



THE UNIVERSITY
of EDINBURGH

SPECIAL EDITION

Celebrating

60

Years

of Nursing
Studies

**Nursing
Studies**
highlights

SUMMER 2017

Welcome

It gives me enormous pleasure to introduce this very special edition of Highlights following the year when we celebrated 60 years of Nursing Studies at the University of Edinburgh.

2016 saw Nursing Studies going from strength to strength, being named number 1 for Nursing in the UK in the Guardian League Table 2017. We were very proud to see Professor Pam Smith awarded an MBE for services to nursing and nurse education as part of the Queen's 90th Birthday Honours list. We also made a very special appointment to the established Chair of Nursing Studies with Dr. Aisha Holloway, previously Senior Lecturer at Edinburgh, being appointed to the post. Our students continued with their achievements too, notably Esther Cherukra (2013–17) who won the European Regional Undergraduate Award in the Nursing and Midwifery category and also attended their Global Summit in Dublin in November (See page 12). Carolyn Worlock was awarded the Queen's Nursing Institute Scotland postgraduate prize and Helen Doherty (2014–18) the undergraduate prize for promoting excellence in community nursing. We were also super proud of our amazing undergraduate programme administrator – Lee Gaedtke, who was awarded Best Support Staff in the Edinburgh University Student Association awards. We have had many great achievements this year and I hope you enjoy this edition.



60 YEARS OF NURSING STUDIES AT THE UNIVERSITY OF EDINBURGH

In 2016, Nursing Studies at the University of Edinburgh celebrated 60 years, making us the UK's longest standing university nursing department. Nursing Studies began in 1956 with the establishment of the Nurse Teaching Unit. It was renamed the following year as the Nursing Studies unit. Right from its inception, Nursing Studies emphasised the value of research and appointed two research fellows in its first year who were funded by the Rockefeller Foundation. However, as early as 1946, the University of Edinburgh and the RCN were working together to deliver a Nurse Tutor's course. This led eventually to the development of the two year Nurse Tutor's course and the establishment of the Department of Nursing at the University of Edinburgh. A number of events held throughout the year to mark this special jubilee celebration are outlined below and addressed in greater detail elsewhere in Highlights.



RCN INTERNATIONAL RESEARCH CONFERENCE

In April 2016, we hosted the Royal College of Nursing International Research Conference. Hundreds of nurses from across the world came to Edinburgh to attend this foremost research conference. Keynote papers were given by our own Professor Pam Smith and also by former member of staff and Director of the Nursing Research Unit – Professor Alison Tierney. Many of our staff and students presented their research, chaired sessions and ran fringe events. We also hosted a reception in the Playfair Library for delegates where delegates were welcomed by our Chief Nurse for Scotland, Professor Fiona McQueen. We held a civic reception with our partners, NHS Lothian, Queen Margaret University and Edinburgh Napier University at the City Chambers. We also took this opportunity to celebrate nursing in Edinburgh and the Lothians and made special presentations to the longest serving nurse in NHS Lothian – Louise Binnie, and to two former nurses who had begun nursing in Edinburgh some 60 years ago – Marian Ascoug and Mary Dagleish.



ROYAL VISIT TO NURSING STUDIES

On the 19th April 2016, we were thrilled to be visited by HRH The Princess Royal, Chancellor of the University of Edinburgh. The visit began with a walk through history with displays and former staff and students from each of the decades since 1956. Remarkably, we had two of the second cohort of undergraduate students with us on the day – Lis Nicolson and Sandra McSween. Current MSc students presented their work from around the world showing what a diverse and multi-talented group they were. PhD students also talked with the Princess Royal about their research and showed her some of the work they have been doing. Finally, current staff and students met the Chancellor and displayed their current work at the forefront of nursing. At the end of the visit, the Chancellor unveiled a plaque to commemorate the visit which is now proudly displayed at the entrance to the School. See also page 3–6.

In 2016, Nursing Studies at the University of Edinburgh celebrated 60 years, making us the UK's longest standing university nursing department.



HONORARY GRADUAND – PROFESSOR MARGARET ALEXANDER

In the year that Nursing Studies celebrated 60 years, we had huge pleasure to have the degree of Doctor Honoris Causa conferred on Professor Margaret Forbes Alexander CBE. Professor Tonks Fawcett, who gave the lauration described Margaret Alexander as one of those unique individuals who has contributed both vision and excellence in their chosen profession. Margaret herself writes of this special conferment on page 7–8.

NURSING STUDIES CEILIDH

In June, the students organised a celebratory ceilidh which was held at the Royal College of Surgeons. Students, staff and alumni all attended this event which was a great opportunity to dress up and dance the night away. (See page 6)



ELSIE STEPHENSON MEMORIAL LECTURE

The biannual Elsie Stephenson memorial lecture was held on Thursday 3rd November 2016 in the early evening. This event is held in the name of the first Director of Nursing Studies at Edinburgh and is traditionally delivered by an alumnus of the University of Edinburgh. It is an event to which all our alumni are invited and an opportunity for meeting up with former and current students and staff. In this special year, we invited Professor Roger Watson, University of Hull, to give this prestigious lecture. Roger has a long standing association with the University of Edinburgh obtaining his first degree here. He was a member of staff in Nursing Studies before taking up posts in Dublin, Sheffield and currently as Professor of Nursing at the University of Hull. Roger is also well known as the Editor-in-Chief of the *Journal of Advanced Nursing*. Roger spoke with enthusiasm and conviction on 'Towards a public understanding of nursing.' We have made a recording of this lecture publicly available on our web site for anyone who was not able to attend.

<http://edin.ac/2pN4615>



'LEAPS IN THE DARK' ALUMNI CONFERENCE

On the day following the Elsie Stephenson lecture, our final event of the year was held in the form of an alumni conference. The event brought together our diverse range of nursing graduates in a mix of talks and workshops to document the 'leaps' taken by individuals and groups during each of the six decades of our history. The day began with a warm welcome from the Principal, Professor Sir Timothy O'Shea. We had a number of distinguished alumni present on the day including Professor Anne Marie Rafferty, Florence Nightingale School of Nursing, King's College, London; Professor Cathy Warwick, Chief Executive, Royal College of Midwives; Dr Colette Ferguson, Director of Nursing, Midwifery and Allied Health Professions, NHS Education for Scotland; Dr Dorothy Armstrong, Nurse Advisor to the Scottish Ombudsman and Visiting Fellow, Nursing Studies, The University of Edinburgh; Professor Ruth Schrock, former staff member, Nursing Studies and Franz Wagner, Chief Executive

Officer, German Nurses Association. It was a particular pleasure to welcome Wyn Logan to speak on the day. Wyn Logan was a former member of staff and is known internationally for her work with Nancy Roper and Alison Tierney on their model of nursing. A number of alumni recorded their memories of their times at Edinburgh and we have published some of these on the alumni pages of our website.

