

Introduction from the Director

Since the last newsletter in July 2017 there have been some major changes within CHCR, reflecting our continued growth and on-going success. I was delighted to be appointed to the permanent role of Centre Director in August, having been Acting Director for the previous 10 months. I have since overseen the restructuring of our largest theme (Complex and Long Term Healthcare) as well as the establishment of two new posts, in collaboration with external partners, with a view to support research bidding activity.

The following pages provide an update from each of our themes including the three new themes: PROactive (Pain, Rehabilitation and Innovation); Musculoskeletal; and ACTIoN (Assessment, Care and Treatment In Neurology). An event is planned for the spring to officially launch our new themes but you have a chance to read about some of their work in the following pages. You will see from the reports that they are already achieving success including research grant income, publications, impact and doctoral completions. The observant readers will also notice the absence of a report from our Patient and Public Involvement (PPI) theme. We are continuing to work closely with our PPI colleagues with patients and the public being involved at all stages of our research. Given the importance of PPI to all research within the Health and Applied Sciences the Faculty are further developing the work of this theme to ensure that all researchers within the Faculty have access to appropriate support.

We formally welcomed Dr Alison Diaper as Senior Research Fellow at the start of December. Alison will be supporting the professoriate within CHCR to develop and complete the writing of grant submissions to major national and international funders. The post is jointly funded between CHCR

and Avon Primary Care Research Collaborative (APCRC). We are also in the process of recruiting a Research Fellow to develop collaborative research activities amongst the Nursing and Allied Health Professions. The purpose of the new post is to support clinicians in the design, development and conduct of research activities relevant to CHCR and University Hospitals Bristol NHS Foundation Trust (UH Bristol) and contribute to new funding initiatives. This post is jointly funded by CHCR and UH Bristol reflecting our commitment to ongoing collaboration and development of clinical research.

Due to the introduction of a Faculty Research Showcase event we made the decision not to hold a CHCR conference in 2018. We will however be holding at least three lunchtime seminars in 2018, the first of which is due to take place on Wednesday 21 February led by the Emergency and Critical Care theme. Further details will be circulated shortly and made available on the CHCR webpages. We also plan to hold an official launch for our three new themes in the spring so watch this space. I do hope that you enjoy reading the news from each of our themes and encourage you to get in touch directly with me or with the theme leads if you would like further information.

To find out more about our research activities please visit our centre website: <http://www1.uwe.ac.uk/hls/research/healthandclinicalresearch.aspx> and follow us via twitter @CHCR_UWE. For any additional queries please contact me directly by email Fiona.cramp@uwe.ac.uk or telephone 0117 3288501.



Fiona Cramp

Director, CHCR & Professor
in Long Term Conditions

Child Health theme news

GASTRIC study: Lyvonne Tume (PI) has been awarded £343,000 from the National Institute for Health Research (NIHR) Health Technology Assessment Programme (HTA) to undertake a feasibility study of not routinely measuring gastric residual volume in mechanically ventilated infants and children. The study commences in April 2018.

Lyvonne also facilitated the appointment of a Visiting Fellow to UWE Bristol, Dr Frederic Valle.

Photosphere development study (Co-investigator **Toity Deave**): Collaborating with the Faculty of Engineering at the University of Bristol, this project, funded through an Elizabeth Blackwell Institute Translational Acceleration and Knowledge Transfer award, is to develop a fully functioning pilot 'photosphere'. This 360° photographic representation of an unsafe kitchen environment is being designed for Health Visitors to use with parents of young children as an interactive aid to identify hazards and promote injury prevention.

BaBBLeS study (PI **Toity Deave**): The Baby Buddy app was developed by Best Beginnings to support young mothers through pregnancy and the first six months post-delivery. This mixed methods study to explore the impact of the app on maternal self-efficacy and mental wellbeing, and self-reported behaviour finished data collection in December.

Home injury risk assessment in Rural Nepal: Santosh Bhatta successfully completed his PhD in October; a community based study of home injury risk assessment in rural Nepal. His PhD comprised a systematic review, a household survey of over 700 homes and qualitative research using interviews and focus groups.

Prevention of traumatic brain injuries (PI **Julie Mytton**): A seedcorn funding award from the NIHR Brain Injury Healthcare Technology Cooperative allowed Julie, together with colleagues at

the Bristol Royal Hospital for Children, to explore whether it is feasible to identify potentially modifiable risk factors for non-fatal traumatic brain injury from routinely collected information on children attending the hospital with head injuries. The project runs from August 2017 to July 2018.

