



University of Glasgow | School of
Medicine

Nursing & Health Care

News

Summer 2014

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Esteem Factors



Ann Marie Rice graduated with her EdD from the University of Strathclyde in November 2013

Ann Marie has been invited to co-chair one of the working groups tasked with taking forward the strategic aims identified as part of the Chief Nurses review of nurse education. Ann Marie will be chairing the Professional Values group and as such will be part of the overall delivery group. The school will also be represented on the other groups by Margaret, Deirdre and Diane.

Ann Marie continues to be the academic advisor to the West of Scotland Cancer Nurses Group.

Within the university Ann Marie is a member of the College appeals committee.

In May 2013 Eileen was delighted to accept an invitation to become secretary to the Scottish Stroke Nurses Forum.

The forum is active in promoting stroke nursing expertise, evidence, education and service provision across Scotland. The forum is always keen to accept new members so please contact Eileen if you are interested!

Joan McDowell graduated with her PhD from the College of MVLS, University of Glasgow, in December 2013.

2014 Celebrating Diabetes Education for all in Scotland; 3rd February 2014. Dr Joan McDowell was the co-organiser of this Scottish Government Funded conference. This was the first conference of its kind and was well attended by over 200 professionals and people with diabetes.

2013 Joan McDowell was a member of NICE proposed single technology appraisal scoping workshop

2013 Joan McDowell is an invited member of Novo Nordisk UK Research Foundation: Research Selection Committee

2013 Joan McDowell became a reviewer for the National Institute for Health Research

The University of Canterbury in Christchurch, New Zealand have invited Margaret Sneddon to take up a prestigious Erskine Fellowship for a period of 3 months at the start of 2015. She will be working with staff to develop postgraduate lymphoedema courses.



Margaret has recently been appointed as an Adjunct Associate Professor in the University of Queensland.

We are delighted to announce that Margaret Sneddon was awarded the BJN 'Lymphoedema Care Nurse of the Year' award at a ceremony in London. Margaret has worked tirelessly to promote awareness and improved management of this distressing and disabling condition and this award is well deserved .



Dr Anna O'Neill is involved in hosting the CS MEN R&D Conference in June 2014

Anna was involved in the ISQua Conference in Edinburgh 2013 showcasing the Mobile Skills Unit to an international conference.

In her CSMEN role, Anna attended the NHSScotland Event with the Mobile Skills Unit and the Human Factors for Quality Healthcare Conference in March 2014

Anna is involved in the delivery and governance of the Health Professions Education Doctoral programme in the School of Medicine.

Anna has been involved in the NES Patient Safety Programme, "Educating for Patient Safety" Workshops which being rolled out across Scotland.

Anna has joined several University level committees, namely, Academic Standards Committee, Academic Regulations Sub Committee and the Programme & Course Approval Working Group, as well as continuing her roles as Graduate School PGT Quality Officer and Graduate School PGT APL Officer.

Anna continues as a NICE Health Technology Appraisals committee Member.

Anna is also a peer reviewer & Editorial advisory board member of the journal Nursing in Critical Care.

Anna has been invited to review a manuscript for BMC Medical Education.

International authorities in the field of intellectual disability and cancer gathered in Montpellier in February 2014 for the first international symposium of its kind.

Included among the international experts was Dr Diane Willis who presented work on the breast cancer screening journey of women with severe intellectual disability. With colleagues from France (Dr Daniel Satgé, Oncodéfi, Montpellier, France, IURC University Institut for Clinical Research, Montpellier, France and Brigitte Trétarre, Hérault Cancer Registry, Montpellier, France) she reported on work on current considerations in colorectal cancer and an overview of research on ovarian cancer. Presentations were in French and English and first-year student nurse Neil Kelle assisted with the translation.

During the conference the symposium delegates founded the International Society on Cancer and Intellectual and Developmental Disabilities (ISCIDD), and agreed the Montpellier Declaration, which states that "People with intellectual disabilities should have equal access to health service provision in cancer: preventative, curative and palliative treatment and care, in line with those available to the general population". ISCIDD aims to understand and address the specific features of cancer in people with intellectual disabilities, through fundamental and applied research, collaboration and sharing of expertise. Dr Willis was elected to the Society's Board.

Eileen Cowey was invited to present at the UK Stroke Forum in Harrogate in December 2013.

Her talk was entitled "Using the Liverpool Care Pathway in acute stroke units: a multi-centre study."



Conferences

International Lymphoedema Framework Conference 2014



The Principal, Professor Anton Muscatelli welcomed over 360 delegates and speakers from 29 countries to the 5th International Lymphoedema Framework (ILF) Conference in the University of Glasgow, preceded by a traditional piper, who also 'piped in' delegates to the Civic Reception, hosted by the City of Glasgow. The conference had a very full programme of presentations, workshops, symposia and concurrent abstract sessions from a great selection of international speakers addressing the theme of 'Reduced Incidence, prevalence and Impact: Making these realistic goals'.

Dr Frances Elliott, Deputy Chief Medical Officer, gave a keynote address on the Scottish Government (SG) response to long term conditions and lymphoedema in particular, based on the recommendations of the recent SG report 'Lymphoedema in Scotland: Achieving Equity and Quality'. She was particularly interested in the LIMPRINT tools developed by the ILF to facilitate much needed prevalence studies for lymphoedema and was certainly impressed by the launch of the book "Impressed by You" which illustrates visually and in text the experience of a wide range of people with lymphoedema.

