

Appendix 1

What is spirituality?

Previously I have examined the definitions of spirituality and spiritual care (Hall 2001). It appeared that the definitions included a number of common elements listed below:

Elements of spirituality identified from health research

Transcendence

Searching for meaning and purpose

Belonging and connecting

Relational aspects

Self-awareness

Hope and faith

Creativity

Suggested characteristics of feminine spirituality

Caring

Compassion

Non-violence

Power to “create and nurture life”

Unity with “Mother Earth”

Wholeness

Intuition

Suffering as a source of strength

Attention to detail

Faithfulness

Listening

Selfless giving

Adaptability to people

Encouraging love

Story-telling

Establishing connecting relationships

(Accumulated from Burkhardt 1994, Tucakovic 1994, King 1993)

Appendix 2

I wrote this after being away at an arts –based research workshop...

7th March 2007

We were in groups and asked to do different things...we were asked to use a memory of a street. For some reason the street that came straight into my head was from a long time ago and was emotionally very powerful. I chose to continue on that route, which was very real, but also very exposing. We then acted this out, 'Down memory lane', which again was very powerful...

Quilt square: the closed door



Appendix 3

Letter to midwives relating to focus group

Dear

Re: Research project

You may recall that following the teaching session on March 16th you kindly consented to take part in my spirituality research project. Further to this session I am writing to invite you to a focus group discussion/lunch on May 5th prior to your formal evaluation of the module. I will confirm with you where this will take place on the day.

I would also like to remind you that you may withdraw from this study at any time. Please let me know if this is the case and I will destroy all documentation up until this point.

I hope you are well

With best wishes

Jenny Hall

Senior Midwifery Lecturer

Focus Group Potential themes for discussion

1. What had they learnt from the session?
2. Were there any issues they would have liked to have explored more?
3. Was the session relevant?
4. Had they noticed any changes in their approach to practice?
5. In what way?

Dear

I am writing to invite you to take part in a study which will explore enhancing the Art of Midwifery through Creative Practice. The purpose of the study is to examine the material produced in a teaching session and develop an understanding of midwives views on the meaning of being a midwife. These will form the basis of my Doctoral studies toward a Doctorate of Education.

I hope you can take the time to read the enclosed information sheet which explains the study in more detail. I have also enclosed a consent form. Full instructions for participation are given at the end of the information leaflet.

As I am sure you are aware this aspect of midwifery has received little attention in the literature and is a topic which is under researched. Your participation in this project would contribute to the body of research evidence in this area.

Please do not hesitate to contact me if you have any queries about the study or would like further information. Thank you for reading this letter. I look forward to hearing from you.

Yours sincerely

Jennifer Hall

Senior lecturer

Information sheet- Enhancing the Art of Midwifery through Creative Practice

What is the project about?

The purpose of the study is to explore the written narratives of your professional journey and other material produced in the teaching session related to the art of midwifery and to develop an understanding of the holistic meaning of being a midwife

Why you have been asked to participate

You are about to take part in this teaching session and therefore I am interested in your story and your views of the session.

Who is carrying out the project?

Jennifer Hall-I am a midwifery lecturer at the University of the West of England and I am carrying out the project as part of studies towards a Doctor of Education.

What will your participation involve?

- I would like to borrow the narrative you have written about your journey and the material you produce within the session.
- You will also be invited to complete a questionnaire which will ask for information about yourself and your previous experience of birth and of art training or using art for personal pleasure. It will also ask you to indicate any spiritual or religious beliefs that you hold, and to provide feedback on the teaching session and any effect it has upon you.
- Further you will be invited to attend two interviews to discuss further issues.
- My written interpretation of all the information you provide will be returned to you to read, from which I will ask you to provide me with any clarification and comment. For full instructions please see back of leaflet

Do you have to take part?

Your decision to take part is voluntary and you are free to withdraw from the project at any time without giving any explanation and without detriment. If you choose to withdraw no information collected from you will be used without your permission to do so. A consent form is included. If you agree to take part, I would ask you to read and sign this, and **return one copy in the envelope provided**, keeping the other copy for your records. Full instructions for participation are at the back of this information leaflet.

What are the possible advantages and disadvantages of participating?

