European Cystic Fibrosis Conference in Brussels earlier this year. She was also awarded a prize for the best presentation at this year's UK Cystic Fibrosis specialist nurses' conference.

Yvonne Greig, a first year student on the programme, and practising midwife, was awarded second prize for her presentation: 'What are the educational needs of midwives when caring for and counselling obese pregnant women?', which covered maternal health.

Commenting on Kath and Yvonne's award success, Margaret Smith, Senior Lecturer in the Division of Nursing at QMU, said: "We're really proud of Kath and Yvonne's achievements at QMU's recent Doctoral Students Conference. Not only were they able to showcase their own specialist knowledge of cystic fibrosis and obesity in pregnancy, but they also showed how QMU is leading the way in nursing, health and social sciences research."



L-R Yvonne Greig and Dr Kath MacDonald celebrating award success at the annual QMU Doctoral students conference (May 2015)

## Lothian Winners at the Scottish NMAHP Research Awards

Three Lothian-based nurse researchers were given prominent recognition at the inaugural Scottish NMAHP Research Awards in Edinburgh on 28<sup>th</sup> October 2015. The awards were made by Professor Fiona McQueen, Chief Nursing Officer.

### Innovation in Research Award

#### Dr Aisha Holloway & Dr Sarah Rhynas, University of Edinburgh

This award was for their study which involved using 'Photovoice' as an innovative methodology in a project concerned with the experience of recovery from alcohol-related harm and how the environment influences this process. Alcohol-related harm is a major public health concern and is a leading cause of ill-health, injury and death. It has been linked with contributing to behavioural, economic and social difficulties for individuals and their families. Many people recover from alcohol problems, however little is understood about how the environment and location of alcohol outlets impacts and influence recovery and alcohol health outcomes. The high number of premises selling alcohol within the environment has been linked to higher levels of alcohol consumption, frequent alcohol consumption and increased alcohol-problems. The density and positioning of premises selling alcohol may impact and influence recovery and alcohol health outcome. Photovoice is an innovative method of engaging with marginalised groups whereby participants use cameras to document their lives and use the images with accompanying stories to inform others in relation to public health issues. The project engaged with key stakeholders and those on the recovery journey using Photovoice to explore the potential of this innovative methodology in understanding how the environment and location of alcohol outlets impacts and influences recovery and ultimately alcohol health outcomes. The findings from this study, including the images taken by the participants have been disseminated at a number of events, including the Scottish Parliament.

Aisha is currently the recipient of one of the NMAHP Re-engagement Fellowships linked with the NMAHP Research Unit at the University of Stirling and is about to commence a study in HM Prisons examining alcohol brief interventions with prisoners. Sarah is Alzheimer's Scotland Post Doctoral Research Fellow on the Lothian Dementia CARC Scheme researching issues relating to discharge of people with dementia from acute hospitals.

### Overall Impact Award

#### Dr Kath MacDonald, Queen Margaret University

The award was for her research with young people living with Cystic Fibrosis and involved a study exploring the perceptions of partnership between young expert patients and their healthcare team. The research involved observation of consultations between young people and health care professionals in the clinic setting and subsequent semi structured interviews with each individual.

### Key messages:

- The clinic is perceived as long and repetitive and young people want to get in and out as quickly as possible.
- Weekend care (in-patient/out-patient) is viewed as inferior, so most young people prefer to wait till Monday before contacting the team.
- Partnerships were not always seen as equal by both groups. Health care professionals perceived young people as intimidating to junior staff and they found building a rapport with transitioning young people challenging.
- Priorities were different between young people (having a life) and health care professionals (optimising treatment adherence).
- Health care professionals were sceptical of patient's accounts of adherence, yet young people were witnessed openly admitting to non-adherence.
- The term "expert patient" was unpopular with both young people and health care professionals. Experience was acknowledged by both groups. Young people deflect expertise back to healthcare professionals when faced with unfamiliar symptoms or situations.
- Young people do not always voice their agendas at clinic but give cues and wait for the health care professional to respond.
- Health care professionals are perceived as too soft in negotiations with young people. They choose their battles carefully and play a long game in an attempt to optimise adherence.
- Young people must navigate many systems and processes in their management of cystic fibrosis and learn how to "play the game" which involves covert practices such as unprescribed medicines use and exaggerating the extent of symptoms in order to get the treatment they want.

