

Centre for Health and Clinical Research (CHCR)

Newsletter, July 2019

Introduction from the Director

The past six months have seen a range of events and some very exciting news. In February, we held a lunchtime seminar to showcase our 'Doctoral Students'. Fourteen individuals delivered four minute presentations to explain their studies. This included PhD, DPhil (doctorate by publication) and Professional Doctorate students. **Jenny Säilävaara**, visiting from the **University of Jyväskylä** (Finland) provided a comprehensive overview of her doctoral studies on '**Long-Term Breastfeeding Mothers in Finland**'; whilst summarising several years of work in four minutes is challenging, it must be much more difficult when presenting in a second language! Positive feedback reflected the high standard of research being carried out by doctoral students at UWE Bristol and the professional way in which it was presented. One feedback quote stated: *"I thought the doctoral showcase was a huge success, and such a valuable opportunity to get everyone together."* We plan to retain this as an annual event.

We held a showcase conference on 5 April in the Exhibition and Conference Centre, UWE Bristol; attended by over 85 people including staff, students and external stakeholders. Following a welcome from **Professor Martin Boddy**, PVC Research and Enterprise, we heard from our first keynote lecturer: **John Macleod**, Professor of Clinical Epidemiology and Primary Care, Bristol Medical School. John provided an interesting overview of his research as well as regional developments in relation to the proposed NIHR Applied Research Collaboration. In the following session, we heard about projects representing each of the six CHCR themes. The long lunch break provided an excellent opportunity for networking and poster viewing. The post-lunch keynote lecture from **Krysia Dziedzic**, Arthritis Research UK Professor of Musculoskeletal Therapies (Keele University) drew everyone together again. We heard about her outstanding research that has had clear impact on clinical practice and we look forward to continuing to work with Krysia as a newly appointed Visiting Professor in the Faculty. The final session of the

seminar was dedicated to further research projects from each theme. Staff representing the Nursing and Midwifery Department swept the board with both overall (**Dr Alison Llewellyn**) and student (**Sharon Grieve**) poster prizes as well as top tweeter (**Dr Sally Dowling**). The following representative quote from the feedback forms indicates the success of the event: *"Excellent keynote lectures and productive networking opportunities. Theme showcases also extremely interesting and informative range of projects."* We intend to hold a similar showcase event next year.

Our next lunchtime seminar is taking place on 10 July titled 'Realist Methodologies in Health Services Research'. There will be a further seminar in October on 'Manualised Interventions.'

Finally, we were delighted to hear that Sarah Hewlett, Emerita Professor, was awarded an OBE in the Queen's birthday honours list for 'services to people with arthritis and to nursing research'. Sarah led a very successful rheumatology research group at UWE Bristol providing development opportunities for staff, students and clinicians, as well as gaining an international reputation in the area of fatigue and rheumatoid arthritis. The award of an OBE reflects her outstanding contributions.



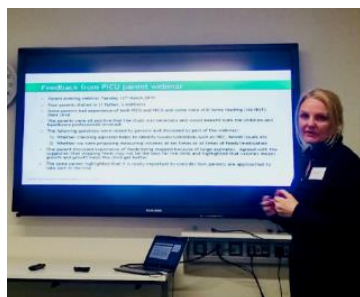
Congratulations to
Professor Sarah Hewlett
OBE

I do hope that you enjoy reading the news from our themes and encourage you to get in touch for further information. To find out more about our research, please visit our website: <http://www1.uwe.ac.uk/hls/research/healthandclinicresearch.aspx> and follow us via Twitter @CHCR_UWE. For additional queries, please contact me by email Fiona.Cramp@uwe.ac.uk or telephone 0117 3288501.

Fiona Cramp; Professor of Long Term Conditions and Director of CHCR

News from the Child Health theme

NIHR HTA-Funded GASTRIC



Dr Lyvonne Tume

The final phase of this National Institute for Health Research (NIHR) feasibility study to determine whether a trial of not routinely measuring gastric residual volume (stomach contents) to guide enteral feeding in critically ill children and babies, took place in London on 1 and 2 April. Two stakeholder consensus meetings were held:

1. Paediatric Intensive Care, and
2. Neonatal Units.

Dr Lyvonne Tume is the Chief Investigator. The final report is due in October 2019.

