

Centre for Health and Clinical Research (CHCR)

Newsletter, July 2021

Introduction from the Director

There have been lots of changes over the past six months in addition to the ongoing challenges presented by COVID-19. Despite the disruptions, we have continued to go from strength to strength as a Centre and look forward to further opportunities in the future and a new normal. Over the next few pages, you can read about some of the exciting new appointments that have been made as well as a number of successful bids.

We have also recently said farewell to two colleagues that have been at UWE Bristol for many years. Firstly, Professor Shea Palmer has been appointed as co-director of a research Centre developed in collaboration between University Hospitals Coventry and Warwickshire NHS Trust and Coventry University. Shea joined UWE Bristol in 2005 and provided support to the Centre for many years as a theme lead. We wish Shea all the best in his new job and hope to maintain active collaborative links with him.

Secondly, Professor Pam Moule who has retired from UWE Bristol after many years of service, latterly as Professor of Health Services Research (Service Evaluation) and co-lead for the Research Excellence Framework UoA3 submission. Pam was the Director of CHCR for seven years prior to my appointment and contributed greatly to the development of the Centre. We wish Pam all the best for a long and happy retirement

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 bit.ly/37j0xVn and follow us via Twitter [@CHCR_UWE](https://twitter.com/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 Emergency Care theme

Theme Lead [Professor Jonathan Benger](#)

The Emergency Care theme are delighted to welcome three new members. Dr Trudy Goodenough has joined the team as a Research Fellow to work on the NIHR (National Institute for Health Research) funded 'READY Paramedics' study (see below) and we have also started transitioning Dr Hannah Stott into the team to join Trudy on this project. We said farewell to Hayley Dash who has provided administrative support for the theme for over three years and are pleased that Cathy Liddiard is providing interim cover whilst we recruit additional staff.

A realist evaluation of paramedics working in general practice: assessment of clinical and cost effectiveness (READY Paramedics)



June 2021 saw the official launch of READY Paramedics. This two-year study has been funded by NIHR Health Services Research and Delivery (HS&DR) programme and is co-led by Dr Sarah Voss (Associate Professor in Emergency Care) and

Dr Matthew Booker (Academic GP in the Centre for Academic Primary Care at the University of Bristol).

READY Paramedics will evaluate how paramedics support GPs and whether they can help reduce GP workloads. Paramedics are one of the professional groups increasingly working alongside doctors and other members of the practice team in GP surgeries to reduce workload pressures. However, little is known about how to gain the most from this workforce to deliver safe and cost-effective care. The role of paramedics in general practice varies greatly across England; in many settings paramedics are employed to carry out urgent home visits whilst some practices use paramedics for same-day clinics, telephone appointments or internet consultation. Some paramedics do not see certain groups of patients, such as babies, pregnant women or those with mental health conditions, while others do.

The research will look at the effect this variation has on factors such as patient care, safety and experience, staff workload and costs to the NHS. For more information, see:

<https://bit.ly/2X1wK30>

Temperature management of babies born in the pre-hospital setting

It is important to keep newborn babies warm to prevent unfavourable outcomes and mortality. This project aims to investigate how often the temperature of newborns is recorded by paramedics who attend an out of hospital birth and what the barriers and

facilitators to temperature measurement and recording might be. It is led by Dr Laura Goodwin as part of a Vice Chancellor's Early Career Researcher award. The final report is almost complete and we look forward to sharing this, and the next steps for the project, in the next newsletter.

Engagement and dissemination:

Visiting Associate Professor, Dr Edd Carlton, co-authored a blog on how to get involved with Emergency Care research. The blog draws on Twitter conversations about how clinicians from different specialities have become involved with research and offers some top tips to engage. See: <https://bit.ly/2X9Ouck>.

The NIHR-funded GPED project team (General Practitioners in Emergency Departments) are continuing to publish outputs from findings from the study. A key paper describes the initial qualitative findings from a national evaluation of different models for delivering GPED. Ultimately, variations in local context, ED demand and existing GP services in or alongside the ED meant it was not considered possible to implement the same system everywhere. This resulted in a 'proliferation of different models', which in turn implied that the impact of GPED on ED performance would vary substantially. However, the findings suggest that GPED will affect eight key areas (termed 'domains of influence') will be used as the foundation for the subsequent mixed-methods evaluation. See: <https://bit.ly/2XbJe8s>.