### Conclusion

Partnership is a complex phenomenon and is influenced by organisational and attitudinal factors, developmental stage, relational factors, constructions of illness, competing priorities and levels of support. Implications for practice suggest further patient engagement to assist development of new person-centred consultation models, development of ground rules and further education of non-specialist staff to enhance care at weekends.

Sarah Rhynas second from right, Aisha Holloway 3<sup>rd</sup> from right, Kath MacDonald fifth from left



# Phase 1

## Feasibility Study of the Functional Fitness MOT



Physiotherapists (Dr. Julie Hooper, Nina Chalmers, Laura McLean, and Claire Henderson) in Edinburgh Community Physiotherapy Service and Andy Peters (AHP R&D Facilitator) are collaborating with Professor Dawn Skelton (Professor of Ageing in Health) and Dr Lex de Jong (Physiotherapist) at Glasgow Caledonian University on a programme of work to test a new intervention called the Functional Fitness MOT.



The FF MOT is an approach developed at Glasgow Caledonian University originally for the Glasgow Science Festival and then in collaboration with the British Heart Foundation

<http://www.laterlifetraining.co.uk/functional-fitness-mots/>.

It aims to raise awareness of the benefits of physical activity among the over-60s, engage older people in health behaviour change discussions, and direct them to appropriate local activity resources. It involves a 40 minute face-to-face session to measure participant's fitness using several age-appropriate functional fitness tests. Immediate feedback on fitness strengths/areas for improvement is provided by reference to the test population norms and tailored advice given on how to improve the different components of fitness. This approach complements the Scottish AHP Directors' pledge to work with a range of partners to increase the level of activity in Scotland including the embedding of brief interventions to promote awareness of the benefits of physical activity in all AHP services.



The FF MOT has been used in non-clinical settings such as sheltered housing projects and shopping and leisure centres, but has not been formally evaluated. This is the first test of the feasibility of providing the FF MOT in an NHS setting. Musculoskeletal outpatients attending Slateford or Sighthill Physiotherapy Clinics, who are aged 60 years or over, and report levels of current physical activity below the Scottish Government's recommendations are being recruited to the study. The FF MOT session is being provided at Slateford Physiotherapy Clinic on an individual basis by one of two Technical Instructors who have been specially trained for this purpose. The study uses mixed methods; the primary outcome is participant recruitment/ retention rates, with secondary outcomes including participant and provider views of the intervention and its delivery via focus groups/ interviews, and quantitative analysis of the relationships between travelling distance/socioeconomic deprivation and recruitment and retention. Over the first couple of months, 22 of the target of 30 participants have been recruited to the study. It is hoped that recruitment will be complete by January 2016 with follow-up data collection being completed 3 months later. The study is funded by Edinburgh & Lothians Health Foundation.

For more information contact Andy Peters: [andy.peters@nhslothian.scot.nhs.uk](mailto:andy.peters@nhslothian.scot.nhs.uk)

## Knowledge Exchange Film

**'Jack and Jill'** - filmed version of the much performed and applauded play 'Jack and Jill and the Red Postbox'.

The film was funded with a University of Edinburgh College KE award and is available at:

<https://vimeo.com/141886168>



## Selection of Publications 2014-2015

Adkhari, R., Tocher, J., Smith, P., Corcoran, J., MacArthur, J. (2014) A multi-disciplinary approach to medication safety and the implication for nursing education and practice. *Nurse Education Today* 34 (2) pp.185-190.

Banks, D. (in press) The Delphi Method: Methodological issues arising from a study examining factors influencing the publication or non-Publication of mental health nursing research.