New Health Research Elective placements



Elective Placement Nursing Students

In January, the child health theme (**Prof Julie Mytton, Dr Toity Deave and Dr Lyvonne Tume**) hosted two third year child nursing students on a one month research elective placement. The experience was very positive for students and researchers, and we plan to offer this to our future students.

Nepal Injury Research Centre

It has been a busy spring for the NIHR Nepal Injury Research Centre. Most of our component

studies are now collecting data following recruitment and training of data collectors in Nepal. The data collection will be complete two weeks ahead of time – 3,325 households in less than three months!



Training for the Community Based Survey



Pilot Data Collection

In April, we ran two days of Financial Governance of Grants training and hosted an Injury Research Conference in Kathmandu attended by over 100 delegates and including presentations from the Ministry of Health and Population and the Government Department of Roads. During Road Safety Week, 5 to 12 May, **Dr Puspa Pant** led three workshops on road crash reporting for journalists from TV, radio, print and the Internet.

Visiting Lecture: Dr Julie Ruff

Dr Ruff, Assistant Professor in Nursing, Montana State University (USA) gave a lecture around innovative elective student placements with a local Native American community.

Bristol, North Somerset and South Gloucestershire (BNSSG) Clinical Commissioning Group (CCG) Research Capability Funding (RCF)

Funding was awarded to work with the Department of Mechanical Engineering (University of Bristol) to modify the injury prevention photosphere so that it is fully functional. This includes developing the web analytics so that we can capture how it is used and how often.



Injury Prevention Photosphere

The Enhancing Post-injury Psychological Intervention and Care (EPPIC) study

This NIHR-funded study evolved from a large mixed-methods study about the psychological impact of injury and a workshop with 'Cardboard Citizens' for 41 patients and practitioners was held using drama to tell patient and practitioner stories.



EPPIC workshop

For more information, please contact the Theme Lead:

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News from the MAMBO theme (Musculoskeletal Management, Measurement, Behaviour Change and Outcomes)

Conferences and presentations

The Annual European League Against Rheumatism (EULAR) took place in June in Madrid at which MAMBO was well represented. Poster presentations included **Melissa Domaille** presenting her evaluation of a tailored Nordic Walking programme for people with Inflammatory Rheumatic Diseases, **Beth Jones** presenting on patient perceptions of the Patient Activation Measure and **Dr Mwidimi Ndos** whose presentation highlighted the importance of people with rheumatoid arthritis understanding the side effects of medication



Dr Mwidimi Ndos presenting at EULAR

Dr Ndos also gave a platform presentation and attended as a lead of the EULAR Study Group on Patient Education (STOPE) which provides excellence in patient education research and dissemination of patient education recommendations.

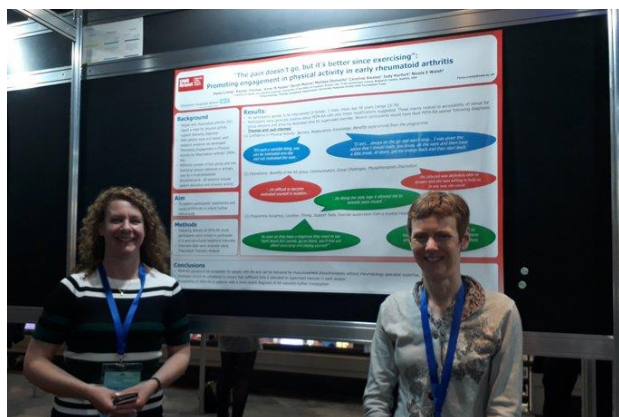


The STOPE study group

Dr Caroline Flurey chaired a discussion session on behaviour change in fibromyalgia bringing together perspectives of patients and therapists to support self-management.

The annual British Society of Rheumatology (BSR) conference took place in Birmingham in May. There was a strong MAMBO presence at the conference and among others presenting were

Professor Fiona Cramp with a poster on promoting engagement in physical activity in early rheumatoid arthritis.



Fiona Cramp (R) and Rachel Thomas (L)

Professor Shea Palmer delivered the plenary session 'Developing hypermobility services' at the Advancing Practice in Hypermobility Masterclass, University College London on 18 May. The event attracted almost 100 clinicians and researchers from across the UK and Ireland.

Professor Fiona Cramp delivered a session on 'Physical Activity: endorsement in clinic and utility in RA fatigue management' at the South West Consultant Rheumatologists Continuing Professional Development Day in March.

