

Centre for Paediatric Spiritual Care Newsletter

Birmingham Children's Hospital NHS Foundation Trust

January 2016

Happy New Year!



The Centre for Paediatric Spiritual Care is a unique resource for anyone working with sick children and their families.

We aim to support and encourage research and resourcing for multidisciplinary spiritual care.

If you think you add to our Centre by sending a resource, writing a blog or contributing to our research please contact emma.roberts@bch.nhs.uk

Take a look at our website to see more of our research and resources:

www.bch.nhs.uk/cpsc

 @BCH_CPSC

This is often a time for thinking about new starts. If you're looking for a new challenge, have you thought about doing a research project? This issue, we have some tips to help you begin.

Starting a research project can seem like a daunting task, so here are some helpful steps for running a research project in a healthcare environment:



- **Your idea**—What question would like to answer? Think about whether your project is research or service evaluation (have a look [here](#) for more information on the differences)
- **Systematic literature review**—Search existing research to find out what's already been written about your question. If you have access to a hospital library, a librarian may be able to support you with this.
- **Funding**—Look out for sources of funding that you can bid for within your organisation or externally. The [Research Design Service](#) can provide free advice on preparing applications for funding for research in a healthcare environment.
- **Planning the project**—Think about how you're going to run your project. Who are you going to be doing the research on, and how will you recruit them? How are you going to collect and analyse your results?
- **Approval**— Research projects need to be approved. Check your organisation's approval processes, and look here for details of external approval [here](#).
- **Afterwards**—What are you going to do with your results? Will you publish in a journal, or suggest improvements that could be made to services?

CPSC Research

Future projects include:

- Testing the validity of our spiritual care interventions
- Assessing the effectiveness of our staff support
- Assessing the impact of our multi faith events on staff and patients
- Impact on children of having a sibling with complex needs

If you have an idea for a collaborative project then get in touch using the details at the bottom of the page.

Sources of help:

- The Health Research Authority has helpful information online, and also put on free training days for researchers: <http://www.hra.nhs.uk/>
- If you work in a hospital, your Research and Development department may provide help with setting up studies
- The CPSC can provide some advice on research projects

 We have a new email address! From now on you can email bch-tr.cpsc@nhs.net to contact us. 

**Multi faith Celebrate
Project: January 2016**

**Birthday of Guru Gobind
Singh- Sikh– 5th January
2016**

**Makar Sankranti–Hindu–
15th January 2016**

**Ideas for celebrating
these festivals are
available [here](#).**

Featured Article:

Hall, S.L., Cross, J., Selix, N.W., Patterson, C., Segre, L., Chuffo-Siewert, R., Geller P.A., and Martin, M.L. (2015) Recommendations for enhancing psychosocial support of NICU parents through staff education and support: *Journal of Perinatology*, 23, S29-S36.

<http://www.nature.com/jp/journal/v35/n1s/full/jp2015147a.html>

Limited staff education in how to best provide psychosocial support to families is one factor that may render those who work in the NICU at risk for burnout, compassion fatigue and secondary traumatic stress syndrome.

This article discusses recommendations for providing NICU staff with education and support.

Website Updates



This month we have uploaded an Elephant in the Room activity, which helps children express issues that may be worrying them but that they feel aren't being talked about.

All resources are available to download [here](#).

Blog Posts

Emma Roberts, Project Coordinator and Research Assistant at Birmingham Children's Hospital, has written a post for Human Rights Day about the rights of sick children to spiritual care while they are in hospital.

Rachel Hill-Brown, who recently stepped down from her role as a Chaplain at Birmingham Children's Hospital, has written about Christmas at Birmingham Children's Hospital, and how we celebrate with children who have to stay in hospital over the festive period.

All blog posts are available to read in full [here](#).



New Resource: The Beryl Institute and the HealthCare Chaplaincy Network (HCCN) have produced a new White Paper called 'The Critical Role of Spirituality in Patient Experience'. Instructions for downloading a free copy are on the [HCCN website](#).

News: Paul Nash, Director of the CPSC, has been asked to be part of the Chaplaincy Services Advisory Committee for the HealthCare Chaplaincy Network in the USA.

Upcoming events (Email paul.nash@bch.nhs.uk for full details)

Participation day – see the CPSC approach to spiritual care

23rd February 2016. Cost: £35 (including resource bag)

Multidisciplinary Spiritual Care Accredited Module

15 March 2016, 27 April 2016, 18 May 2016 and 16 June 2016.

Cost: £300.