

# Newsletter



# Dean's welcome

---



I am pleased to report on another successful year and the excellent outcomes from the 2017 National Student Survey where our student satisfaction levels continue to rise. The hard work of our staff and partners has ensured that we continue to deliver a quality student experience.

- > 100% of our dental hygiene and dental therapy students are satisfied with their course\*
- > 97% of our physiotherapy and diagnostic radiography students are satisfied with their course\*

\*tees.ac.uk/source

I am also delighted that we successfully recruited to all of our courses in the last academic year, despite challenges from the removal of the NHS bursary. We could not have done this without the support, dedication and input from our staff and their excellent links with partners.

Working closely with partners has allowed us to identify a workforce gap in the region, resulting in development of a dietetics master's programme commencing in January 2019.

In addition, a suite of new courses has been supported by a state-of-the-art Clinical Skills Suite at the Centre for Professional and Executive Development at our Darlington Campus. We look forward to seeing many of our post-registration students using these facilities.

Finally, I would like to thank all staff, students and partners for their support and look forward to continued successful collaboration during 2018.

Marion Grieves  
Dean

# New partnership to boost healthcare education and research

Teesside University and North Tees and Hartlepool NHS Foundation Trust have formed a partnership to enhance innovation in healthcare and education in the Tees Valley.



*Pictured from left: Professor Simon Hodgson and Julie Gillon, with Linda Nelson, Accountable Officer at North Tees and Hartlepool NHS Foundation Trust Alan Foster, Dr Paul Williams and Professor Samir Gupta.*

The partnership sees the two organisations pool their expertise and resources to establish collaborative education and training programmes as well as research and innovation projects.

It will enhance the quality of life and lifespan for people from a range of perspectives, addressing disease treatment and prevention, social and physical well-being, mental health and human behaviour, as well as the development of new technologies and ways of working.

The partnership reinforces the commitment of the two organisations to work together to improve healthcare in the Tees Valley through advanced education, training, research and innovation within the healthcare environment.

Teesside University has a long history of supporting the health sector, providing a wide range of high-quality and innovative training and education programmes within the UK and internationally, working closely with both care providers and service users. In addition, the large

majority of its research in the support of the health sector was rated in the last national research assessment as being world leading or internationally excellent, with 100% of the impacts of research in this area being rated as outstanding or very considerable in terms of reach and significance (Research Excellence Framework 2014).

Professor Simon Hodgson said, 'This partnership is the latest development around our University Research Grand Challenge in health and wellbeing and emphasises our commitment to addressing the big research questions that make a real, practical difference to people and communities around us, as well as on the national and international scale.'

Professor Samir Gupta, Clinical Director for Research and Development at North Tees and Hartlepool NHS Foundation Trust, said, 'This exciting partnership allows the two organisations to work closely together to help improve healthcare in Teesside through education, training, research and innovation. This will help us to continue to provide the very best care to our patients.'

Dr Paul Williams, MP for Stockton South, said, 'As a GP I know the importance of innovation in health care. Developing effective treatments and continually improving outcomes for patients is key to ensuring our NHS remains strong.'

'I am sure that staff in both organisations will benefit hugely from this exciting collaboration. Ultimately patients are everyone's priority and this formal partnership agreement will lead to even better healthcare for people here on Teesside.'

# Meet our Heads of Department



**Jayne Cornforth** Women and children's health/public health

I value my role as line manager to promote respect, empowerment and equality for academics and researchers. I collaborate with Associate Deans and work with staff to operationalise strategy designed to enhance research, innovation, internationalisation of courses, effective business engagement and high-quality learning experiences in undergraduate and postgraduate courses.



**Sue Cutler** Social work/medical imaging

I am responsible for the overall leadership of the department and in translating the School's strategic objectives into operational plans at departmental level to ensure we contribute effectively to School and University KPIs. As a department we aim to deliver the highest possible standards in teaching, research, business engagement and internationalisation.



**Jan Harris** Nursing

My role is to lead the nursing department and be responsive to the changing landscape of nurse education. The provision within the department includes pre-registration nursing (adult), assistant practitioner, nursing associate and a variety of modules and post-registration programmes. Partnership working is a feature of the provision in addition to masterclasses across a range of levels and topics.



**Jill Barker** Clinical Psychology, mental health, learning disabilities and community

My role is to lead the clinical psychology, mental health, learning disabilities and community team, as well as a team of research staff. I am a Registered Mental Nurse with particular interests in personal effectiveness, leadership and quality improvement in health and social care.



**Ruth Mitchell** Paramedic/Physiotherapy/ Operating Department Practice/Dental

I am responsible for delivering and developing educational provision and research activity across all areas of speciality within the department. We are responsible for leadership, quality improvement and developing MSc Dietetics, Foundation Year in Health, masterclasses and Higher Degree Apprenticeships in the specialist areas.

As a department we aim to deliver the highest possible standards in teaching, research, business engagement and internationalisation.