Research in progress

FREE-IA, our NIHR Research for Patient Benefit funded feasibility study on using cognitive-behavioural approaches to address fatigue with patients who have inflammatory arthritis is up and running. We are working with rheumatology practitioners at five hospital sites across England. **Susan Bridgewater** is managing the study and **Alice Berry** is conducting the process evaluation.

Celia Almeida is working on the LIFT study, led by Aberdeen University. LIFT is a multi-site randomised controlled trial comparing the effectiveness of graded exercise and cognitive-behavioural therapy delivered by telephone for patients with inflammatory rheumatic diseases who have high levels of fatigue.

Dr Julie Taylor and **Dr Emma Dures** are collaborating with Oxford University to explore barriers to the implementation in clinical practice of 'treat to target' guidelines for patients with psoriatic arthritis.

Welcome to new MAMBO staff

Jen Orme started in April and is providing support for MAMBO. **Chris Silverthorne** recently started working on the NIHR-funded PROMPT study looking at early detection to improve outcome in patients with recent onset psoriatic arthritis.



Jen Orme (L) and Chris Silverthorne (R)

Achievements and Prizes

Professor Shea Palmer has been appointed lead for the development of recommendations for Disability and Quality of Life Common Data Elements for the International Ehlers-Danlos Society. The working group will recommend outcome measures to be used routinely in research and clinical practice for the Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders. He has also been appointed Chair of a Scar Free Foundation Study Steering Committee. The 'CARE Burn Scale Study' is being run by the Centre for Appearance Research.

Congratulations to PhD Researcher **Sarah Bennett** for winning the Second Prize at the UWE Bristol Health and Applied Sciences Postgraduate Conference. She has also had her first peer-reviewed research paper accepted for publication: Bennett S, Walsh N, Moss T, Palmer S (2019) The lived experience of Joint Hypermobility and Ehlers-Danlos Syndromes: A systematic review and thematic synthesis. *Physical Therapy Reviews* 24(1-2):12-28.

Congratulations to **Melissa Domaille**, winner of the CAHPR Public Health Research Award. She will receive expenses to showcase her research at the Public Health England conference in September.

For more information, please contact one of the joint Theme Leads:

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News from the Emergency Care theme

The Emergency Care Theme welcomed two new members of staff in June 2019. **Helen Nicholson** and **Alyesha Proctor** have joined the team as Research Paramedics. Helen and Alyesha will be working closely with the team and with colleagues in South Western Ambulance Service NHS Trust. They will be supporting a variety of ongoing research projects in pre-hospital care and working with the Paramedic Science team at UWE Bristol to promote and support further research activity with staff and students.

Congratulations to **Kim Kirby** who commenced her NIHR Clinical Doctoral Research Fellowship in April. Kim is taking a break from her Research Paramedic role to undertake her PhD.



Kim Kirby

EcLiPSE published in The Lancet

The EcLiPSE study was conducted to find out whether children and young people with long lasting seizures should be treated with a medicine called phenytoin or levetiracetam (brand name Keppra) in an emergency setting. The study findings were published in The Lancet in May 2019; Keppra was not significantly superior to phenytoin. However, the results suggest Keppra could be an appropriate alternative to phenytoin and further research is planned. Congratulations to **Dr Mark Lyttle** who was the first author on this prestigious publication.

GPED in final months of data collection with >900 pieces of data collected to date

Pressure continues to grow on Emergency Departments (EDs) in the United Kingdom, with declining performance and adverse effects on patient outcome, safety and experience. One proposed solution is to locate General Practitioners (GPs) in or alongside the ED, with a number of different models in operation.

The GPED project, led by members of the Emergency Care Theme and project managed by

Dr Heather Brant, aims to investigate the impact of GPs working in or alongside the ED on patient care, the primary care and acute hospital team and the wider urgent care system. Staff and patients are participating in interviews and observations as part of this mixed methods study involving ten case study sites. The findings will be reported in 2020 and disseminated to inform policy and commissioning as well as describing the impact of GPED on patient care and experience.

READY paramedics study underway

GP Services in the UK are under severe pressure and there are not enough GPs to ensure patients are always seen in a timely way. It is possible that having other practitioners working alongside GPs could reduce the pressure; some GPs are already using paramedics to carry out home visits or see patients with urgent care needs. However, these arrangements have tended to be set up at a local level and without clear evidence to support them. We don't know the best way to deploy paramedics in GP Services, if it changes outcomes for patients or if patients are happy to be seen in this way.