This alumni conference was an amazing chance to meet old friends and make new ones while learning how nursing studies is shaping the future for nursing as a profession and a researched discipline. Special thanks for organising the day must go to Professor Pam Smith, Honorary Professor Danny Kelly and Dr. Linda Pollock who put an enormous amount of time and effort in to making the day such a success. Professor Pam Smith gives further details of the day on page 9–11.

Sheila Rodgers

Head of Nursing Studies
2014–2017



Celebrating
60
Years
of Nursing
Studies



Nursing Studies Celebrates its Diamond Jubilee



Everything showed how important the study of nursing is and how we all do and will benefit from the expertise and research provided by all your excellent staff and students.”

The University’s Chancellor, Her Royal Highness, The Princess Royal

On 19 April 2016, the University’s Chancellor, Her Royal Highness, The Princess Royal, joined current students, former nursing graduates and University staff to celebrate how Edinburgh has helped transform the profession through the establishment in 1956 of Europe’s oldest university nursing department. The visit was organised by a small but dedicated team who wanted to let the story of the 60 years tell itself with banners, posters and people.

Using the actual premises of the School of Health in Social Science at Doorway 6 of the Old Medical School, the story started at the top of the building and wound down to the ground floor. On the way, Princess Anne met some of the first graduates from the course

against a backdrop of banners, one for each decade of achievements and featuring notable staff. The display banners portrayed key events in the history of the department with significant ‘firsts’ highlighted. At the bottom of each banner the buildings associated with Nursing Studies during that era were depicted. The implied metaphor was the association of building a new academic discipline on the firm foundations of an ancient university.

Postgraduate research students presented posters of their studies and the Masters students were able to demonstrate the world-wide reach of the department through its global connections. Staff were also on hand to discuss teaching and research with poster presentations of their

key interests. Princess Anne unveiled a plaque commemorating her visit which is now on display at the entrance to the School. It was by all accounts a wonderful day and well summarised in a letter of thanks from the Chancellor, “The stands displaying the history of nursing over the past 60 years were fascinating, as were the research posters. Everything showed how important the study of nursing is and how we all do and will benefit from the expertise and research provided by all your excellent staff and students.”

Veronica Adamson

Former doctoral student and Honorary Fellow

“I have received many provoking ideas and new concepts that can allow me to develop both personally and professionally.”

Kelly Chao, Macau

“My formal perception of ‘nursing’ has been affected by my culture. By studying at the University of Edinburgh, I have broadened my understanding of nursing.”

Hyeri Choi, South Korea

“Being an international student in Nursing Studies has encouraged me to think critically about healthcare around the world.

Natalie Sanford, USA

“I feel proud of being a University of Edinburgh student. My experiences here have opened new perspectives on how I see nursing as a profession.

Kurnia Putri Yuliandari, Indonesia



THE CHANCELLOR'S VISIT

Showcasing the International Nursing Community at the University of Edinburgh

In April, the chancellor of the University, HRH Princess Royal, visited to celebrate 60 years of Nursing Studies at the University of Edinburgh with current students, alumni, and faculty. As part of her visit, With the support of the MSc Programme Director, Sharon Levy, I was asked to create two posters to be presented during her tour of the School.

The first poster I created was a map that illustrated where we, as postgraduate students, were from and where we had also attended conferences and placements. The second poster gave direct quotations from students that detailed how they felt the global community at the University of Edinburgh influenced their nursing education. The quotations emphasised students' widened perspectives and appreciation for their own healthcare systems, with many students reflecting that

they felt they would provide better nursing care as a direct result of their international experiences at the University.

With several of the students whose quotations were used, we presented the posters to the Princess Royal. Although we were apprehensive in the moments leading up to her arrival, she engaged us in interesting discussions about global healthcare and the future of nursing. We were able to share how valuable we found the international community of Edinburgh nurses on the various Masters' programmes and she, in turn, encouraged us to consider ways to further extend our international reach.

At the end of the visit, a plaque was unveiled commemorating the day. The entire experience was in many ways surreal. In addition to the privilege of



sharing Edinburgh's rich nursing history with the Princess Royal, we also felt fortunate enough to contribute to the Nursing Studies' history in some small way, which is an honour we'll never forget.

Natalie Sandford
MSc Advancing Nursing Practice
2015–16

CELEBRATE THE 60TH ANNIVERSARY

The 60th celebratory Ceilidh



As a final year student in 2016 I attended the wonderful ceilidh which was organised to commemorate the 60th anniversary of Nursing Studies at the University of Edinburgh. This was a fantastic night and served as a last night out for much of our year. It was a huge celebration for us as we had finished our dissertation and final examinations. We were truly on the home straight and at the end of our honours degree programme. It was lovely to be able to join with our lecturers on such a happy occasion. For me, this was also my first ceilidh and to

the amusement of those skilled in the art of the ceilidh, I had absolutely no idea what I was doing! Thankfully, all my friends were able to keep me right... mostly! It was brilliant to be able to dance the night away with a wonderful group of people. We could not have asked for a better way to celebrate both the 60th anniversary and the end of our degree.

Gemma Hogg
Bachelor of Nursing (honours)
2012–16

A PERSONAL HIGHLIGHT IN 2016

My Honorary Doctorate from my Alma Mater

MARGARET F ALEXANDER



Professor Margaret Alexander with Professor Tonks Fawcett who gave the laureation

2016 was a very special year for nursing in our University – the 60th Anniversary of the commencement of nursing as a graduating subject – the first in the UK and indeed in Europe. For me, 2016 was also a very special year, as I was awarded an honorary doctorate by our University. I felt very privileged to receive this tremendous honour from my alma mater.

As part of the Nursing Studies celebrations in 2016, a conference was held describing the 'Leap in the Dark' that reflected the pioneering work of the University in developing nursing as a graduating subject. For me, my entry to the University was a personal 'leap in the dark'. Although I knew I wanted to be a nurse, I had left school aged 15 with the then Junior Leaving Certificate, and worked as an Office Junior and then as a Secretary. When family circumstances permitted, I applied to the Royal Infirmary of Edinburgh (RIE), and my nursing career began.