An integrated patient conference with a theme of 'Patients, Partnerships and Technology', reflected the focus on self-management and how technology may be embraced to support patients, practitioners and educators. A need to adopt different strategies and attitudes to maximise the ability of individuals to confidently self-manage their lymphoedema and make the most of technology to inform professionals and the public about lymphoedema was clear. There was great interest from delegates and patients in the web-based physiotherapy programmes developed in the Nursing & Health Care School and presented by Dr Elaine Coulter. We are following up several opportunities for international collaboration on this.

It was a great opportunity to share ideas and experiences with people from such a range of backgrounds, including those from developing countries, who seem to do so much with so few resources and also to hear about some really innovative work that is going on across the world. Previous conferences have been held in exciting venues such as Montpellier and Toronto but we many delegates reported that Glasgow had been the best experience yet!

On the social side, the dinner, ceilidh and "Mini Highland Games" was enjoyed by well over 200 guests. One of the patient delegates, who was selected to carry the Queen's Baton for the Commonwealth Games, demonstrated her outfit, but the delegates from Holland stole the show by entering into the spirit of the event and donning bright orange tartan (all 20+ of them!).

It was really exciting to host the event and a great showcase for the University and its work on lymphoedema. On behalf of the organizing team and the ILF I thank the University staff for their support, the student ambassadors who did a fantastic job and a special thank you to the Stevenson Recreation Facility for allowing access and assisting with the activity and Aqua Lymphatic Therapy Workshops. For more information about the ILF please see www.lympho.org.



International Nursing Research Conference

The Nursing & Health Care School in the University of Glasgow were delighted to be host the RCN 2014 International Nursing Research Conference and joining with our colleagues in NHS Greater Glasgow and Clyde (NHS GGC) as sponsors.

We welcomed more than 400 delegates to the University and the Bute Hall from 2-4 April and to the welcome reception in the Hunterian Museum on the evening of 2nd April. The conference brought together researchers from diverse clinical and academic settings from around the world to participate in critical debate and to promote and advance a body of knowledge with relevance to nursing. An active networking programme was planned to complement the scientific programme and facilitate sharing and collaboration between health care researchers, including a Civic Reception in Glasgow City Chambers on 3rd April..

We were delighted to have strong representation at the conference with four members of staff delivering presentations.

Dr Elizabeth Tolmie described the development of the Best Practice Statement for Vision Problems after Stroke and presented the results.

Dr Diane Willis, a lecturer and researcher in intellectual disability chaired and presented one of the four papers in a symposium entitled 'Strengthening commitment to ensure people with learning disabilities enjoy a good life'. Her paper, 'Preparing the future adult nursing workforce to meet the needs of clients with mental health and learning disabilities brings together many years of teaching and research in this area.

Dr Willis also presented two other papers in collaboration with colleagues – the first paper was with Jane Miller, from the Prince and Princess of Wales Hospice in Glasgow entitled 'Raising student's awareness of their role in supporting patients and families before and after death'.

Whilst the second was with Dawn Coleman from University of Abertay, this paper explores the use of reflective writing in pre-registered nursing students.

Dr Ann Marie Rice presented the results of a longitudinal case study exploring student nurses development in empathy respect and self awareness. This work was undertaken as part of a doctoral thesis and has informed aspects of the undergraduate curriculum.

Annemieke Bikker presented the results of the CARE study (Consultation and Relational Empathy) Measure, which is a patient-rated measure of perceived empathy in the clinical encounter, undertaken with specialist sexual health nurses.

Mrs Margaret Sneddon, Head of the Nursing & Health Care School delivered an opening address in conjunction with **Mrs Rosslyn Crockett**, Nurse Director for NHS Greater Glasgow and Clyde.



Grants

Good Life, Good Death and Good Grief

Given that an estimated that 56% of all deaths occur in the acute hospital setting it is important that nurses have an awareness of what constitutes a “good death” for patients and relatives. To help students address end-of-life care for the patient, their family and the clinical team, a small grant was secured from Good Life, Good Death and Good Grief. This enabled Dr Diane Willis and Jane Miller, Practice Education Facilitator from Prince and Princess of Wales Hospice to run two workshops to increase skills in bereavement for students in BN2-4. The workshops were also supported by Chaplaincy and Counselling and Psychological Services. The workshops explored grieving, breaking bad news and resilience and incorporated practical scenarios where students could work through situations they may be exposed to in practice as well as the experience of discussing dying and bereavement. Feedback suggested that this gave students practical advice and the opportunity to ask questions and most importantly enhanced their confidence to approach bereavement issues.

A big thank you to the students, funders and those who supported this work.

Eileen Cowey is delighted to be part of a successful grant application, along with clinical and academic colleagues in Glasgow, Edinburgh and Lanarkshire. Their group has been allocated a £201,000 grant by the Chief Scientist Office of the Scottish Government. The grant will be used in a two-year project to study the multi-dimensional palliative care needs of people with severe stroke.

Congratulations to Deirdre Moriarty and Dr Ann Marie Rice who have been successful in their bid for a grant from the Chancellor's Fund. The funding will support the development of a second clinical skills room in the Nursing & Health Care School. This new facility will be particularly aimed at enabling students to develop greater knowledge and understanding of the care needs of individuals with dementia. Students will have an opportunity to take 'the virtual dementia tour' aimed at providing insight into some of the physical challenges faced by this patient group. An evaluation of the project is planned



PhD studentship (64K) awarded from NHS Ayrshire and Arran; Paul L, Coulter E, Mattison P. Physiotherapy for people for primary progressive MS

The use of novel interventions to prevent or ameliorate the effect of nail problems in patients receiving taxane-based chemotherapy for breast cancer in relation to psychological and functional outcomes. Breast Cancer 2000. Paul L, Rice, A M

British Lymphology Society / St George's Lymphoedema Research Fund - Development of a tool for early detection of lymphoedema in men with genito-urinary cancer – Rhian Noble-Jones & Margaret Sneddon

Publications

Core Outcome Measures for Exercise in MS



Exercise is recommended for people with MS to reduce symptoms and improve health and well being. However it is difficult to evaluate the effectiveness of exercise for people with MS as studies use a range of outcome measures, making meta-analysis difficult.