Sue Cutler



# Silver rating for Teesside University



Teesside University has been awarded Silver in the government's 2017 Teaching Excellence Framework (TEF).

**The University has invested over a quarter of a billion pounds in its campus in recent years to offer a high-quality student and learning experience and continues to invest in staff development to ensure a first-class learning and teaching environment.**

As a result, the University has been rated as 60th in the Times Higher Education TEF rankings, one of the highest performing TEF Silver institutions in the country. The table has been collated based on the number of positive flags each university received in the TEF.

This was thanks to a number of improved metrics, including student employability statistics and continued investment in student resources.

As an anchor institution supporting the regional economy, the institution works closely with employers on a number of innovative schemes to ensure graduates are highly skilled and work ready when they graduate.

Leading entrepreneur and networker Meryl Levington has been appointed as the Head of Student Futures and is working with the business community to find out how the University can meet its needs with its graduate talent.

As part of the University's on-going commitment to graduate employment, it has partnered with one of the country's leading recruitment agencies, REED NCFE, to work with students to help them access graduate-level jobs. The University is also working with employers to offer a range of graduate internship opportunities, as well as developing a range of higher and degree apprenticeships.

Professor Paul Croney, Vice-Chancellor and Chief Executive, said, 'Teesside University's Silver award in the TEF, and the awards for our further education partners, demonstrates the tremendous progress we are making, and reflects our expertise and experience in providing students with an excellent University education. We will continue to enrich our offer so that our students and graduates can realise their potential.'

The new ratings – Gold, Silver and Bronze – form part of the government's TEF and is the responsibility of the Department for Education designed to give students information on teaching quality within universities.

Professor Mark Simpson, Pro Vice-Chancellor (Learning and Teaching), added, 'We are very happy that the University has been awarded a Silver rating. It demonstrates our on-going commitment to our students and our emphasis on high-quality learning and student experience.'

'Working in partnership with our students, Students' Union, and our further education colleges, we put students at the heart of everything we do.'

Teesside University's Silver award in the TEF, and the awards for our further education partners, demonstrates the tremendous progress we are making, and reflects our expertise and experience in providing students with an excellent University education. We will continue to enrich our offer so that our students and graduates can realise their potential.



# Clinical psychology doctorate and IAPT course achieves reaccreditation

A team from the British Psychological Society (BPS) recently visited to review and re-accredit a number of programmes.

Following a detailed submission and two-day visit, the Doctorate in Clinical Psychology achieved re-accreditation against the knowledge, practice and research requirements for Chartered Psychologist status, with no conditions attached and formal commendations on the following grounds:

- ◆ a sustained record of positive impact on health and social care and meeting the diverse needs of services and service users in the region
- ◆ a long-established relationship with external stakeholders, evidenced in the strong ties with clinical supervisors, and the high regard in which the programme is held by commissioners
- ◆ thoughtful management of change by the Programme Director, and the resilience shown by the team in the face of developments
- ◆ sustained commitment to developing trainees as effective practitioners while paying attention to the changing needs of contemporary health and social care services
- ◆ continuing strong emphasis on leadership and organisational competencies, which are clearly valued by trainees and services alike.

Another two programmes were also re-accredited; UCAPD Low Intensity Assessment and Intervention Skills for Psychological Wellbeing Practice and the PgCert Low Intensity Assessment and Intervention Skills for Psychological Wellbeing Practice. This accreditation is essential for graduates to practice clinically with people with anxiety and depression, within an Improving Access to Psychological Therapies (IAPT) service.

Both courses have been highly successful in developing skilled practitioners, with 44 students on the current courses. This is vital in the current health climate and the national drive towards increasing mental health care provision.

The reviewers commended the courses and the course team in several areas, including the excellent relationships between the School and the local IAPT providers, the commitment of the course team and its response to a changing curriculum and the inclusion of students within this response. The innovative use of ICT was also commended.

The feedback and commendations illustrate the School's aims to provide high-quality programmes that prepare for clinical practice, develop and maintain longstanding relationships with partner organisations, and seek to involve all stakeholders in the continuous development and provision of programmes. We will continue to develop highly-skilled Psychological Wellbeing Practitioners that enable IAPT services to offer evidence-based care of the highest standard.



The reviewers commended the courses and the course team in several areas, including the excellent relationships between the School and the local IAPT providers, the commitment of the course team and its response to a changing curriculum . . .



# International Observatory on End of Life Care

Ann French has recently undertaken a PhD in Palliative Care at the International Observatory on End of Life Care at Lancaster University.



## Why choose palliative care for your thesis?

I have worked for many years in palliative and end-of-life care and have always been interested in how people cope when they were facing the end of life and how healthcare professionals can support, and help patients and their families cope at this time.

My thesis is a narrative study entitled *Coping at the End of Life: Maintaining Personhood and Finding Meaning* and involved undertaking interviews with people in the end phase of their life.

## Tell us about your research

My research suggests that at this very difficult time of life people cope by trying to hold on to their pre-illness self.