Following my qualification as a Registered General Nurse, and working in RIE as a

Staff Nurse for a year, I gained my Pelican badge and went on to do midwifery, qualifying as a State Certified Midwife. I then worked in the USA and New Zealand before returning to RIE where I became a Surgical Ward Sister. I just loved nursing and also loved teaching the student nurses on my ward. I had resisted requests from the Director of the School of Nursing at RIE to go to the University to undertake the Nurse Tutor's Course, because I noticed that all those who became Registered Tutors taught only in the classroom and not in the clinical areas. Eventually I was persuaded to undertake the course, with the promise that when I returned I would work in both areas... and so began another 'leap in the dark'.

I was admitted to the University programme because of my nursing qualifications, but also had to sit a multiple-choice entrance test! The new world of university opened up. I combined the second year of the Nurse Tutor's Course with the first year of my BSc in Social Science, gained my Nurse Tutor

qualification and went on to complete my degree, studying Architectural History and Criminology, subjects which fascinated me because of my experience working as a student midwife in an extremely impoverished community. Returning to work as a nurse tutor, some years later I undertook my PhD, conducting a quasi-experimental study into the integration of theory and practice in nursing.

Thereafter I worked in nursing education and research in Highland College of Nursing, in the Welsh Office in Cardiff, and then as Head of the Department of Nursing and Community Health at Glasgow Caledonian University, a post which I later combined with becoming Director of the World Health Organisation Collaborating Centre for Nursing Education, Research and Practice Development, which was based in the Department. The world of nursing opened up, and I have worked with nurses in several countries of Europe, and in South Africa, Australia, Hong Kong, Macau, and mainland China.



...but the essence of nursing is unchanged. It is still, to this day, the gentle hand, the kindly, caring eye, the listening ear which, to our patients, represents that essence of nursing, our caring profession.

Nursing has been my life for many years and I have had such a very privileged career for which I will always be grateful. So many have inspired me, supported me and worked with me and to them all, I am so thankful. Nursing is a challenging but hugely rewarding profession. There have been many changes and advances in healthcare and nursing since I was in practice, and rightly so, but the essence of nursing is unchanged. It is still, to this day, the gentle hand, the kindly, caring eye, the listening ear which, to our patients, represents that essence of nursing, our caring profession.

I give my heartfelt thanks to our University for the enormous honour they have bestowed upon me by awarding me the Degree of Doctor *honoris causa*.

Margaret F Alexander

C.B.E. F.R.C.N. B.Sc. *Magna cum laude*, RN Ph.D Hon.LL.D., Hon. D.Sc., Hon. D.Sc., and of course Doctor *honoris causa*.

MY HONORARY DOCTORATE SPEECH

Mr Vice-Chancellor, University staff, all graduates and guests,

First of all, may I thank the University most sincerely for the tremendous honour they have bestowed upon me by awarding me this honorary doctorate. I feel humbled but also so privileged to receive this from my alma mater. It is my heartfelt pleasure to accept it - and particularly to do so in this very special year for nursing in our University - the 60th anniversary of the commencement of nursing as a graduating subject - the first in the UK and indeed in Europe.

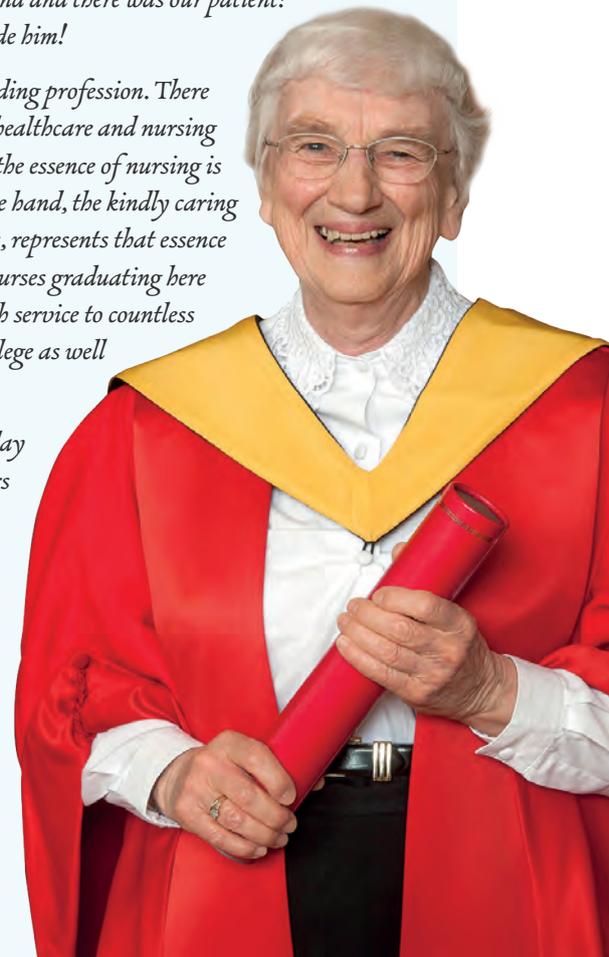
Like all of you, my fellow graduates, I have so many people to thank for the achievements which are being celebrated at our graduations today. I will always be so grateful to the course leader of the pioneering Nurse Tutor's programme, through which I gained entry to the University, and whose inspirational teaching and leadership introduced me to the world of academia. She is Mrs. Winifred Logan Gordon and is one of my guests here today, as are some of my family, friends and colleagues. To them all, my heartfelt gratitude for inspiring me, working with me and supporting me. I will also always be grateful to my patients, from whom I learned so much. Many I can still see today, some very vividly, in my mind's eye. I remember an elderly gentleman who had major surgery and who was with us for several weeks, until he was able to go home. One day, I was off duty, and of course we never went out in our uniforms in these days, and I jumped upstairs to the front of the 23 bus. Suddenly, a loud male voice shouted from the back of the 'bus "Oh Sister, it's awfy nice to see ye wi' yer claes on". I turned round and there was our patient! Needless to say, I just went back to sit beside him!

Nursing is a challenging but hugely rewarding profession. There have been many changes and advances in healthcare and nursing since I was in practice, and rightly so, but the essence of nursing is unchanged. It is still, to this day, the gentle hand, the kindly caring eye, the listening ear which, to our patients, represents that essence of nursing, our caring profession. To our nurses graduating here today, you are the human face of our health service to countless patients and their families. That is a privilege as well as a responsibility.

