

the beacon

A review of the Faculty of Health & Social Sciences



Global
engagement



Orthopaedic
Research
Institute



Safeguarding
vulnerable
adults from
financial
scamming



Midwifery
doctorates



Welcome

Welcome to The Beacon, our annual publication in which we share the news from the Faculty of Health & Social Sciences (HSS) at Bournemouth University.



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This is my first editorial as the new Dean of HSS and I am both honoured and delighted to have joined Bournemouth University at such an exciting time. Since my arrival six months ago I have been greatly encouraged by the commitment and enthusiasm of staff as we embark on what will be a challenging but exhilarating year ahead.

We are now fully established as one of four faculties in the university and have appointed the full complement of highly talented staff to the leadership teams across the three new Departments. The Departments of Nursing & Clinical Sciences, Human Sciences & Public Health, and Social Sciences & Social Work are the key vehicles for education delivery and staff development and performance. Staff from each department are also members of research institutes or centres that foster research growth and ensure that we are positioned strongly for the next Research Excellence Framework (REF).

News from the Government's comprehensive spending review indicating that from 2017/18 students undertaking health programmes would be funded through the student loan system rather than the NHS has considerable implications for our faculty. We are busy preparing our marketing and recruitment campaigns, working in partnership with employers, to ensure we exploit this opportunity

and continue to recruit the best students and maintain the workforce supply, much needed by the NHS.

We have just completed our three year delivery plan which sets out our ambitions, culminating in the occupation of an exciting new multi-purpose faculty building located on the Lansdowne site. The plans are well advanced and building should start in early 2017. If you would like to view and discuss our plans please contact me at the University.

“We have made excellent progress towards our key performance targets and are very excited at the potential that the new Orthopaedic Research Institute brings.”

We continue to maintain our high standards in education as evidenced by the outcome of the Nursing and Midwifery Council's 2016 annual review that judged we are meeting all standards and commended the role of the University Practice Learning Adviser. Along with our new BSc (Hons) Sociology & Criminology announced

last year, we will be exploring new provision in health and social care and sports therapy in order to further expand our portfolio. We have also seen further growth in our health and social care CPD portfolio which ensures we are helping employers meet the changing demands in professional practice.

In research we have made excellent progress towards our key performance targets and are very excited at the potential that the new Orthopaedic Research Institute brings. In social work, we were proud to attend the national launch at the House of Commons of interagency collaborative research in the disturbing area of financial scamming of vulnerable people. This reflects the significant impact the faculty is having nationally on the lives of ordinary people.

We also have ambitions to grow our international collaborations that are established to benefit our research, education and professional practice agendas. This will ensure we continue to internationalise our student and staff experience and compete globally at the highest level.

I hope you enjoy this edition of *The Beacon*, which is intended to both inform but also generate interest amongst our partners. Should any of the articles trigger curiosity or further ideas I would be delighted to hear from you.

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Safeguarding vulnerable adults from financial scamming

An awareness-raising event in March 2016 at the House of Commons has highlighted the problem of financial scamming in the UK.



From left to right: Tim Madgwick (Deputy Chief Constable of North Yorkshire Police), Keith Brown, Louise Baxter (National Trading Standards Scams Team Manager), Lee-Ann Fenge and Sean Olivier (Croydon Council).

The event, hosted and opened by Conor Burns MP, marked the launch of a campaign to raise public awareness and push for change in how financial scamming is prevented in the UK. The event included an address from Bournemouth University's Professor Keith Brown, who has coordinated the research around financial scam prevention, in relation to vulnerable people in society.

Tim Madgwick, Deputy Chief Constable of North Yorkshire Police; Ruth Andrews, Head of North Yorkshire County Council Trading Standards; and Louise Baxter, National Trading Standards Scams Team Manager, also spoke at the event that highlighted the volume and range of financial scamming taking place in the UK, through telephone, mail and doorstep targeting, with a 'call to arms' that businesses, charities, individuals and

the Government must take the matter seriously and take steps to protect the vulnerable.

Bournemouth University, in partnership with the Chartered Trading Standards Institute, National Trading Standards Scams Team, North Yorkshire Trading Standards, and City of London Trading Standards, has created a Financial Scamming Guide to offer advice and guidance



Mr Graham Hay, a scam victim from East Sussex.



From left to right: Louise Baxter, Keith Brown, Ruth Andrews (North Yorkshire Trading Standards) and Tim Madgwick.

on what to watch for and how to avoid falling foul of scamming techniques and schemes.

The guide describes the types of scams currently taking place in the UK, as well as the scale of the problem, and outlines the campaign plan to protect vulnerable people from falling victims to scams. It also describes the sophisticated methods used by criminals to target people, sometimes over a long period of time.

Professor Keith Brown, Director of the National Centre for Post-Qualifying Social Work and Professional Practice (NCPQSW) at Bournemouth University, said: "When it comes to financial scamming, one thing we are really concerned about is the scale of the problem. We are trying to raise public awareness of this and campaigning for change. We know that this problem predominantly affects older people and that people in the UK lose between four to six billion pounds a year to scamming. It is a massive problem in the UK."

"What we are pushing today is our campaign to protect some of the most vulnerable citizens in our society, to get the banks on board to help protect people who may be trying to move money through accounts, and we are also campaigning to stop businesses

"We have to fight harder to stop these people somehow; it is ruining so many people's lives."

and charities from selling contact lists and marketing data, which often falls into the hands of scammers."

The scale of the problem was perhaps made most real at the Parliament event through a personal story told by Graham Hay, who himself was a victim of a mail scam that left him £5,000 out of pocket.

Graham, a 79 year old from Eastbourne, said: "It started with a simple letter through the post that I answered with the promise of prizes for purchasing cakes and other items, and I ended up losing a lot of money through being scammed. We have to fight harder to stop these people somehow; it is ruining so many people's lives."

Among the attendees were Lord Toby Harris of Haringey, Chair of the National Trading Standards Board; Marilyn Baldwin OBE, Founder of Think Jessica; and Professor James Goodwin, Head of Research at Age UK.

