

#### Introduction from the Director

The first half of 2018 has flown by, perhaps due to our high level of activity.



In April we welcomed **Dr Paul Whybrow**, appointed as a Research Fellow to support nurses and allied health professionals in the design, development and conduct of research relevant

to CHCR and University Hospitals Bristol NHS Foundation Trust (UH Bristol) and to 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.

Congratulations go to **Julie Mytton** who was very recently appointed to the post of Professor in Child Health. Professor Mytton has also led the successful progression of her National Institute for Health Research (NIHR) Global Health Research Programme grant through the 6 month progress stage, to receive the full funding award of almost £2 million. In addition, congratulations go to **Professor Nicola Walsh** for successfully leading an NIHR Health Services and Delivery Research (HS&DR) bid investigating first contact physiotherapy. Details of the award valued at £775k are provided in the Knowledge Mobilisation theme report.

In February members of the Emergency and Critical Care theme delivered a lunchtime seminar showcasing three of their research projects. The seminar was attended by 35 people including several undergraduate students; the high level of interest in research from the next generation of emergency care health professionals is tremendously encouraging.

Future dates for the diary include a seminar showcasing the Child Health theme on 03 October 2018 and the CHCR conference on 05 April 2019. Further details will be circulated in due course and made available on the CHCR webpages.

Finally, our highly regarded colleague, **Professor Sarah Hewlett** is retiring and will be missed greatly by all her colleagues in CHCR. I have had the pleasure of working with Sarah for over a decade and during that time she has been an exceptional role model, colleague and mentor to me and many others. She has led a very successful research group within rheumatology providing development opportunities for staff and students as well as gaining an international reputation in the area of fatigue and rheumatoid arthritis. In recognition of her outstanding contributions Sarah has been awarded the status of Professor Emerita and I hope that she will continue to maintain an active ongoing relationship with CHCR. I would like to thank Sarah for all her hard work and dedication to the Centre and wish her the very best for her retirement.



*Professor Sarah Hewlett*

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 directly by email [Fiona.cramp@uwe.ac.uk](mailto:Fiona.cramp@uwe.ac.uk) or telephone 0117 3288501.



**Fiona Cramp**

Director, CHCR & Professor in Long Term Conditions.

## News from the Child Health theme



**Professor Julie Mytton appointed a full professor at UWE – a big Congratulations Julie!**

### Public Health and Injury Prevention: Professor Julie Mytton

The Nepal project has started collecting data for our first study in Nepal. This is an analysis of road traffic crash data, as collected by the traffic police in Makwanpur district Nepal.

The other news is that we ran two big stakeholder workshops in Kathmandu on 6<sup>th</sup> April with Road Danger Reduction stakeholders and stakeholders involved in improving the first response to injury in Nepal.

### Children's Critical Care: Associate Prof Lyvonne Tume

The NIHR Health Technology Assessment (HTA) - Funded GASTRIC Feasibility Study led by **Lyvonne Tume** started on 01 April. This study aims to identify the benefit or not of regularly measuring the amount of fluid in a child or baby's stomach (GRV) to help decide if a child is ready to have the feed into their stomach. This is a very common practice in intensive care units in the UK, but it is unclear if this practice is helpful. This study will assess whether we can feasibly do a trial across the UK. We will review the published literature and explore parents' and healthcare professionals' (nurses, doctors and dietitians) views around this

practice (by surveys, interviews and a face-to-face meeting). We will also explore whether they would be prepared to participate in a future study and how they think we should approach such a study. The first

survey of current practice is underway across all UK Paediatric Intensive Care Units (PICUs) and Neonatal Intensive Care Units (NICUs) and the



qualitative study team have already recruited and interviewed around 8-10 parents whose baby or child has been in NICU or PICU. The study has a website <http://www.grvstudy.com> and a Twitter feed @GASTRICStudy for more information.

**Associate Professor Lyvonne Tume** was appointed as the new deputy chair for the restructured NIHR HTA topic identification panel for Maternal, Women's, Child and Mental Health.