But today is your day, and a very proud day for your parents, families, friends, partners who are here to celebrate your success with you. I congratulate everyone who is graduating this morning. I wish you every success, and hope you will find the discharging of your professional responsibilities, whether in nursing or elsewhere, as rewarding and as satisfying as certainly I have found it to be.

Thank you.

Margaret F Alexander
30.06.2016





‘Leaps in the Dark’: Celebrating 60 years of Nursing Studies

JOHN MCINTYRE CONFERENCE CENTRE, POLLOCK HALLS, UNIVERSITY OF EDINBURGH

Our alumni conference took place on November 4th and brought the Nursing Studies; 2016 Diamond Jubilee Year celebrations to a close. The conference was organised by Professor Pam Smith, Nursing Studies and alumni Professor Daniel Kelly and Dr Linda Pollock. The purpose of the conference was to hear about the ‘leaps’ taken by individuals and groups over the six decades of Nursing Studies at the University of Edinburgh. Key speakers included former alumni Professor Anne Marie Rafferty, CBE, FRCN, Florence Nightingale Faculty of Nursing and Midwifery, King’s College London, Professor Ruth Schrock, former staff member, Professor Cathy Warwick, CBE,

Chief Executive of the Royal College of Midwives, Professor Alison Tierney, Former Head of Nursing Studies and Director of the Nursing Research Unit for Scotland and Dr Colette Ferguson, Director of Nursing, Midwifery and Allied Health Professions, NHS Education for Scotland. They were joined by other national and international alumni from practice, education and research. Current staff, recent graduates and students were also involved. There were opportunities throughout the day for networking and recording memories.

We were privileged to have the Principal Professor Sir Timothy O’Shea ‘Welcome’ delegates to the conference.

The speakers then took the audience of over 150 delegates through each decade starting with Professor Anne Marie Rafferty who talked about the 1940s and 50s and the ‘early genesis’ of Nursing Studies. Early experiences of the Nursing Studies Undergraduate Programme were described by Win Logan, Former member of staff, Nursing Studies. Win is also one of the authors of the famous Roper-Logan-Tierney model of nursing originally published in 1980.

Professor Alison Tierney, Win’s co-author, a former Head of Nursing Studies and Director of the Nursing Research Unit for Scotland described Nursing Studies as an early pioneering centre for nursing

The purpose of the conference was to hear about the ‘leaps’ taken by individuals and groups over the six decades of Nursing Studies at the University of Edinburgh.



Professor Pam Smith with Dr Sheila Rodgers, Head of Nursing Studies

research, while Professor Cathy Warwick, Chief Executive, Royal College of Midwives described her own personal leap to influence National Agendas particularly for women’s health during pregnancy and childbirth. The critical role played by Nursing Studies’ alumni in education, was highlighted by Dr Colette Ferguson, Director of Nursing, Midwifery and Allied Health Professions, NHS Education for Scotland and Dr Dorothy Armstrong, Nurse Advisor to the Scottish Ombudsman and Visiting Fellow, Nursing Studies who described the programme’s legacy to its graduates as ‘Daring to be Different’.

International Influences were represented by Professor Ruth Schrock, former staff member, Nursing Studies in conversation with alumnus Franz Wagner (Chief Executive Officer, German Nurses Association).

At the end of the morning session there was a short address by Sian Kiely of the Royal College of Nursing (Knowledge and Research Manager, RCN Scotland), acknowledging the important links with Nursing Studies and the key role played in supporting the establishment of the University of Edinburgh department (see page 11).

In the afternoon Parallel Specialist Sessions explored the specialist impact of Nursing Studies in Mental Health Nursing led by Dr Rosie Stenhouse, Dr Jessica Maclaren and Dr Steve Tilley; Community Nursing led by Dr Elaine Haycock-Stuart, Dr Linda Pollock and Dr Fiona Cuthill; Acute Care Nursing and Leadership led by Tracy Burton, Quality and Safety improvement Manager: Structured response and Advance Care Planning (Deteriorating Patient Team), NHS Lothian and Anna March Documentation Facilitator, Clinical Effectiveness Team, NHS Lothian; and Creative Approaches to Research in Working with Older People led by Professor Charlotte Clarke and Dr Sarah Rhynas.

In the final sessions Dr Jennifer Tocher, Senior lecturer, Nursing Studies addressed Modernising the undergraduate curriculum; Dr Sheila Rodgers and Gardner Scholars: Dr Rosie Stenhouse, Dr Sarah Rhynas and Adam Lloyd talked about the importance of the Gardner Scholarship in memory of the inspirational Elsie Stephenson, the first director of Nursing Studies, in facilitating personal ‘leaps in the dark’.

Professor Tonks Fawcett, Professor of Student Learning (Nurse Education) with

Lindy Manson former student from the 1980s and current Team Lead, Education and Employee Development Department, NHS Lothian spoke about ‘Clinical education for student nurses: then and now’ with many captivating images. Final Summary, Farewells and Close were given by Professor Daniel Kelly, RCN Professor of Nursing Research, Cardiff University and Honorary Visiting Professor Nursing Studies who summed up the spirit of the day as one of celebration and challenges for the future of the profession and health care.

Chairs throughout the day Dr Sheila Rodgers, Professor Emerita Rosemary Mander, Dr Susanne Kean, Dr Juliet MacArthur, Chief Nurse, Research and Development, NHS Lothian and Visiting Fellow Nursing Studies, guided the discussion and feedback throughout. It was wonderful to acknowledge that so many alumni could be drawn on, not just to present memorable keynotes but also to provide leadership and reflection.

Pam Smith
Professorial Fellow

'LEAPS IN THE DARK' CONFERENCE



RCN Address by Sian Kiely of the Royal College of Nursing

The roots of the Department of Nursing Studies lie in the Nurse Tutors' course organised by the RCN in Scotland. A Certificate in Nurse Education was awarded by the University of Edinburgh, and ultimately registration conferred (RNT, Registered Nurse Tutor) by the General Nursing Council for Scotland.

Miss Lamb was an innovative RCN Education Officer (she introduced clinical instructors' and ward sisters' courses, and liberal studies into the Tutor's Course), and was awarded a Rockefeller Travelling Scholarship (1953) to study degree courses in the States; she returned, fired with enthusiasm to promote similar courses here.

