Research Endeavours and Dissemination.

School of Nursing and Midwifery

Mrs Anne Peat, Dean of School of Nursing and Midwifery, and Professor Bob Boucher, Vice Chancellor, University of Sheffield, at the launch of the new Centre for Health & Social Care Studies and Service Development, 25th April 2007.

www.shef.ac.uk/snm
Foreword

by Professor Geof Tomlinson, Pro Vice Chancellor for Research, the University of Sheffield

The University is committed to making the School of Nursing and Midwifery a major player in the expanding research field of Nursing and Midwifery. In the previous Research Assessment Exercise the School of Nursing and Midwifery was one of only 4 UK universities to receive a 5 rating, and as such, the University of Sheffield recognises the importance of research in the School and the focus on research and graduate education. Research is carried out under the themes of Older people; Children, young people and families; Workforce and practice development. This work is sustained by grants from, for example, Leverhulme and the Department of Health. There is a very well developed postgraduate research programme with over 30 students including an increasing number of international students (Spain, Saudi Arabia, Jordan). The School is currently hosting its first student from Taiwan who is undertaking 6 months of research training funded by the Taiwanese Government. The plan to locate the School in the Samuel Fox House at the Northern General Hospital demonstrates the School’s commitment to work with the NHS and to develop research which is relevant to patient care and the UK healthcare agenda.

Geof Tomlinson
Pro Vice-Chancellor for Research
17 May, 2007

The School of Nursing & Midwifery at the University of Sheffield has undergone some significant changes in the past year and these have involved a strategic decision to discontinue the provision of pre-registration nursing and midwifery education by contract with the National Health Service at the University of Sheffield and to focus on graduate education and research. Towards this end, within the School, the Centre for Health and Social Care Studies and Service Development has been launched, as the picture on the front page of this edition shows.

The Centre will be located at Samuel Fox House at the Northern General Hospital in Sheffield which is one of the largest hospital sites in Europe. This move emphasises our close relationship with the National Health Service in the UK locally and nationally but our attention is also on international relationships.

On a recent visit to Taiwan I was told by a nurse academic about READ and how much she enjoyed receiving it. Other nurses in Hong Kong and Taiwan have told me that they like receiving READ. This emphasises to me the importance of READ as a vehicle which helps to disseminate our research and which people across the world value. As this edition of READ shows, research activity continues in the School and in this issue we report on Mike Nolan’s Partnership in Carer Assessment Project and Helen Stapleton’s Leverhulme funded study: Changing Habits?: Food, family and transitions to motherhood. Since the reorganisation of the School we have re-focused our research into three themes: Older people; Children, young people and families; and Workforce and practice development. All of the previous research activity continues in one way or another but within the above themes, providing greater synergies between areas of research and between members of staff.

Wherever I travel I find that there is great interest in the UK Research Assessment Exercise and the next exercise is due to report at the end of 2008. We know how important the outcome of this exercise is for overseas nurses who wish to come and study with us or collaborate in research. It is a mark of the research activity at Sheffield that we have one previous Research Assessment Exercise panel member on our staff, Professor Mike Nolan, and that I am currently serving on the present panel. The University of Sheffield was given a top score in nursing and midwifery in the 2001 exercise along with only three other universities and we are currently preparing our submission for the forthcoming exercise. The scoring system for the forthcoming Research Assessment Exercise is completely different from all the previous exercises and it will not be possible to rank subjects in quite the same way. Nevertheless, we hope to demonstrate both the international nature of our research and also its applicability to nursing and midwifery practice. As I write this, the School is preparing to send a large delegation of staff and students to the International Council of Nurses Conference in Yokohama, Japan. This emphasises our commitment to international links.

Recently, we were well represented at the Royal College of Nursing International Research Conference in Dundee, Scotland, where several members of the School presented their work and demonstrated its application to practice and policy through various symposiums.

We like to hear from you so you are free to contact us with any views or requests for more information on our research. We are especially keen to collaborate and also to hear from you of anyone else who might benefit from receiving a regular copy of READ.

Roger Watson
Director of Research
Centre for Health & Social Care Studies and Service Development
School of Nursing and Midwifery

Contents
Foreword 2
Editorial 3
Research update:
• Children, young people and families 4
• Older people 5
• Workforce and practice development 6
New externally funded projects 6
Events 7
Postgraduate Forum 7
Conferences 8
Accolades, awards and announcements 9-10

Welcome back to READ.
This study focuses on two significant stages in the life cycle: that of pregnancy and the transition to parenthood amongst first-time mothers, and the transition from infancy to early childhood. Early family formation, and the subsequent addition of a new member(s) to the social group, are times of upheaval when family processes, attitudes, and expectations, for example concerning food choices and eating practices, may be examined and revised.