Following the event Lord Harris said: "There are extremely vulnerable people who are repeatedly victimised by very nasty gangs. What the Trading Standards teams, working with the University, have been able to do is bring together all this evidence to show how widespread this is and what can be done to protect vulnerable people. This is the work of government departments coupled with academic research that shows we need to take this matter seriously."

Professor Brown concluded: "We are on a journey and this is just the beginning. We need financial authorities and charities to take this more seriously and we need to get statutory services to wake up to the scale of this problem. In terms of scale, in terms of money and in terms of the number of victims and the impact on society, this problem could dwarf even issues like child abuse in the UK; it is a massive problem and now is the time to act."

For more information about the financial scamming campaign, and to download a free copy of the Financial Scamming Guide, visit www.ncpqsw.com/financial-scamming



Tom Wainwright and Rob Middleton

Lifelong health and wellbeing: improving orthopaedic practice and patient care

Living well in older age is increasingly becoming a concern for our society. A key priority for our health services is to enable people to stay healthy and independent for as long as possible.

BU's newly established Orthopaedic Research Institute (ORI) is addressing this need by carrying out research to improve orthopaedic practices and patient care, thus supporting people to improve their activity levels and mobility as they age. Orthopaedics will become a critical issue as our population ages, as longer and more active lives will increase the risk that joints will wear out and replacements or treatments will be needed.

Deputy Head of ORI Associate Professor Tom Wainwright explains: "Knee and hip problems are going to become more prevalent, so we're going to need better solutions to manage that; whether it's better surgical procedures or better nonsurgical interventions. We have some very effective treatments in orthopaedics, but they're not 100% effective, so part of our role is to work out how to make them better – improve them,

through developing better surgical techniques, testing new medical technology or developing better rehabilitation processes."

Between them, Associate Professor Wainwright and Head of ORI Professor Rob Middleton have a wealth of clinical and research expertise. Professor Rob Middleton is a practising orthopaedic surgeon, specialising in hip replacement, while Associate Professor Wainwright is a physiotherapist and clinical researcher. They carried out research alongside their clinical practice before joining BU and have a national and international reputation for their work to date.

"As well as developing interventions to help patients recover from surgery and manage their conditions. We also work with a number of global orthopaedic companies to test and run clinical trials on the latest orthopaedic technology."

One of their biggest successes so far is speeding up the recovery process after hip and knee surgery, which has led to their work being cited in best practice health guidelines around the world. This approach, called Enhanced Recovery after Surgery, seeks to minimise the impact of surgery and accelerate recovery by employing strategies throughout the patient pathway, to improve outcomes and reduce the need for medical interventions. Their research into this area was a first in the UK for orthopaedics and demonstrated its value to patient care, as well as showing an improvement in patient and staff satisfaction and leading to significant cost savings to hospitals.

A more recent example of their work is a programme developed with local partners in Dorset called CHAIN – Cycling Against Hip Pain – which is designed to help people to live well with conditions such as osteoarthritis and to improve their mobility. The programme provides a combination of education and static cycling sessions, designed to improve mobility and increase people's confidence in

managing their conditions. The results have been excellent, with patients reporting improvements in walking, finding daily living tasks easier and most importantly, decreases in pain. Even the least likely candidates have seen improvements, demonstrating the value of education and exercise in improving patient care and in helping to reduce or delay the need for further medical interventions.

"As well as developing interventions to help patients recover from surgery and manage their conditions. We also work with a number of global orthopaedic companies to test and run clinical trials on the latest orthopaedic technology," says Associate Professor Wainwright. "We work with companies such as ZimmerBiomet, Lima Corporate, and Firstkind Ltd to ensure that their technology is delivering the best possible outcomes for patients."

One example of their work with ZimmerBiomet was to explore ways to improve the technology used in hip replacements. The hip joint is a ball and socket joint and one of the risks of hip replacement is dislocation; where the new ball comes out of the socket. ORI's research has shown that a larger ball reduces the risk of dislocation, and does not adversely affect the rate of wear.

"We currently have five trials underway within local hospitals and more to come," explains Associate Professor Wainwright. "These trials are looking at different ways that we can improve the medical technology used in orthopaedics and means that not only are we contributing to improving future care, but we're also bringing the latest technology to Dorset and improving care in the local area. As Dorset has a very high proportion of orthopaedic surgeries, there is potentially a very large group of people we can benefit."

"We take a very interdisciplinary approach to our research. Establishing ourselves within BU is a real advantage for us, because we can draw on the expertise of colleagues in other areas of research, including other health professionals, psychologists, technologists and engineers," explains Associate Professor Wainwright, "Ultimately, our driving force is that we want to ensure that everyone gets the best possible treatment for their condition – it's just the right thing to do."

You can find out more about our Orthopaedic Research Institute's work on their website: www.bournemouth.ac.uk/ori

Bournemouth University Dementia Institute

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Bournemouth University Dementia Institute (BUDI) has seen a number of changes throughout 2015 with the departure of the previous Head Anthea Innes. We are pleased to announce Associate Professor Jan Wiener became Head of BUDI in February 2016.

Dr Wiener's research focuses on the effects of ageing on wayfinding behaviour and the relationship between architectural properties of space and orientation abilities. Jan has recently been successful in securing funding from the Economic & Social Research Council (ESRC) for a two-year project in the Psychology Department where he is an Associate Professor, and heading the Wayfinding Lab. He joined BU in 2009 from the Cognitive Science Centre at Freiburg University (Germany).

In May 2016, Associate Professor Jane Murphy was newly appointed Deputy Head of BUDI. Jane has already led successful research (funded by the Burdett Trust for Nursing) at BU to understand the provision of nutrition for people living with dementia and through strong collaboration with external partners.

The research has informed the implementation of new training tools (www.bournemouth.ac.uk/nutrition-dementia). Based in the Faculty of Health & Social Sciences, Jane is looking forward to working with Jan and the team in a new and exciting era for BUDI to grow our research and education linked with professional practice.

Our research

Dr Jan Wiener successfully secured an ESRC two-year funded project entitled 'Dementia Friendly Architecture: Reducing Spatial Disorientation in Dementia Care Homes'. This project

aims to develop design guidelines for dementia-friendly architecture that minimise spatial disorientation, one of the earliest signs of dementia.