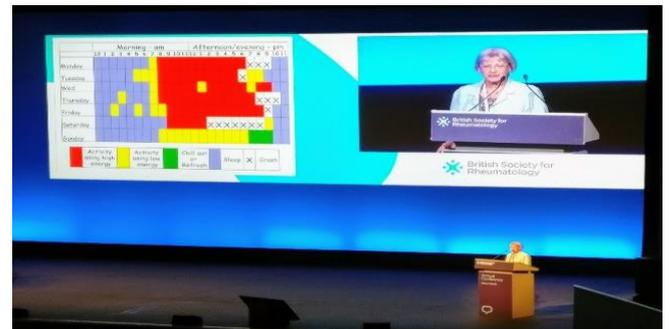
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## News from the MAMBO theme

This theme was previously the Musculoskeletal theme, renamed as Musculoskeletal Management, Behaviour Change & Outcomes (MAMBO) to reflect activities more clearly.

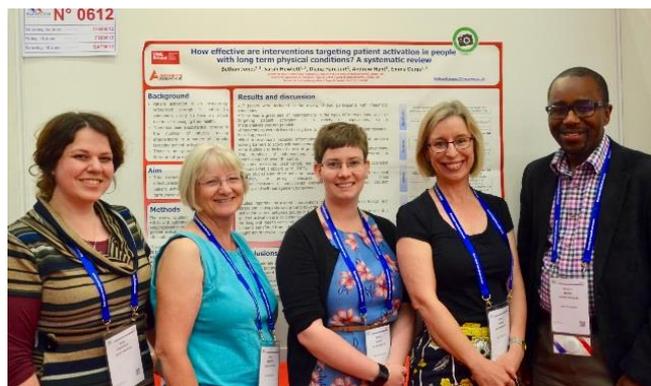


*Professor Sarah Hewlett presenting in the 'Jewels in the Crown' session at the British Society of Rheumatology Annual Conference 2018*

Research from MAMBO had a strong presence at this year's British Society of Rheumatology conference in Liverpool. **Professor Sarah Hewlett** presented findings from the RAFT study in the Jewels in the Crown session, showing that a group self-management intervention can reduce fatigue impact in patients with rheumatoid arthritis. **Dr Emma Dures** was later awarded the Chris Moran poster prize for her presentation of qualitative findings on the experiences of the nurses and occupational therapists who delivered RAFT. Posters were also presented by **Professor Fiona Cramp** on mapping the behaviour change

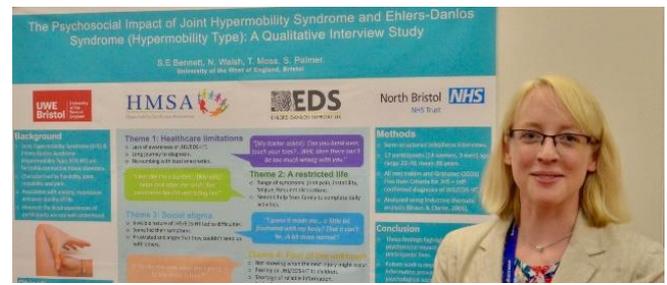
techniques used in a fibromyalgia self-management programme; and Arthritis Research UK-funded PhD student **Bethan Jones** on her systematic review of patient activation interventions for people with long-term conditions.

MAMBO members were invited speakers in several sessions: **Bethan Jones and Patient Partner, Mr Andrew Hunt**, took part in a symposium on patient activation; **Dr Mwidimi Ndos** presented the evidence for nurse-led care in rheumatology; and **Professor Nicola Walsh** spoke on implementing models of care to support exercise and self-management in people with osteoarthritis. The work of MAMBO members was also presented in sessions on the patient perspective on glucocorticoids (**Dr Joanna Robson and Celia Almeida**) and the patient perspective on biologic dose reduction (**Dr Serena Halls and Professor Sarah Hewlett**).



*Members of the MAMBO theme at EULAR  
From left to right: Katie Fishpool, Professor Sarah Hewlett, Bethan Jones, Dr Emma Dures Dr Mwidimi Ndos.*

MAMBO was also well represented at the European League Against Rheumatism (EULAR) Congress in Amsterdam. This was PhD student, **Sarah Bennett's**, first ever presentation at an international conference. Her poster, exploring the lived experience of people with Joint Hypermobility Syndrome/ Ehlers-Danlos Syndrome Hypermobility Type, was selected for inclusion on one of the poster tours; attracting a large audience and generating a lot of discussion.



