

Centre for Health and Clinical Research (CHCR)

Newsletter, January 2019

Introduction from the Director

We have had another busy period and it is hard to believe that January has already passed us by. This is now our fourth official biannual newsletter and, when assembling each one, I have been reminded of how much we continue to achieve. I would like to thank all the theme leads for their contributions to the newsletter and overall support in running the Centre; without them, my job as the Director would be impossible.



We recently said goodbye to **Dr Paul Whybrow**; whilst he only joined us 10 months ago he achieved a huge amount in relation to supporting nurses and allied health professionals (AHPs) in the design, development and conduct of research relevant to CHCR and University Hospitals Bristol NHS Foundation Trust (UHBristol). We wish Paul well in his lecturing post in Hull and hope that he will return to Bristol in the future.

In October 2018, we said a fond farewell to **Dr John Albarran** on his retirement. John was a long standing member of CHCR and supported many health professionals in their research development. I had the pleasure of working closely with John over many years, most recently, in his role as the Associate Head of Department for Research and Knowledge Exchange in Nursing and Midwifery. This post has now been taken up by **Dr Sally Dowling**, also a member of the Centre. Sally has previously supported social marketing activities for CHCR and I look forward to working with her to facilitate further development of research in nursing and midwifery.

Members of CHCR continue to support clinicians to develop research skills. For example, we are providing supervision to several AHPs in receipt of regionally funded **Health Education England internships** as well as one **National Institute for Health Research (NIHR)** funded pre-doctoral clinical academic fellow. **Pauline Humphrey**, Consultant Radiographer for Brachytherapy, UHBristol recently commenced an NIHR clinical

doctoral fellowship (DoS **Prof Fiona Cramp**; Supervisor **Dr Emma Dures**). CHCR members (**Prof Fiona Cramp**, **Prof Candy McCabe** and **Dr Mwidimi Ndos**) also provide UWE Bristol leadership for the Versus Arthritis nurse and AHP internship scheme, currently open for applications: <https://www.versusarthritis.org/research/information-for-applicants/types-of-grant>

In October, members of the Child Health theme delivered a successful lunchtime seminar with presentations from **Dr Lyvonne Tume**, **Dr Toity Deave** and **Prof Julie Mytton**. The seminar was attended by a wide range of individuals from across the University.

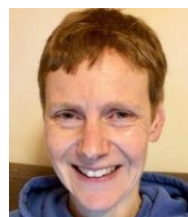
Future dates for the diary including lunchtime seminars showcasing our 'Doctoral Students' on 13 February 2019 and our 'research on manualised interventions' on 10 July 2019. In addition, our Showcase Conference is taking place on 5 April 2019 with two excellent guest speakers: **John Macleod**, Professor of Clinical Epidemiology and Primary Care, Bristol Medical School and **Krysia Dziedzic**, Arthritis Research UK Professor of Musculoskeletal Therapies, Keele University.

Further details regarding registration and submission of abstracts for poster presentation can be found at:

<https://info.uwe.ac.uk/events/event.aspx?id=24042>

I do hope that you enjoy reading the news from our themes and encourage you to get in touch with me or the theme leads for further information. To find out more about our research please visit our website:

<http://www1.uwe.ac.uk/hls/research/healthandclinicalresearch.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 & Director of CHCR

News from the Child Health theme

The Child Health Research theme are currently finalising their research strategy, which will be available at the CHCR conference on 5 April 2019.

Update from the NIHR Global Health Funded Nepal Project: Prof Julie Mytton

The Nepal Injury Research Centre programme, led by **Prof Julie Mytton**, has been strengthened by further grant funding. One new project will map the degree to which road safety is included in the curricula of different professional groups (such as town planners, transport engineers, police, public health etc), with a view to exploring opportunities for inter-professional learning. Funding has come via UWE QR from the Global Challenges Research Fund. This source has also provided funding to increase social science research at our Centre. We have also received funding from the NIHR to run a good financial governance training programme in Kathmandu in April 2019 to support our collaborators to bid for funding and report on funding expenditure from international donors.

Update from the NIHR Health Technology Assessment Programme funded GASTRIC Feasibility study: Dr Lyvonne Tume

We are over halfway through this study, having conducted an extensive survey of current practice around Gastric Residual Volume (GRV) measurement in UK paediatric (PICUs) and neonatal intensive care units (NICUs) and completed the qualitative work with parents/families and healthcare professionals across the UK asking about views around a future trial. We have just completed a Delphi study with both PICU and NICU professionals to determine trial design issues and are in the analysis phase of the last two work packages. We are now examining our two large national datasets to determine trial viability and feasibility and have some final consensus meetings planned in early April.

