

Introduction

Welcome to this Autumn edition of our CMWH newsletter! A new academic year beckons but the research, education and practice have continued apace for all our members and partners. We have also been engaged in a new Women's Health podcast series, where leading members of the Centre discuss key areas of research, education and practice. You can listen to the first episode here: <https://ow.ly/n9Fj50SHZqa>

Thank you to all our contributors and Abier Hamidi for her skilled editing. If you have a story linked to CMWH you want to share in the next edition, or would like to be on our mailing list please email: dmylod@bournemouth.ac.uk

Dominique, Edwin and Vanora



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CMWH aims

We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.

Our strategy is to develop nationally and internationally recognised research that:

- Promotes the health and well-being of women, babies and their families
- Underpins clinical midwifery practice
- Informs policy making in relation to maternity care
- Ensures relevance and impact by maximising service user/voluntary sector involvement and the dissemination of results to health and social care professionals, service users and the voluntary sector
- Undertakes work across a wide methodological range.

Our educational and research activity has gained national and international recognition for its contribution to the enhancement of professional practice and maternal and perinatal health.

Newsletter Editors: Dr. Dominique Mylod, Prof. Edwin van Teijlingen & Prof. Vanora Hundley
Contact details: Centre for Midwifery & Women's Health, Bournemouth University, Bournemouth Gateway Building, St Paul's Lane, Bournemouth, BH8 8GP. **Tel:** 01202 961821
Web: www.bournemouth.ac.uk/research/centres-institutes/centre-midwifery-womens-health

Featured Faces in CMWH

Megan Chesters – FHSS Graduand

I work as a Coach at TeamCC Gym teaching strength and conditioning classes to a super bunch of people! I have am graduating from BU this year with a BSc. in Sports Therapy.

I have a ridiculous collection of tropical houseplants and aim to quietly turn our flat into a jungle before my partner notices...

I love seeing our members' faces light up when they do things they never thought possible!

I have a very analytical brain so the challenge of problem solving to improve strength and technique really ticks my boxes.

This time next year, I'll be halfway through my MRes aiming to add more to menstrual cycle research within sport and exercise science!



Kate Jupp – BU PIER Officer



I am the public involvement in research officer across all faculties at BU.

I sea swim everyday and am a member of the local Bluetits. I have recently qualified as a BACP registered counsellor - initially a lockdown goal, that kept on going!

I love the fact that my role is so varied. Last week I supported a workshop on a dairy farm for the development of farmer and landowners' engagement with the Voluntary Carbon Market, a workshop at the Isle-of-Wight Pride, the 'Trans Aware Cancer Care' project, where we were making patchwork squares, and an online workshop co-designing a tool for the prevention and self management of

vaginal prolapse.

It can be challenging to turn down requests to support public involvement when the time frames are too short. A request such as "could I have 12 public contributors for a workshop by Friday?" is just not feasible. It is never too soon to contact PIER for an initial conversation!

This time next year I'll be doing more of the same I hope. We have some exciting plans to support research by strengthening relationships and a training and mentoring program with a growing network of fantastic community partner organisations.

Louise Barton- Postgraduate Research Student

I am a PhD student evaluating smoking cessation support during pregnancy. I am also a midwife at the Princess Anne Hospital in Southampton since I qualified in 2002.

Juggling home life, work and studying is one of my biggest challenges as I am a widowed mum to Hannah (18) and Tim (15). When we aren't studying together (GCSEs and A Levels) we love travelling and exploring new places, baking or watching a good film!

Smoking in pregnancy is a very emotive subject, however, I am passionate about providing evidence-based care and facilitating informed choice and have absolutely loved developing my career through research and teaching.

This time next year I hope to be continuing my research. I would love to share my work in a journal or speak at a conference!



Research in CMWH

CMWH hosts 2nd Women's Health Research Symposium

CMWH hosted our second [Women's Health Research Symposium](#) in June, showcasing women's health research in Dorset. The event provided an opportunity for academics, clinicians, researchers, and third-sector organisations to network, discuss ideas, and outline key priorities in women's healthcare.



