Professor Tracy Humphrey studied for her Undergraduate Degree in Midwifery at the University of Stirling, Scotland. Since then she has had a successful clinical academic career working in a range of settings in a variety of senior clinical, management, educational and research roles across the North of Scotland. After completing her MSc in Midwifery at the University of Aberdeen in 2003, she applied for a PhD studentship with the Nursing, Midwifery and Allied Health Professionals Research Training Scheme. This was a flagship Scottish Government initiative to increase the research capacity amongst these professional groups. After a competitive process, she was the only midwife to be awarded a funded studentship and she went onto successfully complete her PhD in 2007, whilst continuing to work clinically in practice. As a Consultant Midwife, she has a track record of influencing and implementing national maternal and neonatal policies in Scotland through her research, practice and role as a government advisor. Her areas of research and publications are on reducing unnecessary interventions during childbirth and improving outcomes for women and families in remote and rural areas through educational and service improvement initiatives. Internationally she is known for her work with Ministries of Health in developing middle income countries where there are high rates of maternal and newborn mortality. This has led to the introduction of accelerated direct entry midwifery programmes of education and midwife led pathways of care that has had a demonstrable impact on skilled birth attendance rates and quality of care.

In April 2015, she was appointed as Dean of School for Nursing, Midwifery and Social Care at Edinburgh Napier University. This is one of the largest Schools of Nursing and Midwifery in the UK that provides all fields of nurse education and midwifery at undergraduate and postgraduate level. They have many sustainable international programmes of education in many European countries and Asia. Their internationally recognised research and enterprise activities are in areas such as medical technologies, public health, psychological interventions, maternal and newborn health, mental health and cancer care.
Congratulations Judy Coyle!

Two students from QMU’s Professional Doctorate in Health and Social Sciences programme have been awarded top prizes at the annual QMU Doctoral Students Conference. The student-led conference provides a platform for doctoral and masters students at QMU to share their research with academic staff and showcase the wide range of research being undertaken across all disciplines.

Dr Kath MacDonald, who is a staff member within QMU’s Division of Nursing, graduated from QMU’s Professional Doctorate in Health and Social Sciences programme in summer 2014. She was awarded first prize for her presentation: ‘Trust, transition and choosing your battles: an exploration of partnership between young expert patients with cystic fibrosis and the healthcare team’. This study explored how young “expert patients” with cystic fibrosis perceive partnership and negotiate care with the healthcare team. Expert patients are people who have the confidence, skills information and knowledge to play a central role in the management of life with chronic disease.

Kath also presented this work at the European Cystic Fibrosis Conference in Brussels earlier this year. She was also awarded a prize for the best presentation at this year’s UK Cystic Fibrosis specialist nurses’ conference.

Yvonne Greig, a first year student on the programme, and practising midwife, was awarded second prize for her presentation: ‘What are the educational needs of midwives when caring for and counselling obese pregnant women?’, which covered maternal health.

Commenting on Kath and Yvonne’s award success, Margaret Smith, Senior Lecturer in the Division of Nursing at QMU, said: “We’re really proud of Kath and Yvonne’s achievements at QMU’s recent Doctoral Students Conference. Not only were they able to showcase their own specialist knowledge of cystic fibrosis and obesity in pregnancy, but they also showed how QMU is leading the way in nursing, health and social sciences research.”
Lothian Winners at the Scottish NMAHP Research Awards

Three Lothian-based nurse researchers were give prominent recognition at the inaugural Scottish NMAHP Research Awards in Edinburgh on 28th October 2015. The awards were made by Professor Fiona McQueen, Chief Nursing Officer.