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

Theme Lead [Professor Richard Cheston](#)

Simon Goldsworthy, PhD student in CHCR, has had a recent publication in the Radiography Journal selected as the Editors Choice for 2020. The title of the paper was '*A systematic review of effectiveness of interventions applicable to radiotherapy that are administered to improve patient comfort, increase patient compliance, and reduce patient distress or anxiety*'. The commendation from the Editorial Team was as follows:

"Published in our 2020 Issue 4, this article presents a methodologically rigorous systematic review that informs and extends knowledge of what constitutes patient comfort and related interventions in radiotherapy. It has current international clinical relevance for complex techniques such as SBRT, extreme hypofractionation, 4D approaches, and online adaptive approaches that require patients to maintain the treatment position for extended periods of time. The systematic review was undertaken as part fulfilment of the 1st author's PhD studies."

Dr Nikki Cotterill has been successful with a number of funding awards. She was the lead applicant to Southmead Hospital Charity Research Fund to explore Lower Urinary Tract Dysfunction in the context of COVID-19 infection. Nikki also received HEIF funding to collaborate with BNSSG CCG (Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group) around the evaluation of a continence self-help app that was launched during World Continence Week (21-27 June 2021) and enjoyed widespread reach including radio and national print media coverage.



Nikki was also invited to make an oral presentation at the UK Continence Society Online Annual Meeting hosted from Glasgow on the topic of “Best Bristol – Building Better Bladder and Bowel Care” and the annual Association for Continence Advice conference detailing work undertaken to establish the impact of COVID-19

from the perspective of service providers, and patients and the public.

Pictured above: Dr Nikki Cotterill welcomed Ruth May, Chief Nursing Officer for England, to the Association for Continence Advice conference

Finally, Nikki has secured NIHR Research for Patient Benefit funding to conduct the PRIME project: Pharmacy Role In the proMOTION of continence. This project brings together a multidisciplinary team to explore opportunities to maximise continence promotion in the community pharmacy setting. The project will lead to co-production of a framework for a Pharmacy Bladder and Bowel Service.

The Living Well with Dementia course (LivDem) is an eight-week post-diagnostic course aimed at helping people who have recently been diagnosed with dementia to adjust to their illness. An Italian translation of the LivDem manual that Professor Rik Cheston co-wrote was published by Erickson (“Vivere bene con la demenza”) in January. Dr Emily Dodd has been successful with an RCF application to BNSSG to look at whether LivDem can be implemented within Voluntary Community Sector Organisations. The study will start in the spring and include training LivDem facilitators at ‘Alive’; the UK’s leading charity enriching the lives of older people in care and training their carers. Rik and Emily also received HEIF funding to pilot online training for the LivDem course and together led three online training sessions for LivDem from the UK, Ireland and Italy.

Dr Gary Christopher (Psychological Sciences Research Group) was appointed as a co-director of the Bristol Dementia Health Integration Team HIT). Together Nikki, Rik and Gary worked with other UWE Bristol-based academics, clinicians and members of BABCON (Bladder and Bowel Confidence), APPHLE (Active Older People), Stroke and Chronic Pain HITs to develop the Healthy Ageing Working Group. This has received funding from Bristol Health partners

and involves a series of collaborations that will focus on, among other things, raising the awareness of the impact of fatigue in people with dementia and their carers.

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

Theme Lead: [Professor Candy McCabe](#)

The first half of 2021 has understandably still been influenced by the impact of the global pandemic, with continued flexible working and most events moving online. Despite the challenges, we are pleased to report that PROactive studies previously put on pause have now been able to restart or adapt in response to these changing times. Colleagues at the Royal United Hospital in Bath have also been supporting at least 11 different COVID research studies, including a successful vaccine trial that combines second doses with flu vaccines.

We would like to congratulate Hazel Cottle, who has successfully completed her HEE South West ICA internship. Hazel has recorded a video and spoken about her experiences at a recent meeting organised by the Royal United Hospital's research network, with the aim of encouraging others who are interested in following a similar clinical research career pathway. We would also like to say congratulations to Dr Alison Llewellyn (pictured below left) and Dr Jenny Lewis (pictured below right), who have been appointed as Associate Professors for Clinical Research, UWE Bristol.



Our members have showcased their work at five different virtual conferences, with Julie Armoogum presenting abstracts on a local level at the CHCR Doctoral Showcase and also to a much wider audience at the International Conference on Cancer Nursing. She reported the latest progress from her PhD exploring the needs and service provision for cancer survivors living with persistent pain. Other members have been invited speakers at events, including Professor Candy McCabe, who gave an update on the work of the Chronic Pain Health Integration Team at the Bristol Neuroscience Research Network webinar in February.