Highlights of some publications

Tume LN, Frédéric V Valla, Alejandro Floh, Praveen Goday, Corinne Jotterand Chaparro, Bodil Larsen, Jan Hau Lee, Yara M F Moreno, Nazima Pathan, Sascha Verbruggen, Nilesh M.

Mehta Priorities for nutrition research in pediatric critical care. JPEN 2018.

Hamilton K, Tolfree R, **Mytton J**. A systematic review of active case-finding strategies for tuberculosis in homeless populations. Int J Tuberc Lung Dis 2018;22(10):1135-1144.
<http://dx.doi.org/10.5588/ijtld.17.0784>

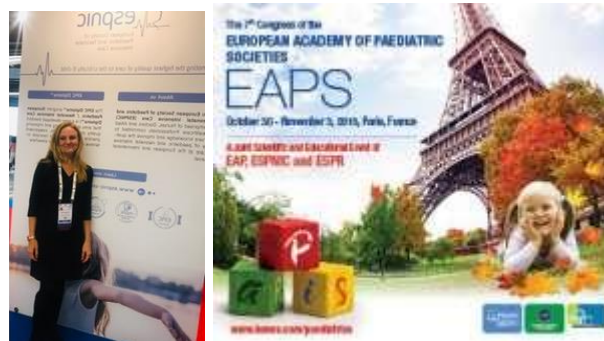
Dowling, S., Pontin, D. and Boyer, K. (eds) Social experiences of breastfeeding: building bridges between research, policy and practice. Bristol: Policy Press.

PhD completions

Dr Lyvonne Tume was supervisor to Daifallah Al-Thubaity who successfully completed their PhD at the University of Central Lancashire in December 2018. The title of the thesis was 'The ability of newly qualified Saudi nurses working on paediatric wards to recognise the deteriorating child: Can a focussed educational intervention impact on this?'

Members of the Child Health theme were invited speakers at the following national and international scientific congresses:

Dr Lyvonne Tume was in invited speaker at the European Academy of Paediatric Societies Congress that took place in Oct/Nov 2018 in Paris: 'Barriers to starting EN in the ICU: the nurses' perspective' and 'Nurse-led weaning ventilation'.



World Injury Prevention and Safety Promotion Conference, November 5-7th 2018, Bangkok, Thailand

The child health theme had a strong presence with a number of posters and oral presentations, some of which are highlighted below:

- **Mytton J**, Bhatta S, Pant P, Thorne M "Status of injury prevention research in Nepal: A systematic review"
- **Mytton J**; Pant P, Ellis M, u-Baset K, Joshi SK.
- "Establishing an injury research centre in Nepal; challenges and opportunities"

- Bhatta S, **Mytton J**, Deave T "Potential home environment change for child injury prevention in rural areas of Nepal: a qualitative study"
- Pant P, **Mytton J**, Bhatta S "Assessment of policies and legislation supporting child injury prevention in Nepal"



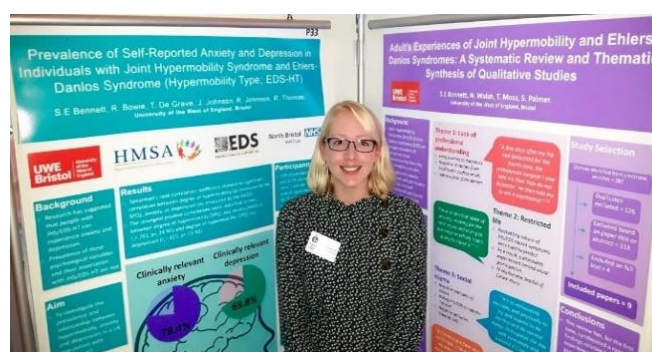
is part of the EDS International Physical Therapy Working Group who also presented the group's initial work on developing Common Data Elements for research and clinical practice.



Prof Shea Palmer

New funding success in the last 6 months

- **Mytton J**. Culturally competent approaches to injury prevention and first response £39,000 annually for 3 years. 2018-2021. UWE QR from the Global Challenges Research Fund
- **Mytton J**. Interdisciplinary learning for road danger reduction. £30,000 annually for 3 years. 2018-2021. UWE QR from the Global Challenges Research Fund
- **Mytton J**. Ensuring financial assurance for the Nepal Injury Research Centre programme. £6,970 2019-2020. National Institute for Health Research.