Led by Dr Lorna Paul, a group of internationally recognised researchers and patients met in Glasgow to discuss this issue and from that meeting a core group of outcome measures for exercise studies in MS was recommended. These simple outcome measures are Modified Fatigue Impact Scale (MFIS) or Fatigue Severity Scale (FSS), 6 minute walk test (6MWT), timed up and go (TUG), Multiple Sclerosis Impact Scale (MSIS-29) or MSQoL54 and Body Mass Index (BMI) or Waist-hip ratio (WHR).

The results of the consensus meeting have now been published in Multiple Sclerosis.

<http://www.ncbi.nlm.nih.gov/pubmed/24639480>

The ultimate aim is that researchers will use these outcomes so that, in the future, evidence based guidelines can be produced to support people with MS to exercise.

Web based physiotherapy

Researchers Dr Lorna Paul and Dr Elaine Coulter are continuing with a programme of research on the use of web based physiotherapy for people with long term conditions. The researchers have developed a web site, in collaboration with clinical colleagues and patients, which is used to deliver an individualised exercise programme which is remotely monitored and altered by the physiotherapist (www.webbasedphysio.com).

The first paper from this work has recently been published in the journal Clinical Rehabilitation. This paper demonstrated that people with multiple sclerosis found the site easy to use, reported benefits from their 12 week programme and would be happy to use the system again.

<http://www.ncbi.nlm.nih.gov/pubmed/24691218>

Funding has since been secured from NHS Lanarkshire to undertake a study comparing twice weekly web based pulmonary rehabilitation with traditional twice weekly class based rehabilitation. This study is being conducted in collaboration with Carolyn Bell and the physiotherapy team in NHS Lanarkshire and that study is on-going.

Funding has also been secured to customise the website for people following spinal cord injury.

We look forward to reporting on the results of these studies and the outcome of a number of related grant applications in future newsletters.



webased physio

STARFISH, a mobile phone app to increase physical activity following Stroke

Dr Aleksandra Dybus from the Rehabilitation Research Group attended the XXIII European Stroke Conference in Nice, France in May 2014 where she presented the results of a recent study on the effectiveness of STARFISH, a mobile phone app designed to encourage physical activity following stroke. The study was a collaborative project involving Dr Lorna Paul (PI), Dr Jason Gill (exercise science), Professor Sally Wyke (social science/behaviour change), Professor Steve Brewster (computing science) and Gill Alexander (NHS) and was funded by Chest, Heart and Stroke Scotland.



In STARFISH the sensors within the phone record the individuals step count. Participants, in groups of four, are represented by a fish within a fish tank. When the participant is active their fish blows bubbles and swims and, as the participant reaches their target number of steps, their fish's fins and tail grow. If each participant reaches their step target the group are rewarded with a creature in the fish tank. The intervention group followed the STARFISH programme for six weeks. Outcome measures, taken before and after six weeks, were number of steps taken per day; BMI, heart rate, blood pressure, blood lipids, LFTs, CRP, HBA1c, 10MWT. Focus groups were undertaken for those in the intervention group.

The intervention group increased their daily step count by 11-188% (mean 70%) and reduced their 10 MWT time. There was a trend towards improvements in BMI, blood pressure and blood biomarkers. Stroke survivors enjoyed taking part, were motivated to be more physically active and had few problems using the mobile phone. STARFISH has the potential to increase physical activity and improve health outcomes however larger, longer term evaluation is required.

A comparison of the orthotic effect of the Odstock Dropped Foot Stimulator and the Walkaide Functional Electrical Stimulation systems on oxygen cost and speed of walking in Multiple Sclerosis. Miller L, Rafferty D, Paul L, Mattison P. *Disability and Rehabilitation; Assistive Technology* (in press).

Web-based physiotherapy for people moderately affected with Multiple Sclerosis; results from a randomised, controlled pilot study and the patient experience Paul L, Coulter E, Miller L, McFadyen A, Dorfman J, Mattison P. *Clinical Rehabilitation* (in press) [IF 2.191]

Core Outcome measures for exercise studies in people with Multiple Sclerosis: Recommendations from a multidisciplinary consensus meeting Paul L, Coote S, Crosbie J, Dixon D, Hale L, Holloway E, McCrone P, Miller L, Saxton J, Sincock C, White L. *Multiple Sclerosis* (in press) [IF 4.472]

McPeake, J.M., O'Neill, A., and Kinsella, J. (2013) Assessing alcohol related attendance at emergency departments. *Emergency Nurse*, 20 (9). pp. 26-30. ISSN 1354-5752

McPeake, JM. Bateson, M. O'Neill, MA. Kinsella, J. (2013) Assessment and management of alcohol related admissions to UK intensive care units. *Nursing in Critical Care* 2013 Jul;18(4):187-92.

McPeake, JM. Bateson, M. O'Neill A (2014) Electronic surveys: how to maximise success *Nurse Researcher* 21(3):24 -26

Willis, D.S. (2014) Inconsistencies in the roles of family- and paid- carers in monitoring health issues in people with learning disabilities: some implications for the integration of health and social care. *Earlybird-online at British Journal of Learning Disabilities*.

Willis D.S. (2014) Paid and family-carers views on supporting women with intellectual disability through breast screening. In press *European Journal of Cancer Care*.

