

In brief:

- A publication by our recent PhD Graduate Julie Duncan-Miller and co-authors is the 9th most read Clinical Rehab paper in the last two years. <https://sage.altmetric.com/details/54006303#score>



Professor Anne Whittaker was recently appointed Chair of nursing research and continues to be based at our Stirling office. As well as a clinical background in mental health & addictions, Anne has an extensive research portfolio and specialist interest in policy and practice in relation to individuals and families affected by substance misuse.

Anne is also pleased to announce she has recently been awarded a £2.23 million grant from the Economic and Social Research Council (ESRC) to lead on an ambitious international multi-methods research project to critically examine the health and social care of parents who are drug dependent.

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- ESRC PhD student Lynne Gilmour received a runners up prize in the 2019 SGSS Research Impact & Knowledge Exchange Competition. This was for an animation made by a group of young people at the MacRobert Arts centre which will be used to support the informed consent process in Lynne's PhD.

Inside this issue:

Oslo Lecture 1

Advanced Nursing 1

Mindfulness 2

Oslo lecture on meta-ethnography By Dr Emma France

Dr Emma France was invited by Professor Terese Bondas of the University of Oslo, Norway, to deliver a full day lecture to postgraduate students, staff, and paying external doctoral candidates. The lecture took place on 9th April 2019 at the Norwegian Research School in Municipal Health and Care in the Institute of Health and Society, as part of their research course in advanced qualitative methods. The attendees included 16 enthusiastic postgraduates and staff of six nationalities, including Spain, Finland, Denmark,

and beyond. Dr France's lecture focused on meta-ethnography and qualitative evidence synthesis. She is an international expert in meta-ethnography, which is a research methodology for pulling together and analysing the evidence from multiple qualitative research studies, such as those involving focus groups or interviews, to generate new insights and understandings on a specific topic. She previously led the National Institute for Health Research-funded eMERGe project

(www.emergeproject.org) to develop guidance to improve the reporting of meta-ethnography. The guidance has just been translated into Spanish and Chinese, and these will be available soon. Professor Bondas has invited Emma to return to Oslo to deliver the lecture again next year.



The Implementation of Advanced Nurse Practitioner Roles in Primary Care in Scotland By Dr Heather Strachan

This study examined the implementation of ANP roles in primary care across Scotland, to determine what works, for whom, why and in what circumstances. Using realist evaluation we undertook 68 semi-structured interviews with key informants and documentation analyses. Findings indicated ANPs were undertaking elements of the GPs role. In rural areas ANPs undertook multiple nursing roles. Facilitators to successful ANP role implementation included: leadership, collaboration and investment from nurse



leaders, GPs and education staff. Challenges included: resistance from some GPs and nurses related to lack of understanding of ANP roles; fear of own role erosion; shortage of clinical supervisors; inadequate study leave. Small scale evaluations indicated ANPs provided a positive patient experience and improved access to services. ANPs have the

capabilities to address primary care workload challenges as part of the multidisciplinary team. Key to success was developing roles that combine advanced nursing competencies and clinical decision making to deliver new models of care rather than simply shifting workload from GPs to nurses. Adequate resources and capacity to provide high standards of education were a challenge in a service that was already under pressure. Full report available <http://www.sspc.ac.uk/reports/>

Practicing mindfulness and compassion in high-stress occupations

By Dougie McPhail



There is a growing body of evidence to show that the incidence of stress and anxiety is increasing in high demand occupations such as medicine, nursing, psychology and education. For example, a recent article in [the conversation](#) suggests that 43% of academic staff exhibit

symptoms of at least a mild mental disorder, which is nearly twice the prevalence of the general population. My PhD is looking at the impact of mindfulness & compassion training on personnel in 'Blue light' occupations and builds on my experience of developing and co-facilitating a modified mindfulness-based stress resilience (MBSR) training programme for NHS & Scottish Ambulance Service personnel. Using a mixed methods approach, data was collected from 60 emergency ambulance personnel prior

to, upon completion and at 3 months, & 6-month intervals after completing the programme. Analysis of the data show that compared to baseline measures, positive changes were observed at 6 months in mental well-being (+26%), perceived stress (-40%), sleep quality (+40%), mindfulness (+30) & self-compassion. (+30%) Additionally, these changes were apparent upon completion of the programme (at 4 weeks) and maintained over the time periods.

Recent publications

Harkness, M. and **Cheyne, H.** (2019) Myles textbooks for Midwives 1953 and 2014, a feminist critical discourse analysis. *Midwifery*, 76, pp. 1-7. •McLellan, J., O'Carroll, R., **Cheyne, H.** and Dombrowski, S. (2019) Investigating midwives' barriers and facilitators to multiple health promotion practice behaviours: a qualitative study using the theoretical domains network. *Implementation Science*, 14, pp. 64. •**Pollock, A., Hazelton, C.,** Rowe, F., Jonuscheit, S., Kernohan, A., Angilley, J., Henderson, C., Langhorne, P. and **Campbell, P.** (2019) Interventions for visual field defects in people with stroke. *Cochrane Database of Systematic Reviews* (e-Pub Ahead of Print) Doi: 10.1002/14651858.CD008388.pub3. •Radcliffe, P., Chandler, A., Martin, F. and **Whittaker, A.** (2019) Parents and substance use. *International Journal of Drug Policy*, 68, pp. 97-100. •Shepherd, A., **Cowie, J.** and Beattie, M. (2019) An exploration of how domains of quality of care relate to overall care experience. *Int. Journal of Health Care Quality Assurance*, 32 (5), pp. 844-856. •Turner, K., Rousseau, N., Croot, L., **Duncan, E.,** Yardley, L., O'Cathain, A. and **Hoddinott, P.** (2019) Understanding successful development of complex health and health care interventions and its drivers from the perspective of developers and wider stakeholders: an international qualitative interview study. *BMJ Open*, 9 (5), pp. e028756. •**Whittaker, A.,** Chandler, A., Cunningham-Burley, S., Elliott, L., Midgley, P. and Cooper, S. (2019) Problematisation and regulation: bodies, risk, and recovery within the context of Neonatal Abstinence Syndrome. *International Journal of Drug Policy*, 68, pp. 139-146.

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Directors Blog:

Thank you for taking the time to read our newsletter. We are delighted to introduce you to Professor Anne Whittaker, our new Chair of Nursing Research within the Unit (see our accompanying profile article). Overall, this brings the Professoriate within the NMAHP Research Unit up to 7 Professors, covering Nursing, Midwifery, Allied Health Professions, Primary Care, Statistics, and Social Sciences. Such a team enables us to conduct high quality research across a range of clinical topics and priorities (see our website for more details). However, the future of health and social care delivery will require attention to the use of technological innovations by healthcare staff, patients and their carers/families. The Professoriate and other senior colleagues in the Unit are already working to develop and provide the evidence base for new technologies. Over the coming months, we are planning to add to our current workstreams by focusing on research into developing or testing technological solutions to significant problems for the NHS and its patients. Our future newsletters will keep you up to date with these developments.



Best Wishes, Margaret Maxwell

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Nursing, Midwifery and Allied Health Professions Research Unit

Improving health through research 