

SNM STUDENT NEWSLETTER

NEWS



VIEWS



INFO



Newsletter for students on Diploma/BSc Nursing courses,
BSc Midwifery and Paramedic courses and Foundation degrees

Spring/Summer 11

School of Nursing and Midwifery, University of Brighton

What's in this Issue

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If you have any comments on this newsletter, or have anything you would like share in the next issue, please let me know,

Many thanks

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Welcome to new students and staff.



We have a lot of people to welcome in this newsletter as so many have joined us since the last Spring/Summer newsletter.

Firstly I would like to extend a very warm welcome to all our new students on the **BSc (Hons) Nursing, Midwifery and Paramedic** courses and all our **Foundation Degree** who joined us in September. This makes nearly 300 new students.

We hope you have all settled in now and are really enjoying your courses and life at the University of Brighton, whether you are based at Falmer or Eastbourne and Hastings.

We know that starting a new university course is great fun but it can be stressful, so if any of you are experiencing difficulties and feel you would like more help, please contact either your personal tutor, course leader or the student life pages (top right on student central) where a wealth of advice, help and support awaits.

New staff

We are also very pleased to be able to welcome 9 new members of academic staff to the school this year. Two of these new members of staff were previously our students, so you never know.....

Our new members of staff teach across a range of disciplines and courses on all of our sites. If you haven't yet met them, I'm sure you will soon.

They are:

Carol Williams, Caryll Overy, Jess Hargreaves, Alan Moynihan, Michelle Drydon, Nina Dunne, Vallaar Ravi, Chris Cocking and Laura Gilbert.

Alan and Vallaar are based at Eastbourne and the others are based at Falmer.

Here are profiles of 4 of them.....

Carol Williams



Carol is a Public Health Nutritionist with a long experience of working on food and health issues in the UK and internationally, primarily in the public and NGO sectors. She joined the University of Brighton in May 2011 after finishing a secondment to the Regional Public Health Group - London as Lead for Early Years Nutrition.

She has previously worked for WHO, UNICEF, World Alliance for Breastfeeding Action, World Cancer Research Fund, Consumers Association and OXFAM as well as leading MSc modules on nutrition policy and health promotion at the London

School of Hygiene and Tropical Medicine and University of Westminster, and working part-time at the UCL-Centre for International Health and Development lecturing on infant feeding. She leads the Masters courses in international health promotion in the School of Nursing and Midwifery which includes a module on global health promotion.

She has recently conducted an outreach training course on maternal and child nutrition for World Vision SE Asia region, and has coordinated the UK Community Health Care course for the delegation from Ming Hang, China

Alan Monaghan



Alan Join's the school of nursing and midwifery from London as a Senior Lecturer teaching Applied Biology based at Eastbourne. He has an adult and child registration with a background in Neurosciences, Critical Care and Paediatric Intensive Care.

As a lecturer Alan has an interest in student focused learning and the use of technology to enhance the

learning experience. On weekends he enjoys family life with his two children. His hobbies include aquatics, socialising and football. In his spare time he also enjoys, watching Brighton and Hove Albion.

Jess Hargreaves

Jess says....

Hello, my name is Jess Hargreaves and I started in September as a member of the Clinical Skills team. I am excited about working at the University as this is where I trained as a nurse a few years ago now. I continue to work in Critical Care but most recently I worked at Worthing and Southlands Hospitals as a Transfusion Practitioner - if you don't know what a Transfusion Practitioner does come and ask me...

I am looking forward to meeting more of you over the next few months whether in the classroom or on the cycle path to or from Falmer!

Chris Cocking



I recently joined the school of Nursing from London Metropolitan University,

where I taught Social Psychology and was active in research into the psychology of crowd behaviour, looking at crowd disorder and mass emergencies. My current research interests include looking at the concept of collective resilience, and how people and communities cope with stress and trauma. I'm also a qualified Psychiatric Nurse with experience of working in Forensic and CAMHS in-patient settings. I did my training at Westlain House, so am familiar with the place, although it's changed a lot since I was here as a student!