NHS Education for Scotland (2013) Celebrating Diabetes Education in Scotland. NHS Education for Scotland, Edinburgh.
<http://www.diabetesinscotland.org.uk/Publications/Celebrating%20Diabetes%20Education%20in%20Scotland.pdf>

Sharp E, McDowell J (2013) Evaluation of implementation of Train the Trainers' Toolkit. NHS Education for Scotland, Forth Valley

NHS Education for Scotland (2012a) Assessment of Patient Education in Diabetes in Scotland & Tool for the Assessment of Patient Education in Diabetes in Scotland. NHS Education for Scotland. Edinburgh
http://www.diabetesinscotland.org.uk/Publications/211112Diabetes%20-%20ADEPTS_TADEPTS-web-revised.pdf

NHS Education for Scotland (2012b) Reviewers' Handbook for Assessment of Patient Education in Diabetes in Scotland. NHS Education for Scotland. Edinburgh
<http://www.diabetesinscotland.org.uk/Publications/Diabetes%20-%20Reviewers%20Handbook-web-revised-F-RE.pdf>

Marshall-Mckenna, R., Paul, L., McFadyen, A. K., Gilmartin, A., Armstrong, A., Rice, A.M., McIlroy, P. (2014) Myofascial release for women undergoing radiotherapy for breast cancer: A pilot study. *European Journal of Physiotherapy* Published online Jan 2014, 1-7

Davies R, Fitzpatrick B, O'Neill A, Sneddon M (2013) A national study of lymphoedema education and needs of health care professionals. *Journal of Lymphoedema*, 7(2).pp.14-24.

Borthwick Y, Paul L, Sneddon M, McAlpine L, Miller C (2013) Reliability and validity of the figure-of-eight method of measuring hand size in patients with breast cancer-related lymphoedema. *European Journal of Cancer Care* . ISSN 0961-5423 (doi:10.1111/ecc.12024)



Paper presentations

Grant S, McDowell J on behalf of the steering group (2014) Workshop on Piloting conversation maps as structured diabetes education for South Asians in NHS Lothian and Greater Glasgow and Clyde. Celebrating Diabetes Education in Scotland Conference, Scottish Government, Glasgow

Grant S, McDowell JRS (2013) Strategic directions in Black and Minority Ethnic work in Scotland in diabetes care. The Chief Nursing Officer's Black and Minority Ethnic (BME) Advisory Group 5th Annual Conference "Cultures of Compassion", Nottingham University, England

Rice A M, Moriarty D, Joy J. Formative Self, Peer and Tutor Assessment of Simulated Skills Teaching in Year One Bachelor of Nursing Students: NET 2013 Conference Cambridge

Rice A M, McLellan E. An Exploration of Student Nurses Development of the Therapeutic Relationship: NET 2013 Conference Cambridge

Invited Papers and Presentations

McDowell JRS (2014) Seminar on Assessment of Patient Education in Diabetes in Scotland & Tool for Assessment of Patient Education in Diabetes in Scotland. Celebrating Diabetes Education in Scotland Conference, Scottish Government, Glasgow

McDowell JRS (2013) Structured Patient Education – Best Practice. Hot Topics in Diabetes, Obesity and Cardiovascular Disease. Medica CPD, Glasgow

McDowell JRS (2013) Chair of the Diabetes Education Network Conference Debate: 'This house believes that structured diabetes education has made little difference to patient outcomes'. May, Birmingham

McDowell JRS (2013) Competencies for diabetes patient education – results of pilot study. Diabetes Education Network Conference, Birmingham

Margaret Sneddon was invited to present a paper in Amsterdam in October 2013 at the European Cancer Organisation (ECCO) and European Society of Medical Oncology (ESMO): The presentation was on Lymphoedema Putting Evidence into Practice, which was on the work undertaken for the European Oncology Nursing Society over the previous 2 years to develop a simple guide using the PEP (putting Evidence into Practice) traffic light system to highlight what is recommended for practice and where there should be caution. A subsequent presentation in Brussels on the Implementation of the Lymphoedema EUROPEP could not be delivered because of a fall in Amsterdam (no jokes please!) resulting in a broken wrist.



Posters

2014 Sharp E, McDowell J Evaluation of the implementation of Train the Trainers Toolkit. NET 2014 conference, Cambridge

2014 McDowell J, Taylor A, Macrury S Development of an on-line resource to facilitate access to diabetes educational resources for health care professionals and patients. Diabetes UK Professional Conference, Liverpool

2014 Grant S, McDowell J Strategic direction in Minority Ethnic work in Scotland in diabetes care. Celebrating Diabetes Education in Scotland Conference, Scottish Government, Glasgow

2014 Sharp E, McDowell J Evaluation of the implementation of Train the Trainers Toolkit. Celebrating Diabetes Education in Scotland Conference, Scottish Government, Glasgow

2014 Colquhoun K, Collier A, Johnson A, Oxenham C on behalf of SDEAG Care Home Needs Assessment. Past, present and future of diabetes in Scotland Conference, Scottish Government, Glasgow

2013 McDowell JRS, Taylor A, MacRury S Quality assuring structured patient education in diabetes in Scotland. Diabetes Education Network Conference, Birmingham

2014 Dunn L, Sneddon M, Franks P, Paul L Diurnal variation in the upper limb volumes of healthy volunteers, as measured using perometry. International Lymphoedema Framework Conference, University of Glasgow



Student News

Our two exchange students from the University of Queensland have just completed their semester here at the Nursing & Health Care School.

Emily Sheridan and Sara Packer undertook the leadership course with the Honours students and a 12 week clinical placement. Both students integrated well with the fourth year class, who made them very welcome. Feedback from the clinical areas made it clear that both students were a credit to their institution. The 'OZ' students thoroughly enjoyed their time here, and saw a lot of the country, despite the weather! We wish them well on their return to Australia to complete their studies.