Dr Ramona Grzeschik, Post-Doctoral Researcher, and Chris Hilton, PhD student, will test how different aspects of built environments affect orientation and navigation abilities in people with dementia. In order to do so, they will use cutting-edge virtual environments and eye-tracking technology which allows for systematic manipulations of environmental properties.

"BUDI's seen a number of changes in 2016, have a look at our website www.bournemouth.ac.uk/budi for the latest information."

Dr Samuel Nyman, has been awarded a Career Development Fellowship by the National Institute for Health Research (NIHR). The three-year fully-funded post, starting in January 2016, provides funding for Dr Nyman and a team of colleagues to conduct a research project where Tai Chi will be taught to people with dementia in a bid to improve their health. People with dementia and their carers in

Bournemouth and Southampton will be offered Tai Chi to see if it leads to improvements in health and wellbeing, reducing the risk of falls.

Dr Fiona Kelly and Dr Michelle Heward have secured funding from the Academic Health Sciences Network to evaluate the Acute Care Development Programme, which is being implemented in eight hospitals in the region to improve the experiences of people with dementia and their family visitors while in acute hospital. They will be visiting each hospital and talking with staff and patients to see whether and how the various innovative practices are making a difference.

Dr Rick Fisher and Ben Hicks have been successful in securing a bid to undertake an evaluation of the effect of playing Cage Cricket on People with Dementia. This is in association with Cage4All, Community Interest Company and Hampshire Cricket Club. The evaluation will take place in May 2016 as part of a wider event held at Hampshire Cricket Club, which aims to raise dementia awareness within the local community.

Education

BUDI team members have continued to deliver education and training to practitioners and professionals across the region and beyond, including delivering bespoke training in care homes to care home staff, dementia friends training to Bournemouth University staff and guest lectures to student nurses.



Clockwise from top left: Eye tracking technology, Sophie Bushell, ESRC Festival event

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Our new online MSc in Applied Dementia Studies started in September 2015 with the course being delivered completely online offering students flexibility in their learning. More information about the MSc course can be found at www.bournemouth.ac.uk/courses/applied-dementia-studies

On 30 September 2015, BUDI held its third Masterclass. This focused on Creative Approaches in Dementia Care. It was a day filled with interactive sessions including art, music, drama, poetry and Tai Chi.

As part of the Fire Safety Innovations for People Affected by Dementia project funded by Dorset County Council under the Inspired by 2012: Health and Wellbeing Legacy Fund, Dr Michelle Heward and Dr Fiona Kelly delivered a bespoke train the trainer session to seven members of Dorset Fire and Rescue Service (DFRS) covering what is dementia and approaches to communicating with people with dementia. These seven members of DFRS are now Dementia Champions for the organisation and are rolling out the training to all front line staff including Fire-Fighters and Home Safety Advisers across the county.

News

- The BUDI Orchestra performed their Christmas concert on 16 December, with an audience of staff, students, professionals, friends, the press and the general public.
- BUDI hosted a day of workshops on 11 November at the ESRC Festival of Social Sciences. The workshops included poetry, Tai Chi, music, art, wayfinding, Dementia Friends training and the screening of the film "Still Alice". Run alongside the BUDI event, SportBU held a cycle challenge which raised donations for the Alzheimer's Society.
- Dr Fiona Kelly was personally invited to speak on 25 November at the Cecily Saunders Institute at King's College London. She presented on her research to determine what aspects of the design of care environments might be important for people with dementia nearing the end of life.
- BUDI were represented at the second Wessex Dementia Collaboration Conference, in Southampton in October. Dr Samuel

Nyman presented a poster entitled 'The effect of providing recreational activities on falls in a dementia care home', whilst Dr Fiona Kelly and Dr Michelle Heward presented a poster on 'Fire risks and safety strategies in the homes of people with dementia'.

- Sophie Bushell, Dr Heward and Dr Fiona Kelly represented BUDI at the 25th Annual Conference of Alzheimer Europe which took place in Ljubljana, Slovenia from 2-4 September 2015. Sophie presented a poster showcasing her PhD research 'Researching the wellbeing of people with dementia living in long-term care: Ways forward'. Fiona discussed the findings from the Dementia Pathway Redesign project in her paper 'Informing to improve: Exploring the views of people affected by dementia to develop better care pathways'. Michelle presented a poster on the Dorset Dementia Friendly Community project evaluation and a paper on 'Fire risks and safety strategies in the homes of people with dementia'.

Phi Mu: Report of Chapter activities for 2015

Over the past year the Chapter has continued to increase its reach. Membership has now risen to 88 and this includes four new members from Genoa in Italy, promoted by Professor Roger Watson from The University of Hull. A large number of new members has developed in Oxford due to the enthusiasm of Professor Debra Jackson and the Head of Nursing Dr Liz Westcott at Oxford Brookes University.

Chapter meetings

During the year meetings again were held at different venues across the country with alternative meetings held in Bournemouth. The topic for the first meeting of the year was based on the NMCs publication entitled the Duty of Candour. A large number of undergraduate nursing students from all three fields, Adult, Mental Health and Children and Young People's Nursing attended the discussion and felt they gained considerably from it. Indeed they asked for more such events for them to engage with. The session was led by Janet Scammell the Vice President of the Chapter, with colleagues also presenting, and provided much 'food for thought;' indeed it sparked considerable debate which included both academic staff and students.

There have also been events at Sheffield Hallam University in the Midlands and Leeds University. At Sheffield in April, the scholarly event consisted of four presentations showcasing nursing research. This included Dr Nicola' Clibbens paper on 'Collaborative Research; capacity building', Julie Steers on e-learning and simulation resources for palliative and end of life care education, Sara Morris-Docker on Change talk with fellow nurses from Iraq and finally, Robin Lewis' presentation on the 'Role of the Emergency Care Practitioner. All papers were very well received.



AGM and Induction

In June, the Chapter held its second biennial conference at Leeds University courtesy of Dr Philip Esterhuizen, Chair of both the Communications and Leadership Succession committees. This included our AGM and the annual Induction ceremony, which was a very special occasion where a number of new members were inducted from home and abroad.