Very Well Done to:

Kate Morris, for receiving the SNM School Prize and

Isaac Jordan who has received an excellence award for his role as paramedic student rep.

Also, congratulations to all of you who received one of our annual £1000 University of Brighton Scholarships.

BSc (Hons) Midwifery (18 month):
Laura Barbares

BSc (Hons) Midwifery (3 yr):
Martha Robinson
Leila Vahdani



Dip Nursing:
Sally Bradbury
Sarah Durber
Lucy Frame
Susie Frost
Joel Ignacio
Thomas Kinsgley
Victoria Larmour
Heather McDonald
Lucy O'Neill
Julia Prospero
Rosina Shookhye
Claire Tait
Alisha Tole
BSc (Hons) Nursing
Alexander Green
FD health and social care
Sarah Hoad

If you would like to find out more about how to gain one of these scholarship next year, have a look on your course handbook on student central. The criteria and number available per course is all there.

Conference feedback

Below you can read some views (one student one lecturer) on just 2 of the many conferences, events, evening/lunchtime lectures that you can attend as students.

Do keep a lookout on student central and your email for such events, many lectures across the university are open for the whole university community and are well worth attending.

Vicky, a Dip N (MH) student writes.....

My experience of a TIGGER Conference

The Spring TIGGER CONFERENCE was held at the Meads Site on the 18/5/2011 and organised jointly with the ISPSSN (International Society for the psychological treatments of the Psychosis South Coast Network) [www.isps.org/uk] and Tigger (Therapeutic Community Interest Group East Sussex Region) [www.therapeuticcommunities.org]

The conference was entitled 'Psychological Interventions for the Psychoses'. After receiving an email from a fellow student with regards to the TIGGER (Therapeutic Community Interest Group East Sussex Region) conference I decided it would be beneficial to attend to hear about other 'Interventions of Psychosis'.

The day was well attended (50 delegates) and well organised with each person receiving information on the agenda clearly set out prior to the conference and also being provided with literature around different areas relating to psychosis.

Firstly we had a presentation on the Soteria model which is based on the provision of a safe house staffed by service users who provide the care and which I found interesting. I had not heard of them before but after a well presented talk I understand and admire the efforts the Soteria team in Brighton are making to achieve success within the UK. After their presentation we split into four groups and had a discussion around specific questions. I found this useful because I had a lot to contribute and I found confidence that day to put my opinions across.



After the groups we came back together as a whole and discussed our ideas with everyone. It was fascinating to see the different disciplines coming together and debating what was discussed.

After lunch we had another presentation around 'a residential therapeutic community' for people with psychosis that has been running for many years and which has charity status. I was pleased to hear that once the scheme was up and running how beneficial the idea has been in facilitating recovery. I have learnt so much from hearing the

presentations and I believe therapeutic communities are helping in returning clients back into the community.

I would recommend this conference to future students as it gives an insight into an area you may not have heard about.

Vicki Spurgeon
Student Nurse, Dip N
(Mental Health), Sept 2009

Evaluation of 7th Annual student midwife conference 'LEARNING FROM WOMENS' STORIES'

Summary of day

The 7th annual study day on traumatic birth, was hugely successful and thoroughly appreciated by all attendees. The first speaker Susan Ayers (Lecturer at University of Sussex) gave an introduction to postnatal psychological problems and traumatic birth. This was followed by Amanda Bevan (maternity service user) giving a captivating account of her traumatic birth experience. Sheena Byron (Head of Midwifery in East Lancashire) explored how midwives can make a difference to services. The day was concluded by Mary Cronk (independent midwife) who discussed unusual normal birth/breech presentation and chinning. Mooncup (<http://www.mooncup.co.uk/>) and Birth Trauma (<http://www.birthtraumaassociation.org.uk/>) association also attended the day.

The day was attended by 92 student midwives and 12 mentors who students had

nominated for their support in practice as well as some psychology students from the University of Sussex. As can be seen from the extensive positive evaluations below the study day was extremely well-received by the students who found it informative, inspiring and thought-provoking.

A prevailing message from the day was the overriding importance of support and good communication with women to promote psychological well-being.