Preliminary work is underway to address the lack of evidence; **Dr Behnaz Schofield** is meeting with key informants, interviewing stakeholders and conducting a national web-based survey. The findings will inform a proposal to conduct a realist evaluation of paramedics working in primary care.

Two new projects funded

Congratulations to **Kim Kirby** and **Dr Sera Manning** who have each been awarded RCF to prepare grants for submission to the NIHR. Kim's work (BNSSG RCF) will investigate ways to support paramedic screening and care planning referral for patients who are thought to be in the last year of life. Sera's work (University Hospitals Bristol RCF) focuses on the ways that ED staff currently manage agitation and challenging behaviour in patients with dementia, and will investigate the potential for de-escalation interventions to reduce this behaviour and avoid the use of sedation and/or manual restraint. Watch this space!

For more information, please contact the Theme Lead:

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News from the ACTIoN theme (Assessment, Care, Treatment in Neurology)

Bladder and Bowel Care Stakeholder event

Dr Nikki Cotterill held two stakeholder sessions to focus on optimising bladder and bowel care in the local area, during March and April, supported by BNSSG CCG Stage 1 RCF funding. The events brought together 64 participants, including patients and carers, charity representatives, commissioners, primary and secondary care nurses, physiotherapists, midwives, continence advisors, physicians, surgeons, specialist services and more.



Attendees at the bladder and bowel care stakeholder event

The energy in the room was palpable with so much enthusiasm to make real improvements to bladder and bowel care.

Key messages were that better integration of services and education are required to improve patient outcomes. This will now be the focus of a subsequent funding application to evaluate interventions and ideas co-produced at the events.

New Books

Professor Richard Cheston appeared at the Hay-on-Wye literary festival in May to talk about dementia care alongside collaborators on a revised version of Tom Kitwood's classic "*Dementia Reconsidered*", called "*Dementia Reconsidered: Revisited*". This new edition includes all of the original book, with each chapter supported by a commentary by a contemporary researcher.

Together with Gary Christopher, Rik also authored a book examining dementia through an existential lens, entitled *Confronting the*

Existential Threat of Dementia: an Exploration into Emotion Regulation, and published by Palgrave-MacMillan.

A second book that Rik has co-authored (with Ann Marshall) for memory clinic staff to deliver a post-diagnostic course for people living with dementia ("*The Living Well with Dementia course - a workbook for facilitators*") was published by Taylor-Francis in May.



Richard Cheston, book signing at the Hay-on-Wye literary festival

For more information, please contact the Theme Lead:

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News from the PROactive theme (Pain, Rehabilitation and Innovation)

The first half of the year has flown by for PROactive!

Starting with a long list of congratulations, a special mention goes to **Alice Berry** who successfully passed her PhD in March.

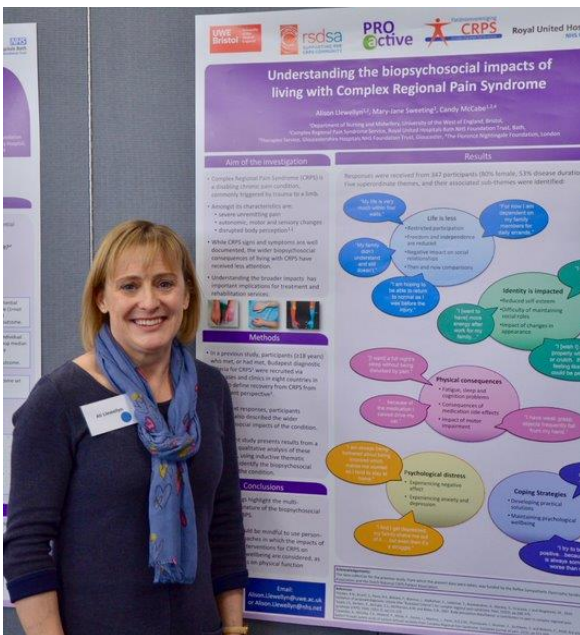


Alice Berry with her examiners and independent chair

We will have two representatives on the 70@70 NIHR Nursing and Midwifery Leadership Programme which commences in the autumn for a three-year period:

Sharon Grieve has been awarded a place on the programme, whilst **Professor Candy McCabe** has been invited to be the South West hub lead.

Further congratulations go to **Sharon Grieve** and **Dr Alison Llewellyn**, who were winners of the student and staff poster prizes respectively at the CHCR showcase conference in April.