Biennial conference

The Chapter's biennial conference entitled 'Caring Leadership in a Politicised Nursing Arena' was held in June at the Weetwood Hall Conference Centre in Leeds. This was a purpose built building which provided a realistic and appropriate centre for our Conference. Attendance was good and those present felt the ambience was very friendly, affording good

networking opportunities which the membership particularly enjoyed. The keynote speakers were also evaluated as impressive and the overall the conference was extremely well evaluated with some very positive comments. The speakers were:

- **Professor Judith Ellis** MBE, recently appointed as Chief Executive of the Royal College of Paediatrics and Child Health who spoke on 'Leading the translation of care into policy!'
- **Professor Dame Jessica Corner**, Pro-Vice-Chancellor for Research and Knowledge Exchange at the University of Nottingham whose subject was 'Leadership the power vacuum: developing influence through authenticity'



Left to right: Janet Scammell, Elizabeth Rosser, Liz Westcott, Eileen Richardson



Elizabeth Rosser

- **Professor Donna Mead**, Emeritus Professor of Nursing at the University of South Wales and Independent member of the Cwm Taf University Health Board 'A principled approach to the Practice of Leadership (or how many Cs can you put on the head of a pin)'

Chapter Away Day

In the autumn of each year the Chapter Board has taken the opportunity to have an 'Away Day' together when time can be given to discussing the important issues which have arisen during the year. This year these included suggestions for involving students more in Chapter activities including the possibility of having a student member of the Board. Student involvement should be encouraged at the local 'hubs' across the country where there are significant numbers of members. As we are spread across the country communication is vitally important and the website and newsletter are significant factors in this. Our national spread has also led to consideration of the development of 'hubs' across the country and discussion on how this will move forward continues.

STTI biennial convention

This was also the year for the STTI biennial convention which is an important event in the calendar for all the Chapters across the world. It is in fact quoted as the 'single most

visible embodiment of the STTI Mission: Advancing world health and celebrating nursing excellence in scholarship, leadership and service'. Taking place in Las Vegas over 5 days it is an excellent opportunity to network with up to 2,500 nursing colleagues from around the world, although perhaps the majority of attendees are from the US itself. There is an enormous opportunity to exchange knowledge and ideas with each other and experience the uniqueness of sharing with a global network of nurses.

The theme of this last biennium has been 'Serve Locally, Transform Regionally and Lead Globally'.

Representation from the Chapter was by Professor Elizabeth Rosser, President, Dr Janet Scammell, Vice President, Eileen Richardson, Secretary and also by Dr Liz Westcott a member of the Chapter who is Head of the Department of Nursing based at Oxford Brookes University

The official opening of the Convention was preceded by the Parade of Flags with Elizabeth Rosser carrying the England flag. This was followed by a keynote address by the outgoing President reflecting on the success of her 'call to action' as President. There were several other Keynote addresses over the course of the convention. This included the 'call to action' of the newly elected President

Cathy Catrambone which was to 'Influence in order to Advance Global Health and Nursing'.

There followed reporting and recognition, where the international committees gave their reports. This included the Governance Committee of which Elizabeth Rosser is a member. On the last morning the session began with a report of the Election results and it was exciting to realise that Elizabeth Rosser had been voted on to the Board of Directors for a four year term of office thus creating a very positive outcome to the Convention for Phi Mu Chapter and for Elizabeth herself.

With her election to the Board, it is time for Elizabeth to hand over to a new President Elect and nominations for this and other positions in the Chapter will be voted on in the coming months. It is important to refresh the leadership of the Chapter and allow as many of the membership to be actively involved. The next event in the calendar is the 3rd European Regional Conference in Utrecht, the Netherlands on 6-8 June 2016 and as many of the membership as possible are encouraged to attend. Overall, it has been a year full of activity and increasing membership.

Memories of Nursing: An exhibition at Bournemouth Library

The Memories of Nursing (MoN) project is a collaboration between the Retired Nurses National Home (RNNH) and Bournemouth University supported financially by the Heritage Lottery Fund and with advice from the Dorset History Centre.

This joint project started in 2009 when a small group of nurse academics from Bournemouth University joined with a Trustee at RNNH to start to record some of the residents' stories. The aim of the project was to produce rich and detailed accounts of non-elite nurses who have no record of their lives in historical documents. The team wanted to capture stories from the professional lives of the group of ageing nurses, many who had memories of nursing before and during the Second World War and remembered the early days of the National Health Service. Oral history is considered a crucial methodology in capturing the past to explore the changes in health care practice.

Therefore, having gained ethical approval, we began recording approximately five years ago; in 2015 we were successfully funded by the Heritage Lottery and are now actively taking the project forward again. The Dorset History Centre is helping us to train volunteers to work with academics to conduct more interviews and to transcribe them so we can publish the findings of the research. This display is part of a collection of memorabilia that we want to archive into an online format so we are able to share these professional records, historical equipment and information about nurse education and practice from the past. The outputs from the project should complement other historical compendia like the Royal College of



Nursing's archive, the Nurses Voices project from St George's Hospital in London and the UK Association for the History of Nursing Bulletin from the University of Manchester.

Retired Nurses National Home (RNNH)

The RNNH was established as a result of the recognition that many nurses in the first half of the twentieth century dedicated their lives primarily to their work, living

in hospital accommodation, earning small salaries and not owning their own property. On retirement, with fairly meagre pensions, many nurses struggled to pay rent as well as buying food and covering other expenses. A committee was set up to raise money to build a home for retired nurses in Bournemouth; its cornerstone was laid in 1937 and the first two residents, a cook and a matron moved in. Due to the Second World War the formal opening did not take place until 1946 but, by then and ever since, retired nurses (and now a wider group) have sought to retire in the home, based on Riverside Avenue in Bournemouth. It is a natural environment in which to capture oral histories as many residents are willing to share their experiences from the past and we value to support of the Friends of the Elderly who now manage the home.

Find out more at www.memoriesofnursing.uk

BU provides clinical leadership with the Wessex Academic Health Science Network (ANHS) – Nutrition Programme

Dr Jane Murphy, Associate Professor, takes up a secondment as Clinical Lead with the Wessex AHSN's Nutrition in Older People Programme (Nutritional Care Wessex).

