

Introduction



Welcome to the Spring Edition of HEalth Briefing, this has been a very busy time for the Faculty.

On 1 and 2 February 2011 the NMC reviewed the Faculty of Health Midwifery provision, and Practice Teacher and Teacher Preparation courses as part of the NMCs annual quality assurance monitoring cycle. All areas reviewed were graded as good; an excellent result. They also highlighted the close working relationships and good communications between ourselves and our partner Trusts. It is very pleasing to report that the two-day visit ran very smoothly and the reviewers were very complimentary about the rich and varied learning opportunities that student midwives experience at Staffordshire University. The reviewer of Practice Teacher and Teacher Preparation met a good number of our student practice teachers and student teachers, as well as their mentors, in both clinical settings (Stoke and Market Drayton) and at the University. The reviewer was impressed by the motivation and enthusiasm of our students, and the dedication of our mentors who were described as effectively supporting our students.

HEalth Factor 2011 – *The Five Rings of Health* has also kept us busy. During April and rolling into May we hosted a number of our annual HEalth Factor events, many in partnership with other organisations and you can read more about these further on in this newsletter.

We are delighted to be developing closer working relationships with a number of organisations including Birmingham and Solihull Mental Health Trusts who we recently signed a MoU with. Also with Staffordshire County Council as we commence our search for a joint professor. This partnership will strengthen the relationships between practice, education and research, to develop the workforce.

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Working Together

World Social Work Day marked by search for new professor

The hunt has started for a new professor to spearhead work to promote social work as a career. Staffordshire University and Staffordshire County Council have joined together in groundbreaking partnership aimed at improving social care. The appointment of a new Professor in Social Work forms one of the key elements of the partnership which was announced on 15 March and coincided with World Social Work Day. The agreement will lead to staff and student exchanges between the county council and the university, which is a leading trainer of social workers, and will help build experience and skills.

Councillor Ellis added: "Social work is one of the least understood professions, and also one of the most crucial. We want to raise the profile of the profession. I believe this initiative with Staffordshire University can play a strong part in doing that. We want to drive forward further improvements in the social work profession and encourage Staffordshire residents to join the profession."

The Professor in Social Work will be a joint appointment between the county council and university. The ideal candidate will have a national or international standing and come with a strong research background.

For further information contact Dr Jill McDonald – Programme Area Manager j.p.mcdonald@staffs.ac.uk

Memorandum of Understanding

Birmingham and Solihull Mental Health NHS Foundation Trust and Staffordshire University are to work together to help educate staff and develop world class services across the West Midlands.

A memorandum of understanding was signed on Wednesday 2 March 2011 by Sue Turner, the Trust's chief executive, and Hilary Jones, Dean of the Faculty of Health. Both organisations seek to develop and share their expertise in ageing and mental health and are committed to explore teaching, training and development opportunities for staff, alongside clinical support and supervision and opportunities for research.



Professor Paul Kingston, Director of the Centre for Ageing and Mental Health; Hilary Jones; Professor George Tadros, Consultant in Old Age Psychiatry, and Visiting Professor of Ageing and Mental Health; Sue Turner; Matt Snowden, Faculty Director for Business Development and Resources

Enterprise, Research and Development

Productive Ward Programme

The Knowledge Transfer Partnership (KTP) between Staffordshire University and Shrewsbury and Telford Hospital NHS Trust (SaTH) will evaluate the impact of the Productive Ward Programme (PWP) at SaTH. The PWP, developed by the NHS Institute for Innovation and Improvement (2007), uses improvement techniques to review the ward environment and ward processes. The programme aims to increase direct time for patient care, improve the patient and staff experience, and improve patient safety. This KTP will use a mixed methods design to evaluate the economic and cost benefits linked with implementation of the PWP, examine the extent to which the aims of the programme have been met within the trust, and promote long-term sustainability by ensuring the benefits realised through PWP are shared with frontline staff. Stella.Wright@sath.nhs.uk

Staff

Helen Burrell

I have taken up the post at Staffordshire University as the Service User and Carer Co-ordinator for the Faculty of Health. The aim of the project is to recruit young adults and people who have experiences of social and health care services, to come forward to share these experiences with students who are training in health care or social care services. The project also aims at getting service users and carers to get involved with how the courses are planned and what they contain, interviewing students, attending meetings that support the various courses offered by the university and any other areas where service user and carer involvement can enhance the way the university works. h.s.burrell@staffs.ac.uk