Our COMPACT-Q feasibility study has now concluded with a total of 98 participants recruited across six countries and 55 complete datasets. Led by Dr Sharon Grieve, this tested the acceptability of collecting outcome measure data for Complex Regional Pain Syndrome clinical trials. It is a testament to the huge commitment from our international colleagues that we were able to continue the project throughout the pandemic. An abstract of preliminary findings was presented at the International Association for the Study of Pain (IASP) 2021 Virtual World Congress on Pain, which was held in June. Learning has enabled us to commence the next stage of the project, which is to develop the first international clinical research registry for Complex Regional Pain Syndrome.

Another eight PROactive research papers have been published online during the past six months in journals such as Pain and Rehabilitation, Musculoskeletal Care and the European Journal of Pain. These have focused on painful diabetic neuropathy, hemiplegic shoulder pain, osteoarthritis, Complex Regional Pain Syndrome, and the long-term consequences of cancer.

We have been awarded seven grants so far this year. Professor Nicki Walsh and researchers at the University of Salford were awarded a NIHR Research for Patient Benefit project which aims to help reduce pain in people with knee osteoarthritis. A feasibility study is due to commence later in 2021. Professor Candy McCabe (co-investigator), Dr Jenny Lewis and Dr Jeremy Gauntlett-Gilbert (named collaborators), were part of a successful UKRI/Versus Arthritis Advanced Pain Discovery Platform award that is led by Professor Edmund Keogh at the University of Bath. This consortium includes eight higher education institutions and seeks to define outcomes and data collection techniques for chronic pain psychosocial factors within a UK-wide shared data repository: <https://bit.ly/3s42Y9j>.

News from the Knowledge Mobilisation and Evaluation Theme

Theme Lead: [Professor Nicola Walsh](#)

Visiting Professor Appointment



We are delighted to announce the appointment of Dr Justin Jagosh (pictured left) to the role of Visiting Professor (Realist Methodology). Justin is the director of the Centre for Advancement in Realist Evaluation and Synthesis (CARES) www.realistmethodology-cares.org. He has been visiting the Bristol area since 2015, delivering one-day training courses on realist methodology through CLAHRC West (now ARC West). He is involved in a number of projects as a co-investigator and collaborator at UWE Bristol and one of his many interests is in the challenge of applying realist methodology to health service transformations – an area in

which capacity is building at UWE Bristol. Justin states “During rapid context change, the architecture of health services also begin to change. Evaluating the dynamic interaction between service delivery models and their contexts of implementation is a growth area for realist methodology, and UWE Bristol is developing leadership in this area.”

Justin’s recent publications include:

- Jagosh J. (2020) Retroductive Theorizing in Pawson and Tilley's Applied Scientific Realism, Journal of Critical Realism, DOI: 10.1080/14767430.2020.1723301
- Jagosh J. (2019). Realist Synthesis for Public Health: Building an Ontologically Deep Understanding of How Programmes Work, For Whom, and in Which Contexts. Annual Review of Public Health: 40(1).

Extending the impact of the NIHR funded ‘EPPIC’ study



A team of theatre and film producers, patients, NHS practitioners and health researchers led by Toity Deave and Kate Beckett have been funded to coproduce a training tool based on the Enhancing Post-injury Psychological Intervention and Care (EPPIC) study resources. EPPIC used a form of participatory drama called forum theatre to bring

diverse patient, practitioner, and research evidence alive and help stakeholders from the same three groups actively interact with it to devise implementable recommendations for improving post-injury psychological care. EPPIC demonstrated the benefits of using creative practices to stimulate debate and interaction between stakeholders and their knowledge and how this in turn gives rise to changes in behaviour, practice, and research. The interactive training tool draws on film footage of EPPICs theatre workshops and will be used across Bristol NHS and higher education institutions. The aim is to make EPPICs innovative resources more widely accessible and extend its impact. The training tool entitled ‘Altered States’ will be available online from August 2021. For more information, contact [Kate Beckett](#).

Welcome to new staff



We have two new staff joining us in July. Dr Nicky Harris (pictured left) and Dr Natasha Bradley (pictured right) have been appointed to Research Fellows in Realist Evaluation. Nicky and Natasha will be working with teams across CHCR and BNSSG CCG to develop their skills in Realist Synthesis and Evaluation, and support studies employing realist methodology.