*Sarah Bennett presenting her poster at EULAR*

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## News from the ACTIoN theme

### Inclusive Stroke After Care (ISAC)

This project is underway to find out about the needs of people from black African, Caribbean and South Asian communities in Bristol, for enhancing stroke prevention and rehabilitation. We are working with Jo White from the Centre for Public Health and Well-Being and two postgraduate Master's students, Sana Muttaqi and Bernice Ababio. Working with community groups such as the Malcolm X centre, Golden Agers, Easton Evergreens and Dhek Bhal, Sana and Bernice are interviewing people to find out how services might be improved.

### UWE ageing better conference

Since stroke, Parkinson's disease and dementia are more prevalent with ageing there is significant crossover in our theme with research into older person's health and wellbeing. Gary Christopher of ACTIoN and from the Psychological Sciences Research Group is organising an Ageing Better Conference at UWE on the morning of 10 July 2018 at the Bristol Business School, Frenchay Campus, 09:30 – 12:30. The purpose of this event is to disseminate research on ageing carried out at UWE. Lunch is provided. Find out more from [gary.christopher@uwe.ac.uk](mailto:gary.christopher@uwe.ac.uk).

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## News from the Pain, Rehabilitation and Innovation (PROactive) Theme

It's been a very busy but successful first half of 2018 for the PROactive theme. In terms of research funding, congratulations go to **Professor Nicki Walsh** for achieving a NIHR HS&DR grant worth £764,251 relating to her study entitled 'First Contact Physiotherapy in General Practice (FRONTIER)'. An NIHR Research for Patient Benefit (RfPB) grant of £249,768 has also been awarded to Dr Ailie Turton for her SPATIAL feasibility study relating to prisms and therapy in attention loss after stroke.

Further congratulations go to **Dr Jen Pearson**, who has recently achieved a permanent staff role at UWE and to **Professor Candy McCabe** who was appointed as nurse representative on the National Institute for Health and Care Excellence (NICE) guidelines committee for Chronic Pain earlier in the year.

Student achievements and special mentions go to Kate Fry (nursing) who won the Royal United Hospital's "Outstanding Student of the Year" award, following her internship with the Complex Regional Pain Syndrome service in Bath. Katie Winkle (robotics) also received the "Best Paper" award at the International Conference on Human-Robot Interaction in Chicago, for her work with **Dr Ailie Turton** using robots for engagement in rehabilitation therapies. Finally, hot off the press, PhD student, Alice Berry has just published her first paper as lead author. Her work titled 'Digital behaviour change interventions to facilitate physical activity in osteoarthritis: a systematic review' has been published in Physical Therapy Review.

**Dr Praveen Kumar** was a key organiser of the Society for Research in Rehabilitation Conference that successfully took place in Bristol in February, which was no small task! PROactive members have been in attendance at twelve different national and international conferences, either as invited speakers or showcasing their research via abstract presentations. We have also had nine

research papers that have been published during the past six months or are currently in press – these include publications in the Cochrane Database of Systematic Reviews, the Journal of Pediatric Psychology, plus Physical Therapy Review.

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## News from the Emergency and Critical Care (ECC) Theme

The ECC Theme has welcomed two new members of staff. **Kim Kirby** joined in March 2018 as Senior Research Fellow in Paramedic Science. Kim brings with her a wealth of clinical experience and a wide portfolio of research in prehospital care. **Hayley Dash** also joined the team in June to provide administrative support. Hayley has a strong background in research delivery, and the growing ECC team will benefit from her skills.

**Cluster randomised trial of the clinical and cost effectiveness of the i-gel supraglottic airway device versus tracheal intubation in the initial airway management of out of hospital cardiac arrest (AIRWAYS-2)**

Following the successful recruitment of the target number of patients for the NIHR HTA funded AIRWAYS-2 Trial, data analysis has now been completed and the main study findings have been submitted to JAMA for publication. This is the largest randomised trial of pre-hospital airway management in cardiac arrest ever completed; the results are eagerly awaited and will inform international resuscitation guidelines.