The Tutor's Course was studied by Miss Carter (a Canadian nurse, and strong advocate of reform of nurse education), supervised by Professor Crew (Chair of Public Health and Social Medicine). Her findings were that the course worked "almost twice as hard" as the students doing a similar two-year course in London, and students were admitted

with "professional references" – not the academic standards required by normal university students.

Professor Crew spearheaded a move to tighten up academic control of the education of senior nurses and to secure the course within the University. His proposal to house it in the Faculty of Medicine was out-voted, the fear being that "nurses would not be able to cope with the standard of teaching and (the faculty was) not prepared to compromise academic excellence."

He managed to persuade the University Principal to house the course within the University, and the Dean of the Faculty of Arts agreed, supported financially by the Rockefeller Foundation, and a 'Nurse Teaching Unit' was established in June 1956.

RCN Scotland therefore played an important part in the leap that first took nursing into the University of Edinburgh. It is a pleasure to be here today to represent RCN Scotland and to ensure that the role of the RCN is marked on this special occasion.

FORTHCOMING CONFERENCE PUBLICATION

New Leaps in the Dark: Collection and publication of alumni's stories to mark six decades of Nursing Studies

Why Leaps in the Dark? The conference theme and an associated project and publication were inspired by the history of the Nursing Studies Department: 'A Leap in the Dark' written by Dr Rosemary Weir (1996, the Book Factory, London) to mark the fortieth anniversary. This publication documented the origins of academic nursing at the University of Edinburgh and the influential figures that played key roles in the Department's first forty years of development.

The current project and publication is being undertaken by Dr Linda Pollock and Professors Daniel Kelly and Pam Smith. Alumni, many of them conference delegates, were invited to tell their stories and record their memories of Nursing Studies to fill a gap in understanding the impact the Department has had on nursing and healthcare over six decades but more specifically to update its history from a student and staff perspective during the intervening decades since 1996.

A diverse range of alumni stories were collected and collated to give an account of their experiences both as students and graduates during the lifetime of the Nursing Studies Department. Publication of the alumni accounts is an appropriate and permanent record to mark Nursing Studies' Diamond Jubilee year and to serve as a living testimony of the enduring legacy of nursing education and scholarship from the University of Edinburgh, the first academic nursing department in Europe and the UK.

The publication *New Leaps in the Dark*, due in 2017, will make a significant historical contribution by giving new insights to the personal and professional 'leaps' taken by Nursing Studies alumni personally and as a department, professionally, nationally and internationally over six decades.

Award for the 'India Pad Project'



After submitting The India Pad Project to the 2016 Undergraduate Awards I was lucky enough to win the European Regional Award for the Nursing and Midwifery category.

My award was the result of a piece of writing I completed as a compulsory assignment on one of my final year courses, Global Public Health. The assignment required us to explore an existing public health project in a low- or middle-income country and I decided to write about the 'India Pad Project'. This was largely because I had been to India for my clinical elective the summer previously and since my family is originally from India, it was a country I was keen to learn more about. The India Pad Project was inspired by a similar project already taking place in Uganda. It had been a favourite assignment because it gave me the freedom to write about whatever I wished. Therefore, I chose a topic I am passionate about: women's reproductive health. The project has several elements that aim to empower women. The first goal of the project is to educate women

As a young woman living in the UK, I have never been held back from achieving my goals but I know this is not the case for many women around the world.

of all ages in reproductive health. Sexual reproduction and menstruation is still a taboo subject throughout India and therefore many women are lacking the proper education they need to take care of their own health and well-being.

In addition, the project aims to provide sustainable jobs for women by educating them in the manufacturing and selling process of affordable, reusable sanitary products. These products would then be available to women of all ages, particularly adolescent girls as many such girls like these miss school during their monthly period. Providing reusable products, which can allow them to stay in school, gives them the opportunity to gain a full education to achieve their life aspirations. As a young woman living in the UK, I have

never been held back from achieving my goals but I know this is not the case for many women around the world.

Getting to experience India first hand for my clinical elective was phenomenal. I learnt so much during my time there and now could not be more grateful for all the luxuries we have, and may take for granted, in this country both within the NHS and in everyday life. Winning this award meant so much to me as it was achieved through a project I really care about. I hope I can take this forward once I have qualified as a nurse and maybe, at some point, make The India Pad Project a reality.

Esther Cherukara
2013–17

Educational exchanges

The opportunity to study abroad, experiencing life in a different culture, is part of the University's commitment to the development of a global community.



ERASMUS STAFF VISIT TO MARIBOR UNIVERSITY, SLOVENIA

Nursing Studies had been invited to establish an ERASMUS+ agreement with the Faculty of Health Sciences (FHS), Maribor University, Slovenia by their Dean Associate Professor Majda Pajnkihar and in May 2016 Professor Pam Smith and Dr Rosie Stenhouse went to Maribor for a week's exchange visit as part of the Erasmus scheme. The aim of the visit was to discuss areas of teaching and research on which both universities might collaborate.

Alongside a number of meetings with faculty staff, we visited clinical areas in community, inpatient, and psychiatric facilities where we met with staff to understand how nursing care is organised and delivered in Slovenia. We are hoping that in the future our undergraduate nursing students will be able to undertake elective placements in these clinical areas.

We were also invited to the Slovenian International Nurses' Day in Bled, where one of the faculty's lecturers, Dr Mateja Lorber received an award for her doctoral research.

Further exchange visits are planned, with colleagues from FHS, Maribor University visiting Nursing Studies in 2017.

Rosie Stenhouse Lecturer



EDUCATIONAL EXCHANGE WITH HANGZHOU

We continue to enjoy our exchange programme with Hangzhou Normal University renewing our MOU with them in 2015. The programme is facilitated by myself and Dr Colin Chandler. This year we were delighted to welcome three students Sue, Catherine and Vee (to use their English names) to Edinburgh during the autumn semester. Our visiting undergraduate Chinese students attended their own individually chosen programme of classes from a selection offered and, in addition, greatly valued being able to observe some clinical skill sessions. Our own students were able to return the hospitality they had received in Hangzhou and helped our visitors to enjoy exploring both the University, the city of Edinburgh and beyond.