Supporting Action through First-aid Education (SAFE) study (PI **Julie Mytton**): This project, funded by the British Red Cross explored the potential for first-aid education to support patient groups to make informed decisions about when to access urgent care services. The study finished in January 2017. The report was published on the British Red Cross website and Julie was interviewed on BBC Radio Bristol.

Nepal Injury Research Centre project (PI **Julie Mytton**): Julie, and a team of research staff from UWE and the University of Bristol, are working with Kathmandu Medical College, the Nepalese Government, the World Health Organisation and several NGOs to build injury prevention research capacity and establish a sustainable injury research centre in Kathmandu. The project, funded by the NIHR Global Health Research programme, started in July 2017.



The team visiting the proposed site for the Nepal Injury Research Centre office at the Kathmandu Medical College campus. L to R: Dr Matthew Ellis (University of Bristol), Professor Sunil Joshi (Kathmandu Medical College), Dr Julie Mytton, Dr Puspa Pant (UWE Bristol) and Dr Santosh Bhatta (UWE Bristol).

For more information please contact the Theme Lead

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Musculoskeletal theme news

Members of the Musculoskeletal Theme work on projects relating to a wide range of rheumatic conditions, soft tissue injury and rehabilitation. **Dr Lindsay Smith** (NIHR clinical lecturer and orthopaedic clinical researcher) is focusing on the long-term care of any patient with a joint replacement. This patient group generally have good early results from the surgery but there is uncertainty over the requirement for long-term surveillance in view of potential failure of the joint replacement. Lindsay is currently working on two NIHR projects and supporting an ARUK project.

- NIHR Integrated Clinical Academic Clinical Lecturer award: Hip arthroplasty surveillance: Is it really necessary?
- NIHR Health Services and Delivery Research (HS&DR): Towards UK post Arthroplasty Follow-up rEcommendations: UK SAFE <https://www.journalslibrary.nihr.ac.uk/programmes/hsdr/1470146/#/>
- Arthritis Research UK: Providing a standardised approach to virtual clinic follow-up of total joint replacement.

The rheumatology group continues to conduct research on outcomes important to patients, fatigue, and self-management in inflammatory arthritis and multi-system autoimmune conditions:

Reducing Arthritis Fatigue by clinical Teams using cognitive-behavioural approaches (RAFT):

We are pleased to report the early results of our Reducing Arthritis Fatigue by clinical Teams using cognitive-behavioural approaches study. RAFT is a multi-centre RCT of a manualised group cognitive-behavioural course to reduce the impact of fatigue on people with rheumatoid arthritis, funded by NIHR HTA.

A total of 333 patients took part in seven UK hospitals and over 90% completed the questionnaires for two years. Everyone received the Arthritis Research UK fatigue

booklet and discussed it briefly with a nurse at their first study visit. Half of the patients were then randomised to the intervention and offered the RAFT course of seven sessions delivered by their rheumatology nurses and occupational therapists. The RAFT course addressed thoughts and feelings related to fatigue, and how these link to behaviours and their impact on fatigue in daily life.

Our main aim was to see if the course reduced the impact of fatigue at six months. We found patients in both the intervention group and the control group reported less impact of fatigue in their lives at six months. However, the patients who attended the RAFT course showed greater improvement than the patients who only received the booklet. They were very satisfied with the RAFT course and 99% would recommend it to other patients. The two-year data will be published in spring 2018.

The RAFT team are now looking at supporting hospitals to start delivering the fatigue course as part of their routine care.



Professor Sarah Hewlett (RAFT Chief Investigator) and Dr Zoe Plummer (RAFT Trial Manager).

Self-management Training for Innovative DEpartments (STRIDE):

We have developed a skills-training package for multi-disciplinary rheumatology teams to enhance the self-management support they offer patients. Delivery of the training and evaluation is underway (funded by Pfizer Independent Grants for Learning & Change; project manager **Dr Serena Halls**).

Patient Activation: PhD student **Bethan Jones** is developing a conceptual model of patient activation in inflammatory arthritis (funded by Arthritis Research UK).

