

SHOWCASE

HEALTH COMMUNITY EDUCATION

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SCHOOL OF HEALTH, COMMUNITY AND EDUCATION STUDIES

New horizons in Asia for Northumbria: Global ties in excellent health

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(L to R) Malaysia Minister for Higher Education YB Dat' Seri Mohamed Khaled bin Nordin with Professor Andrew Wathey, Vice-Chancellor and Chief Executive of Northumbria University, at New Year Banquet to celebrate signing.

NEWS FLASH!

We are delighted to welcome four new arrivals to Coach Lane. Professor Justine Stewart joins us as Early Years Education and Practice Senior Lecturer with Dr Susan Shaw taking up the position of Senior Lecturer in Pre-registration Nursing. Dr Nicola Adams has been appointed as CHESs Research Centre Professor and Dr Emma Barron has recently made the move from Newcastle University to start her role as Knowledge Transfer Manager.

The University has signed a major partnership agreement in Kuala Lumpur, heralding further expansion of its already pivotal role in the education of Malaysian and Asia-Pacific healthcare professionals.

The country's Minister for Higher Education, YB Dat' Seri Mohamed Khaled bin Nordin, joined representatives of Malaysia's Department of Health and the UK Government to witness the signing by the leaders of the University and MAHSA University College (Kuala Lumpur).

The agreement deepens long-standing bonds between Northumbria University and Malaysia, and will promote research activity and a greatly broadened academic portfolio designed to

meet the future needs of the healthcare economy in South East Asia.

Several of Northumbria's health degree programmes, delivered by the School's staff, are currently offered in partnership with MAHSA University College at both undergraduate and postgraduate level. The signing of a Memorandum of Agreement opens the way for new UK quality-assured and assessed courses, aimed at both pre-registration and post-qualification practitioners. It also provides the opportunity to develop new areas in the curriculum, such as biomedical sciences, and healthcare law and governance.

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New horizons in Asia for Northumbria: Global ties in excellent health

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Northumbria University Vice-Chancellor and Chief Executive, Professor Andrew Wathey, and the University's Dean of Health, Community and Education Studies, Professor Kath McCourt FRCN, signed the agreement alongside MAHSA University College founding Principal and Chief Executive Officer, Datuk Dr Mohamed Haniffa.

MAHSA was established to create a national centre of excellence in medical, nursing and allied health science education, and has undergone rapid expansion since 2005, with state-of-the-art clinical teaching facilities in the Malaysian capital. Datuk Dr Mohamed Haniffa is today one of the country's most high profile and successful entrepreneurs, whose commitment is to help establish Malaysia as a centre of global excellence in both Higher Education and professional healthcare.

He said: "In Northumbria we have a partner of distinction. Its academic staff know us well, we trust and respect one another, and we value the fact that Northumbria professionals have worked within Malaysia for decades. The Institution has invested in vital allied healthcare research and in the provision of renowned and innovative programmes.

"At MAHSA we strive to offer students healthcare education which combines theoretical knowledge with the challenge of clinical exposure, and which will nurture the highest professional standards. Northumbria's expertise and partnership strengthens this ability, and gives our students broader insight. Together our programmes are in great demand by a fast growing workforce, across a nation which continues to transform its healthcare and education systems."

Professor Wathey said: "In the early 1990s our academic staff were already delivering healthcare education, and building capacity within Malaysia's health services, using communications and teaching technologies which are now obsolete. The expertise and outstanding infrastructure available to us today, through our collaboration with

MAHSA, allows our academic teams to work with Asia's healthcare professionals on an altogether different scale. Expansion of these activities will be a tremendous opportunity for both partners.

"What has remained constant since the earliest days of our work is the commitment to high-quality, well-supported learning, and to research and curriculum development informed by two-way partnership. Both MAHSA and Northumbria have a sincere desire to enhance learning, healthcare and the creation of knowledge in both of our countries. We are particularly pleased to have the approval and support of the Minister and his senior colleagues in government."



(L to R) John Stephens, Jim Fraser and Kanchana Badda

Best Masters project!

