

## When Leeds Met Health



This year we are proud to present the new 'Leeds Met Health' brand and hoody, first seen around the Civic Quarter when Health played host to the Senior Executive Team, who met students from Dietetics to Human Biology.

## Launching Leeds Met Health Campaigns

March saw the launch of the first of many 'Leeds Met Health Campaigns' in line with the Department of Health's annual programme, designed to raise awareness of the importance of health and social care issues throughout the UK. The events range from Non-Smoking Day to Brain Injury Awareness Week. The Leeds Met Health Campaigns started with Obesity Awareness Week, where staff and students were given the opportunity to find out more about healthy eating, enter competitions and have

their BMI & Waist circumference measurements tested. The week also saw the launch of FRESH, a brand new Juice and Smoothie Bar located in the Metceno at Headingley Campus. The campaign was complimented by a series of lunchtime seminars discussing issues from Adult and Childhood Obesity to Professor Alan White's Men's Hazardous Waist lecture. Forthcoming Leeds Met Health Campaigns can be found at [www.leedsmet.ac.uk/health/events](http://www.leedsmet.ac.uk/health/events).



# Osteopathy Clinic, opening soon, open to all

With the introduction of the new BSc (Hons) in Osteopathy comes the development of the new Osteopathy Clinic, the first undergraduate teaching clinic in the north of England. Osteopathy specialises in the diagnosis and treatment of conditions affecting the musculoskeletal and nervous systems. The clinic will be located at 10 Queens Square, near to Civic Quarter and is due to open this summer. The clinic will be open to members of the public, as well as Leeds Met students and staff. A self-referral system will be in place and there will therefore be no need for a GP referral.

Initially our osteopathic clinic tutors will treat the patients then as the new degree course develops, treatment in the clinic will be provided by osteopathic students who will be supervised by tutors.

The building will contain 5 treatment rooms where students will work in pairs developing their practical skills working with the close supervision of a clinic tutor. There will also be a tutorial room available where supplementary teaching will take place. The students who will be working at the clinic will be able to treat a variety of common conditions. These will include back and neck pain, changes to posture in pregnancy, babies with colic or sleeplessness and repetitive strain injury, as well as postural problems caused by driving or work strain, and the pain of arthritis.

We are planning a spectacular launch event which will include key speakers, tours of the clinic and live demonstrations. For more information contact Alice Green on [a.l.green@leedsmet.ac.uk](mailto:a.l.green@leedsmet.ac.uk) or visit [www.leedsmet/health/osteopathy](http://www.leedsmet/health/osteopathy)



## Just what was needed



Over 50 final year BA and MA Social Work students recently returned from full time placement to spend the day considering 'Social Work in the 21st Century.' Professor Nick Frost emphasised that social workers must continue to champion people who are excluded and that we need to rise to the challenges of globalisation. The sex traffic of children and the mass movements of people were issues to be faced by the profession. He encouraged all the students to see themselves as the future leaders of the profession. Mike Bush from the User and Carer Group and previously a Senior Social Worker,

spoke about 'Surviving and Thriving in Social Work,' entreating us to take care of our mental health at work (Sue Talbot developed this theme). The final session on jobs, careers and CV writing presented by Laura Dean, gave a practical hands-on approach to finding the right post. Throughout the day representatives from 8 employment agencies and the Enterprise Unit offered information and guidance to the students. The event was a resounding success, the speakers, the venue and the organisation were just what was needed.

