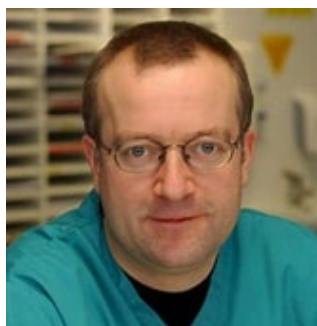


# Centre for Health and Clinical Research (CHCR)

Newsletter, January 2022

## Introduction from the Director

We have had an exciting six months in the Centre for Health and Clinical Research (CHCR) with numerous accolades, appointments and promotions that you will find detailed in the newsletter. Whilst we are all hoping that the impact of COVID-19 is reducing, we have demonstrated our Centre's strengths over the past two years to retain, and in some cases grow, our activities.



I would firstly like to congratulate **Professor Jonathan Bengler** who was awarded a CBE in the New Year Honours. Jonathon leads the Emergency Care research theme in CHCR, as well as being a Consultant in Emergency Medicine at University Hospitals Bristol and Weston NHS Foundation Trust (UHBW) and the Chief Medical Officer for NHS Digital. Whilst Jonathan does not hesitate to acknowledge the outstanding teams that he works with, his leadership is paramount to the success of Emergency Care research carried out within the region and its wider impact.

We were delighted that four members of CHCR were successful in the UWE Bristol Academic Promotion Scheme; formally recognising the impressive research and knowledge exchange activities that they have been leading. Congratulations to the following:

### Associate Professors

**Dr Mwidimi Ndosi**  
Rheumatology Nursing



**Dr Jo Robson**  
Rheumatology



[\(Find out more about Jo and Mwidimi in the MAMBO theme report.\)](#)

### Professors

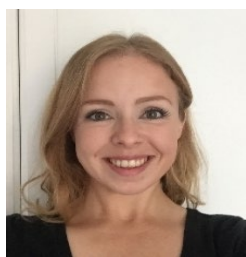
**Professor Nikki Cotterill**  
Continence Care



**Professor Sarah Voss**  
Emergency Care



In October, we welcomed two new PhD students:



**Charlie Gerlis** is a physiotherapist with experience in musculoskeletal and pulmonary rehabilitation. She has research experience in testing a COPD self-management intervention and rehabilitation following COVID-19. Her particular interest is in promoting self-management using behaviour change techniques. Charlie's PhD is funded by Versus Arthritis UK and the project aims to develop a digital behaviour change intervention to promote physical activity for people with rheumatoid arthritis, using a co-design process. She is initially conducting surveys of people with rheumatoid arthritis and of healthcare professionals to understand experiences of existing digital interventions and acceptability and feasibility of potential future digital platforms. Charlie is being supervised by **Professor Fiona Cramp, Dr Serena Halls, Dr Alice Berry** and **Dr Michael Loizou**.

**Sasithorn Saengrueangrob** is a physiotherapist with clinical experience in community rehabilitation, especially patients with knee osteoarthritis, type 2 diabetes mellitus, and hemiparesis. Her research experience is in people with knee osteoarthritis about their pain and functional outcomes and in people with type 2 diabetes mellitus to investigate the effectiveness of an intervention. She particularly focuses on developing a combined exercise intervention and self-management programme in people with knee osteoarthritis. In Thai society, middle-aged and older adults have a high prevalence of



knee osteoarthritis. A suitable intervention needs to consider relevant factors such as culture, behaviour, and evidence to develop an intervention for the Thai rural community that enhances their function and quality of life. Sasithorn received a scholarship from the Thailand Government to carry out her PhD and is being supervised by **Professor Nicola Walsh, Dr Mary Cramp** and **Dr Alice Berry**.



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](#) and follow us on Twitter [@CHCR\\_UWE](#).