The study seeks to identify whether, and to what degree, maternal understandings about food and related issues are transmitted to children; and the extent to which these are influenced by agents such as partners, children, other family members and outside influences such as health and allied professionals. The perceptions of women are central to the study aims because foetal well-being, and indeed health outcomes throughout the life-course, are increasingly linked with pregnancy-related behaviours and because women—mothers are usually the primary carers within the family domain.

The study sample comprises 60 women, 30 of whom are pregnant and anticipating motherhood for the first time when recruited into the study [cohort 1], and 30 with at least one child aged between nine months and two years [cohort 2]. The pregnant women will be interviewed three times during the course of the study [three months before giving birth, and again when their babies are three and nine months of age], whereas those in cohort two are interviewed on one occasion only.

Each group will include:
- Ten women with diabetes
- Ten women who are very overweight
- Ten women of ‘normal’ weight, with ‘normal’ eating practices

Progress to date:
A variety of family forms, and families of different socio-economic status, have been recruited to the study and all first, and most second, interviews with cohort 1 participants are complete. The majority of Cohort 2 participants have been recruited and interviewed.

Analysis of selected transcripts has enabled preliminary themes to be been identified and a substantial number of transcripts have now been coded.

Conference papers presented:
- For more information please contact Helen Stapleton: h.stapleton@sheffield.ac.uk

Mike Nolan and Helen Mason have moved to the Sheffield Institute for Studies on Ageing (SISA), but continue with their work as usual.

The Partnerships in Carer Assessment Project (PICAP)
This three and a half year project, funded by the Service Delivery and Organisation programme at the Department of Health, exploring how carers of people with mental health problems experience assessment is now reaching its final stages. The multiphase, multi-method study comprised of a national consultation exercise, a survey of Local Implementation Plans for Standard 6 of the National Service Framework for Mental Health, an extensive literature review, and detailed case studies in several areas of England involving over 100 carers and 10 assessment teams.

The study will conclude with a national workshop to be held in London in July, when carers, practitioners and researchers will come together to discuss the key findings and generate ideas for best practice guidelines to improve the experience of assessment for both carers and assessors. It is hoped that these guidelines will be published in the form of a GP- (Getting Research into Practice) report that will be launched at a conference in Sheffield later this year.

Mike Nolan, on behalf of the project team, presented a summary of the results at the recent SDO Conference in London. Mike, Gordon Grant and Julie Repper are each making presentations on various aspects of the PICAP work at the major FGODAT event (Festival of International Conferences for Gerontology, Disability, Aging and Technology) in Toronto in June this year.

Changing Culture in Acute Hospitals
The nature of health care is constantly evolving and in order to provide high quality care providers have to develop a culture that promotes and enables change. How to create such a culture in an acute hospital setting provides a major challenge. Mike Nolan and Jayne Brown, working closely with colleagues from the Department of Work Psychology at Sheffield, are currently undertaking a 3-year study of culture change in acute hospitals using the care received by older people as a way of understanding how systems adapt to new demands.

The study is funded by the SDO programme at the Department of Health and uses a multiple method, multiple stage case study approach. Detailed work is being undertaken in four differing acute Trusts in various areas of England and explores the perceptions of staff, patients and families about their experience of giving and receiving care within an acute setting. The goal is to identify factors that either facilitate or inhibit culture change in order to develop materials that might help organisations to promote a positive and enabling work and care environment.

New book
User Participation in Health and Social Care Research
voices, values and evaluation
Edited by Mike Nolan, Elizabeth Hanson, Gordon Grant John Keady
User participation in research is still in its relative infancy with many practical, ethical, moral, methodological and philosophical questions unanswered. This text gathers together an international set of authors to explore these issues and begin to forge some practical solutions to each of these concerns. The book includes contributions on the use and application of narrative approaches, intervention and evaluation research, methodological development and quality thresholds. It provides a practical framework for all groups wishing to undertake research based on the principles and values of user participation.

Mike Nolan is Professor of Gerontological Nursing, Sheffield Institute for Studies on Ageing, University of Sheffield, UK. Elizabeth Hanson is Senior Lecturer at the ÅlderVäst Sjuhärad Research Centre, University College of Borås and at the Department of Humanities, Sweden. Gordon Grant is Research Professor in the Centre for Health and Social Care Research, Sheffield Hallam University, UK. John Keady is Professor of Older People’s Mental Health Nursing at The University of Manchester/Bolton, Salford and Trafford Mental Health NHS Trust, UK.
Ahlam Al-Zahrani tells READers about her experiences so far....