## Health staff lead in fitness challenge

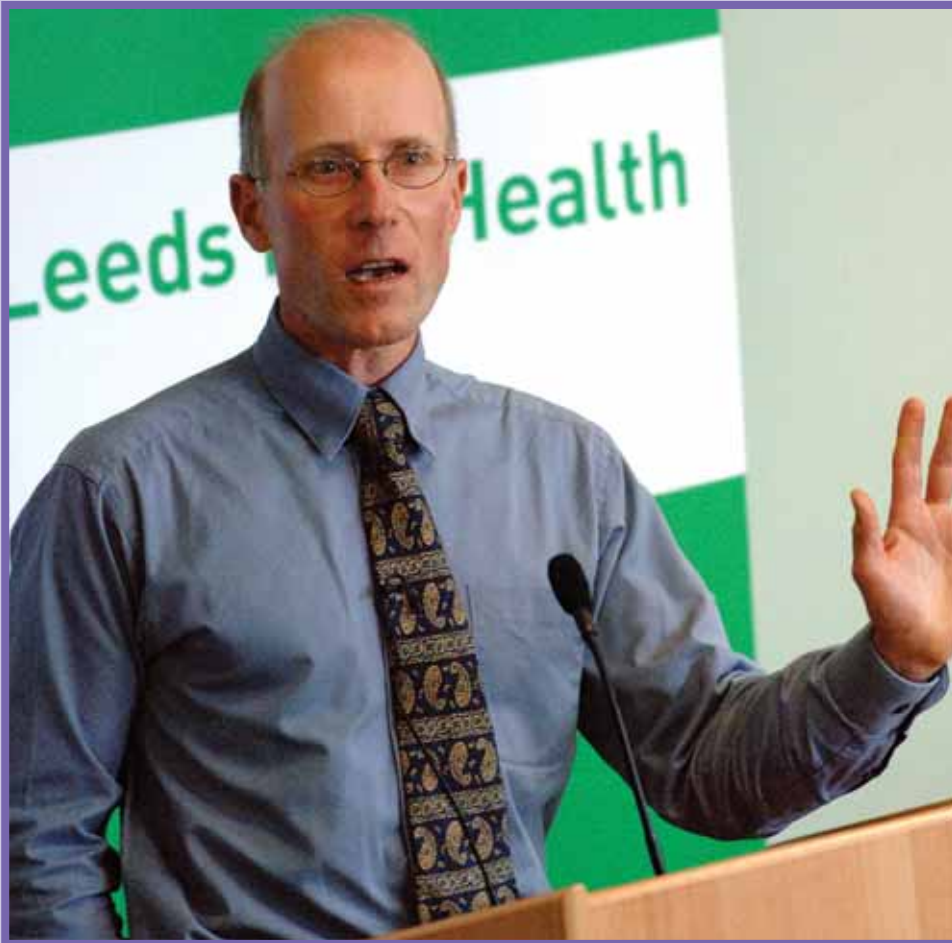
Over 50 participants, in 19 teams, took part in this year's Team Fitness Challenge, held at the Carnegie Gymnasium in March. Teams had to perform on every activity for 15 minutes, aiming to cover the greatest cumulative distance on the treadmill, upright bike and rowing machine. Everyone involved put their maximum effort into all three of the competitions events, with some noteworthy performances from our own staff members. Associate Dean, Professor Ieuan Ellis, recorded the furthest for the male run, while Research Fellow, Jenny Woodward, recorded the furthest distance in the female cycling. Elsewhere, the "Lactic Lecturers," comprising of Dominic Egan, Liz Webster and Frances Chapman, finished in 12th position overall and finally Jenny Mackay competed with the central HR team.



## Leeds Met Health groups met

Our new subject groups met for the first time in the beginning of March for a faculty non-teaching day, in various locations across Civic Quarter and the Carnegie Stand. The teams took time to discuss how their groups will be going beyond boundaries in the second half of the academic year. Issues such as the Staff Development Festival, progress against the Assessment Learning and Teaching strategy and cross cultural capability also featured. For more information about our new subject groups visit [www.leedsmet.ac.uk/health/subjects](http://www.leedsmet.ac.uk/health/subjects)

# The Puzzle of Pain



Staff, Students and friends of Leeds Met attended Visiting Professor Paul Watson's lecture, entitled, 'The Puzzle of Pain and Disability'. Paul has extensive clinical and research expertise in Pain Management and Rehabilitation. Based at the Faculty of Medicine, University of Leicester, Paul has a clinical role in the Pain Management Clinic at the University Hospital. His lecture focussed on the influences of learning, fear, culture and ethnicity on pain report. He demonstrated that some people with pain become disabled whereas others with similar conditions do not. Professor Watson described research showing that mood, distorted beliefs about pain and negative coping are predictive of the level disability. He stressed that self confidence in being able to manage a painful episode mitigates these factors and can therefore reduce disability. He finished his talk by describing how early screening for these factors might improve pain management and reduce long term unemployment for people with chronic low back pain.

visit [www.leedsmet.ac.uk/health/painresearch](http://www.leedsmet.ac.uk/health/painresearch)

## Simulating nursing

Recently the Nursing Group has been involved in the West Yorkshire Nursing Simulation in Practice Project (WYNSPP) for the Nursing and Midwifery Council (NMC). Overall 263 adult and mental health nursing students from the Faculty of Health have participated in the project. A range of simulations including OSCEs, were delivered by a team of academic staff, lecturer/practitioners and clinical educators from local NHS trusts and service users, led by Sarah Burden. Evaluation from students was overwhelmingly positive. Across WYNSPP a shared evaluation tool was developed and administered. The findings have been given to the NMC. Further analysis is ongoing and the results will be presented and discussed at the International Council of Nurses conference in Japan in May. For more information contact Sarah Burden on [s.burden@leedsmet.ac.uk](mailto:s.burden@leedsmet.ac.uk).