Maggie Carson Lecturer

FROM CHINA TO EDINBURGH

Five of my fellow third year BN with Honours students and I travelled to Hangzhou, China, for our four week nursing clinical elective. This was a 'once in a life time' opportunity for us to learn, travel, meet new people and surround ourselves in another culture. While we were in Hangzhou we met many new people who are now our 'forever friends'.

In Hangzhou we were able to meet the three Chinese students, Sue, Catherine and Vee, who were soon to embark on their travels to Edinburgh. We met up with them on many occasions; climbing the mountain, going out for dinner, exploring Hangzhou's nightlife and much more. Through these meetings we were able to talk to them about coming to Edinburgh; they had many questions and we were happy to answer them.

Leaving Hangzhou was an emotional time. We had met many people who has been so kind to us. We were saying our goodbyes knowing that some wonderful people we would never see again. However, knowing that we would be seeing Sue, Catherine and Vee in Edinburgh within the month was a lovely thought. We arranged to host a dinner for them as they had taken us out so generously in Hangzhou, and to take a very Scottish theme for the dinner. The first course was leek and 'tattie' soup, the main course, haggis, 'neeps' and tatties and for desert we has the very famous Mackie's ice cream with short bread. They loved it all, and especially loved the ice cream. The atmosphere in the flat was amazing. From one side of the world to another, our friendship has grown stronger.

Claire Bald 2013-17

Nursing Studies is keen to build on this success by developing collaborations and exchanges with other institutions across the world. This July we will see a further two students, Eva Horne and Rachel Herod, head out to La Trobe for their semester-long adventure.

Rosie Stenhouse *Lecturer*

STUDYING NURSING DOWN UNDER

After travelling for 24 hours and 10,500 miles, we found ourselves in the 'world's most liveable city': Melbourne! We had a week of induction and then were thrown into the deep end of Australian nursing. We found there were many differences in the way nursing was taught in Australia in class and on placement. Our lectures were all online with the responsibility on the students to complete them in order for in-depth class discussion. This included case studies on the topics of: Cancer, Pain, Renal, Haematological, GIT and Musculoskeletal disorders, a number of chronic diseases and Indigenous Health. We would talk through how to care for a patient with a specific condition which was very helpful, in addition to our OSCEs, in bridging the theory to practice. We were really encouraged to think holistically about every patient by constant references to ISBAR (Identity, Situation, Background, Assessment, Recommendation) and working through the body systems (CNS, Respiratory, CVS etc.). We looked in detail at Palliative Care and Advanced Care Planning which appears very proactive in the early stages of dementia, allowing older people to be cared for the way they want to when they no longer have capacity.

We were fortunate to experience both hospital and community nursing where we were surprised to find how different it is to the UK. In our day

surgery placement, the policy ratio was one nurse to care for four patients, so you got to know and understand your patients and anticipate a deterioration if necessary. We became experienced with working with many different cultures (for example Greek, Italian, Indian, Polish, Chinese and Japanese) which allowed us to overcome communication barriers and get a sense of how different cultures approach nursing care. We were empowered by our clinical educator (similar to a Liaison Lecturer) who visited us daily on placement and went through clinical skills with us, and was there to debrief us at the end of each shift. This was really helpful as when the nurses were too busy, the clinical educators were there to strengthen our clinical skills and knowledge. We were able to work with the multi-disciplinary team (MDT) who coordinated well to manage patient care and included the patient in their care planning during bedside 'handover'. There was a pharmacist on the ward who was able to explain the medications and any side-effects in detail to the patient which was of great help on discharge. The team worked with the patient to create goals of care and gave them manageable expectations. In the community we got to receive our first experience of working with a Hospital in the Home Team, where we improved our skills on dressings, venepuncture, IV antibiotics, and chronic disease management. The service alleviated the requirement for hospital beds and enabled the patients to stay in their own home environment. We also worked with Clinical Nurse Consultants who worked to prevent the exacerbation of chronic conditions which then reduced emergency hospital admissions. Their roles included palliative care, stoma care, wound care and diabetic management. As the healthcare needs of Australia is also in terms of chronicity and an increasing elderly population, it was interesting to see the way Australian healthcare services address these needs.

**Jess Brock &
Rachel Scott**
2014–18

DEVELOPMENT OF AN EXCHANGE PROGRAMME WITH LA TROBE UNIVERSITY, MELBOURNE, AUSTRALIA

In 2016 we were delighted to see the first two third year undergraduate nursing students set off for a semester long exchange with La Trobe University in Melbourne, Australia. The students returned to Nursing Studies in January this year and had obviously learned a great deal about living and learning in another culture, as well as their observations and experiences of nursing in a different healthcare system.



45 YEARS ON: The Class of 1971

Our class first met in 1971 embarking on a BSc (Social Science / Nursing), in the Nursing Studies Department at the University of Edinburgh. In 2016, some of us met again to mark the 45th anniversary of us coming together, and to celebrate 40 years since our graduation. Our reunion date, coincided with HRH Princess Royal visiting Nursing Studies to unveil a plaque to commemorate its 60th anniversary year.

The University had started Degree Nurse Courses a decade earlier – the first UK university to do so – combining a nursing degree programme with the theoretical and clinical educational requirements of nursing's regulatory body. An additional Certificate in District Nursing, in our curriculum, meant our qualifications equipped us to work in both community as well as hospital settings. 1971 was a noteworthy year for the Department with the appointment of the first Chair/ Professor of Nursing Studies in Europe, and the Nuffield Project Funding which allowed joint appointments to be created across academia and service to enable research activity in clinical settings. The latter was timely as Nursing Studies, in that same year, set up the first Nursing Research Unit in a British or European university.



With background 70s music, we recalled, with happy and humorous anecdotes, our university experiences and memorable incidents in clinical placements.

We had been a close-knit class of 21 'degree nurses' completing the integrated nursing course five years later. So all these decades later, with the help of the University Alumni department, we met up for an afternoon tea party, hosted by Professor Tonks Fawcett and also welcoming Ruth Schrock, one of our original lecturers. It was held on the top floor of the School of Health in Social Science in the Old Medical Quad, a room decorated with historical posters about the Department's achievements since its inception in 1956 and with fabulous city-wide views.