It's important for people to maintain their sense of personhood, continue with their role as a partner, parent, friend, daughter, or son and also continue to contribute to society for as long as they are able to.

Not being regarded as a dying person but maintaining their individuality is equally important and people strive hard to achieve this.

## What were the recommendations?

The recommendations for healthcare professionals is to ensure that we listen to patient's stories, and help support people to maintain their roles and sense of self for as long as possible.

The aim of the International Observatory on End of Life Care is to undertake high quality research, clinical studies and education to improve palliative and end of life care for patients and family carers.

## How has this benefitted you?

Having the opportunity to study distance learning has enabled me to meet palliative colleagues around the world, and to work with academics who lead and influence palliative and end-of-life policy. I am looking forward to sharing my experiences with students and colleagues at Teesside.

**Ann French**  
Principal Lecturer (Staffing and Resources)

# Nursing student combines study with competing internationally

Caitlin Owston has been combining her studies with representing Great Britain at international gymnastics championships.

BSc (Hons) Nursing Studies (Child) student Caitlin, 19, competed as part of a trio against 11 other teams at the European Championships in Rzeszow, Poland. She said, 'We managed to reach all three finals in the three different routines we were competing in, taking the bronze medal for our dynamic routine.'

The team was placed fifth overall, with Caitlin adding, 'We are extremely happy as the standard of the competition was really high.'

The trio recently won the National Championships and currently hold the British Championships title after a gold medal-winning performance during the summer.

Caitlin has been involved in gymnastics since the age of five. She trains for four hours, five times each week, at Deerness Gymnastics Academy in Durham.

She said, 'To be selected to compete in Poland we had to be recognised by the national coach as having potential from our previous results. We then had to attend a trial at Lilleshall national sports centre and compete our routines in front of a panel of judges.'

'The second trial took place at the British Championships in Liverpool, where we managed to take the gold medal and the title of British champion.'

Caitlin, who is currently completing the first year of the degree, said: 'I chose Teesside to study as it has an amazing success rate and is known for its reputation in nursing.'

'I also know other people who have studied here before and have thoroughly enjoyed it. It is also close to home, so it means I can continue to train.'

She added, 'I'm enjoying learning new skills in something I'm interested in and I can't wait to go out on placement and experience the profession at its fullest.'

'I hope to finish my degree and qualify as a child nurse, while in gymnastics I'm continuing to train in the hope we can qualify for team GB again and manage to compete at the world championships in April.'



Caitlin Owston pictured with team members Bethany Macdougall and Amelia Pamler



I chose Teesside to study as it has an amazing success rate and is known for its reputation in nursing.

## Research update

# Trial prompts practice change for shoulder fractures

The number of people suffering from shoulder fractures is steadily increasing as the population gets older.

Surgery is often considered for more serious fractures, however it's uncertain whether surgery gives a better outcome than putting the injured arm in a sling. Because of this uncertainty, a publicly-funded and rigorously-conducted trial was set up in 2008 to compare surgical with non-surgical treatment.

Led locally by Dr Helen Handoll, Teesside University, this Teesside University sponsored trial was run in collaboration with researchers from the James Cook University Hospital and the York Trials Unit at the University of York.

Funded by the National Institute of Health Research, 250 patients were recruited from 32 NHS hospitals. Trial results showed that surgery did not produce better results over a two-year follow-up. This formed the basis of recommendations for treating these fractures in national guidelines published in 2016.

A recently published survey of UK orthopaedic surgeons showed that the trial has had an important impact on surgeons' clinical practice, through change and through underpinning existing non-surgical practice.



Dr Helen Handoll

Dr Handoll, Researcher in Orthopaedics at the School said, *'This evidence is good news for these fracture patients and will result in cost savings to the NHS. Some surgeons now refer to the trial when discussing treatment options with patients.'*

# Exploring robotic-assisted thoracic surgery for lung cancer

Researchers at Teesside University are working with leading surgeons at James Cook University Hospital and St Bartholomew's Hospital to conduct a large mixed-methods study comparing robotic surgery to open surgery in individuals with lung cancer.

Surgery is currently the most effective treatment for curing lung cancer and it can be performed using open or minimally invasive techniques. Robotic-thoracic surgery is minimally invasive and can be performed more easily than other minimally invasive techniques as it offers 3DHD vision, a 360 degree view of the chest, and a fully-articulated arm.

We are exploring any difference between open and robotic surgery in terms of clinical outcomes which are likely to be meaningful to patients including exercise capacity health-related quality of life and physical activity.



Through interviews with patients we aim to understand their experience of undergoing robotic surgery, with a view to improving both pre and post-operative care.

Dr Samantha Harrison, Principal Lecturer (Research and Innovation) is the Chief Investigator. Three patients are currently enrolled from James Cook University Hospital with recruitment planned at St Bartholomew's in December 2017.

Funding of £80,000 has been awarded by Intuitive Surgical for the project which will run for two years. We hope that the results from this project will lead to the development of a full-scale randomised controlled trial.