# News in brief

Rachael Dixey and Mary Green from the **Health Promotions Group** have been successful in getting 25 scholarships to run a Masters in Public Health in the newly established Department of Public Health at the University of The Gambia, similar to their Zambian course. Visit [www.leedsmet.ac.uk/health/healthpromotion](http://www.leedsmet.ac.uk/health/healthpromotion).

**Diabetes UK** have requested that Liz Webster's 'Getting Sorted', a project to create an Expert Patient Programme for Young People with Diabetes, Self Care Model, be accessible on their database as evidence of good practice. Liz's grant application for 30k to examine the transferability of the 'Getting Sorted' model with young people with Asthma has now been accepted. Visit

[www.leedsmet.ac.uk/health/ahcp/](http://www.leedsmet.ac.uk/health/ahcp/).

Peter Fielding of the **Health & Safety Executive** (HSE) recently attended the University to speak to final year Environmental Health students. Peter enlightened the students regarding the rapidly changing enforcement strategies being driven by the Chancellor of the Exchequer. In his role at HSE Peter has been negotiating with the Better Regulation Office regarding initiatives to ease the burden of regulation on industry.

Professor Alan White, from the **Centre for Men's Health**, was interviewed in March by Ros Powell from The Guardian, on Men's Health in relation to the Gender Equality Duty. Visit [www.leedsmet.ac.uk/health/menshealth](http://www.leedsmet.ac.uk/health/menshealth)

# New starters

**Ian Blackburn** (Chartered Physiotherapist), Senior Lecturer in Physiotherapy has joined us from the University of Huddersfield. Ian is the National Governing Body's Lead Physiotherapist for Great Britain's Men's Elite Paralympic Wheelchair Basketball. He will continue to work in high performance sport with Great Britain Wheelchair Basketball and UK athletics.

**Nuala Curran** has joined the Faculty of Health Human Resources Department as a HR Assistant who will be dealing with selection and recruitment.

**Prof Nick Frost** joined Health (joint appointment with Leeds Social Services) from the University of Leeds as Professor of Social Work (Childhood, Children and Families.) Nick plans to research into staff development in the child welfare area, and is looking forward to forming strong links

with academic staff throughout the university and the city council.

**Ivy O'Neil** - Principal Lecturer is now teaching health promotion on a range of health related under/post-graduate courses within the Faculty. Ivy's interests are in Health Needs Assessment, promoting Child Health and Evaluating the Public Health knowledge of Nurses.

**David Rogers** has recently joined Leeds Met Health to assist our Marketing and Events team.

**Jenny Woodward** is now working with Dr Pinki Sahota on a project to increase the uptake of Free School Meals in Leeds. She has recently finished working in the Centre for Health Promotion Research on projects such as Transport & Older People and Child Parent Interaction in Relation to Road Safety Education.

# Students shine in Beacon Programme

Students from the Beacon Leadership Programme have recently celebrated the successful completion of the post graduate certificate. The Beacon programme was set up to allow NHS staff to benefit from opportunities that can develop into senior leadership positions.

Funded by the West Yorkshire Workforce Development Confederation the course is approved by Leeds Met as part of Health's Continuing Professional Development (CPD) scheme.

# Dates for your diary

Leeds Met Health Campaigns will be running throughout the year, please see [www.leedsmet.ac.uk/health/events](http://www.leedsmet.ac.uk/health/events)

**TBC** Professor Ieuan Ellis Inaugural Lecture. For more information contact Rachel Jackson on [r.jackson@leedsmet.ac.uk](mailto:r.jackson@leedsmet.ac.uk).

Leeds Met's next University Open Day will be held on **Saturday 28 April** at Headingley Campus. You can book onto the University Open Day by logging onto [www.leedsmet.ac.uk/visiting](http://www.leedsmet.ac.uk/visiting) or by calling 0113 283 3113.

**May TBC** Inaugural Lecture by visiting professor **Ian Banks** on Men's Health

**June 12** Dr Surya Shah, Professor of Occupational Therapy and Neurology, a visiting Professor from the University of Tennessee, lecture on 'Issue's in Neurological Recovery and Adaptive Recovery in Persons with Stoke Induced Hemiplegia' (working title). The lecture will take place on 12 June at 18:00. For more information contact Rachel Jackson on [r.jackson@leedsmet.ac.uk](mailto:r.jackson@leedsmet.ac.uk).

**TBC** Inaugural Lecture by Visiting professor **Alice Jones**. For more information contact Rachel Jackson on [r.jackson@leedsmet.ac.uk](mailto:r.jackson@leedsmet.ac.uk).