Dr Jane Murphy, Associate Professor and Registered Nutritionist/Dietician has been appointed Clinical Lead for the Nutrition in Older People Programme with the Wessex Academic Health Science Network (AHSN) from 1 January 2016. She is providing her nutritional expertise one day a week to help develop and deliver the Nutrition quality improvement programme, Nutritional Care Wessex. Jane has already been involved as a member of the Nutrition Programme's steering group, comprising representatives from the Wessex AHSN member organisations and affiliated partners.

This programme focuses on the prevention and treatment of malnutrition in older people. Despite national guidelines and suggested pathways for good nutritional care published over the last 10 years, the prevalence of malnutrition, along with an ageing population, continues to grow. Nutritional care is not commissioned and the responsibility for implementation falls between many health and social care roles. Therefore solutions are needed to make good nutritional care a top priority.

A recently published report (<http://bapen.org.uk/pdfs/economic-report-short.pdf>) from the British Association for Parenteral and Enteral Nutrition (BAPEN) and National Institute for Health Research (NIHR) Southampton Biomedical Research Centre highlights that the cost of malnutrition in England is estimated at £19.6 billion, more than 15% of the total public expenditure on health and social care, with half of this cost being spent on the over 65s. The cost of treating a malnourished person is two to three times that of treating a well-nourished person: the disproportional healthcare costs are due to increased hospital admissions and re-admissions, increased length



Kathy Wallis, Senior Programme Manager and Dr Jane Murphy, Clinical Lead.

of stay, increased dependence and care requirement, increased number of GP visits and prescriptions. Thus the provision of good nutrition and implementation of nutritional care pathways will save rather than cost money and improve the wellbeing and quality of life for older people.

Aim of the programme

The programme aims to be a catalyst to implement integrated nutritional care in the community care setting for the screening, prevention and treatment of malnutrition in older people (based on national guidance).

It has been designed to provide evidence to support the impact of the integrated nutritional care approaches, with tools developed to support spread to other areas. Wessex commissioners and providers will be engaged and supported in their efforts to meet the expected outcomes outlined in the NHS England document 'Guidance: Commissioning Excellent Nutritional and Hydration' (www.england.nhs.uk/wp-content/uploads/2015/10/nut-hyd-guid.pdf). The programme will influence and collaborate with local and national leadership roles and groups, and share information across the national AHSN network.

Jane says, "My research and practice at BU has been committed to improving nutrition in older people, so this role offers an exciting opportunity to collaborate with partners across Wessex. I look forward to working with the AHSN to evaluate and spread the great work achieved to date, and have a significant impact on the quality of life for older people in England."

Achievements to date

Achievements in the first two years include integrated nutritional care pilots across Wessex (Dorset, Hampshire, South Wiltshire and the Isle of Wight) that have implemented approaches for reducing malnutrition in older people. They have provided new evidence of measurable improvements in nutrition, health and wellbeing outcomes. The programme will be launching a new malnutrition toolkit to improve nutritional care of older people and a framework to support the much-needed evaluation of nutritional initiatives.

Over the next two years, Jane will be working with Wessex AHSN Programme Manager, Kathy Wallis, and a team to roll-out, spread, and evaluate approaches for integrated good nutritional care in older people across Wessex and nationally with other AHSNs. To enable successful quality improvement in nutritional care, partnership working is crucial to achieve an integrated approach across health and social care. Partners include Public Health, local authorities, community and acute healthcare providers, clinical commissioning groups and voluntary organisations.

For more information, or to download toolkits and resources, visit <http://wessexahsn.org.uk/programmes/9/nutrition>

Nutrition – Food for Everyone’s health, Available, Sustainable and Trusted (NuFEAST)

Dr Juliet Wiseman joins the Faculty of Health & Social Sciences to address nutrition-related health and wellbeing through sustainable food and eating practices.

Since September 2015, Dr Juliet Wiseman has been working on a new two year project, funded by the European Union to look at how we can encourage sustainable food and eating practices (food knowledge, confidence and skills) to improve nutritional health and wellbeing, particularly through the growth and consumption of local foods.

At the heart of the project is the idea of nutritional wellbeing; a broad concept that incorporates issues such as a balanced diet, trusting the source of food, knowing how to produce healthy meals and sustainable food production. Through the project, Juliet will gain new research skills guided by a multi-disciplinary team of researchers from the Faculty of Health & Social Sciences (Associate Professor, Dr Jane Murphy and Senior Lecturer Dr Jaqui Hewitt-Taylor) and Faculty of Management at BU (Senior Lecturer, Dr Dawn Birch) thus contributing expertise in a wide range of areas – from nutrition, to sustainable, local food, to improving wellbeing.

Taking an interdisciplinary approach to the project is really important, as it provides a depth of experience and a level of richness that wouldn't be possible through a single disciplinary approach. What's also an important key to success for this project is the work in collaboration with external providers notably with Bournemouth and Poole's Sustainable Food Cities Partnership.

Juliet explains the project stemmed from the idea that "the current food system is responsible for most of the food-related ill health that people are

experiencing. While we can encourage people to eat healthily, they can't do it if the food production systems don't allow them to. Our project goes beyond just looking at providing a sustainable, local food system; we also want to improve people's health."

"We're hoping to create a culture shift. We particularly want to encourage people to think about growing their own vegetables and explore the barriers that prevent people from doing that."

One of the barriers already identified is the lack of fresh food markets in the local area. Where they do exist, they tend to be quite expensive, which presents another difficulty for many people. Bournemouth and Poole are still in the very early days of developing a sustainable food model, which is part of the reason it's an exciting location in which to be designing and testing a new model.

"We're hoping to create a culture shift. We particularly want to encourage people to think about growing their own vegetables and explore the barriers that prevent people from doing that."

Dr Jane Murphy says, "Juliet joins the faculty with a wealth of work-based experience on food systems in Australia and New Zealand. Winning funding from the EU will enable us to provide a new evidence base to promote better nutritional wellbeing, to shape future nutrition and food policy and document new skills required by the public health workforce to support and foster healthier eating in our societies that have seen unprecedented rise in obesity and other nutrition-related chronic diseases."

By working with existing community projects, Juliet's research will find out what people who are currently grow their own food get out of it and how this can be translated elsewhere. A specific pilot has been set-up in an area of Poole where no one is currently growing anything, to follow the development of a new initiative right from the very beginning.