## Research update

# Professors sleep out to raise awareness of homelessness

**Two Teesside University professors have slept rough for the night in a huge charity event that aims to raise money and awareness for homelessness and poverty.**

Professor Azrini Wahidin and Professor Dorothy Newbury-Birch braved the cold winter night as part of the CEO Sleepout in November 2017.

CEO Sleepout is a charity that raises money through executives who sleep outdoors for one night to raise sponsorship from their business contacts and colleagues.

Professors Wahidin and Newbury-Birch led the way for Teesside University and were joined by several colleagues.

Their research is closely aligned with the issues and consequences of homelessness, substance misuse and deprivation.

Professor Wahidin, Associate Dean (Research & Innovation), in Teesside University's School of Social Sciences, Humanities & Law, has published widely on issues such as youth justice, violence against women, women in prison and transitions from custody.

Professor Newbury-Birch is Professor of Alcohol and Public Health in the University's School of Health & Social Care and specialises in work to reduce alcohol-related harm in society, especially among young people and those involved in the

criminal justice system. She is also a lead on one of the University's Grand Challenge Themes, which utilise research and expertise to address some of the biggest issues of our time.

Reflecting on the CEO Sleepout, Professor Wahidin said, 'I believe it is our responsibility – both as academics and members of Teesside University – to address social injustice and the sleepout is one way to raise awareness about homelessness and its many consequences.'

'Nationally homelessness is on the rise and it is alarming when you think in 2017 there are still people sleeping under bridges, in car parks and on park benches. There are people who say they would rather be in prison than be homeless, which is a sad indictment of society.'

'Homeless people have a life expectancy of just 47 and are 17 times more likely to be victims of violence. Women on the street face the real fear of sexual exploitation. Our research tackles social injustice and social inequality and raising the issue of homelessness is one of the many ways we can put our research into practice.'

Professor Newbury-Birch added, 'The most important thing about this is to raise awareness. Issues of inequality and poverty span our work, but it is not enough to just do the research, we have to try and experience it.'



# Digital experts aim to pass auditions of international healthcare project

An *X-Factor* style audition process sees some of Europe's top developers compete to create products using virtual reality and digital technology to aid rehabilitation for people with a range of health concerns.

Researchers at Teesside University are part of the ambitious international project which looks towards digital technology and virtual reality to help provide support for people with a variety of health conditions.

Funding of £2.4 million has been awarded for the VR4Rehab project, which comprises Teesside University's Centre for Rehabilitation Sciences, along with partners from universities, hospitals and industry in the Netherlands, UK, France, Germany and Belgium.

A series of hackathons take place across Europe bringing together developers in virtual reality and digital technology with research and clinical experts from each partner. The health experts detail the issues and challenges faced with helping patients deal with various health problems, such as managing pain, controlling movement and encouraging physical and social activity.

The developers then come up with ideas for digital and virtual reality solutions, which help address these issues and concerns.

Those who come up with the best ideas are invited back to develop prototypes and pitch their solutions to a panel of experts in a number of game jams. A winner is chosen in each theme and they then work with the VR4Rehab team to bring their idea to market.

Denis Martin, Professor of Rehabilitation and the project lead for Teesside University, is one of the experts heading up the chronic pain theme. His research specialises in the assessment and management of chronic pain and he has worked on several high profile projects, including The North of England Regional Back Pain Programme, which aims to help people with back pain self-manage their own condition, as well as Pain Garden, a website which uses the concept of gardening to illustrate more complex concepts about pain.



He works alongside Dr Sam Harrison, Dr Cormac Ryan, Dr Shaun Wellburn and Professor John Dixon, all from the University's School of Health & Social Care, as well as Professor Zulf Ali, Director of the University's Healthcare Innovation Centre, through which the project is operated.

The international project is being funded for three years, with the first year spent setting up the hackathons across Europe, the second year seeing the ideas developed at game jams across North West Europe, and the third year dedicated to the winners working with the VR4Rehab team to fully develop their ideas.

Professor Martin said, 'I am delighted that Teesside University is able to be involved and provide expertise for such an exciting and innovative international project which should have a significant beneficial effect on a wide range of health issues.

'Digital technology and virtual reality can provide so many different opportunities within healthcare and rehabilitation and I'm looking forward to seeing what ideas and solutions the developers come up with.

'In terms of chronic pain, one of the problems people have is getting access to the right kind of advice and support – that is where things like interactive education and games can help people to better manage their lives while living with pain.

'This will be a tough process and we have likened it to the *X-Factor* – with auditions, a kind of digital boot camp, and the finalists working with expert mentors.'

“  
This will be a tough process and we have likened it to the *X-Factor* . . .

# Course developments



## Dietetics

We are currently developing an MSc Dietetics programme alongside the School of Science, Engineering & Design, commencing January 2019. This is a two-year full-time programme aimed at graduates with an honours degree with significant elements of human physiology and biochemistry. Completion of this programme provides graduates with eligibility to apply for statutory Health and Care Professions Council registration to practice as a dietician within the UK. As part of the programme students are required to undertake a minimum of 1000 hours of practice placement working with people across the lifespan in a variety of health and social care settings.