Dr. Sarah Hillier Academics presented on the breast/chest feeding experiences of LGBTQ+ people, Dr. Malika Felton discussed new consensus findings on cold water swimming in pregnancy and Prof. Alyx Taylor discussed her work around the identification of perinatal mental health needs and Dr. Humaira Khan demonstrated her fetal alcohol syndrome simulator (both from AECC University College). Pauline Ferrick-Squibb (Arts University Bournemouth) showcased a quilt created through participatory research with women sharing their experience of menopause. BU postgraduate students Sarah Ahmadi, Nurudeen Adesina, Megan Chesters, Pritika Gurung, Abier Hamidi, Rosie Harper, Eunhee Kim, Umarah Mahmood and Kate Rattley provided poster and oral presentations.

The day concluded with a panel discussion with BU's Women's Academic Network, CMWH, the Ageing and Dementia Research Centre and the Centre for Seldom Head Voices. Looking forward to welcoming delegates next year!

Successful NIHR Undergraduate Intern bids for Early Career Researchers

Drs. Dominique Mylod and Daisy Wiggins both secured innovative NIHR funding for undergraduate student internships. Dominique's project will employ two digital science interns from the BU Centre for Computer Animation and one midwifery intern from FHSS. The team will develop the content and user interfacing of an app prototype to support women and their birth partners in the latent phase of labour. Tracey Tidbury, the Digital Midwife for UHD NHS Foundation Trust, will support our midwifery intern to demonstrate the app developments to women, birth partners and midwives to inform the tech team. Dominique said: 'Gen Z parents are the first 100% digitally-literate generation; a digital approach to supporting them in early labour is a fascinating learning experience for us all'.



Daisy's project is part of a collaboration with Minesh Khushu (consultant neonatologist UHD), Dr Steve Trenoweth and Michael Lyne. The intern will undertake a scoping review the literature available on women and families involved in care proceedings, particularly support, interventions and help during pregnancy or at the removal of their baby. They will also undertake PPIE with women who have experienced this to understand what provision is needed to reduce the risk of repeated care provisions following birth.

Dr. Vikram Mohan (Senior Lecturer in Physiotherapy) is also recruiting 3 interns to investigate assessment and management of paediatric dysfunctional breathing.

Dr Sarah Hillier presents at Nutrition Society Congress, Belfast

Dr Sarah Hillier presented the study: Women's Dietary Changes Before and During Pregnancy: a systematic review update, co-authored by Dr Ellinor K Olander.

Dietary intake before and during pregnancy has significant health outcomes for both mother and child, including a healthy gestational weight gain. To ensure effective interventions are successfully developed to improve dietary intake during pregnancy, it is important to understand what dietary changes pregnant women make without intervention. This systematic review examined women's dietary changes before and during pregnancy and identified characteristics of the women making these changes. The included studies showed marked heterogeneity, however, the majority report an increase in energy intake during pregnancy. Of the studies that reported changes through food group comparisons, many reported a significant increase in fruit and vegetable consumption, a decrease in egg consumption, a decrease in fried and fast food consumption and a decrease in coffee and tea consumption from before to during pregnancy. The characteristics of the women in these studies, suggest that age, education and pregnancy intention are associated with healthier dietary changes; however these factors were only assessed in a small number of studies. This review calls for midwives as well as intervention developers to be aware of the dietary changes women may spontaneously engage in when becoming pregnant, so that care and interventions can build on these.



Education in CMWH

Success for Midwifery Team

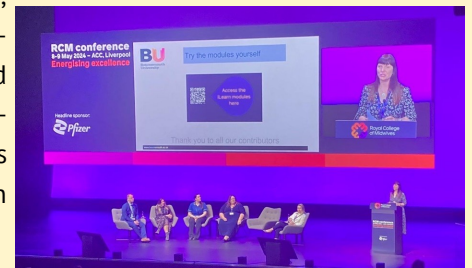
Huge congratulations to our BU midwifery team. Hazel Tennant successfully defended her doctoral thesis with only minor revisions in April 2024, “*Barriers, challenges and facilitators of implementing the Unicef UK Baby Friendly Initiative (BFI) in a maternity organisation: a qualitative study of the experiences of maternity staff*”.

Denyse King also successfully defended her doctoral thesis; “*Reconfiguring clinical theory and practice: exploring the impact of virtual reality learning environments on holistic healthcare education*”, through the Department of Communication & Journalism. The supervisory team is Professor Isabella Rega, Dr Ed Bickle and Dr Catherine Angell (FHSS). Congratulations to midwifery lecturers Kate Burgess, Laura Stedman and Bex Weston who have all passed their BU PGCEs with distinction.