This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 656701.

For more information, visit NuFEAST's project page: www.bournemouth.ac.uk/nufeast



Occupational Science Europe Conference 2015: Health & Wellbeing Through Occupation

Around 150 delegates from across the world were at Bournemouth University for the Occupational Science Europe Conference in September 2015.

The two-day conference offered opportunities to discuss ideas and learn about developments in occupational science, health and wellbeing.

Delegates – who came from as far afield as the Caribbean, the USA and Canada – also had the chance to take part in interactive sessions, including chocolate-making, wool craft and finding out how dancing can benefit people with Parkinson's.

Principal Lecturer in Occupational Therapy at BU, Dr Bethan Collins, organised the conference and said: "This is genuinely international and

interdisciplinary, which is brilliant for Occupational Science. We have got nurses, care workers - a huge range of people with different backgrounds.

"Occupational Science is the study of what people are doing in everyday life and why people do things, so we didn't just want people sat listening, we wanted activity-based scenarios.

"We are looking at how we can promote wellbeing through getting people stuck into something and losing track of time."

The conference was also a celebration of ten years of Occupational Therapy education at BU.

Bethan said: "We want to show off Bournemouth and BU and the great facilities we have here and the CPD opportunities on offer.

"We hope it will be a wonderful opportunity for people to network, engage and move the debate on.

"We've already had calls for health professionals to take occupational science seriously and to think about how we can enable people to do things that are meaningful to them to promote health and wellbeing and how that needs to be a really important part of healthcare."

Living Well with Cancer

Living Well Active, Macmillan, Bournemouth University, Poole Hospital NHS Foundation Trust and Royal Bournemouth and Christchurch NHS Foundation Trust have formed a collaborative approach to support those living with cancer to maintain healthy lives.

The initial impact of a diagnosis of cancer can be devastating for the person, their families and friends. Thoughts about survival and mortality dominate and then the focus is what interventions may be planned through a combination of surgery, chemotherapy and radiotherapy. The impact of these interventions, side effects and how successful they may be are part of the first wave of emotions and information that is needed at that time.

As this period comes to an end for those who survive, there is an increasing focus on how to live well with cancer and how to remain healthy.

The organisations mentioned have teamed up to provide a free monthly programme from April to October 2016. It runs once a month and each session is essentially the same, so participants only have to attend once.

When the BEACON is published in June, there will still be three sessions to go. We hope if you know people who are survivors you will draw their attention to this programme.

The free sessions run on the first Wednesday of each month between 6.30-8.30pm at Talbot Campus and there is free parking available.

To book ring 01202 426522 or visit the website support@livingwellactive.org

Global engagement

Over the years the Faculty of Health & Social Sciences has developed numerous formal and informal partnerships and collaborations with institutions and academics around the globe.

With the introduction of our new Associate Dean Global Engagement, Professor Malcolm McIver, we will be aiming to significantly increase our international activity in recruitment, mobility and collaborative partnerships. We are already successfully in establishing research collaborations internationally and will be continuing to develop new and existing relationships in this area.

We have a number of new courses which have been developed to suit a more international audience, especially in the postgraduate area. The introduction of online courses (MSc Applied Dementia Studies and Postgraduate Certificate in Public Health) will make it easier for international students to study our courses in their own countries, increasing the reach of BU's network of students.

BU has a central Global Engagement plan which sets out a strategic approach to increasing our global reach. The six key objectives contained within the BU Global Engagement Plan are:

1. We will build a strong portfolio of innovative learning partnerships by becoming a partner of choice
2. We will grow, diversify and integrate our on campus overseas students
3. We will enrich our (staff and) student experience through a range of outward and inward mobility programmes
4. We will develop all our students as global talent through our curricular and extracurricular proposition



5. We will engage in international activity that enhances the quality of BU research and its global impact
6. We will innovate our practice in taking Fusion global in partnership with global organisations and global alumni.

Collaborative partnerships

Central to BU's global vision is the development of strategic corporately led partnerships that will enable the development of Hubs of Practice in key regions of the Globe. In keeping with this and under the Hubs of Practice 'banner' we will be developing a portfolio of high value partnerships. These partnerships will be developed in strategic regions with key institutions; these regions include: Europe, India, China, and Association of Southeast Asian Nations (ASEAN). The on-going development of Hubs in strategic regions will not only facilitate research collaborations and staff/student mobility but will also grow the BU brand more globally.

In many countries private institutions are the mainstay of quality healthcare provision. At the same time the traditional family based model of social care is being eroded, requiring Governments to evaluate and develop

their service provision. Although the market is still relatively young, it is also relatively unpopulated, offering us opportunities to draw upon existing expertise in this area and position itself as a market leader in advising and supporting Governments and industry on staff and service development.

We are already starting to establish these partnerships and are working with institutions and hospitals in Germany, South East Asia, China and international healthcare providers here in the UK.

Student and staff mobility

We currently have a number of Erasmus and exchange partnerships across Europe which allows our students opportunities to go and study abroad for a semester. These partnerships will continue to grow and we will be providing even more opportunities for our students to expand their international knowledge with exchange programmes overseas.

Watch this space as our international element of the faculty continues to build momentum.

Health Education Funding in England from 2017/18 – A challenge and opportunity for universities and employers.

From 1 of August 2017 new students in England on nursing, midwifery and allied health professional courses that lead to professional registration with the NMC or HPC will have access to the standard student support package of tuition fee loans and support for living costs rather than receiving an NHS grant.

The scope of this change affects nearly all courses that lead to professional registration. These reforms do not as yet include funding for paramedic courses.

N.B. These proposals are now under consultation, about the detail of implementation and not about the principle of a move to student loans.

Partnerships between universities and employers

This partnership has always been important and affects who is recruited, how they learn, their competence, placements in practice, and support and academic staff and clinical mentors. In this changing world which provides challenges it also provides opportunities for this partnership to be even more dynamic, robust and creative in finding solutions to this reform.