Some extracts from the many we received.....

Personal account of traumatic birth experience Amanda Bevan

I found this to be both moving and beautifully poignant we need to hear this to fully and deeply understand the importance of kindness for midwives and other health professionals Really grateful that Amanda shared her story I think it's really valuable to learn and hear mother's stories to enable us to be best midwives

Changing services to reduce trauma Sheena Byrom

Very inspiring to see how one women's open heart and clarity of thought can, not only change women's experience but the philosophy of a large obstetric unit Very inspiring-feel ready to challenge some practices. I have found a new midwifery hero today

General Comments

Inspiring and motivating an essential space for students to learn but also to remind ourselves why we are training. An inspiring day to hang on to when things are difficult in practice thank you.

Assignment submission update

From this academic year we have improved the way you will be electronically submitting your assignments. We will be using Turn It In (known as Tii). This is much more user friendly, provides a clearer receipt following submission and will still allow you to resubmit as many times as you wish up until the deadline.



We also hope to provide a practice site for you as Tii very helpfully highlights similarities with other work. Therefore if you have not referenced correctly or your paraphrasing skills need work, this programme will help identify this for you.

As always guidance will be provided for you for your submissions on your module sites on student central.

Support in Practice

Many of you will be aware that the link lecturer role has been replaced by the Practice Liaison Lecturer (PLL) role. There are 3

teams that match the geographical locations of our placements - West, Central and East.

The PLL's will work with clinical staff to help you gain the most from your practice experiences.

Some of the activities they will be undertaking are:

- Organising drop in sessions in practice
- Visiting the clinical areas
- Following up your evaluations
- Supporting induction to first placements.

More information on this roll and information re the drop in sessions, will be found on the mentors website: www.brighton.ac.uk/snm/mentorship/

National Student Survey

It will soon be time for final year students to complete next year's NSS. You will be reminded of this nearer the time via student central.

It was pleasing to see that last year our overall score last year rose from 74 to 82 and we received some excellent scores and feedback re the quality of our teaching. This is very pleasing as providing a good learning experience is one of our main aims.

We hope that this will improve again next year, so if you do feel there are any areas for improvement, do let us know now, so we can act on it prior to the survey.

This year we are especially working at improving all aspects of our feedback to you, how we organise and send you and the clinical areas information regarding your placements, and monitoring rescheduled sessions.

Your help is appreciated by sending the changed session form (formally cancelled session form) to your course administrator or course leader. This will ensure your course team are aware of any unplanned changes to your timetables and to make sure that no session is ever cancelled; all timetabled sessions will either be rescheduled or delivered in a suitable alternative manner.

Staff publications

Amanda Blaber has published:

Assessment Skills for Paramedic- Blaber and Harris 2011.



This book will be useful for **ALL health care students** who require an understanding of assessment principles. Although focused on the paramedic role, many

assessment principles are generic.

The book is divided into body systems and takes a systematic format of assessment, which mirrors current UK and international practice. It will help readers identify 'time critical' problems and identifies 'possible actions to be taken'. Includes specific chapters in the specialist field of paediatric and neonatal assessment and care. Written by experienced paramedics, specialist health care professionals and doctors, this book aims to enhance knowledge and encourage accurate, timely and thorough assessment of patients across the lifespan.

And Dr Shirley Bach, Head of School has published:

Leadership, Management and Team Working in Nursing



Leadership, management and team working have become central to the role of the nurse, as recognised in the latest NMC standards for education. This book assists students in meeting the NMC requirements, and helps them apply recent leadership and management theory to the nurse's role. It explores

students' current perceptions and concerns, giving practical guidance for immediate challenges the new nurse will face: team working, delegation, conflict management and negotiation. It then considers staff development and motivation, mentoring, supervising and creating a learning environment. Later chapters explore more complex aspects such as management theory, recruitment, risk management and managing change.