The B-TRIM study: Exploring patients' perceptions of dose reduction for biologic therapy in inflammatory arthritis has led to the design of a patient-information leaflet (funded by the Southmead Hospital Research Charity fund)

Experiences of diagnosis in psoriatic arthritis (GAPs): Interviews with patients have given insight into pathways to diagnosis and impact of initiating treatment in psoriatic arthritis and self-management of the condition (funded by NIHR Programme Grants for Applied Research).

Outcomes in Vasculitis: Our in-depth qualitative research with patients has provided insight into patients' experiences of Anca-Associated Vasculitis and Giant Cell Arteritis, and is underpinning a body of work on patient reported outcomes (funded by Above & Beyond and QR; led by **Dr Jo Robson**).

Key events:

Professor Hewlett and **Dr Dures** delivered a Fatigue Study Day to 40 rheumatology professionals in Oslo, Norway (supported by Novartis)

Recent UWE Bristol nurse graduate **Katie MacDonald** was awarded an Arthritis Research UK internship. Katie spent a very successful eight weeks with the rheumatology team undertaking a systematic review of online interventions for psychological distress in rheumatoid arthritis and long-term conditions.

Dr Dures presented results from the RAFT study and delivered a workshop on fatigue tools at the Royal College of Occupational Therapists (Specialist Section Rheumatology) in September.

For more information please contact the Theme Leads:

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ACTIoN theme news

The Assessment, Care, Treatment In Neurology (ACTIoN) theme is a new theme within CHCR, having only been in existence since the autumn. We are a broad theme that brings together Psychologists with research interests in dementia (**Subitha Baghirathan, Mike Chase, Richard Cheston, Gary Christopher, Emily Dodd** and **Nancy Zook**) and Occupational Therapists, Physiotherapists and Nurses with research backgrounds in stroke care (**Mary Cramp, Paul Cunningham, Claire Fullbrook-Scanlon, Clare Hopkinson, Praveen Kumar, Alex Palombi** and **Ailie Turton**). As such we combine a range of different perspectives from the clinical to the neurological to the social, with expertise in many different research paradigms.

Over the last six months, the ACTIoN theme has successfully published research in *Haemophilia*, *Clinical Rehabilitation*, *British Journal of Occupational Therapy*, *International Journal of Mental Health Nursing*, *Aging and Mental Health*, *Dementia: the International Journal of Social Research and Policy*, *International Journal of Geriatric Psychiatry* and *BMJ Open*.

We have been fortunate to gain QR funding to enable us to start work together in a shared area of interest - the experiences of people from BME (black and minority ethnic) communities who have had a stroke. This is a joint project with the Public Health research centre and enables us to combine our recent experience of looking at the dementia needs of people from BME communities in Bristol, with enduring interests in stroke rehabilitation, awareness and education. **Rik Cheston, Emily Dodd** and **Gary Christopher** are also working with **Sanda Ismail** from Public Health on a joint project with the Lifespan and Developmental Psychology team in the Psychological Sciences Research Group to expand our research interests in nostalgia.

For more information please contact the Theme Lead:

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PROactive Theme news

We have recently received the great news that PROactive (Pain, Rehabilitation and Innovation) will formally become a stand-alone theme within CHCR. We have also produced a video-scribe which gives an overview of our aims and themes – this is available via YouTube <https://www.youtube.com/watch?v=MyNqXasYV8&feature=youtu.be>

In November, we held a successful PROactive showcase afternoon at the RNHRD (Royal National Hospital for Rheumatic Diseases) in Bath and this was attended by invited guests **Professor Olena Doran, Dr Vivien Gibbs** and **Helen Cox**. It provided a fantastic opportunity to present our research to senior Faculty members and also demonstrate some practical aspects of those studies that our patients are involved in.

Special congratulations go to **Dr Ben Davies**, who successfully completed his PhD with a thesis entitled "Painful Diabetic Neuropathy: exploring management options". The last six months have also seen the commencement of a new PhD studentship, two Arthritis Research UK intern placements, and a UWE Bristol PhD nursing elective placement with the Chronic Regional Pain Syndrome Service at the RNHRD.



PROactive has been represented at a number of national and international conferences, with lectures as invited speakers or focused symposiums being held in Scotland, Republic of Ireland, South Africa and Malaysia! Academic poster presentations have also been spotted in

London, Harrogate and Cork. A special mention goes to **Dr Mary Cramp** for her abstract "Foot and ankle impairments as predictor of mobility and balance after stroke (FAiMiS Study)", which was selected for the high scoring abstract session at the UK Stroke Forum Conference in Liverpool.