Bannerman E, Cantwell L, Gaff L, Conroy A, Davidson I, Jones J (2015) Dietary intakes in geriatric orthopedic rehabilitation patients. Need to look at food consumption, not just provision. *Clinical Nutrition* [online] 19 June 2015 doi:10.1016/j.clnu.2015.06.001

Baxter, J., Rutherford, M. & Holmes, S. (2015). The Visual Support Project (VSP): an authority-wide training, accreditation and practical resource for education settings supporting inclusive practice. *Communication Matters, Vol 29 (2)* August 2015, p 9-13



Brown A, Crookes P and Dewing J (2015) Clinical Leadership in Pre-registration Nursing Programmes—An International Literature Review *Nurse Education Today* online publication August 19, 2015 [http://www.nurseeducationtoday.com/article/S0260-6917\(15\)00330-5/references](http://www.nurseeducationtoday.com/article/S0260-6917(15)00330-5/references)

Brown A, Crookes P and Dewing J (2015) Clinical leadership in Pre-registration nursing programmes. *Contemporary Nurse* <http://dx.doi.org/10.1080/10376178.2015.1095055>.

Brown, A, Crookes, P and Dewing, J (2015) Clinical leadership development in a pre-registration nursing curriculum: What the profession has to say about it. *Nurse Education Today* 36 105-111 doi:10.1016/j.nedt.2015.08.006

Brown, M., Chouliara, Z., MacArthur, J., MacKechnie, A., Mack, S., Hayes, M., Fletcher, J (In press) A Model of Compassionate, Person-Centred Care: The perspectives of stakeholders of intellectual disability liaison nurses. *Journal of Clinical Nursing*

Cable, C, Dickson, C and Morris, G. (2015). Inspiring undergraduates towards a career in community nursing. *Nursing Management*, 22 (6) pp 18-24

Connolly, B., Salisbury, L., O'Neill, B., Geneen, L., Douiri, A., Grocott, M. P., Hart, N., Walsh, T. S. & Blackwood, B. (22 Jun 2015) Exercise rehabilitation following intensive care unit discharge for recovery from critical illness In : *Cochrane Database of Systematic Reviews*. 6, p. 1-62

Coulter Smith M A C, Smith P, Crow R. (2014) A critical review: a combined conceptual framework of severity of illness and clinical judgement for analysing diagnostic judgements in critical illness. *Journal of Clinical Nursing (JCN)*, 23 (5-6):pp 784-98 doi: 10.1111/jocn.12463 E pub 2013 Dec 27.

Dewing J (2015) Assuring care: are we ready to move beyond compliance measurement against targets? *International Journal of Practice Development* 5 (2) DOI: <http://dx.doi.org/10.19043/ipdj.52.001>

Dewing J and McCormack B (2015) Engagement: a critique of the concept and its application to person-centred care, *International Journal of Practice Development*. 5 (2) <http://www.fons.org/library/journal/volume5-person-centredness-suppl/article6>

Dewing J and McCormack B (2016 in press) Chapter 10: Creating Flourishing Workplaces IN: McCormack B and McCance T (eds) *Person-centred Nursing* 2nd ed. Oxford Wiley-Blackwell.

Dickson, C, Morris, G, & Cable, C (2015), Enhancing undergraduate community placements: a critical review of current literature, *British Journal of Community Nursing*, 20, 4, pp. 184-189

## Publications (continued)

Eldh AC, van der Zijp T, McMullan C, McCormack B, Seers K and Rycroft-Malone J (2015) "I Have the World's Best Job" - Staff Experience of the Advantages of Caring For Older People, *Scandinavian Journal of Caring Sciences* [early view] DOI: 10.1111/scs.12256

Fairbrother, G, Cashin, A, Mekki, TE, Graham, I and McCormack B (2015) Is it possible to bring the emancipatory practice development and evidence-based practice agendas together in nursing and midwifery? *International Practice Development Journal*, V. 5 (1), paper 4 [http://www.fons.org/Resources/Documents/Journal/Vol5No1/IPDJ\\_0501\\_04.pdf](http://www.fons.org/Resources/Documents/Journal/Vol5No1/IPDJ_0501_04.pdf)

Filmalter, CJ., van Eeden, I., deKock, J., McCormack, B., Coetzee, I., Rossouw, S. and Heyns, T. (2015) *International Practice Development Journal*, V. 5 (1), paper 8 [http://www.fons.org/Resources/Documents/Journal/Vol5No1/IPDJ\\_0501\\_08.pdf](http://www.fons.org/Resources/Documents/Journal/Vol5No1/IPDJ_0501_08.pdf)

