


## Newsletter 8 - February 2018

### Get UKMidSS fit in 2018




So it is Winter 2018 and we are looking forward to seeing the back of cold, dark mud-splattered days. New Year is often a time to become more focussed on healthy habits, to shed excess weight and exert hearts more. This leads nicely on to a gentle but important reminder from us here in the UKMidSS office. For some sites, there is a reporting backlog that needs to be whittled away, and others need some focussed energy applied to data entry. See it as a UKMidSS workout! And as with all exercise, the more you do it the easier it gets.



For those reporters who are up to date, and at their target UKMidSS “svelte-ness”, Well Done! You are our trail blazers.

For those who are not up to date, like most things we don't particularly want to do, or don't have time to do, but we know are worth doing, the famous sportswear company logo “Just Do It!” seems to work well.



On the next page we have listed those sites who have reported, but have yet to start data entry, and those sites who have not yet sent any monthly reports. Is your site in either of these lists and can you make it to the UKMidSS Stars list by the next newsletter?

Sharing is good, so if you have devised a nifty disciplined way of keeping up to date with the demand amongst your busy clinical work, or maybe you just like doing this kind of thing, please let us know your tricks and habits. And we can include it in our next newsletter to help those who have some catching up to do.

Good Luck and call us if you have problems logging in or understanding what you need to do or where to start.

### Save the Date!

After a very positive response to our 2016 **UKMidSS Study Day** a second event is going to be held on 4th October 2018 at The Studio in Birmingham.

More details to follow!

We look forward to meeting you all again then.

### Looking forward to future UKMidSS studies

With active data collection for the Neonatal Admission Study due to end with the final report request on 1st March, several of you have been asking whether there are more UKMidSS studies to come. The short answer is “Yes, we really hope so!” We have funding applications in to support two studies, the first of which is scheduled to start in August and will investigate outcomes for women who experience postpartum haemorrhage in a midwifery unit. We are keeping our fingers firmly crossed and will let everyone know any news as soon as we hear it!

The dataset for the Severe Obesity Study has now closed and you will no longer receive the reminder emails or monthly update for this study. We hope to be seeing the results of this study published soon!



## Neonatal Admission Study: Reporting and Data Entry

Since the last newsletter we have seen a small improvement in monthly reporting.

95 % of sites have submitted one report.

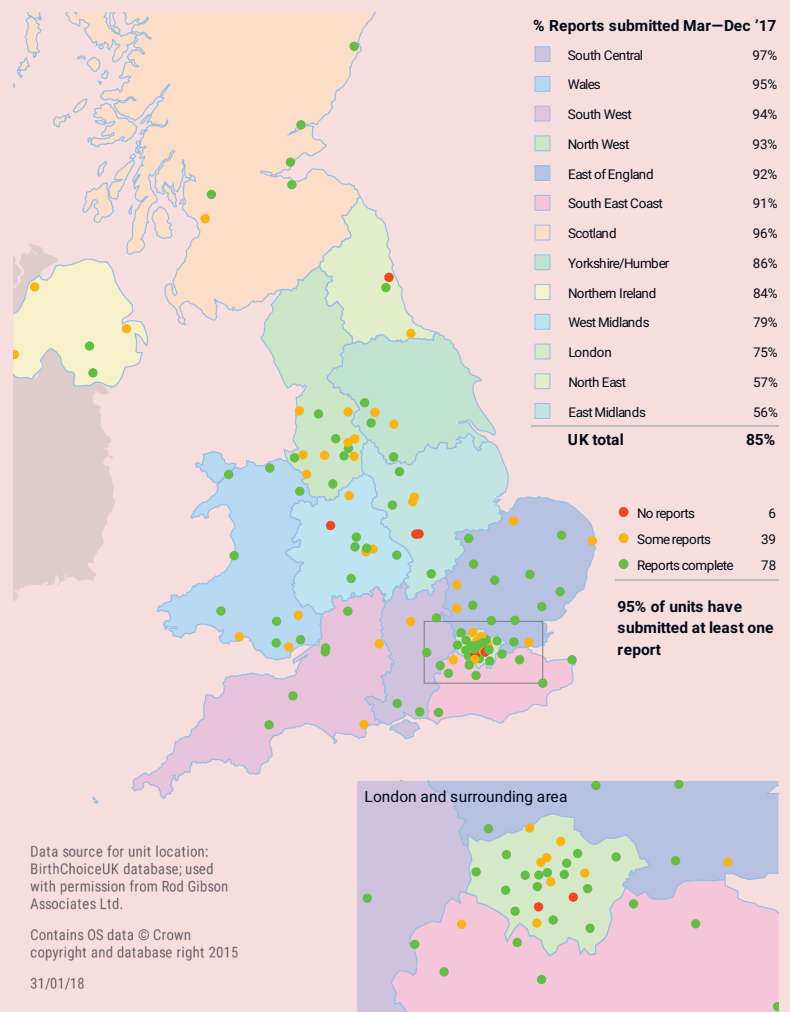
**NO** reports have been received from:

The Carmen Suite, St George's Hospital
Lewisham Birth Centre
Wrekin Midwife Led Birthing Centre
Orchard Birthing Centre, Leicester Royal Infirmary
Meadow Birthing Centre, Leicester General Hospital
Northumbria Birthing Centre

Are you from one of these sites?

Thank you to those midwives and Heads of Midwifery who've recently been in touch from these sites.

If you haven't already done so recently, please contact us and we can guide you as to how to make a start. We need your reports!



## Get Fit and Focussed with Data Entry:

The following sites have reported cases, but have not yet started data entry.

If you are struggling to log in to OpenClinica, or don't know where to start or what to do, please contact Paula for help. Important! Don't forget, for each case you report, we need data entered in OpenClinica on each case and two controls.

**Bracken Birth Centre, Musgrove Park Hospital**

**Calderdale Birth Centre, Royal Hospital**

**Chichester Birth Centre, St Richard's Hospital**

**Midwife Led Unit, Warrington Hospital**

**New Beginnings, Southend Hospital**

**Sanctuary Birth Centre, Nottingham University Hospital QMC Campus**

**The Acorn Suite, Bedford Hospital**

**The Birth Centre, Nevill Hall Hospital**

**The Birthing Unit, Chelsea and Westminster Hospital**

**The Juno Suite, Colchester General Hospital**

**The Marton Suite, James Cook University Hospital**

**The Midwifery Led Birthing Unit, Luton & Dunstable Hospital**

**The Midwifery Led Unit, Altnagelvin Area Hospital**

**The Midwifery Led Unit, St Michael's Hospital, Bristol**

**The Midwifery-led Unit, Craigavon Area Hospital**

**The Willow Suite, Birmingham Heartlands Hospital**

## UKMidSS Stars!

Our UKMidSS Stars for December 2017 to February 2018 are reporters who responded promptly to our request to resolve some data queries about Question 4.1. This particular question has caused a few headaches for some, and correcting the information isn't always simple.



Rebecca Vanstone at the Birthing Unit at Princess Alexandra Hospital in Harlow had plenty of these queries to deal with. She did a 'blitz' one day and has now cleared all of them.

Sarah Cryan at St Mary's Birth Centre, Paddington also resolved her queries swiftly.

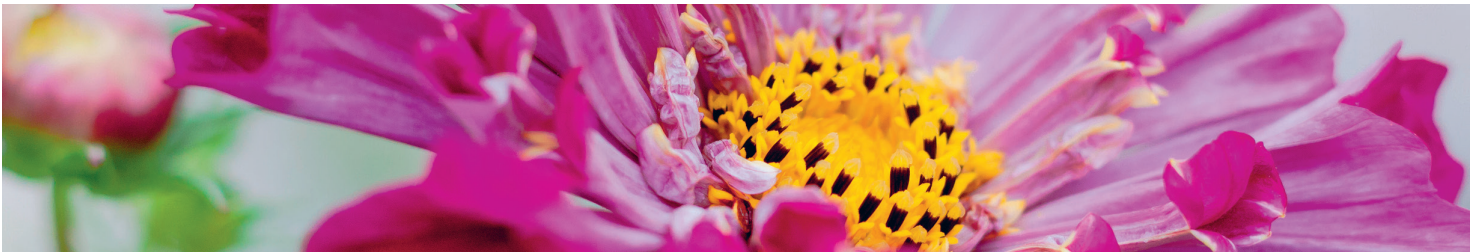
Finally, a big thank you to Natalie Haigh at the Natural Birth Centre (NBC) in West Middlesex Hospital. In our last newsletter we highlighted that we had not received any monthly reports from the NBC. Natalie mounted a very energetic and impressive catch up, addressing the backlog over just a few days in December; NBC are now up to date with monthly reporting and much of their data entry is complete!