Emily Sheridan Last day of placement

"My time abroad on international exchange was quite possibly the best experience of my life. I spent six months of my fourth and final year of a nursing/midwifery degree in Glasgow, Scotland. My subjects at Glasgow University focused on leadership and management in the health industry; a subject I was not able to take at my home university in Queensland, Australia. The majority of my studies were practical based at a hospital, working beside Registered Nurses in Oncology, developing skills that would prepare for my upcoming completion as a nurse/midwife. I was really lucky to good mentors and I'm proud to say I'm currently applying for graduate programs in oncology units for next year.

Aside from the university experience, I had the wonderful opportunity to meet new friends, live in a new city and explore a different culture.

It has allowed my career opportunities to widen and also offered the opportunity to travel widely through an amazing section of the world. My bucket list for the trip included climbing Ben Nevis. It was a massive challenge, but I made it to the summit despite the snow! I was also lucky enough to be able to travel around some of Europe, visiting Switzerland, Hungary, Croatia and Italy, just to name a few! The best part was travelling with the new mates I had made during my time at Glasgow Uni.

My tip tips for future exchange students would be pretty straight forward. Firstly, good on you for taking the initiative in the first place: study abroad is such an amazing and once-in-a-lifetime opportunity! Secondly, you will get out what you put in, so get out of your comfort zone, meet new people, try new things and set yourself a bucket list of things you want to achieve while you're away. Finally, take time out to appreciate the amazing city you're in, before jumping on the next EasyJet flight. Explore locally and get to know the culture. Have fun!"



One of our third year students, Roseann Rogers, made an excellent application and has won a scholarship to enable her to attend the University of New South Wales, Sydney, Australia. Roseann will attend a two week event, attending workshops, field trips and lectures from key scholars within the theme of "Shaping the City" Details of the programme may be found on <https://www.be.unsw.edu.au/programmes/healthy-built-environments-program/about/>. We look forward to hearing all about it on her return.



"I am very excited to have secured a place on the U21 summer school. It is an amazing opportunity to travel to Australia and engage with students from all across the world. The theme of the conference is looking at the impact of urbanisation on the environment, health and how this influences the development of future cities. I had never imagined I would be able to participate in such an exciting event. It wouldn't have been possible without the support of the nursing school and I hope that future students are also able to benefit from such opportunities."





Staff Movements

Clare McFeely took up the post of University Teacher in March.



She will lead on the Health Studies and Public Health courses for undergraduate students. Since 2012 Clare has contributed to the undergraduate programme and is a regular guest lecturer in UWS and GCU. Clare said "I am looking forward to working as part of the teaching team at Glasgow."

Clare started working at the University in the summer of 2012 as a Research Nurse Associate funded by the Burdett Trust for Nursing. Her most

recent posts include Research Manager with the Gender Based Violence & Health Team at Scottish Government, Public Health Researcher in NHS Greater Glasgow & Clyde and Research & Development Worker at Glasgow Homelessness Partnership.

Clare is a Registered Midwife, Master of Public Health and is working towards a PhD. She has a special interest in Gender Based Violence and is currently conducting a mixed methods study exploring the Health Visitor response to families affected by domestic abuse. In the course of this study she has collaborated with NHS practitioners, Local Authorities and Police Scotland.

Clare is a founder member of the Gender Based Violence Research Network. The network brings expert academics and practitioners together to disseminate research findings and address the methodological issues encountered in research in this area. Other research interests include child and maternal health, gender and health inequalities.

Clare also holds positions of Director of Rape Crisis Scotland and Trustee of the Rape Counselling and Resource Centre in Kilmarnock.

In April Clare presented her research at the European Network on Gender Violence annual conference held in Malta.

Joan McDowell returned from her secondment to NHS Education for Scotland in July 2013. There were many outcomes from her secondment of which one is a website on diabetes education in Scotland:

www.diabeteseducationscotland.org.uk



Julia Fowler joined the staff in Nursing and Healthcare in Sept 2013 as a Teaching Assistant within the Undergraduate Team. Julia qualified in 2002 with a BA HONS in Nursing Studies from Glasgow Caledonian University. Since then she has worked in the General medical and Acute services in Glasgow and Australia and supported the departments Clinical Nurse Educator taking on responsibility for training and development on her unit.

Julia's current post in the Medical Admissions Unit at the Western Infirmary,

involves caring for patients with acute medical emergencies, and high dependency patients. She is also involved in the advancement of the Scottish Patient Safety Program and Health improvement Scotland initiatives within the medical directorate, supporting and educating students, nurses and junior doctors.

Julia is seconded from her ward one day a week to the Teaching Assistant post at the University with a focus on clinical skills and the development of the Patient Safety Program. This post will hopefully continue to strengthen the existing links between the University of Glasgow and Greater Glasgow and Clyde NHS.

Programme News

The new multiprofessional MSc (Med Sci) Advanced Practice in Health Care was commenced in September 2013 following a highly successful reaccréditation.

There is a generic outcome as well as the following 5 specialist awards:

- Acute & Critical Care
- Cardiovascular Care
- Chronic Disease Management
- Healthcare Chaplaincy
- Stroke Care

There is a growing international interest in the programme adding cultural and professional diversity to the programme.

Past graduates are excelling professionally and on completion of the programme are now engaged in activities such as teaching, PhD studies, senior clinical roles and clinical academic roles.

