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| SUPPORTING THE SCOLARLY COMMUNITY IN NURSING AND MIDWIFERY |  | In This Issue |

Hello and Welcome to the first NMRC Newsletter

The role of the NMRC is to support and develop research scholarly activity in all its forms across the School, and we hope that this newsletter will help to promote that scholarly culture across the School.

Over the coming editions we will be highlighting events giving some good old fashioned information, and hearing from School staff and students about their experiences of being ‘scholarly’.

We are just beginning to come to grips with how all this might look and so any ideas or suggestions are welcome. Just email me as acting Head of Research ([jbrown@dmu.ac.uk](mailto:jbrown@dmu.ac.uk)) I look forward to hearing from you



# Welcome to the First NMRC Newsletter!

by Jayne Brown



Jayne Brown

Professor of Nursing [Older People]

Let the train take the strain

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Shut up and Write

Make some space for your writing. Page 2

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### Let the train take the strain?

by Jayne Brown

When I am trying to write I sometimes work well in the office, sometimes it’s a coffee house; having 2 small children as you can imagine this happens less often at home. What I have noticed is that my writing place of choice changes inexplicably, and that the length of its tenure as prime productive site is unpredictable.

Currently it’s the train, I love working on the train. It has lots of attractive features: no one talks to you or pops in for a chat, most people round you are working or engrossed in some downloaded film, either way they appear to be engaged in meaningful activity. The view from the ‘office’ window changes constantly, and every now and then someone comes round offering you tea, coffee hot chocolate and cake - what’s not to like! Yes it’s a real work success, I get off the train in the morning feeling that anything is possible and in the evening I get off feeling virtuous at having filled the day productively. There is only one problem with my new super work space - I sometimes forget to get off! I really couldn’t believe it the first time it happened, I normally find that my internal clock has me ‘back in the room’ just in time to get off at Leicester but twice in recent months I have raised my head to see the guard waving me off for London or looking outside to be greeted by the Kettering countryside. Well, the new NMRC may just have the answer for all of us who find it hard to find the time or the space to work on the scholarly piece. Last month saw the first of our own ‘Shut up and Write’ sessions within the School [See below for details]. So while I cannot promise you an ever changing scene why not join us with your lunch for an hour or so of concentration and I can promise that you will not end up in London but be back in the room in time to greet your afternoon commitments.

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| Shut up and Write |
| Next session EM 3.08, 18th of April 12-1pm |



Want to do some writing? Can’t find the time? Stuck with constant time interruptions? Want a dedicated writing space? Need to get an article written but can’t see how?

### Shut Up and Write

We can help.

Come along Shut up – and write. “No critiquing, exercises, lectures, ego, competition, or feeling guilty”. Two hour time slots are booked for shut up and write but you don’t have to stay for the entire time. This is not a facilitated session – you just turn up and write, for however long you want to.

What to do: just turn up on one of the sessions. (No need to book). Bring something to write with, or use a PC.

That’s it.

All sessions are in EM3.08:

18 April 12-1pm

24 May 12-2pm

23 June 12-2pm

27 July 12-2pm.

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| New Deputy Head of REsearchSeminar Series |



Jane Rutty

New Deputy Head of Research

[Dr Jane Rutty](http://www.dmu.ac.uk/about-dmu/academic-staff/health-and-life-sciences/jane-rutty/jane-rutty.aspx) is now Deputy Head of Research for Nursing and Midwifery and Deputy Faculty Head of Research Students. This is great opportunity for us to ensure that our research students, supervisors really feel part of the School research culture. Jane will be working on developing our doctoral strategy so that it, and the developing research strategy, has synergy. So watch this space for her regular updates.



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| Fast FACTS – OPEN ACCESS |

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40%

Open access saw an annual growth rate of over 40% in the last two years.

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30%

Of gold open access journals have author fees to cover the cost of publishing

Share ideas and knowledge at the research clinic – see below for details.

The new seminar series kicks off with a session on Open Access publishing. What does this mean for us in the school? What do we need to be aware of?

Alan Cope from the Library and Learning Service will lead with hour-long session (30 minute presentation with time for questions).