For additional queries, please contact me by email ([Fiona.Cramp@uwe.ac.uk](mailto: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 Bengler](#)

### New team members

The Emergency Care Theme has recently welcomed three new colleagues:

- **Cathy Liddiard** is a Research Associate who is supporting the Research in Emergency Care Avon Collaborative Hub (REACH).
- **Alice Colombo** is the new Research Administrator for the Trainees in Emergency Research Network (TERN) and the National Institute for Health Research (NIHR) Emergency Care Incubator which are both hosted by REACH. Both Cathy and Alice have worked previously with other CHCR Themes, and we are delighted that they have chosen to stay on at UWE Bristol!
- Sarah Blakey is a paediatric registrar at University Hospitals Bristol and Weston NHS Foundation Trust. Sarah has been seconded to the team to work with **Dr Mark Lyttle** on paediatric emergency care research.

### Internship

During September-November 2021, we were joined by **Anna Mulvihill** on a UWE Bristol-ARC (Applied Research Collaborative) West research internship. Anna is a UWE Bristol Learning Disabilities Nursing graduate, and recently won the Nursing Times award for 'Student Nurse of the Year: Learning Disabilities'.

### Research in Emergency Care Avon Collaborative Hub (REACH)



On 18 October 2021, REACH celebrated a year since launch with a 'Showcase and Future Focus' event. Held online, it was attended by over 70 academics, clinicians, commissioners and members of the public from across

Bristol and the surrounding areas. The event opened with a keynote address from Professor Daniel Lasserson, sharing the latest research on his work on providing acute care outside hospital. Professors Sarah Purdy (University of Bristol) and **Jonathan Bengler** (UWE Bristol), the co-directors of REACH, then chaired an afternoon session including a showcase of REACH's research, followed by a consultation discussion with attendees to consider what areas REACH should prioritise over the coming years. A [full report on the event and recording](#) is available.

### NIHR Emergency Care Incubator

The incubator is designed to encourage and support doctors, nurses, paramedics and other allied health professionals to consider clinical academic careers with mentorship from experts in the field. A forum was held in October 2021 to consult with members about how best the incubator could support them. A follow-on forum held in December 2021 focussed on patient and public involvement in research and was facilitated by **Dr Andy Gibson** (Associate

Professor in Patient and Public involvement at UWE Bristol). The Incubator currently has 86 members and numbers are rising. Updates can be followed on Twitter [@ECIncubator](#).

### Research update

Members of the Emergency Care theme are currently engaged in a wide range of studies covering prehospital care, adult and paediatric emergency care, urgent primary care and service delivery. Further details of our work can be found on the [REACH webpages](#). For Emergency Care at UWE Bristol, 2022 looks to be an exciting year. The theme will be delivering on three large NIHR-funded projects as well as new bidding strategy, so look out for further updates!

### Research highlights

**Professor Edd Carlton** and **Dr Tom Roberts** have been involved in new research on e-scooter injuries presenting to the Emergency Department. This has resulted in a parliamentary document: [‘The safety of private e-scooters in the UK’](#).

Finally, we are delighted to announce that the South West Academic Health Science Network (AHSN) has funded **Dr Laura Goodwin’s** work looking at birth before arrival at hospital and health inequalities. This work will begin in March 2022 for a nine-month duration, and investigate inequalities in birth before arrival at hospital, rates of neonatal hypothermia, and advice given to callers who dial 999 regarding an imminent birth.

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

Theme Lead [Professor Richard Cheston](#)

During the summer, **Dr Gary Christopher** was appointed as one of three directors for the [Dementia Health Integration Team \(HIT\)](#) and has since led successful bids to the Ageing Well programme.



**Professor Nikki Cotterill** along with and the CONfidence app team won the Nursing Times Award for Continence Promotion and Care category at the Nursing Times Awards 2021. The judges praised the team for the “novel innovation that has significant potential to empower many people living with bladder and bowel leakage to self-help and improve their symptoms”. The Nursing Times Awards are the most respected and relevant awards in the nursing and healthcare sector, representing true excellence in nursing and patient care.

## **Funding successes**

**Professor Rik Cheston**, along with **Mei Champ** were part of a research team that has been awarded £25,000 from the Alzheimer's Research UK Inspire fund to improve knowledge and increase understanding of brain health in order to prevent dementia across five major Chinese communities in the UK.