**An exploration of the experiences of paramedics taking part in a large randomised trial of airway management, and the impact on their views and practice (AIRWAYS-2 Qualy)**

In a follow-on from the AIRWAYS-2 Trial (described above), the team secured additional funding from the Resuscitation Council (UK) to

investigate whether participating in a large randomised trial influences the views and clinical practice of paramedics. This research uses a combination of literature review, survey and focus groups with paramedic participants.

### **General Practitioners and Emergency Departments: Efficient Models of Care (GPED)**

Data collection for this NIHR HS&DR funded project is well under way as we enter the second year of this three year study. The team are visiting a number of hospitals around England, to carry out case studies on the different ways that GPs are used to assess patients and deliver care in the Emergency Department. This study provides a valuable opportunity to conduct research in parallel with current changes in national healthcare policy.

### **Home or hospital for people with dementia and one or more other multimorbidities: what is the potential to reduce avoidable emergency admissions? (HOMEWARD)**

This study completed at the end of February 2018. It was funded by the NIHR RfPB programme to determine the extent to which people with dementia, and other comorbidities, use ambulance services and are subsequently conveyed to hospital. The findings indicate that 14% of patients aged 65 years and over have dementia recorded in their ambulance care notes. Paramedics prefer to avoid non-essential conveyance to hospital for patients with dementia. However, there are substantial difficulties associated with obtaining an accurate history and assessing the condition of patients, which means that decision-making in this particular patient group can be especially challenging. The team are now working on a proposal to carry out research on the identification, assessment and management of people with dementia by ambulance staff.

### **Paediatric Head Injury**

This programme of work, led by Dr Mark Lyttle, is continuing to make excellent progress with several important outputs. Mark has recently published a paper in the Annals of Emergency Medicine, with

two further publications under review and others to follow.

### **Emergency treatment with Levetiracetam or Phenytoin in status epilepticus in children – an open label randomised controlled trial (EcLiPSE)**

This complex clinical trial in seriously ill children is funded by the NIHR HTA Programme and aims to determine whether children and young people with long lasting seizures should be treated with a phenytoin or levetiracetam in an emergency setting. The study involves more than 25 hospitals and 300 children. EcLiPSE has now closed to recruitment and the results are expected soon. It will be presented at the Royal College of Emergency Medicine/European Society of Emergency Medicine international conference in September.

### **Efficacy, safety and impact on antimicrobial resistance of duration and dose of amoxicillin treatment for young children with community-acquired pneumonia (CAP): a randomised clinical trial (CAP-IT)**

This trial in young children with pneumonia is continuing to progress well, with 400 patients recruited to date. Further details are available on the trial website: <https://www.capitstudy.org.uk/>

### **Take home naloxone Intervention Multi centre Emergency setting feasibility trial (TIME)**

This study, led by Swansea University, has also been funded by NIHR HTA. It is investigating the feasibility of a trial of delivering take home naloxone (THN) to opiate users at risk of overdose. The aims are to determine if it is possible for ambulance paramedics and Emergency Department staff to distribute THN kits to drug users they see, and to determine if data can be collected to find out whether this reduces deaths from overdose. Patient and Public Involvement is particularly important for this work to enable the team to recruit participants and collect data.

## **Investigating the use and effect of a patient outcome feedback intervention on ambulance staff (POFI)**

Currently there is no formal method for ambulance staff to find out what has happened to patients once they have conveyed them to hospital Emergency Departments. South Western Ambulance Service NHS Foundation Trust (SWASFT) has designed a clinical dashboard where ambulance staff can review the treatments and medications they have used. Recently, a tool to provide information about patient outcomes, clinical investigations and treatment after patients have been taken to hospital has been added. SWASFT has provided Research and Capability Funding for a research study on the views of ambulance staff who use the patient feedback mechanism, utilising survey and telephone interviews. It will help us to understand whether ambulance staff value this feedback and whether the tool aids their professional development.