Come along and find out more.

## **Open Access Publishing:**

## When?

11th April, 1-2pm

## Where?

EM3.33

Do you have an idea for the seminar series?

We are interested to hear your ideas for the seminar series. If you would like a seminar on a particular topic, or you would like to suggest a speaker, or nominate yourself or a colleague to provide a seminar, please let us know.

Contact [Wendy Padley](mailto:wpadley@dmu.ac.uk)

### Research Clinic & News

We are trialling the idea of a research clinic. This session will be led by Prof Jayne Brown.

The idea of the clinic is to provide some help and support for colleagues who want to share experiences or ask for help on any aspect of research or scholarly activity. This session will also include research news from the school.

The clinics will last for an hour.

## When & Where:

**Come along to EM 3:33**

25th April 12:00

23rd May 12:00

20th June 13:30

18th July 12:00

22nd August 12:00

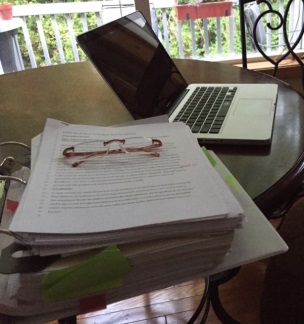
19th September 12:30

24h October 13:00

21st November 12:00

12th December 12:00

Tina Harris (Faculty Head of Research Students) reflects on her experience of applying and managing the IRP.

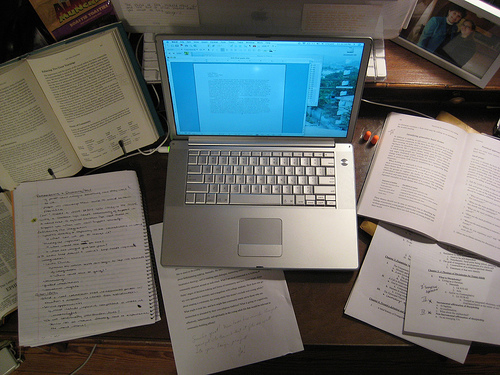
Applying for an individual research plan is an excellent way to gain recognition and time for research activity in the life of a nurse or midwifery lecturer. I applied for an IRP last year because I wanted to identify more time to publish results of various projects that I had left on the back burner due to a lack of time. The process involved completing the IRP form and updating my staff research record. In completing the application form I had to identify the amount of time I needed (from 1-100%) for what I wanted to do and I chose to ask for 10% FTE, which equates to ½ day a week. I then listed on the form all the activities I wanted to complete over the year of the IRP, which focussed on writing papers for publication in peer reviewed journals and a book chapter.

I was successful in being awarded the IRP and was given time within my workload plan to complete the activities as outlined. I was also given clear objectives to achieve within the time allocated.

Past experience with a previous IRP had taught me that it is often difficult to schedule the time in my diary to complete the objectives set out in an IRP. The previous year I had been awarded an IRP, but because of additional responsibilities added to my workload plan during the year, I did not meet all of my objectives. With this IRP I was therefore determined to ensure I achieved all the objectives I had been set because there was no likelihood of getting another IRP if I was not successful utilising the time effectively this time. I started to discuss with my line manager the most appropriate mechanism for taking the time allocated (weeks of time together or individual days). With agreement, I then scheduled time in my diary in advance of the academic year mostly as individual days, but with some concentrated leave when completing papers.

I was allocated a supervisor for my IRP and both my supervisor and my line manager asked me to provide them with a monthly update on my IRP activities and progress with objectives. I created a personal action plan and identified activities which needed to be completed and what additional activities would support me in completing my IRP objectives. This included setting target dates for writing papers/chapters, accessing peer support from my supervisor and from research groups within the faculty relevant to my research area, engaging more with the research community within the school and faculty, identifying an appropriate place to write, making links with writing buddies and joining reading and writing groups associated with the Reproduction Research Group and the Nursing and Midwifery Research Centre. Every month I reviewed my action plan against objectives and update the activities I had completed and progress made. I then used the updated action plan as evidence of my progress and submitted this to my supervisor and line manager on a monthly basis.