Sarah Bennett

For more information, please contact the Theme Lead:

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News from the MAMBO theme

Ehlers-Danlos Society (EDS) International Symposium, Ghent

MAMBO had a very high profile at the recent EDS International Symposium in Ghent, Belgium. **Prof Shea Palmer** and **Sarah Bennett** (PhD student) presented posters on a range of research, including patient lived experiences and the psychosocial impact of Joint Hypermobility Syndrome and Ehlers-Danlos Syndrome-Hypermobility Type. One of our recent PhD graduates, Dr Najla Alsiri, gave a platform presentation related to her work on the use of ultrasonography for the identification of increased tissue elasticity in these conditions. **Prof Palmer**



Najla Alsiri

Welcome to new members of MAMBO

Study Coordinator Susan Bridgewater and Process Evaluation Fellow Alice Berry have joined the MAMBO theme to work on the FREE-IA study. FREE-IA is funded by NIHR Research for Patient Benefit and led by **Dr Emma Dures**. It is a feasibility study of a low intensity fatigue intervention for patients with inflammatory arthritis.

Michael Shepherd has joined MAMBO to work with **Dr Jo Robson** on a UK-wide survey study, scoping the availability of psychological and self-management support for patients with rare autoimmune rheumatic diseases.

Anne-Marie, a nurse from Denmark, has joined MAMBO as a PhD student. Anne-Marie will be exploring nurse-led care for patients with early inflammatory arthritis, supervised by Director of Studies, **Dr Mwidimi Ndosi**.

Patient activation

PhD student, **Bethan Jones**, has been awarded a further year of funding from Versus Arthritis to continue her doctoral work on patient activation in rheumatology.

Support for research

Dr Jo Robson and **Dr Emma Dures** delivered 'Clinical Research Start-up and peer Support' (CReSS) workshops for clinicians at University Hospitals Bristol NHS Trust. These were organised by Paul Whybrow and aimed at clinical staff interested in undertaking research. Jo discussed using local pump priming funding to underpin a larger grant application. Emma shared her experiences as a member of the NIHR Research for Patient Benefit panel in the Southwest.

Extending outcomes expertise

Mwidimi was awarded a EULAR Health Professionals Educational Visit Grant to travel to Swiss Paraplegic Centre in Nottwil to learn the current methods of harmonizing patient reported outcome measures.

Promoting nursing in rheumatology

Mwidimi was invited by the Hong Kong Society of Rheumatology to speak about the effectiveness of nurse-led clinics at their annual conference.

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

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News from the ACTIoN theme

Dr Nikki Cotterill was appointed Associate Professor of Continence Care and was awarded a prestigious Florence Nightingale Foundation Leadership Scholarship to develop her work in bladder and bowel continence care. A key project that Nikki is hoping to develop through this scholarship is creating a Health Integration Team focussed on bladder and bowel continence along with other experts and patients in the Bristol area. Nikki also published a protocol for a review of the evidence base for conservative interventions to reduce urinary and faecal incontinence associated with multiple sclerosis on the Cochrane website

Hannah Stott received the recommendation of a pass with only minor amendments following her PhD viva. Her dissertation is titled "Embodiment, altered perception and comfort after stroke". Hannah also presented her work in Canada for the Qualitative Health Research conference in October, and had posters at UK Stroke Forum and British Health Psychology conferences. Hannah has now started a new post as a qualitative researcher with Frontier (evaluating the first contact physiotherapy role).

Dr Mary Cramp, along with **Prof Shea Palmer**, has published a feasibility study looking at the effect of postural taping on pain, function and quality of life following fracture of the vertebrae. Mary also worked with **Prof Rik Cheston** and Jo White to lead a study in which two researchers (Bernice Ababio and Sana Muttaqi) interviewed six stroke survivors from the African-Caribbean community living in Bristol. The results of the study will inform local service development.

Dr Praveen Kumar's team completed recruitment of 31 participants in December as part of a project funded by the Above and Beyond Charity looking at the acceptability of a Lycra sleeve for glenohumeral subluxation in people with stroke. They have presented work in progress posters at various conferences including UK Stroke Forum in December. Praveen was also invited to speak at a study day on the assessment and treatment of Hemiplegic Shoulder Pain organised by Scotland Association of Chartered Physiotherapists in Neurology and at a Life after stroke Event in Manchester

Sanda Ismail, Emily Dodd, Gary Christopher and **Prof Cheston** have completed a preliminary study developing a "Nostalgic Based Reminiscence Therapy" with six couples with dementia.