The questionnaire will take up approximately 15 minutes of your time. The narrative work and other material will have been completed as part of the teaching session and will be returned to you. The interviews will take place at a time and place convenient to

you and will take about 45mins-1 hour. The advantage of your participation will be to develop further education for midwives in the future. The aim will not be to criticize any material you have produced but to explore what you have made in the context of the session you made it. Your involvement or non-participation within this study will not privilege, or be detrimental, to any assessment of your work on the module.

Will my participation be kept confidential?

All information will be kept strictly confidential and referred to anonymously using a pseudonym in the thesis and articles that are written. The information you provide will be shared with two other teachers in education who will act as supervisors to the study for the course work. Any information you give will be kept in a secure environment, in accordance with university procedures.

What will happen to the results of the study?

A final copy of your personal interpretation will be returned to you along with a summary of findings and any documents or creative pieces belonging to you. The results of project will be used as the basis of a piece of work that I must submit as part of the Doctorate in Education. A copy of the final thesis will be lodged in the University library and available through the British Library. The results of the main study will also be submitted to midwifery journals and presented to conferences.

Full instructions for participation in the study

If you are willing to take part in the study please follow the steps listed below:

- Choose a pseudonym for yourself which will be used throughout the study.
- Write this on the consent form, sign with your real name and return one copy in the smaller envelope provided.
- Following the session you will be asked to complete the questionnaire with your pseudonym written at the top
- All material produced as part of the session I will ask you to mark with your pseudonym and place into a large envelope to keep the material separate.
- You will be asked to attend two interviews- time and date to be arranged

Please do not hesitate to contact me if you have any queries about the study or would like further information. Thank you in anticipation

Jennifer Hall. Senior Lecturer in midwifery -
Room 2A02, -School of Maternal and Child Health.
University of the West of England. Bristol BS16 1DD
Telephone: 0117 3288586
E-mail: Jenny.Hall@uwe.ac.uk

CONSENT FORM

Title of Project: Enhancing the Art of Midwifery through Creative Practice

Name of Researcher: Jenny Hall

Please initial box

1. I confirm that I have read and understand the information sheet dated for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my educational or legal rights being affected.

3. I understand that relevant sections of any data collected during the study, may be looked at by responsible individuals from UWE or from regulatory authorities *where* it is relevant to my taking part in this research. I give permission for these individuals to have access to the information I provide.

4. I understand the information I give may be written about in articles for future publication, or used in presentation at conferences, without identification. I give permission for this.

5. I *agree* to take part in the above study

Name of Participant Signature Date

Chosen Pseudonym for study

Researcher Signature Date

Contact details: Jenny Hall e:mail jenny.hall@uwe.ac.uk 0117 3288586

Questionnaire- Enhancing the Art Of midwifery through creative practice

Dear Colleague

Further to the information sheet you have been given I would be grateful if you could answer these questions as fully as you are able. (Please continue on the reverse if you need more room)

With best wishes Jennifer Hall Midwifery lecturer

March 2007

Please give yourself a name (not your own)_____

Your age _____ F/M? (delete as appropriate)

Please tell us about your personal birth experiences (not related to your midwifery practice) including attendance at those of friends or relatives

Year own/family Type of birth(normal, assisted, LSCS, other)

Please describe any 'artistic' training you have received past primary school level, giving year of attendance

Please describe any creative activity you currently regularly participate in as a leisure activity or course

Please describe your involvement if you regularly participate in a 'religious' group or activity

Please describe any other activity in which you participate regularly that you would regard as 'spiritual' in nature

Please could you write about your experience of the teaching session

Please write about your feelings of being involved in this group

Please could you describe how you feel about midwives exploring the meaning of being a midwife

How do you feel about using artistic methods to explore these meanings?

Thank you for participating

Appendix 4 Visual methodology analysis based on Rose (2001)

Questions about the image

- What is being shown? What are the components of the image? How are they arranged?
- Where is the viewer's eye drawn to in the image, and why?
- What relationships are established between the components of the image visually?
- What use is made of colour?
- What materials were used?
- What knowledges have been used by the student to create the image?
- Is this a contradictory image?
- Is there text on the image? Does the text describe what is on the picture or add to the context of the picture?
- Does the written description of the image match what has been made?
- Do any of the components of the image match components create in other pictures?