Student testimonials can be seen at www.glasgow.ac.uk/postgraduate/taught/healthcare

Lymphoedema Research News

Self-report tool for men after genito-urinary cancer



fig 1. Prosthetic leg/foot showing the skin and shape distortions typical of advanced lymphoedema

A study to develop a questionnaire for men who have been treated for genito-urinary cancer to help identify lymphoedema has recently been completed by University Teacher, Rhian Noble-Jones. The study was jointly funded by the British Lymphology Society and the Lymphoedema Research Fund. The persistent, chronic swelling of lymphoedema in the legs or genitals after cancer treatment can cause great discomfort, affect function and cause psychosocial problems.

Although self-report tools existed for women after breast and gynaecological cancers there were no such tools for men. The research team also included Mrs Margaret Sneddon and Dr Bridie Fitzpatrick of University of Glasgow and Mr David Henry and Professor Hing Lueng from Greater Glasgow & Clyde NHS. Participants included urology consultants from all three Managed Clinical Networks for Genito-urinary Cancer in Scotland, lymphoedema specialist nurses and physiotherapists and male patients who had undergone treatment for cancer of the bladder, prostate, testes or penis.

The Lymphoedema Genito-urinary Cancer Questionnaire (LGUCQ) has the potential to improve patient care through the early identification and management of symptoms of lymphoedema.

If used routinely in the clinical setting it also has the potential for providing evidence of the true incidence, prevalence and severity of lymphoedema after genito-urinary cancer. Further research is required in the clinical setting to establish the sensitivity and specificity of the LGUCQ tool. Findings of the study will be presented at the International Lymphoedema Framework Conference held in June at University of Glasgow.

Dr Who prosthetic skills utilised to create realistic teaching resources

Teachers on the Lymphoedema programme have been involved in a UK wide project with Macmillan Cancer Support to develop super-realistic teaching resources. Teaching the skills of assessing the skin changes and managing the pathological changes of advanced lymphoedema can be difficult to replicate in a workshop situation. Excellent resources have now been developed with the prosthetic skills of Peter Llewelyn Evans, Maxillofacial Prosthetic Consultant, Abertawe Bro Morgannwg University Health Board, Swansea (who have also been known to develop monsters for Dr Who!) the idea being conceived and designed by fellow Macmillan Lymphoedema Academy member, Melanie Thomas, MBE.

The suite of resources already includes an extremely swollen leg (fig 1.) and a pelvis showing genital oedema; the next development is hoped to be a simulation of head and neck oedema such as can occur after treatment for cancer of the throat or mouth.

Outstanding Contribution to Teaching!



The School are delighted about the Lymphoedema Team's success in the 2013/14 SRC Student Teaching Awards. The team, comprising Margaret Sneddon, Rhian Davies and Yolande Borthwick received one of three special awards for their "Outstanding Contribution to Teaching", at the Awards Ceremony on 14th March 2014. It was reported that an incredibly detailed nomination was submitted by students on the lymphoedema diploma/certificate programme highlighting how much the students felt valued by the team, who were dedicated to their subject and also excellent professional role models.

Students also emphasised how the online learning parts of the programme were made less threatening, and even enjoyable, by the team.

Specialist lymphoedema courses have been offered by the University for 20 years and it has become a recognised centre of excellence in the field. Once thought to be a rare condition, research has shown it to be fairly common, and likely to increase because of its link with other chronic conditions and to obesity, which are all rising. Its profile is likely to increase as a result of the recent Scottish Government report "Lymphoedema Care in Scotland, Achieving Equity and Quality" at <http://www.scotland.gov.uk/Publications/2013/11/5016>,

with which the team have been involved. The report makes a number of recommendations for health boards and NHS Education Scotland and will be highlighted by the Deputy Chief Medical Officer at the International Lymphoedema Framework 2014 Conference, to be held in the University of Glasgow from 5-7 June (www.ilfconference.org).

The team are thrilled that students took the trouble to nominate them stating "Loving what you teach is extremely rewarding in itself - that our efforts are so appreciated by our students means so much and just inspires us to do more!"

Other News

Influencing future Lymphoedema Management in Scotland.

In November 2013, the Scottish Government published the document "Lymphoedema Care in Scotland: Achieving Equity and Quality". The report is a product of work of the Scottish Medical and Scientific Advisory Committee on Lymphoedema, on which Margaret Sneddon and Yolande Borthwick were members. Another project in which the School and the Alliance Scotland is involved, funded by Macmillan Cancer Support, ensured a strong patient voice in the report's recommendations. The publication of the report is a milestone as it highlights that around 21,000 people in Scotland are estimated to have lymphoedema and that is rising due to the increasing numbers of elderly with co-morbidities, limited mobility and obesity. It includes key recommendations on better access to services and education.

The report's release was followed by a Parliamentary Reception, which featured the work of Nursing & Health Care in the University and its work in collaboration with Macmillan Cancer Support, The Alliance (Scotland), NHS Education Scotland. This was hosted by Mr Michael McMahon MSP. He also submitted a motion to the Scottish Parliament on 17th January, urging support for the recommendations. It has been supported by 30 MSPs so far. The report may be seen at <http://www.scotland.gov.uk/Publications/2013/11/5016>

Setting the Direction

The recommendations arising from the Chief Nurse's Review of nurse education are set to change pre and postgraduate education for nurses. Six Delivery Groups, one for each of the themes, has been established and staff from the School will play a key part.

Ann Marie Rice will co-chair Group 2 – Embed NHSScotland values and professionalism in all aspects of nursing and midwifery education, research and practice. Deirdre Moriarty is on Group 3 – Deliver dynamic pre-registration nursing and midwifery education. Margaret Sneddon is on Group 1 – Develop a sustainable national approach to post-registration and postgraduate education and continuing professional development.