It was fascinating to reminisce about nursing then and now in the company of friends and colleagues who experienced it all those years ago. Those of us who had trained in the 'old' Royal Infirmary

walked round the remains of its wards and departments, now re-developed into the Quatermile, full of expensive flats, and up-market offices, shops, eateries. We strolled down memory lane, the Meadows and George Square – old haunts, still vibrant with students! Two more alumnae joined us for evening 'bubbles'. With background 70s music, we recalled, with happy and humorous anecdotes, our university experiences and memorable incidents in clinical placements. We remembered passionate lecturers inspiring us to be patient-focused and to raise the profile of nursing. We will never forget the life-long friendships forged, and career-enhancing education received: thanks to Nursing Studies and University of Edinburgh!

Linda Pollock
1971–1975

Reflections on a career path so far

It is a Monday morning and I am looking out at 39 faces, who are staring right back at me, looking for answers... How did I become the 'teacher'? Not too long ago I was the one 'out there' sitting at the back of the class!

My journey with Nursing Studies began in 2003 when I started my undergraduate nursing degree. Flash forward to 2017, I am now a part-time Postdoctoral Fellow in Nursing Studies whilst also holding a clinical post in NHS Lothian. I can't quite believe that I have moved from student to teacher.

I began my PhD in 2012, holding a Principal's Career Development Scholarship that allowed me to develop my teaching skills alongside completing my PhD. The experience and support of Nursing Studies has allowed me to be involved in a wide variety of experiences across teaching and research whilst also maintaining a part-time clinical post in NHS Lothian.

The experience of being here as both a doctoral student and teaching across many aspects of the programme has supported my clinical practice and allowed me to enjoy sharing both experiences of clinical work and teaching at different times. It has also allowed me access to a wide variety of exciting experiences such as meeting the Princess Royal, Chancellor of the University and being part of the 60th celebrations and being part of creative teaching experiences.

Having, what might seem, multiple identities as previous student, staff member and registered staff nurse have



allowed me to make links across all these elements, linking theory to practice in teaching and research and supporting my clinical practice. The ability to hold a post in both the university and in practice is a huge benefit in my teaching role.

Alison Wood
Postdoctoral fellow

Reflections & opportunities



My time as an undergraduate in the Department of Nursing Studies not only prepared me for the career ahead but also fuelled my curiosity and ability to participate in changes to practice. I graduated in 2001 with lasting friendships and professional links with the department.

My clinical career has been based in acute adult nursing and started in Gastrointestinal Medicine with further roles within Urological and Colorectal surgical. I was a Senior Charge Nurse in Colorectal Surgery from 2009-2014 where I developed further interest in patient safety and in developing the role of nursing within modern healthcare. I was then in a Quality & Safety Improvement role focused on the care of Deteriorating Patients and Anticipatory Care Planning within Acute Care, contributing to improvements to both locally and nationally. During this time I graduated from the Scottish Improvement Leader (ScIL) Programme which has equipped me with the skills to lead Quality Improvement initiatives to implement evidence base into practice.

I am now a Colorectal Nurse Practitioner and I am working within the team to develop this exciting role and to optimise the impact for patients and families. I have undertaken study at MSc level and I am about to embark on an Advanced Practice MSc.

My current professional interests lie in Person-centred care, Patient Safety/ Quality Improvement, Nurse Leadership, Education & Advanced Practice.

It was an honour and privilege to be part of the 60th Anniversary Alumni Conference Leaps in the Dark. I had the pleasure of facilitating a workshop with my colleague Anna March (also a former student) to explore the role of education and research in acute care today. During the event it was fantastic to reflect on the changing role of nursing within modern healthcare teams and to look forward to further developments ahead.

Tracy Burton
1997–2001

DOCTORAL STUDY

The Physical health needs in those with Serious Mental Illness: the role of the mental health nurse



outcomes. My resolve is to move the debate away from analysing educational preparation and instead look at what is happening in the practice setting. In time-honoured Nursing Studies tradition, I will draw on social science theory to examine the impact of organisational structures and cultures to examine why some mental health nurses fully embrace physical health interventions and others simply do not see it as their role.

I developed the idea for my PhD study while I was undertaking the MN in Clinical Research in 2014–15. My aim is to examine the role of the mental health nurse in addressing the physical health needs of people with serious mental illness (SMI).

It is estimated that those with SMI have, on average, 20 years shorter life expectancy, 3.8 times the rate of HIV infection, 2-3 times the rate of cardiovascular disease and one in three will have some form of metabolic disorder. They are also less likely to be offered routine screening for a variety of conditions including cancer. The current literature reveals that mental health nurses appear ambivalent about tackling the multifaceted reasons and inequalities causing this, their patient group, who are in such poor physical health. Most of the studies have been quantitative, measuring things such as attitudes and training needs. Considerable debate has focused on mental health education and, in particular, 'generic' versus 'specialist' pre-registration programmes. It would seem that in countries with long established generic programmes, such as Australia, the physical health for people with SMI has not improved and, arguably, any changes have been at the expense of mental health

My resolve is to move the debate away from analysing educational preparation and instead look at what is happening in the practice setting.

I am delighted to be back in Nursing Studies. This has been made possible by the University's Principal's Career Development Scholarship. This allows me to undertake doctoral studies, whilst also developing my teaching skills and work towards my Associate Fellowship with the Higher Education Academy. Although I only started in September 2016, it has already been a challenging and rewarding endeavour, aided greatly by the support of my supervisors Dr Rosie Stenhouse and Professor Graeme Smith.

Gearóid Brennan
Doctoral student

PHD GRADUATES IN JULY AND NOVEMBER 2016

Thanee Glomjai

Alcohol Consumption Behaviours of Young Thai People: Perspectives of Stakeholders in Petchaburi Province, Thailand

Nai-Huan (Lainey) Hsiung

An Analysis of the Impact of the Healthcare Law, Ethics, & Regulation on Nursing Practices in Taiwan

Elizabeth Chodzaza

Audit and Feedback: Effects on Midwifery Practice and Health Outcomes on Patients with Primary Postpartum Haemorrhage and Severe Preeclampsia/Eclampsia

Wai Sha (Sara) Poon

The Influence of Clinical Education on Students' Learning Approaches

Jung Jae Lee

Undergraduate Nursing Students' Learning Dynamics and Their Use of Information and Communications Technology in Clinical Environments in South Korea

Mei-Lin Yang

Indicators of Quality of Spiritual Care for Palliative: From the Perspectives of Buddhism Patients, Family and Nurses in Taiwan

MSC BY RESEARCH (NURSING)

Stephen Bell

Using Patient Experience as a Quality Tool in Acute Mental Health: Mechanisms that Help and Hinder

The Clinical Academic Research Careers Scheme for Dementia Care

The Clinical Academic Research Careers (CARC) Scheme was established in February 2014 and this partnership is between the University of Edinburgh, Alzheimer Scotland and NHS Lothian. The focus of the research programme is the discharge of people with dementia from hospital.