James Capper

I joined the Faculty of Health as a Senior Lecturer in Physical Education and Sport Coaching on 1 April where I have been made to feel part of the team already. I have spent the last few years working for the Youth Sport Trust whose aim is to build a brighter future for young people through Physical Education and Sport. My national role focussed on working with Head Teachers, Principals and corporate partners to develop a whole school or academy impact through Sport and Health specialisms. My undergraduate degree was completed at Loughborough University where I studied Physical Education and Sports Science and was very proud to be part of a B.U.S.A gold medal winning team for Hockey in 1999.

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Colin Watt

I am very pleased to have joined the Faculty of Health in Social Work and Advice Studies as Senior Lecturer in Social Work (Children, Young People and their Carers). My last job was with the NSPCC where I managed a number of child protection services, supervised managers and practitioners and acted as a specialist consultant to partner agencies on safeguarding matters. I enjoyed it and it was always challenging, though I came to realise that I wanted to be more involved in teaching and research. I think these are exciting times for the social work profession and I believe the strong partnerships that Staffordshire University has forged with local statutory agencies will enable it to play a significant role in developing the profession. c.watt@staffs.ac.uk



Anne Wright

I graduated in Law from Leicester University in 1993, and completed my LPC at the College of Law in York. Following this I joined Stoke on Trent Citizens Advice Bureau where I spent 12 years, 6 years of which as the Training and Volunteer Support Manager. This is my first academic post and I am looking forward to the challenges this change of career offers. I am passionate about equality issues and social policy, and as a new member of the Advice Studies Team am sure I will have ample opportunity to pursue these passions. I am currently completing an LLM in Employment Law alongside my part time role here and continue to train new advisers and supervisors for Citizens Advice across the West Midlands and North West. a.l.wright@staffs.ac.uk

New Honorary Appointments

The Faculty of Health has made the following new honorary appointments.

Honorary Fellows

Mr Robert Bradshaw-Hilditch - Clinical biomechanics and orthotics

Mr Stephen Osborne - Clinical biomechanics and orthotics

Dr Rafik Salama - Statistical analysis, analysis and design skills

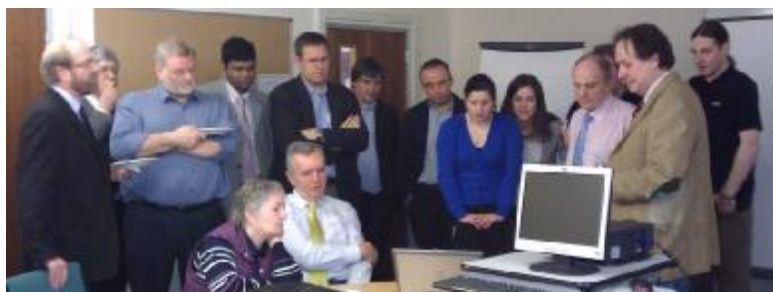
Honorary Lecturers

Dr Emma Kelson - Old age psychiatry, dementia care, mental illness

Mr Nick Le Mesurier - Research, evaluation, qualitative research methods

Meeting of Visiting Professors and Fellows

All Visiting Professors and Visiting Fellows within the subject area of Biomechanics met here at the Stoke Campus on 4 February 2011. This meeting was the second in the series of meetings planned for the coming year. Professor Nachi Chockalingam welcomed everyone and formally congratulated Wesley Vernon, Tony Elliot and Dave Dunning for appearing on the Top Doctors List published by *The Times*. We had invited senior clinicians from Haywood Hospital as guests, who saw our lab facilities for the first time. The day included a lab demonstration and discussions around current research in Clinical Biomechanics here at Staffordshire, leading to future grant applications. n.chockalingam@staffs.ac.uk