## Diagnostic image reporting

Our new MSc Diagnostic Image Reporting is a distance learning programme for diagnostic radiographers looking to move into advanced practice. The course covers appendicular, axial and chest-image reporting using our Picture Archiving Communication System (TUPACS), which stores almost one million images. It also uses our SPICE system to allow students to have immediate feedback on their image reporting performance. This is used in tandem with other teaching strategies including taught, synchronous, online sessions with lecturers, tutorial support, online student support café, and discussion boards. The course provides a varied learning experience, allowing students to develop the skills to effectively interpret radiographs in the clinical setting.



## Spoonful of Knowledge series

Approximately one in ten children and young people have a diagnosable mental disorder, (the equivalent of three pupils in every classroom across the country according to Green *et al* (2004).

DISCOVER AND DEBATE TOPICAL ISSUES

In October 2017 Chris Dlamini, Senior Lecturer (Learning Disabilities) presented a public talk entitled Tackling Children's Mental Health, to establish people's understanding of the definition of mental health before looking at the causes of mental distress, disorder and illness.

He focussed on the main issues currently affecting young people; the influence of social media and how the new world of technology has a bearing on anxiety levels, cyber bullying, and adult expectations of children including exam results and achievements (Children's Commissioner 2017).

A consideration of the political agenda was offered in order to project funding issues affecting the NHS and especially Child and Adolescent Mental Health Services (CAMHS). The Prime Minister has said that mental health is one of the greatest social challenges of our time, while the Health Secretary has described CAMHS as the biggest single area of weakness of NHS provision.

The discussion moved towards newer ways of promoting children's wellbeing and access to other services and interventions apart from CAMHS. Sarah Brennan, Chief Executive of Young Minds, says that without

schools and mental health services working more closely together, and without good early intervention, we will never address young people's mental health. This topic was also incorporated into the Public Health Conference for the Pre-Registration Nursing Programmes in November 2017, highlighting the strain mental health management and treatment will place on the NHS in the next few years.

Some lively debates were held and it is hoped that a similar public talk will be held in future to children and young people discussing future design of services.

# Georgia Ramsay [A STUDENT VIEW]

After a break from education, Georgia returned to university to find a fulfilling career she could take anywhere.



## Why Teesside?

Several years ago, I started studying law at another university but I left before completing my degree. I then spent four years in Germany with my husband and started a family, but I felt unfulfilled in the work I was doing so began to consider other options.

I wanted a career with opportunities to progress that I could take anywhere in the UK, so I decided to study diagnostic radiography. I knew this would mean returning to higher education, but I looked forward to the challenge. I already had a good opinion of Teesside University as I had a number of friends who'd studied here in the past, but ultimately I chose it because of its location, student satisfaction scores, facilities and quality teaching.

## Why diagnostic radiography?

During a period of illness I underwent a number of radiographic examinations and found myself really interested in how the equipment worked. I did some reading and thought I would thoroughly enjoy radiography as a career – plus it ticked all my other boxes.

## What's your course like?

I like that it's a small cohort compared to some other subjects, so there's a really strong sense of comradeship between the students. We rally round and help one another through any tricky parts of the course.

Pathophysiology has been my favourite module so far. It's fascinating, has fantastic lecturers and it gives much needed background knowledge for practice. I also volunteer as a course representative for my cohort along with another student. Together we raise any issues at liaison meetings with the academic team and signpost our fellow students to support services should they need it.

## What do you think about the campus and local area?

The campus heart is modern and open – it has facilities to meet all student needs. The library is brilliant and has just undergone renovations which have helped to make it a fun and relaxing place to study. They also offer so many workshops to support study skills, applicable to any subject. There is always help available if you need it.

Students in the area are really well catered for. Despite living an hour away, I've had the chance to visit most of the pubs around campus, even if it's just for lunch, and they are all great. We also arranged a Christmas meal at a local restaurant that was delicious and affordable.

## Tell us about your placements

Our first placement block took place after Christmas until the summer break and it was really enjoyable. We were expected to be responsible for our own learning to achieve the competencies given to us at the start of the course. Academic learning can't compare with clinical experience – it's invaluable and allows you to get to grips with the day-to-day reality of working within your chosen profession.

## Would you recommend Teesside University?

I would absolutely recommend Teesside, especially for mature students. The pastoral care is wonderful and the course itself is really engaging and forward-thinking.

---

*The campus heart is modern and open – it has facilities to meet all student needs.*



## International activities



# Physiotherapy graduate awarded travel fellowship

Teesside University physiotherapy graduate Dr Victoria Butler was among a handful of health professionals to be awarded a travelling fellowship by the Winston Churchill Memorial Trust.

As a Fellow, Dr Butler was among those invited to investigate overseas approaches which have had a positive impact on a range of healthcare issues, with the aim of returning with new solutions to benefit their working practice and communities across the UK.