Dr Sarah Rhynas, Alzheimer Scotland Post Doctoral Research Fellow has been involved in two studies examining decision-making regarding discharge to care homes. The initial retrospective case note review of 100 people has recently been published in *Age and Ageing* (Harrison et al. 2016). Sarah presented the findings at the RCN International

Research Conference in April and at the British Geriatric Society Conference in Liverpool in May 2016, winning the Eva Huggins prize for best Nurse/AHP poster. The current study 'One Chance to Get it Right' (funded by the Edinburgh and Lothian Health Foundation) will explore experiences of older people, their families and professionals involved in the decision-making process. She is finalising a bid to the ESRC 'Every picture tells a story' exploring the role of identity for people living with dementia while they are in the acute hospital. Her Fellowship comes to an end in April 2017 when she will resume her role as Teaching Fellow in Nursing Studies.

(Dahlberg & Drew, 1997), which involves periods of shadowing (a mixture of observation and conversation over a long period of time). He has recruited two patients to date and feels that this approach has the potential to be applied to non-research situations, potentially enhancing any caring relationship that involves a person with dementia. His CARC secondment will continue until end of January 2019.



Dr Sarah Rhynas and Kenny Davidson

Kenny Davidson's PhD studentship aims to understand the experiences of people with dementia, and other stakeholders, within the discharge process from acute hospital care, specifically Orthopaedic Trauma. He is using an innovative research method known as 'Lifeworld'

Dahlberg K, Drew N (1997)
A Lifeworld Paradigm for Nursing
Research Journal of Holistic Nursing
15(3) 303-317

Harrison, J.K., Garcia Garrido, A., Rhynas, S.J., Logan, G., MacLulich, A., MacArthur, J., Shenkin, S (2016) New institutionalisation following acute hospital admission: a retrospective cohort study *Age and Ageing* 1–7 doi: 10.1093/ageing/afw188

STAFF ACHIEVEMENTS 2016-17

Our new Chair of Nursing Studies

In January 2017 Aisha Holloway PhD BSc (Hons) Nursing RN, was appointed as Professor of Nursing Studies. Aisha joined the Department in 2012 and very quickly made her mark, inspiring both excellence in teaching and a vibrancy in research.

An expert in alcohol research and nursing's role in public health, Aisha has extensive leadership acumen, nurtured in part through a Florence Nightingale Fellowship and her current research fellowship. Aisha brings enormous energy and expertise to the role, and Nursing Studies looks forward to shaping the future of nursing in the University under her leadership. The Department of Nursing Studies has a powerful legacy on which to build and realise ambitions. In setting an agenda for change a robust and collaborative approach to leadership must be taken. This will enable the development of sustainable world-leading research and the expansion of research capacity.

Aisha has established a reputation as a nurse scholar and leader with a long history of alcohol and health policy advisory roles to UK governments and senior Nurse Leaders. She has held a secondment as Honorary Nurse Consultant for Research and Policy with the Alcohol Policy team at the Scottish Government. She was elected to a Non-Executive Director Board position for the Royal College of Nursing and was recently invited to work with the International Council of Nurses (ICN) in Geneva on International Health Policy.



Professor Aisha Holloway

EUSA Teaching Awards 2015-16 Best Support Staff Award

We ask a lot of undergraduate nursing students in the School of Health in Social Science; academically, clinically and administratively.

They do what we ask with exceptional good grace, so as the BN Programme administrator, it is a pleasure to support their learning in any way I can, and it was an honour to be granted this EUSA award voted for by our hardworking students.



Lee Gaedtko

MBE in 2016 Birthday Honours for Professor Pam Smith

Pam Smith is Professorial Fellow and former Head, Nursing Studies, the School of Health in Social Science, University of Edinburgh. Pam featured in the University's Inspiring Women Photography Exhibition to celebrate International Women's Day, 2014. She is a Visiting Professor, The Florence Nightingale School of Nursing and Midwifery, King's College London.

Pam is one of the first graduates of the University of Manchester's Bachelor of Nursing Programme which prepared her for clinical roles in hospital and community nursing. Pam has worked as a nurse and teacher in Tanzania, Mozambique and Britain and a nurse researcher in Britain and the USA. She was awarded a Florence Nightingale Travel Scholarship and Fulbright Fellowship to study US nursing and healthcare. She obtained her PhD from King's College (1988), her MSc in Medical Sociology from Bedford College (1982) and a postgraduate certificate in adult education from Garnet College (1973), London University.

Before coming to Edinburgh in 2009 Pam was the General Nursing Council Trust Endowed Chair of Nurse Education at the University of Surrey and Director of the Centre for Research in Nursing and Midwifery Education. Pam led on many research projects during her time at the Centre. Prior to professorships in Edinburgh and Surrey, Pam was Professor of Nursing at London's South Bank University.

Since coming to Edinburgh, Pam has completed research on: Storytelling with a Leverhulme Writer in Residence; Nursing at the Extremes in Intensive Care Settings; Transitions experienced by professionals and parents of children with cancer and Transforming maternal and child health education of clinical professionals in Malawi.



Professor Pam Smith

She is currently completing research on: New Norms and Forms of Development: Brokerage in Maternal and Child Health Service Development and Delivery in Nepal and Malawi and Experiences of home ventilation for patients living with neuromuscular degenerative conditions and their family members.

Pam teaches Management of Transitions: the Care of Older People, Caring and Emotional Work in Nursing, Professionalism and Emotions; Research Methods and supervision of Bachelors and Masters' dissertations. Pam has successfully supported twenty-two doctoral students.

Pam is the author of: *The Emotional Labour of Nursing: How nurses care* (1992: Palgrave Macmillan) and *The Emotional Labour of Nursing Revisited: Can nurses still care?* (2012: Palgrave Macmillan). She is co-author of *Understanding Sociology in Nursing* (2016: Sage) with Helen Allan, Michael Traynor and Daniel Kelly. She is also the Editor of a number of research textbooks including *Research Mindedness for Practice* (1997: Churchill Livingstone) and *Shaping the Facts: Evidence-Based Nursing and Health Care* (2004: Churchill Livingstone).

Editor:

Professor Tonks (Josephine) N. Fawcett

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