MSc Physiotherapy student Kanchana Badda was recently presented with a cheque for £600 by Senior Lecturer John Stephens and Business Development Manager Jim Fraser. Kanchana received the cheque as a prize for achieving the 'Best Masters project of the course'.

More research needed on preventing hamstring injuries

A brand new systematic review into the research of hamstring injuries has revealed that not enough is known about the effectiveness of current prevention methods for one of the most common sports injuries.

The review by physiotherapist and Northumbria University graduate Elliott Goldman, 29, has



(L to R) Dr Anna Jones with Elliott Goldman

revealed that only six key pieces of research on prevention methods for the injury have been published internationally – despite hamstring injuries blighting the careers of some of the world's top footballers and having a direct impact on the bottom line of clubs worldwide.

Now Elliott is calling on physiotherapists and coaches, from the top flight sports clubs right down to grass roots level, to help prevent hamstring injuries by incorporating prevention techniques, which have been highlighted as being effective in current research, into their prevention programmes.

These include manual therapy applied to the spine and specialised strengthening exercises, and Elliott hopes physiotherapists and coaches will collect their own evidence to develop the research and help facilitate change in practice.

Elliott's research 'Interventions for preventing hamstring injuries' has now been published by the influential Cochrane Collaboration in the Cochrane Library – the world leader in evidence-based healthcare – and it analyses the effectiveness and strength of evidence

behind current methods of preventing hamstring injuries.

Elliott's research into the effectiveness or otherwise of the current prevention methods began as part of his MSc in Physiotherapy, when he undertook the research project for his dissertation. Following graduation, he teamed up with his research supervisor Dr Anna Jones from the School, to approach the Cochrane Collaboration in a bid to develop the research further. He joined Cochrane's Bone, Joint and Muscle Trauma group and his research was enhanced with input from contributors as far afield as Edinburgh and New Zealand.

The Cochrane Collaboration is an international, independent, not-for-profit organisation with 27,000 contributors in over 100 countries. Contributors work together to produce systematic assessments of healthcare interventions, known as Cochrane Reviews, which are published online in the Cochrane Library to help providers, practitioners and patients make informed decisions about healthcare.

Focus on... our stakeholders

Name: Robin Casson

Job title: Director of Learning, Skills and Family Support, Northumberland County Council

What is your involvement with Northumbria University?

My role as Director of Learning, Skills and Family Support at Northumberland County Council has involved me in the development of strategic partnerships with regional Higher Education institutions, in particular Northumbria and Sunderland universities. The development of the County Council's HE policy has focused on community regeneration, not only through aiming to improve participation and progression across all areas of the County but also by introducing a clearer research and evidence base to underpin service provision within children's services.

This work has enabled research projects within the workplace aimed at improving outcomes for children and young people. It has also encouraged links with university staff with them acting as research mentors to practitioner-led research teams.

How do students benefit?

This relationship has enabled university staff to gain access to practitioner research communities and this is an important part of the wider strategy to engage members of our workforce in practice-focused research initiatives. The relationship opens up opportunities for students to enrich their learning through work-based contexts, applying new knowledge in real situations.

How does this relationship benefit your own workforce?

The workforce has a range of opportunities to refresh their knowledge and understanding, and to benefit from the latest research. Having gained experience from applying knowledge in the workplace, many colleagues are keen to engage in research themselves.

Feedback from staff on the relationship with Northumbria University is very positive. Colleagues value the opportunities to bring the workplace, and their daily jobs, much closer to research; they comment that it helps inspire creativity, enterprise and innovation.



Robin Casson

BOOK FLASH!

Disability and Child Sexual Abuse: Lessons from Survivors' Narratives for Effective Protection, Prevention and Treatment

Martina Higgins and John Swain

Disability and Child Sexual Abuse examines the ways in which society marginalises, institutionalises and places disabled children in situations of unacceptable risk, and how – as evidenced in the survivors' narratives – patterns of service delivery can contribute to the problem.