Genito-Urinary Nurses Association (GUNA) Spring Meeting 2011

The GUNA Spring Meeting took place on Saturday 2 April 2011 at the Ruxton Centre, Beaconside. The day was attended by sexual health professionals, as well as colleagues and students from the Faculty of Health. The theme was *Sexual Pleasures*. Cat Stephens, of the International Sex Workers Union, provided a personal perspective on life as a sex worker in order to provide sexual health service staff with an understanding of the issues sex workers face when accessing health services. Elizabeth Pisani, an Academic and Activist, spoke about Sexual Health Promotion in the Context of Reality. Liz looked at health promotion in sexual health from the perspective of the patient and the barriers and challenges they face in determining sexual health choices, rather than looking at it from the perspective of the health professional having the challenge of dealing with the consequences of patients' unhealthy decisions. Miguel Tudela De La Fuente of the FPA spoke on Sexual Pleasure - the rights of people with learning disabilities. Miguel provided us with an excellent insight into the challenges and barriers those with learning disabilities face when exercising their right to enjoy personal relationships and providing them with the knowledge and skills to be able to make healthy choices. The final speakers of the day were Michelle Ross and Del Campbell from the Terence Higgins Trust on Transgender Awareness, highlighting the issues facing those with transgender issues in accessing sexual health services. The presentations generated some very useful discussion, with the feedback from the day being very positive. m.a.bannerman@staffs.ac.uk

Inaugural Lecture

On Monday 4 April, Professor Vish Unnithan delivered his inaugural lecture - *Preventative efficacy of team sports: cardiovascular and cardio respiratory insights for health and performance*.

This event was held at the Ashley Building, Stoke, and was attended by colleagues and students from the Faculty, family and friends and a range of partners the Sport and Exercise Team work with. This was an interesting, informative and entertaining lecture (especially when Vish's youngest daughter was so delighted to see 'daddy' behind the lectern.

Her interjections and Vish's humorous responses (she got sent off at half time!) made this a very personal presentation. The lecture finished on a very emotional note with the Liverpool Football club anthem 'You'll Never Walk Alone'. Vish's enthusiasm for his subject shone through as did the respect he has for the many colleagues he has worked with during his career so it was a privilege to be present.



9th Staffordshire Conference on Clinical Biomechanics 2011

This was a truly international affair with speakers and delegates from all over the globe. The 2-day conference (9 and 10 April 2011) was preceded by an Electromyography (EMG) workshop.



Dr Anton Arndt, Professor Nachi Chockalingam, Professor Benno Nigg, Mr Paul Richards and Dr Teeranall Ramgopal

Swiss born, ex-nuclear physicist turned Biomechanist Professor Benno Nigg from the University of Calgary, Canada, opened the conference proceedings. His second lecture was about unstable footwear such as MBT® shoes. In general he thinks instability in a shoe is very positive due to their ability to improve muscle function, describing them as *"The most innovative shoes for 100 years."* The other keynote speaker was Dr Anton Arndt from Karolinska Institute, Sweden. There aren't many places where ethics committees will let you put bone pins into a live subject so you can obtain accurate data on the bone movements of the foot, but Sweden is one. His descriptions of the different methods used had some in the audience squirming. *"It only hurts for a bit"* he confided, revealing that a lot of the work has been done on himself. In his other lecture, he pondered how useful laboratory based biomechanical experiments are, to clinical intervention.

The weekend featured a dozen or so invited papers. Amongst those presented were the effect on knees and ankles of performing squat exercises at different angles of foot inclination (Jim Richards, University of Central Lancashire), new considerations on ways to characterise feet (Mark Lake,

Liverpool John Moores University), how changes in gait parameters can plot an Ankylosing Spondylitis patient's response to biologic drugs (Tony Redmond, University of Leeds) and the effects of shoes designed to mimic 'barefoot running' on muscle activation and ground reaction forces (Jasper Reenalda, Roessingh Research and Development, The Netherlands).

One of the most clinically relevant papers to the podiatrists present came from Lee Short (Leeds NHS Trust), an ex student from Staffordshire University. His case study involved a soldier who had been shot causing a fused ankle joint. He had been listed for



amputation due to pain in the ankle and pains elsewhere caused by a poor gait style. With insole and shoe adaptations aimed at enhancing movement, the patient's pain was greatly reduced. Further rehabilitation led to the amputation being cancelled. Insole and wedging - £8.00; Shoe adaptation - £60.00; "Saving a limb – Priceless." Research at Staffordshire University was presented by Dr Roozbeh Naemi, Aoife Healy and Guarav Khatri. The conference dinner on the Saturday night was a lively affair at the Wedgwood museum. n.chockalingam@staffs.ac.uk