RCM i-Learn units now live

Three new RCM i-Learn units were launched at the RCM conference in May this year. The units developed by a team from CMWH at Bournemouth University (Dominique Mylod, Vanora Hundley, Catherine Angell) and the RCM (Sara Webb, Jude Field, Jenny Cunningham) introduce midwives and maternity support workers to research in the NHS and provide valuable links and case studies to help them get involved. At the conference Prof. Hundley said: “These units were developed by midwives for midwives and maternity support workers. We hope that they will demystify the research process and encourage individuals to get engaged.”



Update about the NIHR INSIGHT programme MRes studentship

NIHR has agreed to open up Research Masters studentships to applicants with up to five years' experience of practice in the health or social care profession. It is still possible to provide flexibility for instances such as career breaks or time out for caring responsibilities so long as experience of practice fits with this guidance. Information about how to apply for future years is available on the webpage: <https://insight-southwestcentral.net/>

In addition there are plans to adapt requirements for Research Masters studentships for health and care professionals working on skilled worker visas. First, in line with all applicants, only those with up to five years' experience of practice (UK and international practice) will be considered. Secondly, those on skilled worker visas need to be employed on a full-time basis and given clinical release to undertake the MRes (0.4FTE). Studentship stipend can be paid to employers to offset the cost of clinical release. For further queries contact: Prof. Clark (cclark@bournemouth.ac.uk) or Dr. Theo Akudjedu (takudjedu@bournemouth.ac.uk) or Dr. Leslie Gelling (lgelling@bournemouth.ac.uk).

Seminar on pain and the latent phase available online

CMWH Professors Vanora Hundley and Carol Clark presented a seminar for the Maternal and Infant Health Canada group. The seminar explores the challenges of the latent phase of labour and how interdisciplinary research looking at pain and pain histories could be a solution.

If you missed it—you can watch the seminar on the MIH site hosted by Health Seminars: <https://www.youtube.com/watch?v=TtiOq-3kaxU>



Part AI written Viewpoint paper

Prof. van Teijlingen co-authored a paper in *Health Prospect* (page 8 of newsletter) ‘ChatGPT: Challenges to editors and examiners’. The past year saw an exponential growth in the use of machine learning using AI (artificial intelligence) and particularly Generative AI (GenAI) such as ChatGPT. To test the free version of ChatGPT, we posed simple questions about migrant workers in Nepal, a topic we have published about widely. After reading the short essay produced by ChatGPT, we repeated the question whilst asking for references to be included. We were surprised by the quality of this very general piece of work.

Viewpoint

ChatGPT: Challenges to editors and reviewers

Bibha Simkhada^{1*}, Alexander van Teijlingen², Padam Simkhada^{1,3}, Edwin van Teijlingen^{3,4}

¹School of Human and Health Sciences, University of Huddersfield, UK

²Pure and Applied Chemistry, the University of Strathclyde, Glasgow, UK

³Manmohan Memorial Institute of Health Sciences, Kathmandu, Nepal

⁴Centre for Midwifery & Women's Health, Bournemouth University, Bournemouth, UK

Practice in CMWH

Developing a Dorset Women's Health Online Resource

Women's health has long been neglected by medical research, with [women excluded from studies](#) and recently [funders admitting](#) that it is not a priority area. This inequality has significant implications, not only for women but for the wider population. CMWH members are working to address this research gap and support NHS Dorset to implement the [Women's Health Strategy](#). Helen Crook, Programme Manager - Transformation Delivery at NHS Dorset—provided an insight into this work at CMWH's second [Women's Health Symposium](#) in June.

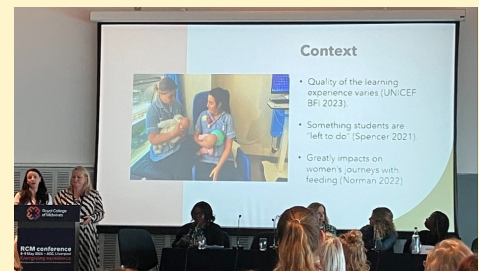


A key part of the project is the development of the Dorset Women's Health Online Resource, which will be a central point of reference for all information, education, awareness, self-help, and service provision concerning women's health across the lifespan. The resource is being informed by the voices of women who have been engaged in a series of listening exercises across the region. This has identified priority areas - the first three areas (gynaecology, menopause and pelvic floor disorders) will go live in September, with other content being released during phase two in December, and phase three in March.