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## **News from the Evaluation theme**

### **Project activity**

Multiple evaluation projects have been completed by the team this year. A number of these are related to sensitive areas and therefore we can only present a flavour of the activity.

**Quality Improvement initiative in a local Trust-** this took a mixed methods approach to reviewing the impact of QI development with results that are informing the next phase of work for the Trust involved.

**Preparatory work for a major service re-organisation-** this worked with a range of stakeholders to review how the processes involved have been experienced and viewed, with learning being used for later stages of the work.

**Peer educator supported project to facilitate the development of monetary skills in young people** – a complex project involving two universities and a charity, with reported outcomes to the government that provided key learning around the value of using peer educators to work with vulnerable young people around money management.

### **Current projects**

**SPATIAL-** RfPB funded programme led by the University of Manchester and with the ACTION theme. The process evaluation will provide additional feasibility data through analysing interviews from patients and occupational therapists involved, considering experiences, acceptability and delivery. The findings are expected to provide feasibility data that can contribute to proposals for a larger trial.

**Together for Short Lives Consultancy:** part of the national evaluation of the Improving Transitions for Young People Fund (IT4YPP) Programme. The aim of the Programme is to develop local services that will transform transition from child to adult services, for young people with life-limiting or life-threatening conditions, across the UK. The evaluation will capture learning about overall impact.

### **Wider activity**

A number of staff have been engaged in consultancy and dissemination activities

**Julie Ellis Jones** has been appointed to the European Association of Urological Nurses Scientific Conference Office

**Dr Katherine Pollard** was invited to deliver a public lecture at Oxford University on Jan 11<sup>th</sup> this year about using mixed-methods in research. A podcast of the lecture is available on the Oxford University website. She also attended a meeting of the Association of District Nurse Educators at Cardiff on May 24<sup>th</sup>, representing the research team led by Dr Sue Horrocks who conducted a £500k NIHR-funded study about quality indicators in community nursing (April 2014-Jan 2017).

**Professor Pam Moule** is working as consultant to the West of England Academic Health Science Network in leading the Evaluation Online Network.

### Doctoral work

Three new students have commenced doctorates this year: **Julie Ellis-Jones; Emma Douglass; and Julie Armoogum**, with two completing final corrections following successful vivas and a further three progressing their studies.

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## News from the Knowledge Mobilisation Theme

We are pleased to announce that we have received £775,000 from NIHR HS&DR for a project entitled First Contact Physiotherapy in Primary Care (FRONTIER): A Realist Evaluation of effectiveness and costs.

Musculoskeletal Disorders (MSKDs) are the leading cause of disability in the UK. They account for 10.8m lost work days annually and consume a significant amount of the health budget. In 2014 there were 340 million GP consultations in England, an increase of almost 12% over five years; approximately one third related to MSKDs. Given the increasing demand for GP services, and current difficulties surrounding GP recruitment and retention, alternative implementable and affordable models of care are essential.

One service initiative that is gaining commissioning attention is First Contact Physiotherapy, whereby patients attending GP surgeries for MSKDs are treated by experienced physiotherapy practitioners on a first point of access basis; thereby providing timely specialist advice and reducing demands on GP time.



*Picture courtesy of the Chartered Society of Physiotherapy*

We will recruit 24 GP practices across the UK to evaluate the clinical and cost-effectiveness of this role compared with more traditional models of physiotherapy provision. The project will allow us to understand the contextual issues that contribute to the success, or otherwise, of the novel model of care.

The three year project commences in September 2018 and is led by **Professor Nicki Walsh** and involves a collaboration with the Universities of Surrey, Brighton, Queen's Belfast, our local Clinical Commissioning Group and methodologists in Canada.

**Professor Walsh** stated "We are delighted that this project received funding from NIHR as the application was in response to earlier work with local commissioners who were interested in this new model, but unsure of its benefits. Our Knowledge Mobilisation research is driven by real issues faced in healthcare and posed by those who commission services. We believe this project will provide good evidence on the First Contact Physiotherapy role and will enable commissioners to make more informed decisions on its contextual benefits".

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