Steps Towards Well-being: Exploring a Labyrinth Walk

Emeritus Professor Bernard Moss offered the opportunity for a reflective walk using his portable canvas labyrinth at the Stanley Matthews Sports Centre, Stoke, on Thursday 14 April, as part of the Health Factor events. Labyrinths are very ancient and are found in many different cultures, but are enjoying something of a renaissance in a range of contemporary settings including hospitals, hospices, religious centres, parks and gardens, and universities. A labyrinth is a single path that leads through a series of twists and turns to a central point and back out again. It is impossible to get lost so it allows the walker to concentrate on the journey, to relax, meditate and focus on whatever concerns or issues that may be troubling them. Feedback from the walk highlighted the calming, relaxing benefits from the experience, together with an opportunity to release creative energy to tackle problems in a fresh way. For further information please contact b.r.moss@staffs.ac.uk

Successes

Funding to encourage students into sport and physical activity

Staffordshire University has secured £107,313 from Sport England's £10 million Active Universities fund to get more university students playing sport, as part of the mass participation legacy from the London 2012 Olympic and Paralympic Games. The Social Sport Participation Project aims to encourage over 2,000 additional students at Staffordshire and Keele universities to take part in athletics, badminton, tag rugby, and other activities. A new three-year post, Sports Activator, has been created to lead the project. The post is being advertised this month and is funded through the Sport England lottery funds.

The bid for lottery funding and development of the Social Sport Participation Project has involved staff from Staffordshire University's Commercial Services, the Faculty of Health's Sport and Exercise programme area, the Students Union, Sport Across Staffordshire and Stoke-on-Trent (SASSOT), and Keele University.

Fiona Roberts, Staffordshire University Sport and Activity Manager and lecturer, said: "The majority of students at university who already regularly participate in sport are semi-elite.... But that leaves a cohort of students that don't get involved. So we're focusing on these people that are interested in participating but didn't make it into the teams."

The main objective is to increase overall participation by 2,000 students over three years by increasing the number of sporting activities, competitions, games and festivals available to them. Nigel Thomas, Sport and Exercise Programme Manager, said: "It's pleasing to see a University level project aimed at improving the student experience in sport. Students now see sport and physical activity as part of the student lifestyle so it's important that we make sport as available and accessible as possible."

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Health Service Journal Award

Professor George Tadros, who is an Honorary Professor working within CAMH, and his team were the recipients of the Health Service Journal award for Best Innovation in Mental Health in 2010. Congratulations go to George and all the team for this fantastic achievement. For further information about the project go to:

www.staffs.ac.uk/about_us/news_and_events/newmental-health-service-wins-prestigious-national-award-tcm4235044.jsp



Highly Regarded Work in the Area of Scoliosis

Professor Nachi Chockalingam was part of an international group to complete a systematic review on adolescent idiopathic scoliosis (Negrini S, Minozzi S, Bettany-Saltikov J, Zaina F, Chockalingam N, Grivas TB, Kotwicki T, Maruyama T, Romano M, Vasiliadis ES. Braces for idiopathic scoliosis in adolescents. *Cochrane Database of Systematic Reviews* 2010, Issue 1. Art. No.: CD006850. DOI:10.1002/14651858.CD006850.pub2). It has been revealed that the podcast on this review has been the 9th most listened to podcast in the Cochrane Collaboration during 2010. n.chockalingam@staffs.ac.uk

Abracadabra 2011 Diabetes Award

On 4 March 2011 at the Abracadabra Diabetes conference at the Royal Geographic Society, London, Keith Booles, Senior Nurse Lecturer, won the *Abracadabra Diabetes 2011 award: Clinical category* for a piece of work he was asked to undertake in his role within the RCN Diabetes National Forum to look at diabetes care in prisons within the United Kingdom. This was an audit of current care and practice for persons with diabetes within the prison environment. The project arose following clinical concerns identified by practitioners within this area of clinical practice within the United Kingdom. Keith was the first man to be nominated for and to win this award since it began 8 years ago. k.d.booles@staffs.ac.uk

Health Briefing is produced 3 - 4 times per year. If you have any items you would like included, or have any feedback, please contact Barbara Brown b.j.brown@staffs.ac.uk

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