Innovation in Research Award
Dr Aisha Holloway & Dr Sarah Rhynas, University of Edinburgh
This award was for their study which involved using ‘Photovoice’ as an innovative methodology in a project concerned with the experience of recovery from alcohol-related harm and how the environment influences this process. Alcohol-related harm is a major public health concern and is a leading cause of ill-health, injury and death. It has been linked with contributing to behavioural, economic and social difficulties for individuals and their families. Many people recover from alcohol problems, however little is understood about how the environment and location of alcohol outlets impacts and influence recovery and alcohol health outcomes. The high number of premises selling alcohol within the environment has been linked to higher levels of alcohol consumption, frequent alcohol consumption and increased alcohol-problems. The density and positioning of premises selling alcohol may impact and influence recovery and alcohol health outcome. Photovoice is an innovative method of engaging with marginalised groups whereby participants use cameras to document their lives and use the images with accompanying stories to inform others in relation to public health issues. The project engaged with key stakeholders and those on the recovery journey using Photovoice to explore the potential of this innovative methodology in understanding how the environment and location of alcohol outlets impacts and influences recovery and ultimately alcohol health outcomes. The findings from this study, including the images taken by the participants have been disseminated at a number of events, including the Scottish Parliament.
Aisha is currently the recipient of one of the NMAHP Re-engagement Fellowships linked with the NMHAP Research Unit at the University of Stirling and is about to commence a study in HM Prisons examining alcohol brief interventions with prisoners. Sarah is Alzheimer’s Scotland Post Doctoral Research Fellow on the Lothian Dementia CARC Scheme researching issues relating to discharge of people with dementia from acute hospitals.

Overall Impact Award
Dr Kath MacDonald, Queen Margaret University
The award was for her research with young people living with Cystic Fibrosis and involved a study exploring the perceptions of partnership between young expert patients and their healthcare team. The research involved observation of consultations between young people and health care professionals in the clinic setting and subsequent semi structured interviews with each individual.

Key messages:
- The clinic is perceived as long and repetitive and young people want to get in and out as quickly as possible.
- Weekend care (in-patient/out-patient) is viewed as inferior, so most young people prefer to wait till Monday before contacting the team.
- Partnerships were not always seen as equal by both groups. Health care professionals perceived young people as intimidating to junior staff and they found building a rapport with transitioning young people challenging.
- Priorities were different between young people (having a life) and health care professionals (optimising treatment adherence).
- Health care professionals were sceptical of patient’s accounts of adherence, yet young people were witnessed openly admitting to non-adherence.
- The term "expert patient" was unpopular with both young people and health care professionals. Experience was acknowledged by both groups. Young people deflect expertise back to healthcare professionals when faced with unfamiliar symptoms or situations.
- Young people do not always voice their agendas at clinic but give cues and wait for the health care professional to respond.
- Health care professionals are perceived as too soft in negotiations with young people. They choose their battles carefully and play a long game in an attempt to optimise adherence.
- Young people must navigate many systems and processes in their management of cystic fibrosis and learn how to "play the game" which involves covert practices such as unprescribed medicines use and exaggerating the extent of symptoms in order to get the treatment they want.

Conclusion
Partnership is a complex phenomenon and is influenced by organisational and attitudinal factors, developmental stage, relational factors, constructions of illness, competing priorities and levels of support. Implications for practice suggest further patient engagement to assist development of new person-centred consultation models, development of ground rules and further education of non-specialist staff to enhance care at weekends.

Sarah Rhynas second from right, Aisha Holloway 3rd from right, Kath MacDonald fifth from left
Phase 1
Feasibility Study of the Functional Fitness MOT

Physiotherapists (Dr. Julie Hooper, Nina Chalmers, Laura McLean, and Claire Henderson) in Edinburgh Community Physiotherapy Service and Andy Peters (AHP R&D Facilitator) are collaborating with Professor Dawn Skelton (Professor of Ageing in Health) and Dr Lex de Jong (Physiotherapist) at Glasgow Caledonian University on a programme of work to test a new intervention called the Functional Fitness MOT.

The FF MOT is an approach developed at Glasgow Caledonian University originally for the Glasgow Science Festival and then in collaboration with the British Heart Foundation http://www.laterlifetraining.co.uk/functional-fitness-mots/. It aims to raise awareness of the benefits of physical activity among the over-60s, engage older people in health behaviour change discussions, and direct them to appropriate local activity resources. It involves a 40 minute face-to-face session to measure participant’s fitness using several age-appropriate functional fitness tests. Immediate feedback on fitness strengths/areas for improvement is provided by reference to the test population norms and tailored advice given on how to improve the different components of fitness. This approach complements the Scottish AHP Directors’ pledge to work with a range of partners to increase the level of activity in Scotland including the embedding of brief interventions to promote awareness of the benefits of physical activity in all AHP services.