Authors:

Shirley Bach, University of Brighton

Peter Ellis, Canterbury Christ Church University

Book Launch signing

Alec Grant, one of our Principal lecturers will be signing copies of his book 'Our Encounters with Madness' at Waterstones, Eastbourne 28th January 2012 10-4PM

This is a fascinating book which is a collection of user, carer and survivor narratives. A more detailed review was included in the last newsletter.

International corner



Susanne and Jill share their recent experience in Zambia.

If you would like the full version of this paper, please contact either Susanne Simmons or Jill Durrant.

Zambia is a land locked country in Southern Africa and its population is estimated at 13 million in 2009 World Health Organisation (WHO). It has a high dependency ratio as 47% of the total population is under the age of 15 years. "Zambia's economy once second richest and based on mining is now predominately agriculture, highly unequal and very poor" Department for International Development (DfID, 2005).

The average life expectancy of both males and females is 40 years of age and 85% of the population live on less than \$1 per day and according to the WHO health indicators have generally not improved since 1980. According to the WHO Zambia is 'slipping back' in relation to the goal of reducing child mortality which is part of the Millennium Development Goals 2015.

The School of Nursing and Midwifery and the Brighton-Lusaka Health Link have been involved in projects in Zambia over the last few years such as train the trainer in HIV management and the development of a Critical Care Nursing course. The Critical Care course is due to commence in January 2012 with 30 students at the Lusaka School of Nursing at University Teaching Hospital.

Jill Durrant a child health lecturer based at the School of Nursing Midwifery and

the Royal Alexandra Children's Hospital, Brighton was involved in the development and midpoint evaluation of the Critical Care Nursing course. Following continued involvement in the Brighton - Lusaka Health Link she was aware that the development of a Paediatric Nursing course had been identified as a priority by the partners at UTH. An application to THET (Tropical Health Education Trust) for a small grant to fund a week long needs assessment was successful. This was supported by the Head of both Nursing Schools in each country and would include Jill and another child health lecturer Susanne Simmons visiting UT

The aim of the needs assessment was to meet with all stakeholders to gain their views and opinion as to the feasibility of developing a Paediatric Nursing course. Eric Chisupa, a paediatric nurse lecturer at the Lusaka School of Nursing coordinated the visit, which ensured that all major stakeholders were included. Jill and Susanne were also able to deliver a teaching session to 35 third year student nurses on the assessment of the sick infant/child and asked them specific questions about the challenges of working on the paediatric wards. Eric also facilitated a tour of all the paediatric wards in the hospital which helped Jill and Susanne gain an understanding and insight into the complex issues facing nurses at UTH.

Following the needs assessment, Jill Durrant and Susanne Simmons (Senior lecturer at the School of Nursing and Midwifery) are now working collaboratively with members of the Brighton - Lusaka Link to apply for a THET grant to enable this vital project to be realised. The aim of the project is to develop the first Paediatric Nursing course in Zambia in partnership with UTH stakeholders.



Eric Chisupa, Susanne Simmons and Jill Durrant

On returning to the UK, Jill and Susanne are now working collaboratively with members of the Brighton Link to apply for a THET grant to enable this vital project to become reality. In partnership with UTH stakeholders, the aim of the project is to develop the first Paediatric Nursing course in Zambia.

Department for International Development. 2005. *Zambia - key facts*. Available from: <http://www.dfid.gov.uk/Where-we-work/Africa-Eastern-Southern/Zambia/>

Tropical Health Education Trust (THET). 2011.

Partnerships for Global Health. Available from: <http://www.thet.org/>

Williams,P. 2010. What will it take to stop the needless death of millions of women and children each year? *Journal of Paediatric and Child Health* 47:249 - 256

World Health organisation. 2011. *Zambia*. Available from: <http://www.who.int/countries/zmb/en/>

Student Exchange Opportunities

Our student exchange opportunities remain sought after , popular and a great way to enhance your student experience and CV. On average we facilitate between 30 -40 undergraduate student exchanges per year to across Europe, USA and (midwifery only) developing countries. If you are interested please contact Paula Deamer, our Socrates/Erasmus Co-ordinator: Senior Lecturer - P.Deamer@bton.ac.uk 01323 417400 ext 4411

Season's Greetings to you All