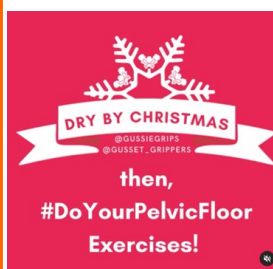
Professors Carol Clark and Vanora Hundley are members of the steering group for the project.

BU–PUHT Student led infant feeding clinic presented at RCM conference

Dr Daisy Wiggins Bournemouth University and Nicola Keefe RM from Portsmouth University Hospitals NHS Trust presented details of their innovative student led infant feeding clinic at this year's RCM conference in Liverpool.



Humorous social media campaign helps promote women's pelvic floor health



An injection of humour can help stimulate interest and engagement with taboo women's health topics. Rosie Harper, a BU PhD researcher and pelvic floor physiotherapist at UHD has led a PPIE study with comedian and women's health physiotherapist Elaine Miller and the results published in *Health Expectations*. Elaine's Instagram campaign ran daily for 3 months @gusset_grippers. Engagement increased by 12%, was seen by 22,000 users, received 9,700 likes and nearly 900 comments.

Lots of women forget to complete prescribed pelvic floor exercises," Rosie said. 'Adopting and adhering to new exercises is very hard to do and requires behaviour change. Humour is a persuasive behavioural technique.

Elaine's work suggests if you can make someone laugh, they are more likely to listen. The insights from this study have been used at UHD to co-design a digital intervention to explore whether digital pelvic floor nudges from a mobile app can be used in maternity pathways.

Thank you to all our practice partners

At this time of year, we offer our heartfelt thanks to our practice partners across the BU footprint for all their support to help our students to complete their competencies and experiences in order to

Congratulations, news and events

Dr Andy Mayers retires – slightly!

Dr Andy Mayers retires on 31st July 2024, after 15 years as BU Principal Academic. He has spent 22 years working in perinatal mental health as a psychologist, campaigner, consultant and researcher. Andy works with both mothers and fathers to influence NHS policy change and has contributed to Parliamentary Public Inquiries. Andy plans to continue at BU as a Visiting Fellow and will continue to campaign to improve mental health services, serve on national advisory groups for maternal mental illness and represent mental health charities across Dorset, including Dorset Mind and the Samaritans.



You can see the work that Andy has done, and keep up with his 'retirement' activities and publications, via his [web](#)

Dr. Alison Taylor Lead Midwife for Education 'retires' to UNICEF BFI UK



Dr. Alison Taylor retires from her role as Lead Midwife for Education on 8th November 2024 by celebrating our BSc Midwifery student graduation. Alison entered the NHS as a student nurse in 1980 and qualified as a midwife in 1988 working in all aspects of midwifery care until she started at BU as Lecturer Practitioner in 2004. Loving her new teaching role, she became a full-time lecturer in at BU in 2005, where she achieved a Masters in Education in Health and Social Care in 2008 and her PhD in 2016. She became Midwifery Programme Lead in 2017 and Deputy Head of Department in Midwifery and Health Sciences in 2019, assuming the role of LME in 2021. In addition to piloting the department through CoVID-19 as a logistical nightmare, Alison has been instrumental in establishing the UNICEF BFI curriculum culminating in BU gaining UNICEF Baby Friendly Accreditation in 2011 and the UNICEF Gold Award in 2022.

Alison 's inspirational teaching, leadership and formidable organisational skills have created an embedded legacy for our students and colleagues. She will continue her UNICEF involvement as Professional Officer as well as leading the National Infant Feeding Network. She is looking forward to spending more time with her husband and family including her grandchildren, getting outdoors with her dogs and pursuing her hobbies including sewing, knitting and crochet.