A key feature of this reform is to remove the cap on student numbers, with the aim of increasing student numbers by up to 10,000 within the lifetime of this parliament. Critical to this will be the decision after the consultation exercise on who controls the non-medical placement tariff, at present £3,175, for a full-time equivalent student and if we wish to increase student numbers will this tariff follow the student?

The removal of numbers (if the process for the placement tariff is supportive of this change) means if healthcare



organisations and universities wish to increase the numbers on courses we will need to agree on placement capacity, innovative approaches to increase capacity, and for support for new mentors. This may be a particular challenge for nursing if associate roles and apprenticeships grow, all of whom will need placements and mentor support.

A further area for debate between universities is student recruitment and retention. A recent briefing for the Council of Deans (April 2016) states: "These changes also provide an opportunity for employers to work with universities to think differently about how to retain students into the workforce. There are examples of employers starting to plan incentives to attract students, such as repaying part of a student's loan or sponsoring them through their course, or offering

longer-term career opportunities." There may also be challenges to whether universities wish to continue to offer two intakes for nursing and midwifery as the spring intake has often had problems recruiting and means the students are outside the university's normal academic year.

The details of the announcement following consultation on a range of issues, but especially the non-medical tariff, will be crucial to inform the dialogue between universities and employers. What is critical is that this is a rich, creative, thoughtful and innovative conversation, as the decisions over the coming months will impact on the number of healthcare professionals from 2019/20 when the first outputs of these programmes will be applying to be part of the workforce.

CoPMRE 12th annual symposium

The Centre of Postgraduate Medical Research and Education (CoPMRE) held its 12th annual symposium on 7 October 2015 which was opened by Dame Yvonne Moores DBE, former Chief Nursing Officer to England, Wales and Scotland. The theme for this year's conference was Human Factors in healthcare with a focus on patient safety.

Dame Yvonne welcomed guest speakers, delegates and Professor Stephen Tee, the new Executive Dean for the Faculty of Health and Social Sciences. She then spoke about her work with Sir Liam Donaldson and the journey from medical audit, to clinical audit, to risk assessment, to quality improvement and clinical governance. We were reminded that the Mid Staffs failings had refocused all in healthcare on the importance of top quality clinical care and the key role of human factors in achieving this.

Professor Jane Reid, Clinical Lead at Wessex Academic Health Science Network AHSN Patient Safety Collaborative/Regional Lead (South) Sign up to Safety (England) and Visiting Professor at Bournemouth University (BU) set the scene for the conference. She highlighted the important report from the Institute of Medicine 1999, *To err is Human: Building a Safer Health System*, Donaldson 2000, *An organisation with a Memory* and The Francis Report 2012 detailing the importance of patient safety. Reflecting disappointingly, however, there has been little shift in episodes of harm in healthcare over the years, Professor Reid volunteered that despite good work in relation to human factors integration, the science is far from mainstream and the lottery of care must be tackled.

Professor David Haslam CBE, Chair of the National Institute for Health and Care Excellence gave the morning's keynote address. He related an interesting incident of error from his own practice and how the team acknowledged, apologised and reviewed procedures to ensure non-reoccurrence. He reminded everyone that 1.3 million NHS staff deal with one million patients every 36 hours. He spoke about the importance of a just, open and positive culture in healthcare that optimises human performance and acknowledges the potential for human error at all levels. He gave an amusing anecdote about a stethoscope filled with cotton wool to illustrate this point where junior doctors were too frightened to admit that they could not actually hear the heart! He pointed out that guidelines should not be used as tramlines overriding the individual responsibility of healthcare professionals and their capacity and professionalism to make decisions appropriate to the circumstances.

Captain Rupert Weiss, an Airline Training Captain shared how human factors science is teaching and informing the airline industry, as demanded by the Civil Aviation Authority. He described how human factors training, every two years, is compulsory for everyone and how pilot human factors are assessed, every six months, in a simulator over a two day period using a standardised format. A just safety culture was demonstrated

by personal experiences of reporting incidents, analysis and reviewing of procedures which led to a reduction in error. Many in the audience described feeling reassured about flying after they had heard how seriously the airline industry considers human factors and uses the science and discipline to design for safety.

Professor Debbie Rosenorn-Lanng, Director of Simulation and HQI at Royal Berkshire NHS Foundation Trust addressed the issue of conflict, opening with "I am a mother of six; don't dream of speaking to me before I have had a cup of coffee in the morning!" She talked about Ronald Heifetz's metaphor of the dance floor and the balcony and then proceeded to examine conflict using the Thomas-Kilmann Model of Conflict Resolution. She informed delegates that The Royal Berkshire Hospital now has a team of trained mediators to help resolve conflict at the hospital.

Due to an accident on the Waterloo line that impacted one of our speakers, we switched speakers around and next Dr Huseyin Dogan and Paul Whittington (BU PhD Student) presented Paul's work on user interface. Paul demonstrated the use of a Smartphone to control a Powerchair, including loading it remotely into a car thus creating freedoms and potential for people living with disability. We learnt about hierarchical task analysis as a means of developing frameworks for user interface. Paul's contribution



Left to right: Professor Jane Reid, Professor David Haslam CBE, Audrey Dixon and Dr Tim Battcock

was inspirational to many in the audience as it illustrated his passion to circumvent his disability with the power of technology – whilst illustrating the power of the possible to make life easier. Truly inspirational!

A lively audience/panel discussion, ably moderated by Dr Tim Battcock, ended the morning session.

Due to an IT glitch the afternoon session started late but in time for us to be wowed by Dr Peter Jaye, Consultant in Emergency Medicine & Director of Simulation at Guy's and St Thomas' NHS Trust who was finally able to join us via Skype. He spoke about the 'Swiss Cheese' Model of accident causation and complex linear Model's failings. He discussed concepts of 'work as imagined' (what management thinks happens) and 'work as done' (what actually happens) calling it 'the management gap'. He discussed theories of organisational resilience using a cliff analogy, whereby a Safety One approach is reactive to incidents (waiting for someone to fall off a cliff) and a Safety Two approach is proactive with process monitoring (shepherding people not to fall off). This led on to discussion and consideration of resilience engineering with a cycle of monitoring, learning, anticipating and responding.