Based on the accounts of seven disabled individuals who were sexually abused in childhood, the book highlights a wide range of pertinent issues. Through case vignettes and empirical research, the authors ask practitioners to scrutinise their current professional practice, exploring participants' experiences of hospitalisation, education systems and local authorities. They consider the issue of who abuses and why, and highlight issues relating to the complexities involved in revisiting past experiences and confronting unwarranted and unwanted feelings of responsibility. The difficulty of

recounting the abuse narrative is also examined within the research context.

Quality of Life: Nomadological Insights – A Nomadic Exploration of Quality of Life in Long Term Conditions

P. Stefan Kruger and Schalk W. P. Engelbrecht

This book is recommended reading for anyone in the healthcare profession, and for anyone conducting quality of life research. The book should also inspire other researchers with post modernist sympathies to operationalise its terminology.

Northumbria nursing lecturer tackles environmental disaster

The expertise of one of our nursing lecturers was called upon to help save lives put at risk by an environmental disaster – just weeks after becoming a qualified international rescue worker.

Within a few weeks of qualifying as an international rescue worker, senior lecturer Tony Connor found himself tackling the devastation wreaked by the Indonesian earthquake.

Tony, who lectures in Pre-registration Nursing, was formerly a critical care nurse, and has worked as a volunteer with the International Rescue Corps for several years, but completed the training to undertake rescue work overseas three months ago.

The International Rescue Corps (IRC) is an independent United Nations registered disaster rescue service. After receiving a request for help, it is the aim of the IRC to mobilise a self-contained rescue team within 24 hours for overseas missions or within minutes for UK missions.



Senior Lecturer Tony Connor – International Rescue Corps

Tony Connor's personal experience of the Indonesian earthquake.

"A team of 10 rescue workers travelled to Heathrow and we caught a flight to Kuala Lumpur the next day, from there we travelled to Jakarta then Padang. We set up base camp in a car park, and then we were provided with information about our search area. We worked closely with the Swiss team, our role was to search, locate and retrieve any live and/or dead casualties from five buildings. Our first building was an English language college, which had suffered a pancake-type collapse, where one floor fell onto another. The team, including myself, were to squeeze under concrete pillars that had fallen over, and between floors – I was really nervous as the earthquake had only happened a couple of days prior to this and the building was just

settling. The Deputy Corps Director (Ray) was my mentor and he talked me through what to do. We didn't find any live casualties but it was obvious that there were dead casualties buried in a pile of rubble and possibly between the floors, but we were unable to retrieve them. The smell of the dead bodies in the 35 degree heat was incredibly strong; it was an ever-present and a constant reminder of why we were there.

We then moved to a large department store, half the team searched the basement and the team I was with searched the ground floor. This floor was full of shops and mannequins, which proved to be really spooky, but again no bodies or live casualties were found. We were informed that dead casualties were on the first floor but since the stairs had collapsed, it was deemed too dangerous to retrieve them. We

then had to search the other buildings but again nothing was found.

The team did deal with a civilian female who had fallen off her motorbike, the team medic and I dealt with her C spine control and head injury whilst the rest of the team helped with equipment and crowd control, the woman was then transferred to hospital.

The primary search and rescue phase was closed to external rescue teams and the Indonesian government stated they could now cope with this phase, and the second element of the rescue came into force, i.e. the humanitarian phase.

It was a shock to see the local people getting on with their lives, they re-opened their shops and homes even though the buildings were still unstable, and children ran in and out of these buildings, climbing on the walls. I suppose that's when it hit home that life has to go on."

Northumbria Dean appointed as first ever RCN North of Tyne Branch Honorary President

Professor Kath McCourt FRCN, Dean of School, has been appointed the first ever Honorary President of the Royal College of Nursing North of Tyne Branch.

Professor McCourt, who is also deputy chair of the RCN Northern Region, has been a committed RCN activist for many years, and is also currently a member of the RCN's national council. In 2008, she was awarded a Fellowship of the Royal College of Nursing, in recognition of her lifetime's outstanding contribution in the field of nursing education both nationally and internationally. She is recognised as one of the UK's leading nursing experts and is credited with being at the forefront of driving cultural, health and social care reform in the UK.



(L to R) Prof. Kath McCourt FRCN with Pre-reg Nursing students

The role of the Honorary President is to act as an ambassador for both the RCN and the branch. The post holder also presides over official RCN functions and supports the branch in delivering the RCN's mission and strategic plan.