Prof van Teijlingen contributes to NIHR event

On July 24th Prof. Edwin van Teijlingen chaired a capacity-building event on mastering your elevator speech to policymakers and politicians at the online NIHR Annual Global Health Research Academy Member Event 2024 – *Bridging the gap between evidence and impact.*

Skills Session - Elevator Pitch for Policymakers
This 90 minute virtual training session, designed exclusively for the NIHR Global Health Academy Members' Event, will focus on mastering the art of delivering effective elevator pitches to policymakers. This session is designed to build participants' confidence in transforming complex research into actionable policy insights, particularly within the diverse and dynamic environments of Africa, Asia, and Central and South America.
Planning Committee Chair: Professor Edwin van Teijlingen (RIGHT Call 4 Drowning Prevention for newly mobile infants under 2 years in Bangladesh)
Facilitator: The Stop Collaborate and Listen Agency

NIHR | National Institute for Health and Care Research

BU Women's Health Podcast launches



Check out Professors Catherine Angell, Carol Clark and Vanora Hundley introducing our very own CMWH. In this first episode they discuss the national strategy on women's health and wellbeing, how the Lionesses won Euro 2022 wearing men's football boots and our exciting directions in multi-disciplinary research. The next episode will feature Clinical Academic Midwife Anna Marsh explaining the role of social media in improving communication amongst midwives and women.

<https://www.youtube.com/watch?v=p1IPJkxJq8U>



<https://soundcloud.com/bournemouth-university/centre-for-midwifery-womens-health>



Featured publications and presentations

BU presentations at WiSEAN conference



Dr Malika Felton wins Presentation Prize

BU Programme Lead for BSc (Hons) Sports Therapy, Dr Malika Felton was awarded the prize for Best Oral Presentation at the WiSEAN conference (Women in Sport & Exercise Science Academic Network) at University of Portsmouth in June 2024. Malika presented on behalf of the Reproductive Health and Outdoor Swimming Group, which includes experts from across cold water physiology, reproductive science, maternal and neonatal health the Open Water Swimming Society and an open-water swimming social enterprise.

'Cold Water Swimming and Pregnancy: A Scoping Review and Consensus Recommendations' recognises the lack of evidence-based information.

Megan presents undergraduate research

Megan Chesters also presented her undergraduate research with a Systematic Review on the effect of menstrual cycle phases on rating of perceived exertion within endurance exercise. The findings add to the growing consensus across menstrual cycle research that the current quality of studies is not high enough to draw specific conclusions.

This was followed by a research study investigating rate of perceived exertion within resistance exercise across the menstrual cycle. Research and menstrual tracking techniques for resistance training females is limited, but a significant difference in rating of perceived exertion was found in the early follicular phase. Megan said: 'this is a first step an upcoming MRes!

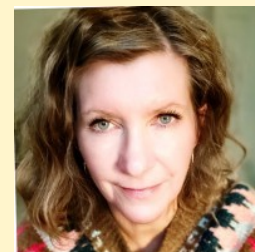


Congratulations Joanne Rack

CMWH Clinical Doctorate Midwife Joanne Rack's scoping review: 'Understanding perceptions and communication of risk in Advanced Maternal Age: a scoping review (protocol) on women's engagement with healthcare services' has been accepted for publication by MIDIRS Midwifery Review.



Joanne's PhD is supervised by CMWH professors Vanora Hundley and Edwin van Teijlingen and CMWH Associate Prof. Ann Luce from Bournemouth University's Media School.



Two publications on unique female volunteer health worker position in Nepal

This summer saw two new academic publications on Female Community Health Volunteers (FCHVs) in Nepal. Both papers are listed on the final page of this newsletter. The FCHV programme is one of the more successful parts of the health system of Nepal.

PLOS GLOBAL PUBLIC HEALTH

OPEN ACCESS PEER-REVIEWED

RESEARCH ARTICLE

Exploring the motivations of female community health volunteers in primary healthcare provision in rural Nepal: A qualitative study

Sarita Panday, Edwin van Teijlingen, Amy Barnes

Published: August 1, 2024 • <https://doi.org/10.1371/journal.pgph.0003428>

This programme covers over fifty thousand volunteering FCHVs across the country. These women provide unparalleled services, including health promotion and education, to help across communities to improve outcomes in communicable and non-communicable diseases (NCDs), and maternity care.