Saltire Postgraduate Mobility Scholarship

The Saltire Postgraduate Mobility Scholarship was awarded to Leila Dunn and she gives an insight into her amazing trip below:

Thanks to my being awarded a Saltire Postgraduate Mobility Scholarship, last September I was lucky enough to spend two months working with Professor Jane Armer and her team at the Sinclair School of Nursing at the University of Missouri in Columbia. Professor Armer is a specialist in lymphoedema and is involved in various lymphoedema research projects, along with undergraduate teaching of the nursing degree.

The connection that the University of Missouri Medical School has with various sites in the state of Missouri afforded me the opportunity to work not only with the research team based at the University campus itself, but also with the Ellis Fischel Cancer Centre based in Columbia, and the Mercy Integrative Medicine lymphoedema clinic based in St Louis.

Working with Professor Armer was an invaluable experience – as an expert in her field she was able to advise me on my own study, along with providing me with a learned perspective on current research opportunities and issues in the field of lymphoedema research.

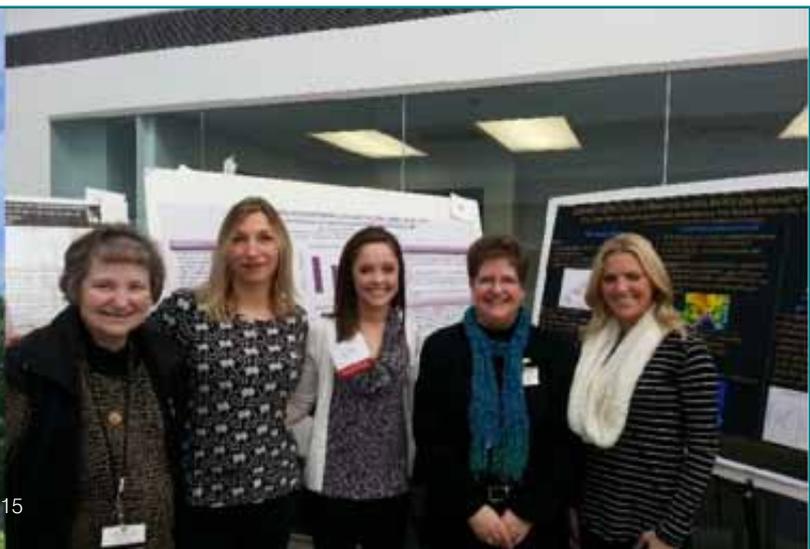
My various shadowing experiences (nurse researchers, nurse specialists, surgical oncologists, physiotherapists, radiographers, genetic counsellor etc) gave me insight not only into the similarities and differences between the roles of healthcare professionals involved in the research and treatment of lymphoedema in America and the UK, but also the ways in which services are provided in our differing health care systems.

A key learning point for me in this, was seeing firsthand the impact of our different health care systems on the experiences of patients.

I had a great time in Missouri, and in addition to making academic contacts I made new friends, ate amazing pizza, and had a chance to explore a small part of the Midwest of America I would otherwise most likely have never seen! I visited Glasgow, Missouri, a village with a population of around 1100, I learned that biscuits are called cookies, and scones are called biscuits and Tunnocks caramel wafers are a type of candy. I also took up the banjo, and even brought one back with me – much to the delight of my colleagues in the research office!

Links with the Institute of Health and Wellbeing

Three staff within the Nursing & Health Care School have recently been appointed as Academic Associate Staff within the Institute for Health and Wellbeing. These appointments of Dr Joan McDowell, Dr Diane Willis and Dr Liz Tolmie demonstrate the strengthening links between the Nursing & Health Care School and the Research Institute.



Annual McGirr Lecture 2014

'Peer led support for Diabetes through the use of social media'



Background

At the age of 4 I was diagnosed with type 1 Diabetes, which was a huge shock and change for my family. At diagnosis my family were reassured that type 1 would not stop me doing anything as I grew up and that a cure was to be found in the next 10 years. Type 1 was to not be a big deal, it was two injections a day and with a strict diet could be managed well., however that was over 20 years ago. As I moved into high school the treatment for type 1 changed were a strict diet was less important but meant many more blood tests and injections. As I was in a much bigger school, seeing several teachers a day, I failed to tell anyone I had type 1 as I did not feel it was important for them to know, I could handle it by myself. I stopped doing my blood tests and injections in school to hide it and my diabetes control steadily deteriorated. I was determined it would not dictate my life or stop me doing anything and therefore ignoring it seemed the easiest option. During my studies at university I began to experience the complications of my poor control with damage to my eyes, kidneys and developing necrobiosis on my legs.

Turning point

My interest in psychology had started while I had taken part with a study, through my clinic, with a psychologist. I had stayed in contact with her through my degree in psychology and she invited me to the Scottish Parliament where the psychological aspects of Diabetes were being discussed at a round table meeting. During this meeting I met a couple of young people who also had type 1. We were able to discuss our Diabetes from the struggles growing up, our fears about complications and the different treatments we were all using. I began to realise I was not alone and that struggling with type 1 was a very widely experienced problem.

None of us had really met anyone else with type 1 and had certainly not been able to talk so freely about Diabetes and be understood. This inspired me to see that others with type 1 lived fairly normal lives whilst having great control of their Diabetes. It was possible to do with some hard work and with the support of others who were in the same position and understood. I had had a great team in clinic and family who had tried to turn my Diabetes care around yet meeting others had a profound impact.

TayTeens

As a young person I spent a lot of my time using social media to find out information, keep in contact with friends and share my thoughts and opinions. I saw the opportunity to use this to engage with and support other young people with type 1. I set up a closed Facebook group for young people with type 1 in my local area called TayTeens so that they did not need to feel alone anymore. I wanted to give them a safe space to discuss their Diabetes and not fear being judge, even if they did not have the confidence to do this in person. On the page

I will post up information about current research, new technology and provide the opportunity to share stories about having type 1. The group is heavily support by the clinic, which has had 3 young people re-engage with NHS services due to the support from the group. I have had the opportunity to discuss the group at the Scottish Parliament with the key policy makers for Diabetes and is to be used as an example of how the NHS can re-engage with young people.