In March 2007 the Centre for Health and Social Care Studies and Service Development was commissioned by the Department of Health “Widening Participation in Learning Strategy Unit” to undertake a scoping exercise in response to this recommendation. The report of this exercise “Exploring the Case for a National Centre of Excellence in Widening Participation in Learning in the Public Services” has recently been submitted.

Michael Macintosh
Nursing Lecturer
Centre for Health & Social Care Studies and Service Development

Learning for a Change in Healthcare 2007
Professor R H Fryer DoH

The Centre for the Study of Childhood and Youth is hosting a Summer School for Postgraduate Research Students on Tuesday 17 and Wednesday 18 July 2007. Open to all postgraduates undertaking research with children and young people. Cost £60 for funded students and £40 for those self-funding. Contact Dawn Lessels d.j.lessels@sheffield.ac.uk.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

The National Programme Director for Widening Participation in Learning has recently produced his first report: “Learning for a Change in Healthcare”, in which it is noted that almost one third of all NHS staff report having no opportunities for taught learning in the previous year, and that the least qualified often have the least access to education and training. The report takes stock of the current situation for staff working in grades one to four and identifies ways in which their learning opportunities might be improved. The recommendations are closely aligned with current policy initiatives, in particular system reform and service transformation. One of the recommendations is that:

“A new National Centre of Excellence should be developed for researching, reviewing, recording and disseminating good practice in widening participation in learning”

In March 2007 the Centre for Health and Social Care Studies and Service Development was commissioned by the Department of Health “Widening Participation in Learning Strategy Unit” to undertake a scoping exercise in response to this recommendation.

The report of this exercise “Exploring the Case for a National Centre of Excellence in Widening Participation in Learning in the Public Services” has recently been submitted.

Michael Macintosh
Nursing Lecturer
Centre for Health & Social Care Studies and Service Development

Learning for a Change in Healthcare 2007
Professor R H Fryer DoH

The Centre for the Study of Childhood and Youth is hosting a Summer School for Postgraduate Research Students on Tuesday 17 and Wednesday 18 July 2007. Open to all postgraduates undertaking research with children and young people. Cost £60 for funded students and £40 for those self-funding. Contact Dawn Lessels d.j.lessels@sheffield.ac.uk.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo. 

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.

The flexibility of choosing the Research Training Programme has allowed me to tailor it around my personal and professional needs, which in turn will benefit my future career. It has also allowed me to meet lots of people from different backgrounds which has opened my eyes to new things that I would never have known about previously.

Welcome to our new postgraduate students: Ahlam Al-Zahrani, Ana Carvajel Valcarcel, Silvia Corchon, Maria Teresa Diaz Navarlaz, Cristina Oroviogoicoechea and Visiting Student Shu-Fen Lo.

Congratulations to following people who have successfully completed their higher research degrees: Nora Ahmad – DMedSci Sue Battersby – PhD Jayne Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people undertaking the DMedSci who have successfully upgraded to the research element of the programme: Clare Allen, Sue Batterby, Paige Brown – PhD Tracy Flanagan – MPhil Heather Wilkins – PhD

Congratulations to following people who have successfully upgraded from MPhil to PhD: Samira Al Senany, Silvia Corchon, Maria Teresa Diaz Navarlaz and Zainab Zahran.
The photograph above entitled ‘No boundaries: a special moment in Ukraine’ won the Nursing Standard Nursing in the 21st Century photography competition, and was published in the December edition of the magazine. The photograph was taken at the Djerela Association - a day centre providing education and support for young people with learning disabilities and their parents.

Jill has been involved in a project in Kiev for nearly three years with the aim of:

- Producing good practice manuals for nurses and carers of people with learning disabilities
- Establishing a professional association
- Helping to set up a new resource centre.

The project has provided the first programme of training for professionals working in a field of practice which is neglected due to stigma and discrimination. The competition prize, a digital camera, will be donated to Djerela.

Following the success of her prize-winning photograph, Jill was awarded the Nursing Standard Robert Tiffany International Award at an award ceremony at the Royal Lancaster Hotel in London on February 27th.

Earlier this year, School of Nursing and Midwifery lecturers Mark Hayter, Marie-Therese Massey, together with Christina Harrison (lead nurse from the Doncaster sexual health service) presented a paper at the International Society for Research on Adolescence in San Francisco. This large multidisciplinary conference attracts researchers from all over the world who have an interest in studying the unique issues around the health and behaviour of young people aged 13-19.