Gaff L., Jones J., Davidson I. H. & Bannerman E. (2015) A study of fluid provision and consumption in elderly patients in a long-stay rehabilitation hospital. *J Hum Nutr Diet.* 28, 384–389 doi:10.1111/jhn.12294

Gibson, CE. Dickson, C., Lawson, B. Kelly, H., McMillan A. (2015) Learning to deal with crisis in the home: Part 2- preparing pre- registration students. *British Journal of Community Nursing*, in press



Gibson, CE., Dickson, C., Lawson, B. Kelly, H., McMillan A. (2015) Learning to deal with crisis in the home: Part 1- developing community simulation scenarios. *British Journal of Community Nursing*, 20, 11, 536- 540

Gibson, E., Dickson, C., Lawson, B. and McMillan, A. [in press] Learning to deal with crisis in the home: Part 2 -preparing pre-registration students. *British Journal of Community Nursing*, 20, (12), pp 594-599

Hahtela N, McCormack B, Paavilainen E, Helminen M, Slater P & Suominen T (2015). The Relationship of Workplace Culture with Organizational Factors. *Journal of Nursing Administration*.

Hahtela N, Paavilainen E, McCormack B, Helminen M, Slater P & Suominen T (2015). Nurse Perceptions of Workplace Culture in Primary Healthcare in Finland. *International Nursing Review*.

Hahtela N, Paavilainen E, McCormack B, Slater P, Helminen M & Suominen T (2014). Influence of workplace culture on nursing-sensitive nurse outcomes in municipal primary health care. *Journal of Nursing Management*. 2014 May 21. doi: 10.1111/jonm.12237. <http://www.sciencedirect.com/science/article/pii/S0260691715003305>

Harrold, M. E., Salisbury, L. G., Webb, S. A. & Allison, G. T. (2015) Early mobilisation in intensive care units in Australia and Scotland: A prospective, observational cohort study examining mobilisation practises and barriers In: *Critical Care*. 19, p. 336

Laird, E., McCance, T., McCormack, B. and Gribben, B. (2015) Patients' experiences of in-hospital care when nursing staff were engaged in a practice development programme to promote person-centredness: A narrative analysis study *International Journal of Nursing Studies*, 52(9): 1454–1462 <http://authors.elsevier.com/sd/article/S0020748915001613>

Lee J.J. & Clarke C.L. (2015) Nursing students' attitudes towards information communication technology: an exploratory and confirmatory factor analytic approach. *Journal of Advanced Nursing* doi: 10.1111/jan.12611

MacArthur, J. (2014) The role of mentors in integrating research and practice. *Journal of Integrated Care* 22 (3) pp.117-123.

MacArthur, J., Hill, G, Callister, D (2014) Professional issues associated with the clinical research nurse role. *Nursing Standard* 29, 14, 37-43.

## Publications (continued)

MacArthur, J., Brown, M., McKeachie, A., Mack, S., Hayes M., Fletcher, J. (2015) Making reasonable and achievable adjustments: The contributions of Learning Disability Liaison Nurses in 'Getting it right' for people with learning disabilities receiving general hospitals care. *Journal of Advanced Nursing*. 71 (17) 1552-63

MacArthur J (2015) Editor for special collection on Clinical Academic Research Careers *Journal of Research in Nursing* Available online <http://jrn.sagepub.com/content/early/2015/04/16/1744987115583392.full.pdf+html>

MacDonald K, (2015) Taking risks in sharing data: the use of poetry for dissemination of research. *International Journal of Practice Development*, 5, (2) Article 9.

MacDonald, K. Irvine, L. Smith, M (2015) An exploration of partnership through interactions between young "expert" patients with Cystic Fibrosis and Healthcare Professionals. *Journal of Clinical Nursing*, 4, (24-25), pp.3528-3537

McKenzie, K., Forsyth, K., O'Hare, A., McClure, I., Rutherford, M., Murray, A., & Irvine, L. (2015). The relationship between waiting times and 'adherence' to the Scottish Intercollegiate Guidelines Network 98 guideline in autism spectrum disorder diagnostic services in Scotland. *Autism*, 1362361315586136.