McGirr Lecture 2013



Cathy van Beek was born in Rotterdam on June 8, 1956.

Career

As of September 2011 Drs van Beek is a member of the executive board/Chief Medical Officer of Radboud University Medical Centre in Nijmegen, the Netherlands. Main topics in the portfolio of Drs van Beek include monitoring and enforcement, safety and quality of care.

She also has particular responsibilities regarding medical education and patient participation. Drs van Beek has extensive managerial experience in the Dutch hospital sector. Her last position before joining the Radboud University Medical Centre was vice president of the Executive Board of the Dutch Healthcare Authority, the NZa, Drs van Beek has been active in many different supervisory and advisory boards both within and outside the healthcare sector.

Radboud University Medical Centre

The Radboud University Medical Centre is a centre for health care, education and research. These three are closely connected. The centre advances human knowledge by conducting biomedical, translational and clinical research in order to improve wellbeing.

The key strength is medical life-sciences and clinical practice, with an impressive infrastructure comprising state-of-the-art technology platforms and (translational) research facilities.

The Radboud University Medical Centre is therefore uniquely positioned in the emerging Euregio and Dutch healthcare infrastructure to play a leading role in the new healthcare paradigm of prediction, prevention and personalized medicine.

The Radboud University Medical Centre

focuses on scientific health challenges of today, with an eye on emerging diseases of the future. It employs almost 10.000 staff and educates over 3.000 students. In 2011 over 32.000 patients were admitted.

The Dutch Healthcare Authority

The Dutch healthcare system was reformed in 2006 based on private and competitive healthcare insurance and provision within a regulatory framework that aims to ensure that the consumer receives value for money. Efficiency, freedom of choice, quality of care and accessibility of healthcare markets are central to that aim.

The Dutch Healthcare Authority (NZa) is the supervisory body for all the healthcare markets in the Netherlands. The NZa supervises both healthcare providers and insurers, in the curative markets as well as the long-term care markets. The NZa was established on 1 October 2006. It is located in Utrecht and has 260 employees.

The NZa evolved out of The Supervisory Board for Health Care Insurance (CTZ) and the National Health Tariffs Authority (CTG). Both boards focused on controlling the total costs (macrocosts) by funding healthcare providers and ensuring the correct implementation of insurance legislation in healthcare. While these tasks remain, the emphasis of the NZa's work shifts from implementation to proactively setting conditions for market forces to operate and enforcing these conditions. In this context the NZa also acts as a sector-specific competition authority.

Knitting in the Round



As part of the RSE funded project 'Knitting in the Round: Hand-Knitted Textiles and the Economies of Craft in Scotland' hand

knitters-of all skill levels-came together for a University-wide community knitted project for the 2014 Commonwealth Games.

Knitters signed up to knit flags of Commonwealth nations participating in the Games. These were eventually joined together into a large bunting to welcome Commonwealth visitors to the University during the Games.

Joan McDowell, from the Nursing & Health Care School, knitted the Indian flag for the bunting.



The Scottish Stroke Nurses Forum (SSNF) is campaigning to reduce the time it takes to identify and treat someone who has suffered a stroke. Over 8000 Scottish people a year suffer a stroke and the campaign aims to reduce the time from recognition of stroke to arrival at Accident & Emergency (A&E) to thrombolysis treatment to within one hour or the 'golden hour'. Assessing patients within the golden hour could make a big difference to their recovery and subsequently the quality of their life afterwards.

Campbell Chalmers, Honorary Lecturer and Chair of SSNF, explained: "1.9 million brain neurons are lost each minute in which a stroke is untreated. We want to get the message across that time lost is brain lost. Nurses play a key role in recognising stroke and ensuring the time it takes from someone's arrival at A&E to being assessed and if appropriate treated with the clot-busting drug tissue plasminogen activator (tPA) is within an hour. This increases the proportion of patients who are alive with a favorable outcome."

The 'golden hour' campaign has been developed in partnership with Chest, Heart & Stroke Scotland (CHSS) and it builds on the FAST (Face Arm Speech Time to Call 999) message by focussing on the recognition of stroke signs at the earliest opportunity and taking the necessary steps to allow for thrombolysis treatment within the 'golden hour'.

The FAST test can be used to recognise a stroke. FAST requires an assessment of three specific symptoms of stroke:

Facial weakness - can the person smile? Has their mouth or eye drooped?

Arm weakness - can the person raise both arms?

Speech problems - can the person speak clearly and understand what you say?

Time - to call 999

Ensuring patients receive the optimum evidence-based stroke care involves community and hospital based nurses and other colleagues from across the whole pathway including: Scottish ambulance personnel, emergency care staff, radiology and stroke service teams. It involves working collaboratively to improve response times in a safe, efficient and effective way.

The SSNF has produced a flyer explaining how to use the FAST test to check if someone is having a stroke; and also explains the process to follow for patients being considered for thrombolysis treatment – from the pre-alert by the Scottish Ambulance Service (SAS) of a potential stroke patient, to recognising stroke once the patient arrives at A&E, having the patient scanned, to administering tPA.



For information contact Campbell Chalmers
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Interested in Contributing to our Excellent Team?

Would you like to contribute to our teaching and share your expertise with our Undergraduate and Postgraduate students.

We are always looking for current expertise to underpin our programmes and broaden the perspectives within our teaching.

If you are keen to get involved please contact

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Support and advice will be given to all potential contributors.