Kenyan project is a learning curve

Written by Natalie Huntbach, Advanced Diploma of Higher Education in Nursing Studies/ Registered Nurse (Child)

During my second year of nursing I had the amazing opportunity of going on a four-week international placement to a deprived village in western Kenya called Ndhiwa. The trip was self-funded and organised through lecturer Muriel Armstrong, who takes part in a lot of work for the charity Kenya Acorn Project (KAP). KAP is a charity that is running a hospital and supporting five schools in Western Kenya.

When we were there we spent some time at the Acorn hospital which consisted of a three-bedded male ward, a three-bedded female ward, a two-bedded children's ward and a maternity room, a kitchen which looked unused, and a morgue which was situated outside in a small brick building. Also outside there were pit latrine toilets with no immediate hand washing facilities.



During our time at the hospital with the staff, we took part in outreach clinics where they weighed babies, and went to HIV youth groups and our clinics which we travelled to in different villages. We also observed immunisations which the nurse did at a school, under a tree in the playground, with the whole school crowding around. This was quite eye-opening to watch when we have so many regulations in place for procedures like this in our country.

The majority of our time was spent in five different schools where we taught children of all ages about hand washing, and about germs and illnesses caused through not washing hands properly. We went through the theory and they thoroughly enjoyed us teaching them – they were very eager to learn and so well behaved. We then demonstrated hand washing and got them to practice, singing a song while we did it, which they loved.

I think academically this has been an amazing experience, looking at different ways of living and culture, the limited resources in hospitals and the schools, and the different ways things are taught.

Twin sisters embark on identical careers

Identical twin sisters have graduated with matching degrees in midwifery.

Sarah and Lindsay Dodds both achieved a First Class BSc (Hons) Midwifery Studies degree following a three-year Midwifery course.

And the 22-year-olds have now walked into matching jobs at Newcastle's Royal Victoria Infirmary maternity department. However, being cared for by midwives who look like mirror images of each other has proved a source of confusion for some new and expectant parents.

Lindsay said: "People often think that they've met me before and will talk to me as though we've already had a conversation. We try and warn people to be aware that we have an identical twin in the same hospital."

Programme Manager for Midwifery, Suzanne Crozier, said: "Lindsay and Sarah have been an asset to the programme since their first year, and all of the academic staff are delighted that they both achieved a First Class Honours degree."



(L to R) Lindsay and Sarah Dodds

Reaching out to young people

A TV advert based on the idea of one of our research students has had overwhelming success in reaching young people.

Michelle Stamp, who is undertaking a Professional Doctorate, came up with the idea of using a TV advert to alert young people to the importance of being screened for the common sexually transmitted infection Chlamydia.

The advert, which is currently on air, was first screened last October when it resulted in a tremendous upsurge in the number of screening kits being sent out.

Michelle, whose research is on young men's sexual health decision-making, is also the Chlamydia Screening Programme Manager for Northumberland and Tyne and Wear.

She said: "No other Chlamydia screening project in the country had used TV advertising before so I was keen to pilot this innovative project to encourage young people to come forward for screening. This advert encouraged young people to text for a free testing kit and the numbers of those with a positive diagnosis was fairly high, enabling us to treat a lot of young people who would, previously, have not known they had the infection.

"The results have been amazing. We have presented our findings at a national conference and now other parts of the country are interested in the project."

The advert achieved its aims in reaching its target audience of young people aged between 20 and 24. When the advert was first screened last October and November, a total of 2,092 screenings were completed – a four-fold increase on the previous year.



WorkFirst is first class

The School has recently taken part in Newcastle City Council's WorkFirst initiative – a programme that arranges work experience and skills development for people with disabilities – and, as a result, has taken on two placement workers, with a view to supporting them to longer term employment or skills development.

Placement worker Diane has impressed her colleagues at the School and gained new skills for the future during her four-month placement working as an Administrative Assistant. Diane said: "I enjoy all of my work here and have been very busy delivering the internal post between both campuses. I have made lots of new friends."