### Thinking of applying for a staff Individual Research Plan (IRP)?

I found the biggest challenge in having an IRP was in ensuring that days allocated to it are taken as scheduled. Urgent meetings or activities always arise unexpectedly and there is then a conflict over whether you cancel the IRP day to attend the event or resist doing this. I did a bit of both. For the most part I was strict with myself and made it clear on IRP allocated days that I was not available for other activities (and even used a notice on my door stating: Research Day – Do not disturb (unless you have chocolate). This was more for my benefit than others as in putting the notice on the door reminded me what I should be doing with the time. When I deemed it essential to attend a meeting/event on an IRP day, I looked at my diary and made sure I rescheduled the IRP time for another day within the same week to ensure I continued to make the progress against the targets I had set myself. This ensured I continued to make steady progress.

One of the most helpful things in support of my IRP activities was to use some of the time to engage with the research community at school, faculty and university level. I attended seminars, participated in research group meetings, met with other researchers, and sought feedback from other colleagues. It is never easy writing for publication and sharing the burden I found particularly helpful, so engaged in writing with other authors as well as on my own. I submitted my work for review to a few colleagues when I had draft papers available, and got such excellent feedback from that activity that it provided me with confidence in my ability and highlighted the developments needed in my work to ensure publication success. I began to attend a reading group, where each month a different paper was discussed. This brought me into contact with colleagues working in a similar academic field, allowed me to engage in critical discussion with them and also provide me with space to read relevant theoretical and research papers to my academic discipline. More recently, I began attending the ‘shut up and write’ events in the computer lab on the third floor of Edith Murphy. This provides space away from my office, where the quiet and focus on writing reduces procrastination, and knowing there are others in the room doing the same (even though you don’t speak to each other) makes you realise that you are not alone in this endeavour.

How successful will I be in completing all my IRP objectives? I don’t know yet as the year is only half over. However I can say that so far I have written a book chapter that has been accepted for publication, and I have a draft of two papers for publication. I have received peer feedback on one of these papers which has been invaluable, and as a result I hope to have a completed draft ready for submission in the Spring. Reflecting on my experience last year and this, I am much further forward at this time than I was last year and attribute this success to careful planning, ensuring I take the time, getting help and support from those around me and making sure I write as much as possible.

We hope to have a new feature here on papers, books and other publishing from staff in N&M. Please let us know if you have had anything We hope to have a new feature here on papers, books and other publishing from staff in N&M. Please let us know if you have had anything published. Contact [Wendy Padley](mailto:wpadley@dmu.ac.uk) with your publication details and we will add the details here so that anyone interested in your work can contact you.

Congratulations to Penny Harrison on the publication of her article exploring a unique collaboration to produce a clinical stoma course.   See it in Gastrointestinal Nursing 14(1) February 2016 p37-42 ‘**Developing a stoma care training programme through unique university–industry collaboration’**.

### New school

### publications

You can read the article here:

How did this come about?

### PhD scholarship available in the school by Lynn Furber

I had been involved in a grant application with one of the Surgeons at UHL last year and our bid was unsuccessful. We met one day in January to decide what to do with this project. During the discussion we considered the benefit of applying for a PhD studentship and the student could carry out this research. Practically the next day as I was scrawling through my emails I saw a call inviting us to apply for a full time PhD studentship within the University. I didn’t think we stood a chance as there were only a limited number of studentships available and I was up against strong completion. I also only had a day or two to apply for the studentship. In the end I decided that you had to be ‘in it to win it’ and submitted an application. To my surprise I found out a few weeks ago that we had been successful in our bid. Whoopy you may have heard me cry.





What is the scholarship for?

The title of the study is ‘A qualitative study to determine the patient and general practitioner factors that influence the time to diagnosis for patients with newly diagnosed oesophageal cancer’. The scholarship is currently out to advert and the closing date is the 30th March 2016.

Who can apply?