The afternoon keynote address was presented by Professor Ian Curran, Assistant Director of Education & Standards at the General Medical Council (GMC). Professional excellence,

1.3 million NHS staff deal with one million patients every 36 hours.

quality assurance, quality management and quality control and the importance of beliefs and values in professional practice were discussed. He described the strawberry generation (easily bruised).

Tom Wainwright, Associate Professor in Orthopaedics and Deputy Head of the new Orthopaedic Research Institute at BU gave us an insight about reliability design for safety and quality improvement in healthcare systems. He described ways of improving reliability through a microsystem and standardisation of processes and told us about a three level design for reliability. He introduced the concept of artificial and natural variation and emphasised the importance of context. Tom then told us about some of the work he had done with Bournemouth University and the Golden Jubilee National Hospital in Scotland doing elective joint replacement.

Dr Matthew Inada-Kim, Clinical Lead Sepsis, Patient Safety Collaborative, Wessex AHSN highlighted the importance of good communication across silos, across geography and across time. He told us about some of his work on the management of

sepsis and the engineering of clinical systems to deliver the best patient outcomes across GPs, ambulance and acute settings. His previous role as a GP and now as an Emergency Medicine Consultant made his view of the subject even more enlightening.

Dr Jo Mountfield, Director of Education and Head of School for Obstetrics and Gynaecology, University of Southampton NHS Foundation Trust talked to us about her work with the Royal College of Obstetricians on programmes to stop bullying and undermining, which unfortunately runs at about 24% in some NHS staff surveys. She referred to the Illing Report 2013 and then evidenced that poor behaviour results in harm and highlighted the importance of work by Amy Edmondson, Michael West and C L Porath. She discussed interventions such as good behaviour role modelling, a strategic approach to bullying and staff training delivered by skilled facilitators. She ended with a timely reminder that the only behaviour you can change is your own.

The afternoon session ended with another audience/panel discussion ably facilitated by Professor Tamas Hickish. Special thanks to Dame Yvonne Moores as lead Chair and Executive Sponsor, all the speakers, Professor Jane Reid for identifying and securing speakers, Dr Tim Battcock, Prof Reid and Audrey Dixon for shaping the programme and thanks to Audrey for her impeccable attention to detail in organising the conference.

Clinical doctoral studies in midwifery

Doctoral studies may appeal to midwives, but it involves difficult choices. Undertaking a part-time PhD means studying on top of a busy clinical position, but full-time study involves stepping away from practice, which may lead to a loss of clinical skills and confidence.



The answer may lie in a pragmatic four-year clinical doctorate designed to enable midwives to remain in practice and conduct a piece of research to meet clinical priorities. This doctorate is a joint development involving academics at Bournemouth University and clinical colleagues at NHS trusts. Clinical doctoral research fellows spend two days a week in clinical practice and three days conducting research. They receive a stipend, paid in part by the trust and part by the university. All research projects are jointly developed to meet an identified clinical need.

Originating in Portsmouth Hospitals NHS Trust, there are now five clinical doctoral research fellows covering all areas of midwifery practice. The model has also been adopted by the Isle of Wight NHS Trust, where there is one fellow, and University Hospital Southampton NHS Foundation Trust, where another fellow will start shortly.

There are advantages to practitioners, academics and, most importantly, the students involved. In practice, discussing research and challenging the wider evidence underpinning practice with clinical colleagues is all in a day's work. The fellows are demystifying research in practice and enhancing care through transformation and quality improvement.

The main advantage of this new midwifery role for practice is to provide an attractive career option to recruit and retain talented midwives who wish to stay in clinical practice while researching areas that matter to



the NHS, mothers and midwives. This innovative model is already producing results in improving care for women and their families.

Research made real

The model brings students directly in contact with midwives undertaking research at doctorate level who can show them, in a real and tangible way, what research is and how it is done. They also see the direct impact the outcomes have on improving high-quality care to women and their families. Fellows share their learning on the undergraduate programme and it is an excellent way of bringing together research, education and clinical practice.

It goes without saying that clinical doctoral research fellows are vital to growing research and future researchers. However, they also conduct research that will have a direct impact on the community. This link to impact has become an important component of the research assessment exercise and is key in attracting higher education funding.

So what does it mean for students?

Daisy Wiggins is a second-year fellow exploring the impact of an innovative decision-making tool for place of birth called MyBirthplace™. It is about the choice of birthplace, improving women's decision-making and allowing greater involvement in care. She says that having a clinical pathway to a PhD does more than maintain skills – the research enhances them.

“Going into this journey as a newly qualified midwife, it was important for me to retain the clinical skills that I had worked so hard to gain” she says.

First-year doctorate student Donna Wixted is looking at alcohol use in pregnancy. She qualified as a midwife just over two years ago and describes the PhD as a “fantastic opportunity”. She chose this route because of the opportunity to stay in touch with the job she loves.

“I feel the steady evolution of my position has enabled me to influence guidelines and raise the profile of sound evidence-based practice.”

Opportunity

Carol Ann Richardson, in her second year, is studying obesity in pregnancy. She chose this route because she viewed the prospect of full-time study as being a lonely three years. Continuing to work helps her to maintain skills and satisfy her sociable characteristics, while developing managerial skills through her SoM role. The programme has brought benefits to her workplace.

“I feel the steady evolution of my position has enabled me to influence guidelines and raise the profile of sound evidence-based practice” says Carol Ann.

Dominique Mylod is in her first year looking at pelvic positioning to support women in early labour. She sees it as an opportunity to keep research real. “It is a golden opportunity to strengthen the midwifery profession through visibly generating research and applying findings to practice alongside colleagues” says Dominique.

Dana Colbourne is in her second year looking at an innovative model of postnatal care, the student-run midwife-led clinic. She says that there is pride in seeing her research come to life in the clinical domain. Dana feels excited about how it will influence her future career, “fusing midwifery practice with academia is not for the faint-hearted and challenges include acceptance, time management and managing work in both environments, but the rewards are immense” she says. “I am lucky to have it all, not only am I contributing to a profession I feel so passionate about, but I am also investing in myself for the future – who knows where it will take me.”

The enthusiasm and commitment of the students is evident. This type of doctoral research is a win-win: for the students, the NHS and not least the women using the maternity services.

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A review of the Faculty of Health & Social Sciences

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