We have also had at least five papers published or accepted for publication in major journals over the past six months - including the British Journal of Anaesthesia (Education) and the European Journal of Pain.

For more information please contact the Theme Lead:

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Emergency and Critical Care Theme news

GP+ED

Introduction

The GPED study launched in June 2017 following the award of a £1.1 million grant from the NIHR HS&DR Programme. The study will evaluate the role of GPs working in or alongside Emergency Departments (EDs) in England using a mixed-methods study design. The aim is to determine the most efficient ways that GPs can be deployed in EDs to maximise outcomes for patients, staff and the wider NHS. The study will map, describe and classify current models of GPED in all EDs in England and measure the impact of the models using a retrospective analysis of routinely available Hospital Episode Statistics (HES) data. The primary outcome measure is the number of ED attendances, however there are also a wide range of secondary outcomes. Case studies will be carried out on a sample of sites which have established GP models in the ED, as well as sites that are currently introducing a new GP model. The study team is led by **Professor Jonathan Benger** at UWE Bristol, and involves three other members of the Emergency and Critical Care

Research Theme in CHCR: **Dr Sarah Voss**, **Dr Katherine Morton** and **Dr Janet Brandling**. In addition, **Dr Andy Gibson** is leading on PPI. To deliver this large and complex study successfully UWE Bristol is collaborating with the Universities of Bristol, York and Newcastle.

GPED within current Health Policy

Recent recommendations from NHS Improvement and NHS England have resulted in a £100 million Department of Health investment for hospitals to implement GP models in ED within the next few months. Consequently, the study team are targeting sites for case studies where a GPED model is being introduced or changed. We will collect baseline data from these sites by mid-2018, with a return visit to collect post-implementation data after 12 months.

The team now have the opportunity to make a timely contribution and deliver research that is both relevant and responsive to policy changes within the NHS.

Study Progress

So far, six of the ten planned case study sites have been identified and site recruitment meetings have taken place. These meetings have been an excellent opportunity for the study team to brief managerial and clinical staff about the research and answer their questions.



Members of the GPED research team meet staff at St Peter's Hospital in Chertsey; data collection started on site in December 2017.

Data collection is already underway, and is being carried out by UWE Bristol qualitative researchers **Dr Katherine Morton** and **Dr Janet Brandling**. They have found staff to be engaged and enthusiastic about the

research, and there has also been interest from the public. The researchers have conducted staff, patient and carer interviews, and have carried out non-participant observation of patient flow management, patient treatment and strategic planning around GPED implementation.

PPI and Knowledge Mobilisation

The study has benefitted greatly from the involvement of an active PPI group, facilitated and supported by **Dr Andy Gibson**. Members of the group have experiences of ED services as carers or as patients. The group has contributed to the development of the protocol and the study documentation. In addition, they have advised on methods of communicating the study to patients; this input has proved invaluable in facilitating data collection at case study sites.

In addition to this, Dr Helen Baxter (University of Bristol) is overseeing knowledge mobilisation for the project and is engaging with relevant CRNs and commissioning groups to promote the research, identify potential case study sites and discuss stakeholder involvement and dissemination plans.

The GPED study will be presented at the UWE Bristol ECC Lunchtime Seminar on 21 February 2018. Please come along and hear how the study is progressing!

For any questions about GPED please contact the Study Coordinator, Katherine Morton (Katherine.morton@uwe.ac.uk)

For more information please contact the Theme Lead:

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Evaluation theme news

Dementia UK

We were invited to provide a keynote speech at a Dementia UK event held at the King's Fund, London. The focus of the day was to share the evaluation findings from the work undertaken by Admiral Nurses, employed through Dementia UK to support families and those living with Dementia. Delivered by **Professor Pam Moule**, the key note discussed the importance of evaluation in today's health care climate and presented some of the key learning from completed projects undertaken by our UWE Bristol based team. Additionally, Pam chaired a panel made up of Admiral Nurses, who were answering questions about their experiences of the evaluation role.