The FF MOT has been used in non-clinical settings such as sheltered housing projects and shopping and leisure centres, but has not been formally evaluated. This is the first test of the feasibility of providing the FF MOT in an NHS setting. Musculoskeletal outpatients attending Slateford or Sighthill Physiotherapy Clinics, who are aged 60 years or over, and report levels of current physical activity below the Scottish Government’s recommendations are being recruited to the study. The FF MOT session is being provided at Slateford Physiotherapy Clinic on an individual basis by one of two Technical Instructors who have been specially trained for this purpose. The study uses mixed methods; the primary outcome is participant recruitment/retention rates, with secondary outcomes including participant and provider views of the intervention and its delivery via focus groups/interviews, and quantitative analysis of the relationships between travelling distance/socioeconomic deprivation and recruitment and retention. Over the first couple of months, 22 of the target of 30 participants have been recruited to the study. It is hoped that recruitment will be complete by January 2016 with follow-up data collection being completed 3 months later. The study is funded by Edinburgh & Lothians Health Foundation.

For more information contact Andy Peters: andy.peters@nhslothian.scot.nhs.uk

Knowledge Exchange Film

'Jack and Jill' - filmed version of the much performed and applauded play 'Jack and Jill and the Red Postbox'. The film was funded with a University of Edinburgh College KE award and is available at: https://vimeo.com/141886168

Banks, D. (in press) The Delphi Method: Methodological issues arising from a study examining factors influencing the publication or non-Publication of mental health nursing research.


Dewing J (2015) Assuring care: are we ready to move beyond compliance measurement against targets? *International Journal of Practice Development* 5 (2) DOI: [http://dx.doi.org/10.19043/ipdj.52.001](http://dx.doi.org/10.19043/ipdj.52.001)


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<th>Publications (continued)</th>
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Publications (continued)


Launch of the Centre for Dementia Prevention

The Centre for Dementia Prevention (CDP), University of Edinburgh was launched on 25th November 2015. It brings together specialists from the fields of medicine, basic science and the social sciences and includes Professor Charlotte Clarke, Head of School of Health in Social Sciences, Prof Jean Manson, Deputy Director Head of Neurobiology Division, The Roslin Institute and Prof Craig Ritchie, Chair of the Psychiatry of Ageing. The Centre will focus on research across the life—course to understand this degenerative disease through cross-disciplinary working bringing to gather social, basic sciences, drug discovery and clinical expertise in efforts to understand and tackle the key risk factors that underline dementia. At the launch Charlotte Clarke gave an overview of the approach to dementia research taken in the social sciences, outlining the focus on participant experiences, covering issues such as identity, autonomy and social interaction.

http://centrefordementiaprevention.com
Hello, my name is Jan Dewing and I have recently taken up The Sue Pembrey Chair in Nursing. Professor Jan Dewing has an international reputation for expertise in person-centred care, practice development and gerontological practice including the care of people living with dementia. She took up her new position as the Sue Pembrey Chair in Nursing in April 2015. Jan is the academic editor for the International Practice Development Journal, a free to publish and access ejournal and on the editorial board of several journals including the International Journal of Older People Nursing. Jan contributes to post graduate education and research and is supervising a number of doctoral students including international students. She also holds a professorship at the Centre for Care Research Bergen University College and Stord-Haugesund University College Norway and at the School of Nursing, Wollongong University, NSW Australia. As well as a significant clinical practice and leadership record, Professor Dewing has held a variety of other joint practice and education and research posts in universities in the UK and with the Royal College of Nursing. She is widely published and her research and scholarship work can be located through Research Gate.

She is interested to collaborate with anyone who wants to engage in research and practice development in these areas: acute care for older people including people with dementia; how we learn more about and from older peoples experiences of care; specializing /special observations, wandering/wander-walking in any care or home setting; behaviours of distress and how we respond to them; work based learning and dementia care; older people volunteers in hospitals and aspects of person-centred practice. Please drop me a line: JanDewing@qmu.ac.uk

PS: Sue Pembrey was a well know nurse leader, one of the first nurses to get a doctorate and publish her thesis in a book. She had academic connections to Edinburgh. She was a significant influence in the nursing development unit movement in Oxfordshire in the 1990s and in the early work of the UKCC (the organisation that came before the NMC). Her family have set up this chair in honour of her contributions to nursing.