Dr Butler travelled to Australia to investigate exercise programmes to prevent falls in stroke patients.

She graduated from the MSc Physiotherapy pre-registration in 2013 and now works as a physiotherapist on the stroke ward at North Tees and Hartlepool NHS Foundation Trust.

Dr Butler, from Kirkclevington, said, 'I am incredibly proud to be a Churchill Fellow. I feel privileged to be able to have travelled and meet amazing individuals dedicated to stroke and falls and bring that knowledge back to the UK.'

Since returning from Australia Victoria says she has already been able to implement some of the ideas taken from her travels.

'During the trip I travelled to Melbourne, where I visited acute and community hospitals and research institutes to meet

individuals working in stroke. I also travelled to Sydney to visit stroke rehabilitation units and met developers of a state-wide falls programme for the over 65s called Stepping On.

'I then travelled to Queensland to meet clinicians delivering the Otago exercise program in the community and visited the Burnie Brae centre and Healthy Connection, a community gym based exercise service delivered by exercise physiologists for individuals with multiple health issues including stroke.'

Victoria added, 'During my time at Teesside University I enjoyed the range of placements, as well as the excellent facilities and teaching. Without gaining the degree I wouldn't be in the position I am now.'

She was chosen as a Fellow after identifying that some individuals who had experienced a stroke were more at risk of falls. She added, 'I wanted to investigate how falls services were implemented on a large scale and if there were any programmes or initiatives which could be used for stroke individuals.'

'I identified that Australia and New Zealand had developed state-wide falls programmes and there was a strong physiotherapy research background in falls and stroke.

'The application for the Winston Churchill Trust Fellowship involved outlining why I wanted to investigate falls programmes, followed by a second application outlining where I wanted to travel and a panel interview.'

Julia Weston, Chief Executive of the Winston Churchill Memorial Trust, said, 'Churchill Fellows travel globally and return with innovative ideas and a commitment to sharing their findings to help others in the UK.'

'Our hope is that exposure to practical, positive practices overseas will enable the individuals we fund to contribute to the delivery and leadership of an effective healthcare system in the UK.'

I am incredibly proud to be a Churchill Fellow.

## Recent staff publications

### Greg Atkinson – Professor (Research)

L Lolli, AM Batterham, L Kratochvíl, J Flegr, KL Weston, G Atkinson (2017). 'A comprehensive allometric analysis of 2nd digit length to 4th digit length in humans.' *Proceedings of the Royal Society B* 284 (1857), 20170356.

CG Ryan, A Vijayaraman, V Denny, A Ogier, L Ells, S Wellburn, L Cooper, DJ Martin, G Atkinson. 'The association between baseline persistent pain and weight change in patients attending a specialist weight management service.' *PLoS one* (2017) 12 (6), e0179227..

MD Wright, G Atkinson 'Changes in sprint-related outcomes during a period of systematic training in a girls' soccer academy.' *The Journal of Strength & Conditioning Research* (2017). Post Acceptance: June 08, 2017, doi: 10.1519/JSC.0000000000002055.

### Dr Alan Bowman – Academic Tutor (Research), Doctorate in Clinical Psychology

AR Bowman, V Bruce, C Colbourn, D Collerton 'Compensatory shifts in visual perception are associated with hallucinations in Lewy body disorders' (2017) *Cognitive Research: Principles and Implications*, 2, 26.

### AM Cook – Senior Lecturer in Midwifery

AM Cook, 'Midwifery perspectives - The consent process in the context of patient safety and medico-legal issues'. (2016) *Clinical Risk*, Vol. 22(1-2) 25-29.

A Cook, 'Litigation Insights – Perspectives from a Midwifery Expert Witness.' (2017) *The Expert Witness*, Vol.1 (20) 28-32.

### Dr Louisa J Ells – Reader in Public Health and Obesity, Specialist Advisor to Public Health England

A Al-Khudairy, E Loveman, JL Colquitt, E Mead, RE Johnson, H Fraser, J Olajide, M Murphy, RM Velho, C O'Malley, LB Azevedo, LJ Ells, MI Metzendorf, K Rees 'Diet, physical activity and behavioural interventions for the treatment of overweight or obese adolescents aged 12 to 17 years.' (2017) *Cochrane Database of Systematic Reviews*, Issue 6. Art. No.: CD012691. DOI: 10.1002/14651858.CD012691.

E Mead, T Brown, K Rees, LB Azevedo, V Whittaker, D Jones, J Olajide, GM Mainardi, E Corpeleijn, C O'Malley, E Beardsmore, L Al-Khudairy, L Baur, MI Metzendorf, A Demajo, LJ Ells 'Diet, physical activity and behavioural interventions for the treatment of overweight or obese children from the age of 6 to 11 years.' (2017) *Cochrane Database of Systematic Reviews*, Issue 6. Art. No.: CD012651. DOI: 10.1002/14651858.CD012651.