McKenzie, K., Forsyth, K., O'Hare, A., McClure, I., Rutherford, M., Murray, A., & Irvine, L. (2015). Factors influencing waiting times for diagnosis of Autism Spectrum Disorder in children and adults. *Research in Developmental Disabilities*, 45, 300-306.

MacLaren, J., Haycock-Stuart, E., McLachlan, A. and James, C. (2015) Understanding pre-registration nursing fitness to practise processes. *Nurse Education Today*. <http://dx.doi.org/10.1016/j.nedt.2015.10.025>

Magowan R and McCormack B (2015) Reflections on flourishing people, spaces and places TEDxQMU, *International Practice Development Journal* <http://www.fons.org/library/journal/volume5-person-centredness-suppl/article3>

McCormack B, Borg M, Cardiff S, Dewing J, Jacobs G, Janes N, Karlsson B, McCance T, Mekki TE, Porock D, vanLieshout F and Wilson V (2015) Person-centredness – the 'state' of the art, *International Practice Development Journal* <http://www.fons.org/library/journal/volume5-person-centredness-suppl/article1>



McCormack B, Borg M, Cardiff S, Dewing J, Jacobs G, Titchen A, van Lieshout F and Wilson V (2015 in review) A Kaleidoscope of Hope: exploring experiences of hope among service users, families and practitioners in various health care contexts. *Journal of Holistic Nursing*.

Newton, M. and Ackerman, P. Chapter 4 - Management of shoulder and shoulder girdle disorders, in *Maitland's Peripheral Manipulation: Management of Neuromusculoskeletal Disorders - Volume 2 (5<sup>th</sup> edition)* Hengeveld, E and Banks, K. (eds), Elsevier (2013)

Petrova E, Dewing J, Camilleri M (2015). Confidentiality in participatory research: Challenges from one study. *Nurse Ethics*. 2014 Dec 30. pii: 0969733014564909.

Rickard N.A.S. & Clarke C.L. (2015) The involvement of older people in their rehabilitation: generating a substantive Grounded Theory. *International Journal of Therapy and Rehabilitation* 22: 8; 361-369.

Slater P, McCance T and McCormack B (2015) Exploring person-centred practice within acute hospital settings, *International Practice Development Journal* <http://www.fons.org/library/journal/volume5-person-centredness-suppl/article9>

## Publications (continued)

Smith M A C, Lyte G (2015) Early recognition of critical illness. Guest Editorial for Special Edition. Leadership and excellence in the early recognition of critical illness. Special Edition I&CCN 31 pp 67-68, Elsevier.

Smith M., and Mead G., (2015) Exercise professionals as members of the multidisciplinary acute stroke unit team improve the take up of community exercise. *Innov-age*. Edward Health Care. Available online at:

<http://www.edwardhealthcare.org/research/innov-age-magazine/innov-age-exercise-issue/> 6-8

Whittaker A. Williams N. Chandler A. Cunningham-Burley S. McGorm K. Matthews G. (2015) The burden of care: a focus group study of healthcare practitioners in Scotland talking about parental drug misuse, *Health and Social Care in the Community*, (Early View) doi: 10.1111/hsc.12249

<http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291365-2524/earlyview>

Whiteley D, Elliott L., Cunningham-Burley S. & Whittaker A. (2015) Health-Related Quality of Life for individuals with hepatitis C: A narrative review *International Journal of Drug Policy* 26(10) pp.936-949

Van Lieshout, F., Titchen, A., McCormack, B. and McCance, T. (2015) Compassion in facilitating the development of person-centred health care practice, *Journal of Compassionate Health Care* 2: 5

<http://www.jcompassionatehc.com/content/2/1/5>



## Launch of the Centre for Dementia Prevention

The Centre for Dementia Prevention (CDP), University of Edinburgh was launched on 25th November 2015. It brings together specialists from the fields of medicine, basic science and the social sciences and includes Professor Charlotte Clarke, Head of School of Health in Social Sciences, Prof Jean Manson, Deputy Director Head of Neurobiology Division, The Roslin Institute and Prof Craig Ritchie, Chair of the Psychiatry of Ageing. The Centre will focus on research across the life—course to understand this degenerative disease through cross-disciplinary working bringing together social, basic sciences, drug discovery and clinical expertise in efforts to understand and tackle the key risk factors that underline dementia. At the launch Charlotte Clarke gave an overview of the approach to dementia research taken in the social sciences, outlining the focus on participant experiences, covering issues such as identity, autonomy and social interaction.