Recent Appointments at Edinburgh Napier University

Caroline J Hollins Martin is a Professor of Maternal Health and has a background that has encompassed a career in women’s reproductive health that spans 29 years; the first 11 of these were spent as a clinical midwife in Ayrshire (Scotland) and 18 teaching and researching women’s reproductive health within universities. She is a NMC Registered Midwife and Lecturer/Practice Educator. She is also a graduate and post graduate in psychology and a Member of the British Psychological Society (MBPsS). Her research interests lie in social psychology that relates to women’s reproductive health, with much of her work relating to obstructing autonomy, evidenced-based practice, and providing choice and control to childbearing women. More recently focus has shifted to developing useful tools for maternal health practitioners to use in clinical practice. For example, the Birth Satisfaction Scale (BSS) that has been designed to assess mothers’ perceptions of their birth experience (please email if you would like to use). Other research interests lie in perinatal bereavement, outcomes of maternal activity during labour, and the effects of music upon women’s stress levels. To date, she has published 64 peer reviewed papers, presented 51 conference papers, written 2 books, 6 book chapters, edited 2 books, guest edited 3 special edition journals, and has been on the editorial advisory board for 3 books.

C.HollinsMartin@napier.ac.uk

Publications: http://researchrepository.napier.ac.uk/view/people/Hollins_Martin=3ACaroline_J=3A=3A.html
NHS Borders NMAHP Research update

NHS Borders is working collaboratively with NHS Lothian, Edinburgh Napier University, Queen Margaret University, and the NMAHP Research Unit in Stirling to strengthen clinical academic links and build NMAHP research capacity and capability.

An example of such a collaborative approach is the latest research project between Edinburgh Napier University and NHS Borders. This research will explore the presentation, experiences and patterns of decision making that influence self management following attendance at an unscheduled care consultation. This will hopefully inform the development and testing of interventions which may influence a more proactive and managed approach to illness, and the encouragement and engagement of patients to plan for acute exacerbation of chronic conditions/future symptoms.

An organisational research activity scoping exercise has been undertaken across NHS Borders and the key messages are helping to inform future research plans and research skills development for NMAHPs and the wider workforce. A register for staff with an interest in research has also been established.

More recently a clinical academic strategy has been established between Queen Margaret University and NHS Borders. Deliverables include dedicated academic time for the new Nurse Consultant in Dementia to undertake research and Masters level education towards PhD. In addition QMU Lecturers will update their practice within clinical settings and establish collaborative educational research links in clinical skills and simulation.

NHS Borders is actively involved in the development of the refreshed NHS Lothian NMAHP Research Framework which aims to increase the volume and quality of applied research that will lead to improvements in patient/client health, well-being and service delivery.

Helen Clinkscale, MSc, PGCE, BSc, RGN
Head of Service, Training & Professional Development, NHS Borders; Senior Lecturer, Edinburgh Napier University

Recent Research Results

The Lydia Osteoporosis Project

This externally funded research, education, implementation and dissemination project aims to explore potential risks to older people with osteoporosis linked to moving and handling in acute care, and to increase awareness of osteoporosis and fracture risk through a range of education interventions with frontline staff. The project is based in the Division of Nursing, in the School of Health Sciences, at Queen Margaret University. The project team has formed strong links with expert clinicians, academics, managers, and specialist practitioners in the NHS and the National Osteoporosis Society. To date the qualitative research and education phases have been completed and work on an IT initiative is underway within the dissemination phase. An interactive website and niche social network was launched at the Lydia Osteoporosis Stakeholder Conference held on 6th November 2015. An Action Research Project is planned for later in the next phase.

For further information please contact the Dr Margaret A C Smith (Principal Investigator) in the Division of Nursing at QMU, Telephone: 0131 474 0000 ext. 4264, Email: msmith1@qmu.ac.uk.
Project Team: Dr M A C Smith (PI), C Pearson, Dr S Tropea, Dr L Irvine, J Berg, F O’May, R Rush. Division of Nursing, School of Health Sciences, Queen Margaret University, Edinburgh; Osteoporosis Service, NHS Lothian.
Research Futures is a training fund to support postgraduate research training for Nurses, Midwives and Allied Health Professionals employed by NHS Lothian. It is intended for staff at the early stage of their research career development, regardless of the stage of their clinical career development. It serves to promote research capacity and capability development and thereby sustain a higher volume of quality applied healthcare research amongst these professions in the longer term. Funding is provided by the Nursing & AHP Directorate and Edinburgh and Lothians Health Foundation (ELHF).

Two rounds of invitations to apply for support have occurred to date in 2013-14 and 2014-15. A further funding round has been advertised in December 2015. This funding opportunity has proven popular among staff and some quality applications have been received in both rounds. The limits of the available funding have meant that the Awards Panel has not been able to fund all applicants to the preferred extent. Nonetheless, a total of 7 NMAHPs have commenced their training with the support of a Research Futures award to date. Details of the awards including the variety of important research topics are described below.