CMWH professors write a policy blog to advocate for women's research

<https://www.policyconnect.org.uk/news/cmwh-addresses-urgent-need-research-womens-health>

New publications –since Spring 2024 newsletter

Adigwe GA, **Alloh F**, Smith P, Tribe R, **Regmi P** (2024). Assessment of health-related quality of life of stroke survivors in southeast communities in Nigeria. *International Journal of Environmental Research and Public Health.*, 21(9):1116. <https://doi.org/10.3390/ijerph21091116>

Bhattarai S., **van Teijlingen E** (2024). Nepal needs a two-pronged approach to secure future of its female community health volunteers (FCHVs). *J Manmohan Memorial Inst Health Sci*, 9(1):43-8. <https://doi.org/10.3126/jmmihs.v9i1.68640>

Clark C, Marahatta S, **Hundley V** (2024) The prevalence of pain catastrophising in nulliparous women in Nepal; the importance for childbirth. *PLOS ONE* <https://doi.org/10.1371/journal.pone.0308129>

✓ **Harper R**, Sheppard S, Miller E, Stewart C, **Clark C** (2024) #DryByChristmas: A patient and public involvement study on women's engagement with humorous pelvic floor muscle training digital nudges on social media. *Health Expectations* <https://doi.org/10.1111/hex.14033>

Datye, S, Smiljanic, M. Shetti, RH, MacRae-Miller, A, **van Teijlingen, E**, Vinayakarao, L, Peters, EMJ. Lebel, CA, Tomfohr-Madsen, L. Giesbrecht, G, Khashu, M, Conrad, ML, (2024) Prenatal maternal mental health and resilience in the United Kingdom during the SARS-CoV-2 Pandemic: A cross-national comparison, *Frontiers in Psychiatry*, **(accepted)**.

✓ **Khaled K**, Hundley V, Bassil M, Bazzi M, Tsofliou F (2024) The association between psychological stress and dietary quality and patterns among women of childbearing age in Lebanon. *Acta Scientifc Nutritional Health* 8(9): 8-20.

Koirala B, Rushton S, Adhikary P, Balen J, Basnet S, Joshi S, Karki A, Lee A, Rijal B, **Simkhada P**, Subedi M, **van Teijlingen, E**, Karki J (2024) COVID-19 as a challenge to Nepal's newly federalised health system: capacities, responsibilities, and mind-sets, *Asia Pac J Public Health* (online first) <https://doi.org/10.1177/1010539524125012>

✓ **Rack, J, Hundley, V, van Teijlingen, E, Luce, A**, Vinayakarao (2024). Understanding perceptions and communication of risk in advanced maternal age: a scoping review (protocol) on women's engagement with health care services, *MIDIRS Midwifery Digest*, 34 (3): 201-204.

Regmi, P, Aryal, N, Bhattarai, S, Sedhein, A, Radeshyam Krishna, KC, **van Teijlingen E** (2024) Exploring lifestyles, work environment and health care experience of Nepalese returnee labour migrants diagnosed with kidney problems. *PLOS One*, 19 (8), e0309203 <https://doi.org/10.1371/journal.pone.0309203>

Sathian, B, van Teijlingen, E, do Nascimento, IJB, Kabir, R, Banerjee, I, **Simkhada, P**, Al Hamad, H (2024). Urgent need for better quality control, standards and regulation for the Large Language Models used in healthcare domain. *Nepal Journal of Epidemiology*, 14(2), 1310–1312. <https://doi.org/10.3126/nje.v14i2.69361>

Sharma, M.K., Adhikari, R, Khanal, SP, Acharya, D, **van Teijlingen, E** (2024). Do school water, sanitation and hygiene facilities affect students' health status, attendance, and educational achievements? A qualitative study in Nepal. *Health Science Reports*, 7(8), e2293 <https://doi.org/10.1002/hsr2.2293>

Sharma, M.K., Adhikari, R, Khanal, SP, Acharya, D, **van Teijlingen, E** (2024). Most significant change approach: a guide to assess the programmatic effects. *International Journal of Qualitative Methods*, <https://doi.org/10.1177/16094069241272143>

Simkhada, PP, van Teijlingen, E, Gurung, M., Bhujel, S, Wasti, SP (2024) Workplace harassment faced by female Nepalese migrants working aboard, *Global Health Journal*, <https://doi.org/10.1016/j.glohj.2024.08.001>

Congratulations to

- Charlotte Clayton, who is nearing completion of her PhD, on her appointment as Devon's first Consultant Midwife at University Hospital Plymouth, starting this autumn.
- Emily Thurston who has received an award from the Annette Lawson Charitable Trust to support her doctoral research into the impact of hormonal contraceptives on sexual pleasure for women.
- Prof. Michael Dooley, BU Visiting Professor in Women's Health on his appointment as Lord Lieutenant of the County of