The Centre for  
Dementia Prevention



<http://centrefordementiaprevention.com>



## Recent Appointments at Queen Margaret University



Queen Margaret University  
EDINBURGH

Hello, my name is **Jan Dewing** and I have recently taken up **The Sue Pembrey Chair in Nursing**.



Professor Jan Dewing has an international reputation for expertise in person-centred care, practice development and gerontological practice including the care of people living with dementia. She took up her new position as the Sue Pembrey Chair in Nursing in April 2015. Jan is the academic editor for the International Practice Development Journal, a free to publish and access ejournal and on the editorial board of several journals including the International Journal of Older People Nursing. Jan contributes to post graduate education and research and is supervising a number of doctoral students including international students. She also holds a professorship at the Centre for Care Research Bergen University College and Stord-Haugesund University College Norway and at the School of Nursing, Wollongong University, NSW Australia. As well as a significant clinical practice and leadership record, Professor Dewing has held a variety of other joint practice and education and research posts in universities in the UK and with the Royal College of Nursing. She is widely published and her research and scholarship work can be located through Research Gate.

She is interested to collaborate with anyone who wants to engage in research and practice development in these areas: acute care for older people including people with dementia; how we learn more about and from older peoples experiences of care; specialing /special observations, wandering/ wander-walking in any care or home setting; behaviours of distress and how we respond to them; work based learning and dementia care; older people volunteers in hospitals and aspects of person-centred practice. Please drop me a line: [JDewing@qmu.ac.uk](mailto:JDewing@qmu.ac.uk)

PS: Sue Pembrey was a well know nurse leader, one of the first nurses to get a doctorate and publish her thesis in a book. She had academic connections to Edinburgh. She was a significant influence in the nursing development unit movement in Oxfordshire in the 1990s and in the early work of the UKCC (the organisation that came before the NMC). Her family have set up this chair in honour of her contributions to nursing.

## Recent Appointments at Edinburgh Napier University



**Caroline J Hollins Martin** is a **Professor of Maternal Health** and has a background that has encompassed a career in women's reproductive health that spans 29 years; the first 11 of these were spent as a clinical midwife in Ayrshire (Scotland) and 18 teaching and researching women's reproductive health within universities.

She is a NMC Registered Midwife and Lecturer/Practice Educator. She is also a graduate and post graduate in psychology and a Member of the British Psychological Society (MBPsS). Her research interests lie in social psychology that relates to women's reproductive health, with much of her work relating to obstructing autonomy, evidenced-based practice, and providing choice and control to childbearing women. More recently focus has shifted to developing useful tools for maternal health practitioners to use in clinical practice. For example, the Birth Satisfaction Scale (BSS) that has been designed to assess mothers' perceptions of their birth experience (please email if you would like to use). Other research interests lie in perinatal bereavement, outcomes of maternal activity during labour, and the effects of music upon women's stress levels. To date, she has published 64 peer reviewed papers, presented 51 conference papers, written 2 books, 6 book chapters, edited 2 books, guest edited 3 special edition journals, and has been on the editorial advisory board for 3 books.



[C.HollinsMartin@napier.ac.uk](mailto:C.HollinsMartin@napier.ac.uk)

Publications: [http://researchrepository.napier.ac.uk/view/people/Hollins\\_Martin=3ACaroline\\_J=3A=3A.html](http://researchrepository.napier.ac.uk/view/people/Hollins_Martin=3ACaroline_J=3A=3A.html)

## NHS Borders NMAHP Research update



NHS Borders is working collaboratively with NHS Lothian, Edinburgh Napier University, Queen Margaret University, and the NMAHP Research Unit in Stirling to strengthen clinical academic links and build NMAHP research capacity and capability.