<table>
<thead>
<tr>
<th>Recipient</th>
<th>Profession</th>
<th>Research Topic</th>
<th>Type of Training</th>
<th>Type of Award</th>
<th>Award Status</th>
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<tbody>
<tr>
<td>Anna Jones</td>
<td>Nurse</td>
<td>Impact of muscle relaxant practices on patient safety in terms of endotracheal re-taping among paediatric ICU patients</td>
<td>Apprenticeship</td>
<td>1 year back-fill and expenses</td>
<td>Commenced Q3 2014. Terminated Q1 2015 by choice due to maternity leave.</td>
</tr>
<tr>
<td>Alison Murray</td>
<td>Nurse</td>
<td>To explore whether early identification of the need for endotracheal re-taping among paediatric ICU patients improves patient safety and nursing time efficiency</td>
<td>Apprenticeship</td>
<td>1 year back-fill and expenses</td>
<td>Completed Q3 2015</td>
</tr>
<tr>
<td>Azucena Garcia Garrido</td>
<td>Nurse</td>
<td>Involvement in a number of studies being carried out by the Dementia Research Cluster at UoE</td>
<td>Apprenticeship</td>
<td>1 year expenses</td>
<td>Completed Q4 2015</td>
</tr>
<tr>
<td>Lynne Bremner</td>
<td>Speech &amp; Language Therapist</td>
<td>Development and testing of a diagnostic tool for children with suspected Autism Spectrum Disorders in pre-school settings</td>
<td>PhD at Queen Margaret University</td>
<td>5 years expenses</td>
<td>Commenced Q3 2015</td>
</tr>
<tr>
<td>Amy Ferry</td>
<td>Nurse</td>
<td>Do gender differences in the presentation of patients with suspected acute coronary syndrome affect treatment and outcomes?</td>
<td>PhD at University of Edinburgh</td>
<td>5 years expenses</td>
<td>Commenced Q3 2014. Terminated Q2 2015 (moved to UoE employment whilst continuing PhD)</td>
</tr>
<tr>
<td>Linda Sherwood</td>
<td>Nurse</td>
<td>Developing a supportive model of care for patients being considered for resection of colorectal liver metastases</td>
<td>PhD at University of Edinburgh</td>
<td>3 years expenses</td>
<td>Commenced Q3 2015</td>
</tr>
<tr>
<td>Karen Matthews</td>
<td>Nurse</td>
<td>Can a portable Fibroscan be an effective cirrhosis screening tool in a community alcohol support service?</td>
<td>ProfDoc at Queen Margaret University</td>
<td>5 years expenses</td>
<td>Commenced Q3 2014</td>
</tr>
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The Lothian and Borders NMAHP Research Community is made up of approximately 120 nurses, midwives and allied health professionals from both the NHS and higher education who are active or interested in practice-based research in health and social care. The Community was established in 2010 following the launch of the Lothian NMAHP Research Framework (2010-2015) which aims to:

- increase the volume and quality of applied research that leads to improvements in patient/client health and well-being and service delivery, particularly in areas of strategic priority.
- further enhance the profile and status of NMAHP research in Lothian, creating a culture of inquiry and evidence-informed decision making.
- enhance the NMAHP research infrastructure in order to support the development of high quality research studies and offer a range of career opportunities.

Lothian and Borders NMAHP Research Community is supported by the Health Services Research Unit

http://www.ed.ac.uk/health-services-research-unit

**Lothian NMAHP Doctoral Network**

Lothian supports an NMAHP Doctoral Network for clinical and academic staff who are undertaking any form of doctoral study (or are planning to in the near future). These are informal peer support sessions that include presentations and discussion about the realities of combining clinical and academic studies. Meetings in 2016 are:

- 11th January 2-4pm Room F1609, (Wd 103) RIE
- 11th April 2-4pm Seminar Room 5, Medical Education Centre, RIE
- 27th June 2-4pm Seminar Room 4, Chancellor’s Building, RIE
- 10th October 2-4pm Seminar Room 4, Medical Education Centre, RIE

Please contact Dr Juliet MacArthur, Chief Nurse Research for more information or if you would like to join the network.

Juliet.macarthur@nhslothian.scot.nhs.uk