**TBC** Inaugural Lecture by visiting professor **Maureen Naughton**. For more information contact Rachel Jackson on [r.jackson@leedsmet.ac.uk](mailto:r.jackson@leedsmet.ac.uk).

**June 26 TBC** CPT conference (Centre for Psychological Therapies), Northern Terrace. For more information contact Rachel Jackson on [r.jackson@leedsmet.ac.uk](mailto:r.jackson@leedsmet.ac.uk).

**June 8** 'Older Better: Improving transport, Practical Options' half day conference, key speaker **Paul Truswell**, MP, Headingley Campus. For more information contact Marianne Kennedy [M.Kennedy@leedsmet.ac.uk](mailto:M.Kennedy@leedsmet.ac.uk).

## The nominations for National Teaching Fellowships are...

Faculty of Health Teaching Fellows, Dr. Jill Taylor and Sue Smith have been selected to go forward as the Leeds Met nominees for National Teaching Fellowships 2007.

The Higher Education Academy's National Teaching Fellowship Scheme recognises and rewards individual excellence in teaching in higher education in England and Northern Ireland. From 2006 the scheme has two separate strands, Individual Awards and Projects, with total funding per year of £2.5 million.

Each university can put forward three nominees for consideration for the fifty National Fellowships. It is a tremendous individual achievement to have been selected and this recognises the significant contributions being made by Jill and Sue across the university and beyond. Professor Phil Race of the Carnegie Faculty is the other Leeds Met nominee. The winners are announced in June and the Fellowships awarded at a gala dinner in September.

## Publications & articles

**Casey, D. & Mackreth, P.** (2007) Developing education for long term conditions management *British Journal of Community Nursing*. Vol. 12 (1) p.p.19 – 22.

**Cattan, M. & Tifford, S.** (2006) A Lifespan Approach mental: Mental Health Promotion. Open University Press.

**Dixey, R. Rudolf, M. & Murtagh, J.** (2006) Watch it: Obesity Management for children: a qualitative exploration of the views of parents, *International Journal of Health promotion and Education*.

**Fisher, B. Dowding, D. Pickett, K. & Fylan, F.** (2007) Health promotion at breast cancer screening clinics. *Health Promotion International*, doi: 10.1093/heapro/dal043.

**Fylan, F. Hempel, S. Grunfeld E, A. Connor, M. & Lawton, R.** Evidence-based behavioural change for speeding drivers. *Behavioural Research in Road Safety* 2006: [www.dft.gov.uk/pgr/roadsafety/research/behavioural/sixteenthseminar/pdf](http://www.dft.gov.uk/pgr/roadsafety/research/behavioural/sixteenthseminar/pdf)

**Hogston, R. & Marjorama, B.** (2006) *Foundations of Nursing Practice: Leading the Way 3rd Revised ed.* Palgrave MacMillan: Basingstoke.

**Johnson, M.I.** (2007) Transcutaneous Electrical Nerve Stimulation (TENS) in Treatment of Muscle Pain In: Schmidt RF, Willis WD (eds) *Encyclopedia of Pain (Muscle Pain Management)*, Springer-Verlag, Berlin.

**Kelly, M.J. Mathie, A.Z. & Vallance, C.** (2006). A pharmacological action of vitamin E unrelated to its anti-oxidant capacity. *Methods and Findings in Experimental and Clinical Pharmacology*. Vol.28 p.p. 499-504.

**Llewellyn, A. & Chapman, F.** (2007) Maximising independence in primary and acute care *Nursing Older People*. Vol. 7 (1) p.p. 14-15.

**Potter, L. McCarthy, C. & Oldham, J.** (2006) Algometer reliability in measuring pain pressure threshold over normal spinal muscles to allow quantification of anti-nociceptive treatment effects. *International Journal of Osteopathic Medicine* 2006. Vol. 9 (4) p.p. 113-119.

**Stasinopoulos, D. & Johnson, M.I.** (2007) It may be time to modify the Cyriax treatment of lateral epicondylitis. *Journal of Bodywork and Movement Therapies*. Vol. 11(1) p.p. 64-67.

**White, A.** Men and Mental Wellbeing – Encouraging Gender Sensitivity. *The Mental Health Review*. Vol. 11 (4) December 2006 ©Pavilion Journals (Brighton) Ltd.