An example of such a collaborative approach is the latest research project between Edinburgh Napier University and NHS Borders. This research will explore the presentation, experiences and patterns of decision making that influence self management following attendance at an unscheduled care consultation. This will hopefully inform the development and testing of interventions which may influence a more proactive and managed approach to illness, and the encouragement and engagement of patients to plan for acute exacerbation of chronic conditions/future symptoms.

An organisational research activity scoping exercise has been undertaken across NHS Borders and the key messages are helping to inform future research plans and research skills development for NMAHPs and the wider workforce. A register for staff with an interest in research has also been established.

More recently a clinical academic strategy has been established between Queen Margaret University and NHS Borders. Deliverables include dedicated academic time for the new Nurse Consultant in Dementia to undertake research and Masters level education towards PhD. In addition QMU Lecturers will update their practice within clinical settings and establish collaborative educational research links in clinical skills and simulation.

NHS Borders is actively involved in the development of the refreshed NHS Lothian NMAHP Research Framework which aims to increase the volume and quality of applied research that will lead to improvements in patient/client health, well-being and service delivery.

**Helen Clinkscale**, MSc, PGCE, BSc, RGN

Head of Service, Training & Professional Development, NHS Borders; Senior Lecturer, Edinburgh Napier University

## Recent Research Results

### The Lydia Osteoporosis Project

This externally funded research, education, implementation and dissemination project aims to explore potential risks to older people with osteoporosis linked to moving and handling in acute care, and to increase awareness of osteoporosis and fracture risk through a range of education interventions with frontline staff. The project is based in the Division of Nursing, in the School of Health Sciences, at Queen Margaret University. The project team has formed strong links with expert clinicians, academics, managers, and specialist practitioners in the NHS and the National Osteoporosis Society. To date the qualitative research and education phases have been completed and work on an IT initiative is underway within the dissemination phase. An interactive website and niche social network was launched at the Lydia Osteoporosis Stakeholder Conference held on 6<sup>th</sup> November 2015. An Action Research Project is planned for later in the next phase.

For further information please contact the Dr Margaret A C Smith (Principal Investigator) in the Division of Nursing at QMU, Telephone: 0131 474 0000 ext. 4264, Email: [msmith1@qmu.ac.uk](mailto:msmith1@qmu.ac.uk).  
Project Team: Dr M A C Smith (PI), C Pearson, Dr S Tropea, Dr L Irvine, J Berg, F O'May, R Rush.  
*Division of Nursing, School of Health Sciences, Queen Margaret University, Edinburgh; Osteoporosis Service, NHS Lothian.*



Queen Margaret University

EDINBURGH

**Research Futures** is a training fund to support postgraduate research training for Nurses, Midwives and Allied Health Professionals employed by NHS Lothian. It is intended for staff at the early stage of their research career development, regardless of the stage of their clinical career development. It serves to promote research capacity and capability development and thereby sustain a higher volume of quality applied healthcare research amongst these professions in the longer term. Funding is provided by the Nursing & AHP Directorate and Edinburgh and Lothians Health Foundation (ELHF).



Two rounds of invitations to apply for support have occurred to date in 2013-14 and 2014-15. A further funding round has been advertised in December 2015. This funding opportunity has proven popular among staff and some quality applications have been received in both rounds. The limits of the available funding have meant that the Awards Panel has not been able to fund all applicants to the preferred extent. Nonetheless, a total of 7 NMAHPs have commenced their training with the support of a Research Futures award to date. Details of the awards including the variety of important research topics are described below.