All these reporters receive a small something from us to say

★ Thank you ★

## Updating Head of Midwifery and Reporting Midwife Contact Details

Since UKMidSS started and reporting sites were set up, there have been many staff changes. When you next email or phone us, please remember to let us know the name of your current Head of Midwifery and contact details, and any other changes to reporting midwives' details. We can then update our database of contacts and make sure that the correct people receive communications in a timely way.



## Paula is at her UKMidSS desk now

Paula is settled in to the UKMidSS office and is on a steep learning curve of all things UKMidSS. She is currently working three days a week: Monday, Tuesday and Thursday, 8am-4pm. Please contact her on [ukmidss@npeu.ox.ac.uk](mailto:ukmidss@npeu.ox.ac.uk) or on the number at the bottom of this newsletter for help and support with your reporting and data entry or anything else UKMidSS related.

### **Paula says of UKMidSS:**

“ I'm really supportive of UKMidSS because the studies generate information which is absolutely relevant and of interest to midwives and women. The UKMidSS studies and what we learn from them will enable women to make the best decisions about place of birth. All this makes for happy mums, contented babies and satisfied midwives. So when the reporting and data entry seems a task in your busy day, remind yourself why you became a midwife and that this work really matters. ”

## And now to finish on a lighter note.

All midwives, by nature, like to gather a little more than the routine but largely humdrum booking visit information about the women they work with, so Paula newly in post, thought she would find out a little more about Rachel Rowe, her new boss. Shared here with the wider team (with Rachel's consent!), we hope it adds an alternative slant for regular readers of the UKMidSS Newsletter.



**What book (not health research related) are you reading at the moment?**

*So, I'm reading two books at the moment:*

*One is The Female Malady by Elaine Showalter. It's a history of mental illness in women in England from the mid nineteenth century to the 1980s and shows how cultural ideas about what is appropriate feminine behaviour have shaped how mental illness in women is defined and treated. Sounds a bit dry, but it's really well written and was a present from one of my best friends.*

*The other book I've just started is The Dark Flood Rises by Margaret Drabble. I'm in a book group and this is our latest read. Because I've only just started it I can't say much about it, but the blurb says "it questions what makes a good life, and a good death". Not always quite this serious, honest!*

**Working in the area of the University we do, we hear lots about evidence for living healthy lifestyles. What healthy living habit do you adhere to the least?** *I take any and every opportunity to eat cake and I have a weakness for cream tea (it's my Cornish roots!) Fortunately I'm relatively healthy in other aspects of my life, so it all balances out, right?!*

**What TV programme or series is a 'must see' for you?** *I love a good period drama/classic novel adaptation – Jane Eyre, Pride & Prejudice and the like.*

**Choose: George Clooney or Daniel Craig?** *If I had to choose it would be Daniel Craig, but I'm not really a big fan of either to be honest.*

**Strictly Come Dancing or Blue Planet?** *Blue Planet is a 'must see', but I have been known to watch SCD in the past.*

**Tennis or Rugby?** *Tennis*

**Where would you dream holiday destination be? And where are you actually going on holiday next?** *Ooh I have lots of dream holiday destinations... a road trip all the way down the west coast of Canada and the USA would be great. Or almost anywhere wild where there aren't many people and which might involve a long exotic train journey. Who's paying?*

*We're actually going to a beautiful family run hotel/taverna in Naxos with my extended family, which will be lovely.*

**If you were washed up on a desert island what piece of music would you most like to salvage to listen to and why?** *That's really hard, just one?! My children would tell you from bitter experience that I'm really bad at "What's your favourite...?" questions. I think it would be In My Life by The Beatles. It would remind me of my family.*

**Do you dislike interviews?** *I do now!*

If anyone else involved with UKMidSS would like a Desert Island Midwife type interview to share in the next newsletter and make us smile, please contact Paula. The questions asked will vary, but we promise they will be interesting!



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