Prof Cheston carried out two days of training on the Living Well with Dementia psycho-education course with ten memory clinic workers in Sussex (pictured above), and was co-author of a series of evidence briefings on the post-diagnostic support of people living with dementia published by the British Psychological Society.

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

The summer might traditionally be a quieter time for the world of academia, but we are PROactive all year round! We started off with two large external grants awarded to **Prof Candy McCabe** (PROactive co-apps **Dr Ali Llewellyn** and Sharon Grieve) - £93,616 for 'a Delphi study to define internationally agreed core clinical outcome measure for Complex Regional Pain Syndrome clinical research studies (COMPACT-C), which was funded by the USA charity RSDSA, and £99,749.60 for 'a sensory training system (STS) for use at home by people with persistent limb pain', funded by Versus Arthritis (formerly Arthritis Research UK).

The Complex Regional Pain Syndrome (CRPS) UK Clinical & Research Network celebrated its 10th anniversary in 2018, with over 550 records now held on what is the only national registry of people with CRPS. Members of PROactive also co-organised and attended a launch event at the House of Commons in July for the UK revised clinical guidelines for CRPS, as representatives of professional organisations involved in the project.

PROactive members of the Complex Cancer Late Effects Rehabilitation Service were co-organisers of the South West Macmillan Allied Health Professionals Conference, whilst colleagues in the Bath Centre for Pain Services were co-organisers of the South West and Wessex Pain Society Annual Meeting. Both of these events were held in Bath.

Autumn brought the excellent news that **Dr Jenny Lewis** had successfully obtained a part-time permanent contract with UWE Bristol as a Senior Lecturer, and **Sharon Grieve** commenced her DPhil (Doctorate by Publication). Three internships were also awarded, with members of PROactive acting in a supervisory capacity – Higher Education England (HEE) grants for Catherine Rolls (UBHT) and Nansi Felton (Avon & Wiltshire Mental Health Partnership) plus a Macmillan Cancer Support funded Florence Nightingale Foundation Research scholarship for Kathy Rogers in NAM. The CRPS research team in Bath have also hosted four student placements in recent months – including an Arthritis Research UK internship, UWE Bristol nursing placement, and UWE Bristol health psychology internship!

The following collaborative multi-site projects have also commenced within the past 6 months with colleagues across the UK and/or internationally:

- A feasibility study of prisms and therapy in attention loss after stroke (SPATIAL) - led by **Dr Ailie Turton**, funded by NIHR Research for Patient Benefit
- COMPACT-C, as mentioned above.

Nine research papers have been published – including in the European Journal of Pain, Plos One, Pain Medicine and Military Behavioural Health. Special congratulations go to Alice Berry who had her first paper published in addition to submitting her PhD thesis. Kate Fry, our Arthritis Research UK intern, has had an abstract accepted for the British Society for Rheumatology 2019 Annual Conference. There have been seven invites as speakers, plus eight poster or oral abstract presentations, in locations varying from London and Birmingham to Canada and the USA.



Photograph at the parliamentary launch event of the revised clinical guidelines for CRPS

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News from the Emergency Care (EC) theme

The main results paper from the AIRWAYS-2 trial, led by **Prof Jonathan Benger** and with substantial contributions from **Dr Sarah Voss** and **Kim Kirby**, was published in the Journal of the American Medical Association (JAMA) in August 2018. This publication is in the top 5% of all research outputs scored by Altmetric, and by mid-December Tweets of the paper had reached more than 1 million followers. Further dissemination has been achieved through an infographic (<http://www.airways-2.bristol.ac.uk/>), animation (https://youtu.be/OM_um-6OydE) and a large-scale dissemination event held in London during October 2018 that was attended by nearly 200 ambulance staff. Videos of this event can be found at:

<https://www.youtube.com/watch?v=EhLYXMJ-ok>

The paper has been the subject of several podcats, blogs and web-based commentaries, and is expected to have a substantial impact on the future management of out-of-hospital cardiac arrest worldwide. Further qualitative work, examining the experience of paramedics who took part in the AIRWAYS-2 trial and funded by the Resuscitation Council UK, is also ongoing led by **Kim Kirby** and **Dr Janet Brandling**.



The GPED Project, to examine the impact of GPs working in or alongside Emergency Departments, led by UWE Bristol and funded by a large grant from the NIHR Health Services and Delivery Research Programme, continues to proceed successfully. An early dissemination and consultation event was held at Engineer's House in Clifton during November 2018, in collaboration with Cardiff University, and was attended by nearly 50 commissioners, clinicians and researchers.