Recipient	Profession	Research Topic	Type of Training	Type of Award	Award Status
Anna Jones	Nurse	Impact of muscle relaxant practices on patient safety in terms of endotracheal re-taping among paediatric ICU patients	Apprenticeship	1 year back-fill and expenses	Commenced Q3 2014. Terminated Q1 2015 by choice due to maternity leave.
Alison Murray	Nurse	To explore whether early identification of the need for endotracheal re-taping among paediatric ICU patients improves patient safety and nursing time efficiency	Apprenticeship	1 year back-fill and expenses	Completed Q3 2015
Azucena Garcia Garrido	Nurse	Involvement in a number of studies being carried out by the Dementia Research Cluster at UoE	Apprenticeship	1 year expenses	Completed Q4 2015
Lynne Bremner	Speech & Language Therapist	Development and testing of a diagnostic tool for children with suspected Autism Spectrum Disorders in pre-school settings	PhD at Queen Margaret University	5 years expenses	Commenced Q3 2015
Amy Ferry	Nurse	Do gender differences in the presentation of patients with suspected acute coronary syndrome affect treatment and outcomes?	PhD at University of Edinburgh	5 years expenses	Commenced Q3 2014. Terminated Q2 2015 (moved to UoE employment whilst continuing PhD)
Linda Sherwood	Nurse	Developing a supportive model of care for patients being considered for resection of colorectal liver metastases	PhD at University of Edinburgh	3 years expenses	Commenced Q3 2015
Karen Matthews	Nurse	Can a portable Fibroscan be an effective cirrhosis screening tool in a community alcohol support service?	ProfDoc at Queen Margaret University	5 years expenses	Commenced Q3 2014

Dr Juliet MacArthur, NHS Lothian (Chair)  
 Andy Peters, NHS Lothian  
 Dr Janet Hanley, NHS Lothian  
 Dr Sheila Rodgers, University of Edinburgh  
 Prof Michael Brown, Edinburgh Napier University  
 Dr Sue Cruikshank, Edinburgh Napier University  
 Dr Susan Watt, Edinburgh Napier University  
 Dr Judith Lane, Queen Margaret University  
 Dr Kath MacDonald, Queen Margaret University  
 Jo Borowska, NHS Borders  
 Helen Clinkscale, NHS Borders

Phone: 0131 537 4070  
 E-mail: [juliet.macarthur@nhslothian.scot.nhs.uk](mailto:juliet.macarthur@nhslothian.scot.nhs.uk)

The Lothian and Borders NMAHP Research Community is made up of approximately 120 nurses, midwives and allied health professionals from both the NHS and higher education who are active or interested in practice-based research in health and social care. The Community was established in 2010 following the launch of the Lothian NMAHP Research Framework (2010-2015) which aims to:

- increase the volume and quality of applied research that leads to improvements in patient/client health and well-being and service delivery, particularly in areas of strategic priority.
- further enhance the profile and status of NMAHP research in Lothian, creating a culture of inquiry and evidence-informed decision making.
- enhance the NMAHP research infrastructure in order to support the development of high quality research studies and offer a range of career opportunities.



Edinburgh Napier  
UNIVERSITY



Queen Margaret University  
EDINBURGH



Lothian and Borders NMAHP Research Community is supported by the **Health Services Research Unit**  
[hsru@ed.ac.uk](mailto:hsru@ed.ac.uk)

<http://www.ed.ac.uk/health-services-research-unit>

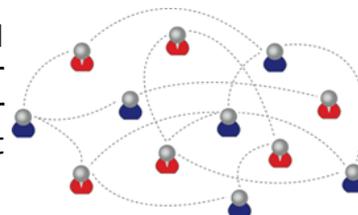


## Lothian NMAHP Doctoral Network

Lothian supports an NMAHP Doctoral Network for clinical and academic staff who are undertaking any form of doctoral study (or are planning to in the near future). These are informal peer support sessions that include presentations and discussion about the realities of combining clinical and academic studies.

Meetings in 2016 are:

- 11<sup>th</sup> January 2-4pm Room F1609, (Wd 103) RIE
- 11<sup>th</sup> April 2-4pm Seminar Room 5, Medical Education Centre, RIE
- 27<sup>th</sup> June 2-4pm Seminar Room 4, Chancellor's Building, RIE
- 10<sup>th</sup> October 2-4pm Seminar Room 4, Medical Education Centre, RIE



Please contact Dr Juliet MacArthur, Chief Nurse Research for more information or if you would like to join the network.

[Juliet.macarthur@nhslothian.scot.nhs.uk](mailto:Juliet.macarthur@nhslothian.scot.nhs.uk)