**White, A. & Holmes, M.** Patterns of mortality across 44 countries among men and women aged 15–44 years. 2006 *WPMH GmbH*. Vol. 3 (2) p.p.139–151, June 2006,

## Beyond Graduation

Various students from the Faculty of Health attended a Beyond Graduation event at the Headingley Carnegie Stadium. Beyond Graduation gives final year students the opportunity to attend workshops on issues such as searching for jobs, finance management and employability skills. Mumtaz Khan from the Psychology Group represented Health at the event and was on-hand to discuss possible further education opportunities. Students said that they found the searching for jobs and the financial workshop particularly useful and that it was an important reminder of just how wide and varied the skills are that they have acquired by being a student at Leeds Met.

## Students of tomorrow

As part of National Science Week, the Faculty of Health hosted 'Health Matters', which gave 31 pupils from Kippax Primary School the chance to attend interactive workshops covering areas in Physiotherapy, Psychology, Nutrition and Physiology. The students were allowed to test our newest piece of equipment, the Primus Machine, which measures muscle movement and strength. They then moved to the Physiology laboratory and discovered how to measure the electrical activity of their hearts, using an electrocardiograph (ECG). During the psychology session, students were shown a series of optical illusions asking the question, 'Do we see what we think we see?' and left with a good understanding of what psychology is about. The Nutrition session included demonstrations of the balance of good health and they had the opportunity to make and taste fruit kebabs. Fun was had by all and the event demonstrated our devotion to widening participation at Leeds Met Health.



# Conference presentations

**Clegg, P.** (2007) 'Breaking the Chains that Bind us: Towards an Emancipatory Model of Creativity' presented at the University of Wales/Institute of Higher Education Conference, Creativity or Conformity: Building Cultures of Creativity in Higher Education, 8-10 January 2007.

**Grafton, K.** attended and proposed a motion concerning Stress in the NHS at the Annual Representatives Conference (ARC) for Physiotherapists in Oxford 28.2.07 - 2.3.07.

**Johnson, M.I.** (2007) Isn't Pain Peculiar. York Branch of the Chartered Society of Physiotherapists. York Hospital, 6 March 2007.

**Karban, K.** chaired 'Women on the Edge - Women as Service Providers, Service Users and Carers' the keynote address was given by Professor Susie Orbach, founder of the Women's Therapy Centre.

**Sinani, C. & Sugden, D.A.** (2006) Co-occurrence of socio-emotional and behavioural features and co-ordination problems in clinical and school groups of DCD. 7th International DCD Conference, Melbourne, Australia.

**Sinani C. & Sugden, D.A.** (2006) Quantifying differences and similarities in transitive gestural production between DCD children from schools and clinics and

younger typically normally developing children. 7th International DCD Conference, Melbourne, Australia

**Sinani C. & Sugden, D.A.** (2006) Patterns of errors produced in transitive gestures by clinical and school groups of children with DCD. 7th International DCD Conference, Melbourne, Australia.

**White, A.** presented a paper at the EU conference, Promoting Integration of the Gender Dimension in (basic) life sciences research, Specific Support Action, Women and Science, EU 6th Framework Programme.

**Bird, B. Mackay, L. & Punt, D.** 'Pusher Syndrome: From laboratory studies to clinical practice'. The course, which was 'sold out' prior to the event aimed to provide clinicians with a better understanding of patients who demonstrate this atypical balance disorder and is the first in a proposed series of short courses in neurorehabilitation.

**Briggs, T.** (2007) The Reality of Educating People at Work, The IOSH Conference. Telford 27/28 March.

**Dickers, G. & Moon, J.** (Innovation North) 'Academic Coaching : Supporting Staff and Students' at the Higher Education Academy national conference on 'Induction' hosted by Leeds Met.

**Foster, S.** attended a conference at Leeds Town Hall on 9 March entitled, 'Cooking Numbers and Eating Words: using data to investigate food, lifestyle and health'. The event was one of 70 events in the UK during the week long ESRC Festival of Social Science.

**Fylan, F.** (2007) 'Breaking Bad nNws - How Visual Loss Affects Quality of Life' EyeCare 3000 in Glasgow on Monday 22 January.

**Fylan, F.** (2007) The Application of Patient-Centred Care in Optometry, and How to Improve Communication Between Optometrists and their Patients: The Annual British College of Optometry conference: Newcastle.

**Punt, D.** 'Stroke Forum' at the Harrogate International Centre. The research addressed 'Power Wheelchair Navigation and the Neglect Syndrome'. This was the first of a number of presentations at national and international conferences over the next 6 months reporting different aspects of the work.



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## Weekly E-News

To facilitate communication across the faculty and beyond, we now produce a weekly e-news bulletin, this can be viewed at [www.leedsmet.ac.uk/health/news](http://www.leedsmet.ac.uk/health/news).