They will also be further developing their own research: Nicky has expertise in Paediatric Palliative Care, whilst Natasha's expertise relate to social support in Palliative Care. Welcome to both!

News from the Children, Young People and Families theme

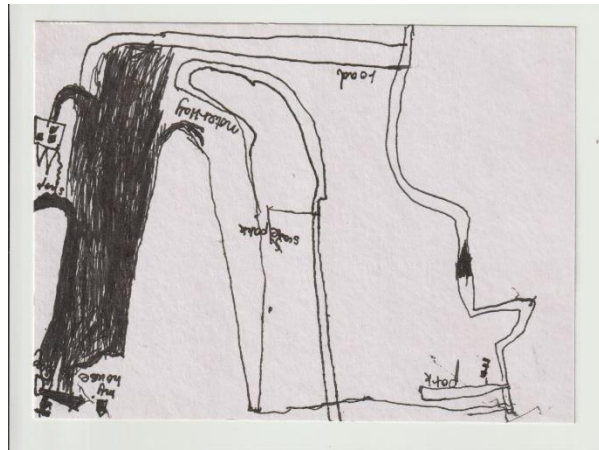
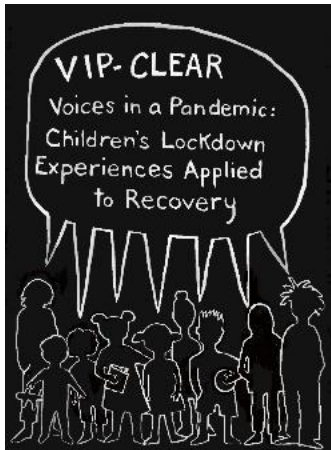
Theme lead: [Dr Toity Deave](#)

People in the theme have been working hard and this includes success in having papers published and having conference presentations accepted and/or presented them.

Our April meeting focused on recruitment and retention issues for online research. There was a debate about the practical issues of online recruitment, particularly where the intended recruitment methods were no longer available due to COVID. For example, using Twitter and other social media networks instead of posters and leaflets in outpatient clinics.

We also discussed the importance of facilitating communication for online research and noted that the wide range of recent policies and guidance documents that had been produce by various agencies. Members felt that it would be useful to develop UWE Bristol specific guidelines regarding the practicalities, technical support, policies and guidance for online research as well as the advantages and limitations of online research in general and those specific to each method. This would be particularly useful to UWE Bristol-based researchers when planning online research.

We welcome Dr Deepak Gopinath to our theme. He is a social scientist and a senior lecturer in Planning and Urban Geography at UWE Bristol. He has expertise in how knowledge on risk and resilience is co-produced and communicated within spaces of participation. Deepak is already working with two members of the theme in a larger team on an Arts and Humanities Research Council grant, VIP-CLEAR (Voices in a Pandemic: Children's Lockdown Experiences Applied to Recovery) led by Professor Lindsey McEwen (Faculty of Environment and Technolgy, UWE Bristol). This project commenced in November 2020 and is looking at the impact of the pandemic on early years and primary school children in Bristol and their conceptions of/approaches to recovery. This project is using mapping and photo elicitation techniques, as well as others, for data collection (see the following page for examples).



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

Theme Lead: [Dr Emma Dures](#)

Congratulations to Dr Vincent Singh (pictured right) who was successful with his application for the Vice Chancellor's Early Career Researchers Development Award 2021-22. He will be exploring the barriers and enablers to shoulder rehabilitation exercises. Shoulder pain is a common musculoskeletal condition with a one-month population prevalence of 7%-26% and annual cost to the UK society of £100 million. Rehabilitative exercises are recommended as initial treatment for shoulder pain and evidence demonstrates improvement in symptoms with specific exercise programmes. However, in practice, adherence to exercise is poor and little is known about the factors influencing patient engagement. Vincent aims to explore the



factors affecting adherence to rehabilitation exercise programmes for shoulder rotator cuff disorders. Specifically, this project will seek to identify the experiences of service users receiving exercise programmes with a focus upon the barriers and enablers to the recommended exercises. The findings from this study will be used to identify potential strategies to improve adherence to shoulder exercises that will provide a basis for future research.



Over the past six months, several members of MAMBO have taken part in online conferences including in the British Society of Rheumatology (BSR), the European Alliance of Associations for Rheumatology (EULAR) and the UK National Patient Reported Outcome Measures (PROMS) conference.