TJ Brown, C O'Malley, J Blackshaw, V Coulton, A Tedstone, C Summerbell, LJ 'Exploring the evidence base for Tier 3 weight management interventions for adults: a systematic review' (2017) *Clinical Obesity*, 7: 260-272. doi:10.1111/cob.12204.

### Jennifer Ferguson – PhD Student

P Bogowicz, J Ferguson, E Gilvary, F Kamali, E Kaner, D Newbury-Birch 'Alcohol and other substance use among medical and law students at a UK university: a cross sectional questionnaire survey' (2017) *Postgraduate Medical Journal*.

### Sarah Fishburn – Senior Lecturer in Mental Health

S Fishburn, E Meins, S Greenhow, C Jones, S Hackett, N Biehal, H Baldwin, L Cusworth, J Wade 'Mind-Mindedness in Parents of Looked-After Children' (2017) *Developmental Psychology*, 53(10), 1954-1965.

### Dr Helen Handoll – Reader in Orthopaedics

L Jefferson, S Brealey, H Handoll, A Keding, L Kottam, I Sbizzera, A Rangan 'Impact of the PROFHER trial findings on surgeons' clinical practice: An online questionnaire survey' (2017) *Bone and Joint Research*; 6(10): 590-599.

### Dr Grant J McGeechan – Research Associate

K Tate, D Newbury-Birch, GJ McGeechan 'A systematic review of qualitative evidence of cancer patients' attitudes to mindfulness.' (2017) *European Journal of Cancer Care*. In Press.

# Groundbreaking investment to build healthier communities

Teesside University is involved in an innovative, multi-million pound Sport England scheme to help build healthier and more active communities across the country.

Around £100million of National Lottery funding will be invested in 12 pilot schemes over four years, to create innovative partnerships that make it easier for people in these communities to access sport and physical activity.

By focusing intensely in 12 areas, Sport England and the local partners want to identify better ways to address these stubborn inequalities and break down the barriers that stop people getting active, such as poor transport, safety, cost and confidence.

Redcar & Cleveland and Middlesbrough Borough Councils have been chosen by Sport England as one of the pilot areas and will deliver the scheme across South Tees communities.

They will work with a raft of organisations and partners to get more people active in a bid to tackle inequality and poverty, and ultimately improve people's quality of life.

Teesside University is one of the partners for the pilot scheme along with Middlesbrough and Redcar & Cleveland Borough Councils, NHS South Tees Clinical Commissioning Group, South Tees Hospitals NHS Foundation Trust, Everyone Active, North York Moors National Park Authority, Coast & Country and Thirteen Housing Associations, Middlesbrough Environment City, Middlesbrough Football Club Foundation, Groundwork North East, Tees Valley Sport,

Redcar and Cleveland Voluntary Development Agency, Middlesbrough and Redcar & Cleveland Colleges, Middlesbrough Voluntary Development Agency, and The Princes Trust.

The programme will focus on two elements. The first will target specific communities of interest and will focus on physical activity for rehabilitation, diabetes, weight loss services and engagement of healthcare professionals. The second is a community-based approach and will focus on promoting physical activity in the most deprived areas of the two boroughs. Dr Liane Azevedo, Senior Lecturer in Physical Activity and Public Health at Teesside University, will be the trail manager of the programme and together with Professors from other Universities in the northeast will be responsible for monitoring and evaluating the programme.

Professor Paul Crawshaw, Dean of Teesside University's School of Social Sciences, Humanities & Law, said 'It is fantastic news that this area has been chosen as one of 12 pilot schemes for this exciting and innovative project.

'Regular access to sport and physical activity can bring so many benefits and increased opportunities and we are looking forward to providing specialist academic support and the use of our world-class facilities to ensure that this project is a success.'

Councillor Lynn Pallister, Cabinet Member for Health, Housing and Welfare at Redcar & Cleveland Borough Council, said, 'We are delighted we have been allocated this

funding which will go towards improving people's quality of life in South Tees. Sport and physical activity removes barriers and creates opportunities across health, education and employment, and we're very much looking forward to rolling out the project to our residents.'

Councillor Julia Rostron, Middlesbrough Council's Executive Member for Adult Social Care and Public Health, added, 'The project aims to tackle health inequalities in a number of ways through partnership working. We have been working for some time with Sport England to make a case for inclusion in this project so we are absolutely delighted to be named as one of the pilot areas.'

Jennie Price, Sport England Chief Executive said, 'We are delighted that Redcar & Cleveland and Middlesbrough will be working with us on this ground-breaking investment. We want to get to the heart of the issues that stop people being as active as they might like to be, and work alongside every part of the community and the groups and institutions in the South Tees area that support them.

'This is not all about sport – we're prepared to look at wider issues like transport, childcare, how easy it is to walk or cycle – whatever that community feels is most relevant to them. The process to be appointed as a pilot area for this work was incredibly competitive, and Redcar & Cleveland and Middlesbrough have emerged from a very strong field. I am really delighted to be working with them.'