Dr Llewellyn beside her award winning poster



Sharon Grieve beside her award winning poster

Two major collaborative studies have formally commenced during the past six months:

- A feasibility trial of providing the Royal National Hospital for Rheumatic Diseases fibromyalgia self-management programme in a community setting (FALCON). Funded by the Chartered Society of Physiotherapy, this project is led by **Dr Jen Pearson** with **Professor Nicki Walsh, Professor Fiona Cramp** and **Sandi Derham**.
- A sensory training system (STS) for use at home by people with persistent limb pain. This is a medical device development and clinical testing study and is funded by Versus Arthritis. It is being led by **Professor Candy McCabe, Dr Alison Llewellyn** and **Sharon Grieve** in collaboration with colleagues in Computer Science at UWE Bristol, Clinical Measurement at the Royal United Hospitals, and Designability in Bath.

Professor Fiona Cramp was invited to deliver the keynote lecture at the launch of the new cancer academy at Guy's and St. Thomas', London in February.

The title of her presentation was 'Evidencing the role of physical activity in fatigue management'. The presentation was streamed live and available via:

https://www.youtube.com/watch?v=o60vIZt7mBY&index=3&list=PLIEkbSroEPVedar484q_aFTJ0h74a2pau&t=0s

We have had six research papers published in various national and international journals, including BMC Musculoskeletal Disorders, the European Journal of Oncology Nursing, the Journal of Contextual Behavioral Science, and the American Pain Society's Journal of Pain. These

papers have covered a wide range of topics relevant to the focus of PROactive's work - alterations of body image, exploring patient experience, acceptance of shame and embarrassment, and physical activity interventions to name but a few.

PROactive members have spoken about their research or clinical expertise at five different conferences this Spring, in addition to showcasing eleven poster or oral abstract presentations.

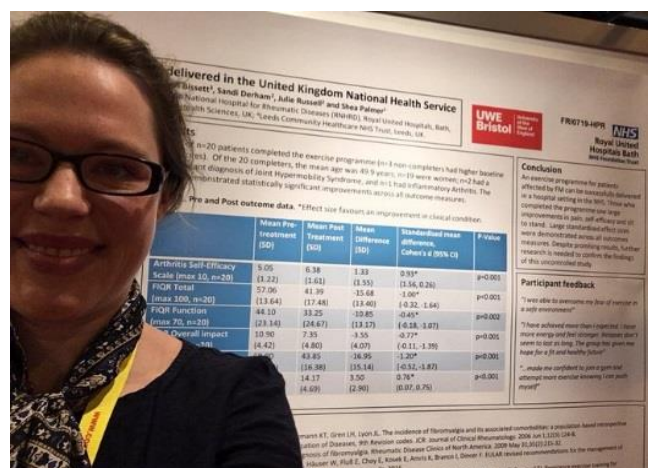
For more information please contact the Theme Lead:

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News from the Knowledge Mobilisation theme

Members of the Knowledge Mobilisation theme continue to work with our local NHS partners to support the implementation of research findings and identification of real-world healthcare problems suitable for further research.

Over the last six months, members have disseminated their work at National and International conferences. **Dr Jen Pearson** presented the Rheumatology therapy team's Fibromyalgia Syndrome exercise evaluation at EULAR in Madrid and **Professor Nicola Walsh** presented at a symposium at the British Society of Rheumatology in Birmingham on approaches to Knowledge Mobilisation in healthcare.



Dr Jen Pearson beside her poster at EULAR

PhD student **Leah Morris** was recently awarded a prestigious Santander travel bursary, and will be going to Australia later in the year spending time with two research groups in Melbourne and Sydney.

Leah will have the opportunity to learn more about healthcare research from these units in addition to sharing her work on the Acceptability of First Contact Physiotherapy in Primary Care.

Dr Hannah Stott, Research Fellow on the FRONTIER study has recently started a journal club focussed on Realist Evaluation Methodology.

The first two meetings have been well-attended and reflects the growing interest and expertise at UWE Bristol in this innovative approach for health services research. Contact Hannah3.Stott@uwe.ac.uk for further details.

Moving forward it is important that the Knowledge Mobilisation theme reflects staff expertise in other research methods and evaluation, so we are keen to hear what people think about the name of the theme and ideas for its development. Please contact the theme lead, **Professor Nicola Walsh** with your suggestions.

For more information, please contact the Theme Lead:

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