Relationships, sexual health and the health problems associated with this aspect of adolescent life were all prominent themes at the conference. In most cultures, young people aged between 13 and 19 often bear the heaviest burden of sexual ill-health, with issues of unplanned pregnancy and sexually transmitted infection (STI) being particularly problematic. The Sheffield research team explored the different ways young people think about sexual relationships – they were particularly interested in the manner in which gender influences attitudes. The study entitled ‘Sexual risk-taking, self esteem and identity: attitudes and beliefs of adolescents in a socially deprived area of Northern England’ was presented within a conference track that explored risky lifestyles and how young people managed these aspects of their lives.

The ‘Changing Families Changing Food’ Leverhulme-funded, inter-disciplinary research programme, is now at mid-point. To mark this occasion a two-day conference (May 21/22) has been held for programme researchers and invited guests. This event provided a platform for discussing interim results from the seventeen individual projects participating in the programme which is organised into three research strands on: pregnancy and motherhood; childhood and family life; and family and community. Focusing mainly on contemporary Britain, the Programme also includes some international comparisons and a ‘time-line’ to establish the quantitative and qualitative nature of social changes affecting families and food over the last century. The research takes food as the lens through which to observe recent changes in family life and examines how changes in family form have affected patterns of food consumption. The Programme’s findings are expected to contribute to current debates about obesity and nutrition, media and consumption, food choice and deprivation. See: http://www.shef.ac.uk/familiesandfood/
Researchers from the University of Sheffield, studying the support needs of parents of children and young people with obesity, have recently gained national recognition for their research. Dr Penny Curtis, Dr Helen Stapleton, and Fiona Wilson, from the School of Nursing and Midwifery have been awarded the 2007 David Kennedy Memorial Prize, by The Obesity Awareness and Solutions Trust (TOAST). The study, funded by the Sheffield and Social Research Consortium, builds upon previous research with young people with obesity who participated in SHINE, a community-based, intervention programme in Sheffield. Dr Penny Curtis joined SHINE director, Kath Sharman, at a Parliamentary Reception in The Palace of Westminster, to accept the prize on 13th March, as part of Obesity Awareness Week 2007.

The study aims to improve understandings underpinning family-based obesity management initiatives. Although parents are often blamed for failing to recognise, and be sufficiently concerned about, excess weight in their children, parents’ own perspectives remain under-researched and little is therefore known about what parents would find useful as they seek to negotiate lifestyle changes within the family environment. The Consortium funded study for which the award was made therefore focuses upon parents’ understandings about overweight in their child/ren, and their experiences of seeking help to address the problem.

Twenty six parents of children with obesity participated in the study. The majority were interviewed at the beginning and end of their child’s 12 week obesity intervention programme (49 interviews) in order to capture any changes in parental perceptions and support needs that may develop during this time.

The final report will be available in July 2007. Preliminary findings indicate that both parents and children recognise that key indicators trigger concern. These are: bullying, or fear of bullying; emotional distress including withdrawal, aggression and negative self-esteem and; difficulties getting suitable clothing.

Parents in the study had all tried to influence their child’s weight and eating practices within the family (there was limited concern about activity levels). However, the majority were unclear about what they should do; uncertain about how to put healthy eating messages into practice and about how to introduce change within the family. Health professionals were generally found to be unhelpful. Schools responded well to support children who were being bullied but offered no support for weight management. GPs validated parents’ concerns by confirming obesity and could refer on for further tests but, though often sympathetic, their ability to provide on-going support was limited and the advice about lifestyle change that they offered was felt to be too vague to be helpful and was sometimes perceived as judgemental. Dieticians, similarly, could not provide on-going support and the majority of parents felt let down, judged and disappointed when dieticians did little more than give out diet sheets.

These findings suggest that there are key indicators, for parents, which raise the possibility that a child’s weight is problematic and these need to be recognised and integrated into public health and detection strategies. In particular, the parents of children in the latter years of primary school are particularly susceptible to such messages as they look to, and commonly anticipate, problems with secondary school (principally bullying). The provision of parenting skills to enable parents and children to work together for lifestyle change should be considered. Schools and GPs are both important points of contact; their roles in providing access to appropriate support should be strengthened though this need not mean that they provide that support themselves. Parents require on-going support that makes sense to them, in light of the way they live and work together as a family.

For further information, please contact Dr Penny Curtis (p.a.curtis@sheffield.ac.uk)

*See: [http://www.bmj.com](http://www.bmj.com)


January 2006 to July 2007

Acknowledgements and contact details

The editorial team would like to thank all those who contributed to this issue of READ.

If you would like more information about any of the articles or news features, please contact Jane Flint, Research Administrator, Centre for Health & Social Care Studies and Service Development, School of Nursing and Midwifery, the University of Sheffield, S10 2TN.

Email: j.flint@sheffield.ac.uk