GJ McGeechan, C Richardson, K Weir, L Wilson, G O'Neill, D Newbury-Birch 'Evaluation of a police led suicide early alert surveillance strategy in the United Kingdom.' (2017) *Injury Prevention*. In Press.

## **Samantha Harrison** – Principal Lecturer (Research and Innovation)

M Beauchamp, A Lee, R Ward, SL Harrison, P Bain, R Goldstein, D Brooks, J Bean, A Jette 'Do exercise interventions improve participation in life roles among older adults? A systematic review and meta-analysis' (2016) *Physical Therapy*, 97: 964-974.

SL Harrison, AL Lee, HL Elliott-Button, R Shea, R Goldstein, D Brooks, CG Ryan, D Martin 'The views of health care providers and patients with Chronic Obstructive Pulmonary Disease on pain in pulmonary rehabilitation: A qualitative study' (2016) *International Journal of COPD*.

MK Beauchamp, D Brooks, C Ellerton, AL Lee, J Alison, PG Camp, G Dechman, K Haines, SL Harrison, A Holland, A Marques, R Moineddin, EH Skinner, L Spencer, MK Stickland, F Xie, R Goldstein 'Pulmonary rehabilitation with balance training for falls reduction in COPD: Protocol of a randomized controlled trial' (2016) *JMIR Research Protocols*.

## **Dorothy Newbury** – Professor

C Sullivan, N Martin, C White, D Newbury-Birch 'Assessing the delivery of alcohol screening and brief intervention in sexual health clinics in the North East of England' *BMC Public Health*. In press.

N Martin, P Buykx, C Shevills, L Clark, D Newbury-Birch 'Population level effects of a mass media alcohol and breast cancer campaign: A cross-sectional pre-intervention and post-intervention evaluation.' (2017) *Alcohol and Alcoholism*. In press.

S Coulton, M Bland, H Crosby, V Dale, C Drummond, C Godfrey, E Kaner, J Sweetman, R McGovern, D Newbury-Birch, S Parrott, G Tober, J Watson, Q Wu 'Effectiveness and cost-effectiveness of opportunistic screening and stepped-care interventions for older alcohol users in primary care.' *Alcohol and Alcoholism*. In press.

## **Dr Diane Simpson** – Senior Lecturer in Social Work

I Mathews, A Griffiths, R Hunt, K McIntyre, D Simpson, (paper accepted) 'I hope to find myself: Social work students' initial encounter with practice explored in the context of professional identity.' *Journal of Practice Teaching and Learning*.

## **Gillian Waller** – PhD Student

G Waller, T Finch, EL Giles, D Newbury-Birch. 'Exploring the factors affecting the implementation of tobacco and substance use interventions within a secondary school setting: a systematic review.' *Implementation Science*. In press.

## **Jo Yaldren** – Principal Lecturer (Learning and Teaching) and Associate Teaching Fellow

S Kennedy, J Yaldren 'A look at digital literacy in health and social care' (2017) *British Journal of Cardiac Nursing*, Vol 12, No 9. <http://www.magonlineibrary.com/doi/10.12968/bjca.2017.12.9.428>.

## **Vida Zohoori** – Professor of Oral Public Health and Nutrition

O Ibiyemi, FV Zohoori, RA Valentine, S Kometa, A Maguire 'Prevalence and extent of enamel defects in the permanent teeth of 8-year-old Nigerian children.' (2017) *Community Dentistry and Oral Epidemiology*, e-pub ahead of print. DOI: 10.1111/cdoe.12328.

OJ Olajide, J Shucksmith, A Maguire, FV Zohoori 'Using Normalisation Process Theory to investigate the implementation of school-based oral health promotion' (2017) *Community Dental Health* 34(3): 137-142.

FV Zohoori, A Maguire 'Determining an upper reference value for the urinary fluoride-creatinine ratio in healthy children younger than 7 years' (2017) *Caries Research*, 51:283-289.

# What's on...

---

## 24 February 2018

Undergraduate open day  
10.00am - 2.00pm

## 7 March 2018

Postgraduate and part-time open day  
2.00am - 6.00pm

## 24 March 2018

Undergraduate open day  
10.00am - 2.00pm

## 16 June 2018

Undergraduate open day  
9.00am - 3.00pm

## 18 August 2018

Clearing open day  
10.00am - 2.00pm

## 13 October 2018

Undergraduate open day  
9.00am - 3.00pm

## 17 October 2018

Undergraduate open day  
9.00am - 3.00pm

**Find out more**

T: 01642 342275 | E: [enquiries@tees.ac.uk](mailto:enquiries@tees.ac.uk) | [tees.ac.uk/opendays](http://tees.ac.uk/opendays)



This publication is available in alternative formats on request. Please contact the Enquiry Service on **+44 (0) 1642 342942** or email **[enquiries@tees.ac.uk](mailto:enquiries@tees.ac.uk)**.

### Teesside University

Middlesbrough

Tees Valley

TS1 3BX UK

T: +44 (0) 1642 218121

**[tees.ac.uk](http://tees.ac.uk)**