West of England Academic Health Science Network (AHSN)

A five year project led by Cardiff University, with Bath University and UWE Bristol as collaborators, draws to an end in 2018. The UWE Bristol based component has involved collaboration between the Faculty of Health and Applied Sciences and the Bristol Business School, with two jointly supervised PhD students hoping to complete studies shortly. As part of the final phases of work the evaluation team were involved in the delivery of a plenary session and hosted a workshop at the AHSN Conference. The plenary outlined the key findings from the project that has evidenced the value of the AHSN, with more in-depth information explored in the workshop. It was clear that there are key areas in which the AHSN has achieved its aims and objectives related to innovation, diffusion and involving the public.

Working beyond healthcare

This year has seen the team move outside of the healthcare arena to work as evaluators in the education setting. Engaged by a local secondary school, this project evaluated the implementation of an initiative to support teaching staff working with cared for children. The model used to guide this process was evaluated with the aim of considering its application across the wider school community. Learning suggests that there are benefits of supporting teachers through this approach.

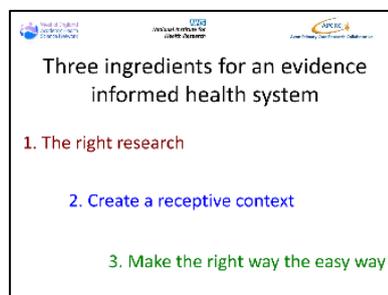
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Knowledge Mobilisation Theme news

KM Theme Launch

The theme was established earlier this year, and the official launch took place on 19 July. This well-attended event saw presentations from the theme lead, and partners at APCRC discussing the benefits of fostering relationships between local Clinical Commissioning Groups and academia. **Dr Peter Brindle**, Medical Director for Clinical Effectiveness in BNSSG (Bristol, North Somerset and South Gloucestershire), highlighted the need for clinically relevant, contextual research in healthcare.



Impact on Healthcare

Many of the KM team have been working in close collaboration with the Sustainability and Transformation Partnership (STP) across BNSSG to co-design a new evidence informed model of care for musculoskeletal conditions. Researchers in Residence, **Dr**

Trudy Goodenough and **Dr Anne Johnson** have provided support to commissioners to seek the best available evidence for interventions to support decision making. The co-designed model, involving academics, patients, clinicians and commissioners, will support self-management of musculoskeletal conditions and increase the efficiency of service delivery across the region. As part of this initiative, the STP have commissioned the integration of the ESCAPE exercise and self-management intervention for osteoarthritis. From January 2018 this clinically and cost-effective intervention will be widely available to people affected by OA through their local leisure centres. This intervention was based on research undertaken at UWE Bristol in collaboration with King's College London and will have a significant impact on local healthcare.

KM Events

Kate Beckett, current recipient of an NIHR Knowledge Mobilisation Research Fellowship, and her counterparts in other universities are working with Health Services Research UK delivering a conference in 2018 aimed at advancing the field of knowledge co-production. UWE Bristol and Keele Universities are also running a KM event aimed at Healthcare Commissioners, and supporting them to make evidence informed decisions to improve patient care – Save the Date November 7 2018!

Funding

In collaboration with Salford and Manchester Universities, we have received NIHR Research for Patient Benefit funding (£161,445) to co-design a Biofeedback system with clinicians and patients to assist people with knee osteoarthritis to undertake targeted exercise programmes to reduce pain.

We were awarded £13,500 Research Capability Funding from APCRC to prepare a grant to NIHR HS&DR stream investigating the effective inclusion of people from Black, Asian and Minority Ethnic communities in research. **Dr Subitha Baghirathan** is undertaking preliminary PPI work to inform this application.

New staff

Welcome to **Dr Alison Diaper** who joined UWE Bristol as a Senior Research Fellow in December on a 2 year contract. Alison's post is a collaboration between UWE Bristol and APCRC, and she will provide grant preparation support to research teams.

Public & Patient Involvement and Engagement (PPIE)

Members of the KM theme and other CHCR staff were involved in a PPIE event in October. Approximately 50 people with a variety of musculoskeletal and Rheumatology conditions attended a workshop in Filton to discuss their views on current service provision and ideas for service development. This was an opportunity for academics and clinicians to engage with service users to develop ideas for future research.

Conferences

Congratulations to **Leah Morris**, PhD candidate, who has had a poster accepted at the Rehabilitation Research Society Conference in February 2018 for her work investigating 'First Contact Physiotherapy' in primary care. **Prof Nicki Walsh** has been invited to speak at the British Society of Rheumatology Annual Scientific Meeting in April 2018 on implementation of models of care for osteoarthritis.

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