Senior Lecturer Angela Ridley was introduced to the WorkFirst scheme during her involvement with National Learning Disability Week events at Northumbria last year. She said: "WorkFirst is an excellent way for people with learning disabilities to enter the workforce and develop skills to further their careers."

Dr Pamela Inglis, Academic Head of Pre-registration Nursing, added: "It has been reported that people with learning disabilities are loyal and enthusiastic employees, make valuable contributions to the workplace, and often out-perform people without disabilities."

"The WorkFirst scheme is a brilliant way for people with learning disabilities to gain valuable skills across a range of workplaces as well as potentially being offered a job following the placement. In the case of Diane, she has proved indispensable to the team she was placed with and so remains employed at Northumbria."



(L to R) Joanne Barlow, Angela Ridley and Diane

Xcel Education Student of the Year

Noor-us-sabah Bodla, who is in the second year of the BA (Hons) Early Primary Education programme, was recently presented with the Xcel Education Student of the Year Award at a presentation evening in London.

The 24-year-old was nominated by her programme leader, Gill Reid, for her consistently excellent academic results and contribution to community cohesion, despite having to interrupt her studies on two occasions to return to Pakistan to support her village and extended family interests after the tragic deaths of her father and uncle.

Noor-us-sabah, from Lahore but educated in Yorkshire, had originally planned to study medicine but decided to become a teacher after spending a gap-year working in schools

in Pakistan. During her degree course she has focused on 'Community Cohesion' and has already demonstrated a natural proficiency in the teaching profession.

She said: "I owe this award to the outstanding support of my tutors at Northumbria and the excellence of the student cohort I work within. I am proud to be a British Pakistani student and will always work for peaceful understanding and cooperation between our cultures."

Programme Leader Gill Reid said: "Noor-us-sabah represents her family, religion and cultural background in the most positive way. She is popular and well respected by both staff and peers in the School. Most importantly she acts as a delightful and dedicated role model for young children when working in schools in relatively mono-cultural areas in this Partnership."

Hosted by Xcel Magazine and sponsored

by Barclays Capital, the Xcel Student of the Year Awards is now in its second year and is dedicated to celebrating the achievements of students who have succeeded despite challenging backgrounds.



Noor-us-sabah Bodla, Xcel Education Student of the Year

Pupils gain insight into intensive care

A Morpeth teenager experienced the training of a health professional during one of our interactive Health Alive events.

King Edwards School pupil Mantaqaa Akhtar, 16, took part in a Health Alive taster day, along with 200 students from North East schools, exploring the Clinical Skills Centre – our simulated hospital.

The sessions included interactive tours in the Centre's peri-operative suites, with youngsters taking in an anaesthetic room, intensive treatment unit, operating theatre and demonstrations of child birth using computerised birthing models and simulation mannequins.

Margaret Rowe, Associate Dean for Pre-registration Health at the School, said: "The success of Health Alive is due to us listening to local schools about what kind of information is useful to their students when choosing which career option to follow.

"At Northumbria we place the student experience at the heart of everything we do and the demonstration of our interactive teaching and outstanding facilities gives the pupils a realistic and stimulating experience of what studying to be a health professional is like. This, in turn, helps them to make well-informed choices about their career path."



(L to R) Senior Lecturer Alan Platt with Mantaqaa Akhtar

Postgraduate Certificate in Health and Social Care Quality Provision Launch

High Quality Provision is a statement of intent, aimed at delivering outstanding performance in the way health and care services are led and managed.

Senior managers with a wealth of experience in health and social service provision will require assistance to adapt to this emphasis on local health and wellbeing care needs. These individuals will be called upon to stimulate provider innovation and efficiency and to enable front line staff working in health and social care provider services to both own and manage the application of locally defined policy and provision in their practice contexts.

The Postgraduate Certificate in Health and Social Care Quality Provision programme has been designed to enable senior managers to meet these important challenges.

Forthcoming events

15 April: Social Work in Transition – The Safeguarding Agenda

27 April: Staff Development Day – Do Something Different

18 June: Undergraduate Institutional Open Day

1&2 July: School Research Conference

For more information about School events please contact alice.andreasen@northumbria.ac.uk