At EULAR, Dr Mwidimi Ndosi (pictured right) was nominated to the role of chair-elect of the EULAR Health Professionals in Rheumatology Committee. The role runs over four years with two years as active chair; a role which includes shaping and guiding the committee as well as proposing new activities to the EULAR council. Mwidimi also gave two talks on Health Professionals in Rheumatology quality of care and remote management of rheumatoid arthritis.



At BSR, Associate Professor Emma Dures presented on self-management and how it can positively impact on pain and mood; Dr Alice Berry gave a poster presentation on the acceptability of a brief fatigue intervention for patients with inflammatory arthritis; and Dr Sarah Bennett (pictured below left) presented on patients' experiences of remotely delivered cognitive-behavioral and exercise interventions to lessen the impact of fatigue. Dr Caroline Flurey (pictured below middle) gave an invited talk about how to recognise psychological distress in men and kept her energy levels up in between by joining the sessions with Mr Motivator (pictured below right)!



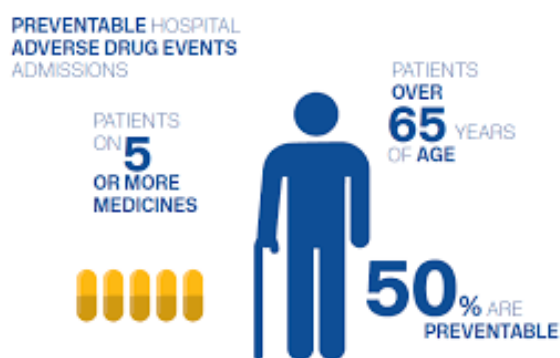
Dr Caroline Flurey also presented the Health Professionals in Rheumatology highlights session; Anne-Marie Tetsche Sweeney (pictured left) presented the findings of her PhD study on understanding nurse-led care in early rheumatoid arthritis; and Chris Silverthorne presented on clinicians' perspectives of psychological distress in rheumatology care settings.

MAMBO was represented at the 5th UK PROMS Conference by Dr Susan Bridgewater who presented the initial conceptual framework for the Steroid Patient Reported Outcome.

In other news

Vice-Chancellor's Early Career Researchers Development Award 2021-22

Dr Alex Bowles has been awarded a Vice-Chancellors Early Career Researcher Award. Alex is a Senior Lecturer in Applied Pharmacology and her research explores deprescribing by Non-Medical Prescribers.



From: Scottish Government Polypharmacy Model of Care Group. Polypharmacy Guidance, Realistic Prescribing. 3rd Edition, 2018. Scottish Government

Patients taking multiple medicines are more likely to suffer from harm with the risk increasing the more medicines a patient takes. Coming from a background as a Frailty Pharmacist, Alex has seen many patients inadvertently harmed by medication and therefore has an interest in anything which can improve the situation! Deprescribing is one approach used to minimise these risks defined as “the complex process needed to ensure the safe and effective withdrawal of inappropriate medicines” (NICE Multimorbidity and Polypharmacy, 2019).

Traditionally decisions to prescribe/deprescribe medicines were undertaken by doctors. However, with increasing numbers of professions now able to train as Non-Medical Prescribers (NMPs) and hence able to both prescribe and deprescribe there are opportunities for these NMPs to improve patient care through deprescribing. Currently there is a lack of data as to whether this is happening and how it can be supported. As a NMP herself, Alex has found deprescribing much more stress-inducing than prescribing and has observed similar experiences in other NMPs that she has taught or mentored, to the extent that they avoid doing it.

Alex aims to explore the barriers and facilitators influencing NMPs' decisions around whether or not to deprescribe medicines. She will undertake a systematic literature review, an online survey and semi-structured interviews to inform future research to develop interventions to increase the safe deprescribing of medicines for patient benefit.

'Right Trousers' Call for Participants



Calling for research participants for Freehab study to collect a normative data set

- at the COVID-secure Glenside Human Analysis Lab
- collecting biomechanical data and clinical measures
- using state of the art motion capture technology
- participants will be provided with shorts to wear and markers will be placed on different anatomical points
- participants will be asked to complete three movements – walking, sit to stand and three standing tasks
- expected to last two hours
- slots available immediately and will be continuing throughout the year
- all data will be fully anonymised and the participant will never be able to be identified
- please see the information sheet for further information.

If interested, please contact [Leah Morris](#), Freehab Research Fellow.

Your interest in greatly appreciated, thank you!