The Emergency Care Theme has two doctoral successes: **Johannes von Vopelius Feldt** has successfully completed his NIHR Clinical Doctoral Fellowship (CDRF), passing his viva with very minor corrections during December 2018. Johannes's thesis "Prehospital critical care for out-of-hospital cardiac arrest" has already generated several high-quality peer-reviewed publications, with more to follow.

In the same month, **Kim Kirby** was awarded a full-time NIHR Clinical Doctoral Research Fellowship (CDRF) for her proposal "Improving the ambulance recognition and response for patients who are at imminent risk of cardiac arrest".



This new PhD will commence in April 2019.

Pictured left:
Kim Kirby

The Emergency Care Theme also welcomes Behnaz Schofield to the team. Dr Schofield will be working on the "READY Paramedics" project; a realist evaluation of the role of paramedics working in primary care, led by **Dr Sarah Voss**, Associate Professor in Emergency Care.

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News from the Evaluation theme

The evaluation team are happy to report that PhD student, **Jacqueline Barker**, has successfully been awarded her doctorate for a study entitled, "Evidencing the value of PPI in inter-organisational health networks". This study was externally funded by the Academic Health Science Network (AHSN) as part of a larger across university project, 'Evidencing the value of the AHSN'. **Prof Pam Moule** was the Director of Studies and Jackie is now employed as a Research Fellow supporting Pam and Professor Aniko Varadi in Research Excellence Framework impact activities.

The team have secured new funding, including recent monies from Bayer, to look at a third phase evaluation of the Don't Wait to Anticoagulate project implemented in Gloucestershire. This project will consider the impact of the programme on the prescription of anticoagulation drugs used to prevent stroke in patients with atrial fibrillation.

We are also pleased to have presented our work at various forums and have two recent publications:

Moule P, Clompus S, Fieldhouse J, Ellis-Jones J, Barker J (2018) Evaluating the implementation of a quality improvement process in General Practice using a realist evaluation framework. *Journal of Evaluation in Clinical Practice*. 24 (4), 701-701. IF 1.483

Moule P, Clompus S, Lockyer L, Coates D, Ryan K (2018) Preparing Non-Medical Clinicians to deliver GP out-of-hours services: lessons learned from an innovative approach. *Education for Primary Care*. 29 (6), 376-380.

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News from the Knowledge Mobilisation theme

The FALCON study led by **Dr Jen Pearson** commenced in January 2019. The study funded by the Chartered Society of Physiotherapy Charitable (CSPCT) Trust aims to assess the feasibility of delivering a Fibromyalgia Self-Management Programme (FSMP) in the community. The FSMP is a non-pharmacological, multidisciplinary exercise and education group intervention aiming to provide condition-specific, patient centred, education and exercise advice. Core components include education about fibromyalgia, sleep hygiene, goal-setting, pacing, hydrotherapy, and dietary advice.

Over the last ten years, allied health professionals at the Royal National Hospital for Rheumatic Diseases, Royal United Hospitals Bath NHS Foundation Trust have developed and delivered the FSMP resulting in improvements to clinical outcomes.

The FALCON study offers the opportunity to see whether it is feasible for the intervention to be delivered in the community by non-specialist therapists. The FALCON team are working with two community therapy teams; Bristol Community Health and Wiltshire Health and Care to deliver the intervention. In February this year, six community therapists will attend FALCON training with a view to delivering the FSMP intervention in the Spring/Summer 2019.

The aim of the **FRONTIER Study** is to identify First Contact Physiotherapy (FCP) service provision across the UK. The specific objectives are: to understand the different models of FCP service provision that are currently provided; identify key aspects of professional capabilities; and scope potential interest in further case-study based evaluation. The study commenced on 1st September 2018 with the distribution of a UK wide survey to individuals involved in FCP service provision. Responses were received from across all four devolved nations and provided detail of the FCP services (e.g. banding, competencies, hours) and the models of service provision available (e.g. how patients access services, and how services are funded, commissioned and provided). This work identified the vast array of delivery models currently applied to NHS services.

Work is now underway on the next phase of the project, a realist synthesis identifying how FCP works, for whom, in what circumstances, and why. This review will address issues including the impact of FCP on patient outcomes, GP workload, and healthcare resources. It will also identify unintended consequences of service innovation including impact on workforce planning and potential deskilling.

The team will then conduct a clinical and cost-analysis of 24 UK sites delivering the FCP model.

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