Applications are invited from UK or EU students with a Master’s degree or good first degree (First, 2:1 or equivalent) in a relevant subject. Doctoral scholarships are available for up to three years full-time study starting October 2016 and provide a bursary of ca. £14,296 pa in addition to University tuition fees. So please feel free to promote this opportunity to anyone you feel may be interested in doing a PhD and is interested in this topic. An application pack can be found by visiting <http://www.dmu.ac.uk/research/graduate-school/phd-scholarships.aspx>.

Any queries?

I am happy to respond to any academic enquiries via email: [lfurber@dmu.ac.uk](mailto:lfurber@dmu.ac.uk). and any administrative enquiries can be sent to Morgan Erdlenbruch at [Morgan.Erdlenbruch@dmu.aa.uk](mailto:Morgan.Erdlenbruch@dmu.aa.uk)

[](http://www.dmu.ac.uk/about-dmu/academic-staff/health-and-life-sciences/raghu-raghavan/raghu-raghavan.aspx)

**The Mary Seacole Research Centre (MSRC)**

### Our Research Centres

The  **Mary Seacole Research Centre is hosted by the School of Nursing & Midwifery**   headed up by [Prof Raghu Raghavan](http://preview.dmu.ac.uk/about-dmu/academic-staff/health-and-life-sciences/raghu-raghavan/raghu-raghavan.aspx) and Prof Rusi Jaspal working collaboratively with colleagues across the university, nationally and internationally it together inter-disciplinary researchers with interests in diversity research in health and social care . The centre has specific foci on mental health, disability and sexual health. Our understanding of diversity includes attention to ethnic and cultural dimensions, mental health, learning and physical disabilities, lesbian, gay, bisexual and trans health and social inequalities, spirituality and gender as well as multi-agency working and education for culturally competent practice. We pursue four major strands of research: mental health, disability, sexual health, ethnicity, cultural diversity and health. For more details contact Raghu see <http://www.dmu.ac.uk/research/research-faculties-and- institutes/health-and-life-sciences/mary-seacole-research-centre/mary-seacole-research-centre.aspx>

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Professor Raghu Raghavan



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Professor Simon Conroy

**Date for you diary:** The **LASA launch** takes place at the Venue on the 13th of April, beginning with lunch at 1pm - to book a place or for more information please email [lasa@dmu.ac.uk](mailto:lasa@dmu.ac.uk)

**Date for you diary:** The 22nd -24th June sees the MSRC host the **International Conference on Mental Health and Cultural Diversity** to be held at the Devonshire Place Conference and Events Centre.

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| To register or for more info, please visit emh-dmu.org.uk/ |

This is collaboration between De Montfort University, University Hospitals Leicester, University of Leicester, Leicester Partnership NHS Trust, the City and County Councils, and AGE UK. **LASA** aims to develop the capacity and competence to enhance the wellbeing of older people in Leicester, Leicestershire & Rutland. To improve outcomes for older people and those that care for them, through translational, interdisciplinary research that takes a person-centred, whole system perspective. Our research will take a global perspective, but will seek to maximise benefits for the people of Leicester, Leicestershire & Rutland.

Headed up by Professor Simon Conroy a Consultant Geriatrician at UHL and Professor Jayne Brown from DMU..

Professor Christina Faull

The Leicestershire and Rutland Hospice (LOROS) and De Montfort University have worked collaboratively for many years and together established the Centre for the Promotion of Excellence in Palliative Care (CPEP) in 2012. By combining the expertise and resources of the hospice with those of the University CPEP aims to influence the quality of palliative care for people approaching the end of their life and the support provided to their friends and families. Headed up by Professor Christina Faull a consultant at LOROS for more information talk to Christina Faull Professor [christinafaull@loros.co.uk](mailto:christinafaull@loros.co.uk) or Kerry Blankley who holds a joint appointment between the School and LOROS [kerry.blankley@dmu.ac.uk](mailto:kerry.blankley@dmu.ac.uk) Jayne Brown or the web page **http://www.dmu.ac.uk/about-dmu/schools-and-departments/school-of-nursing-and-midwifery/cpep/cpep.aspx**

**The Centre for the Promotion of Excellence in Palliative Care (CPEP)**

**The Leicester Academy for the Study of Ageing (LASA)**

Professor Rusi Jaspal