**Professor Rik Cheston**, along with **Dr Emily Dodd** were also successful with two grant applications - an additional £22,000 from the NIHR to extend the ADAPT (Asian communities enhanced Dementia PaThway) project, and a similar amount of Research Capability Funding from Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group (BNSSG CCG) to carry out preliminary work on the LivDem project.

**Professor Nikki Cotterill** has been awarded £31,750 through the BABCON HIT (Bladder and Bowel Confidence HIT) to improve access to continence services in Bristol.

## **Dissemination**

**Dr Praveen Kumar** was an invited keynote speaker at the Association of Chartered Physiotherapists in Neurology online conference in October 2021. He also presented at the World Stroke Conference in October and followed this up by presenting on two projects at the UK Stroke Forum and the Council for Allied Health Professionals in Research (CAHPR) Oxford and Southwest Joint Conference in November.

A feasibility study, supervised by **Dr Praveen Kumar**, explored the use of accelerometer-embedded Lycra sleeves to test wear compliance and record upper limb activity in people with stroke. This project won the Best Poster Award at the CAHPR Oxford and South West Joint Conference, with the poster being prepared by student physiotherapist Rosie O'Reilly.

**Professor Rik Cheston** was an invited online speaker at the 5<sup>th</sup> Annual Conference of Chilean Neuro-Psychological Rehabilitation in November, and presented (in person!) at the Chinese Community Well-being group annual conference in Bristol in September.

Several research papers have been published by the theme during the past six months including articles in the Journal of Prosthetics and Orthotics, Trials, Dementia and the International Journal of Aging and Human development. **Professor Rik Cheston** also had a chapter on 'psychotherapy with people with dementia who are narcissistic' published in the book Clinical Studies in Neuro-psychoanalysis Revisited.

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

Theme Lead: [Professor Candy McCabe](#)

The second half of 2021 began on a congratulatory note with **Dr Jenny Lewis** appointed as an Associate Professor for Clinical Research and **Lisa Buckle** appointed as Research Project Facilitator at the Royal United Hospital, Bath.

We have been actively disseminating our work, with a total of seven abstracts presented at online conferences and eleven invitations as guest speakers. **Julie Armoogum** presented an abstract on health care professionals' views regarding chronic post cancer treatment pain in cancer survivors at the UK Oncology Nursing Society conference. This work was related to her ongoing PhD, which is now in its final year. **Dr Sharon Grieve** presented an abstract at the Royal College of Nursing's International Nursing Research Conference regarding the establishment of a virtual research network. The Research Network is a forum hosted in collaboration with the Royal United Hospital's Academic Library, with the aim of uniting health professionals who have an interest in research.

Papers published during this period, include one with a focus on chronic primary pain in children and young people, led by **Dr Jeremy Gauntlett-Gilbert** and published in the British Journal of Social Work. This explanatory review paper was written for social work colleagues, particularly those who are trying to judge safeguarding concerns. Other publications covered topics such as Complex Regional Pain Syndrome, stroke, and pain assessment for people who are living with advanced dementia in a care home environment.

Many members of PROactive are involved in other roles alongside their substantive posts. **Professor Candy McCabe** and **Dr Alison Llewellyn** lead the Bristol Health Partners Chronic Pain HIT. They co-organised a research webinar where guest speakers included **Professor Nicki Walsh** who gave an update on her recent knee osteoarthritis research, and **Dr Jeremy Gauntlett-Gilbert** who spoke about paediatric pain and autism.

A CAHPR Southwest panel discussion event was held in September, with a focus on barriers and enablers to allied health professional research. This was organised by **Dr Jen Pearson** and **Jessica Coggins**, chaired by **Professor Fiona Cramp** and featured **Professor Nicki Walsh** as a panel member.

## News from the MAMBO theme

### (Musculoskeletal Management, Measurement, Behaviour Change and Outcomes)

Theme Lead: [Dr Emma Dures](#)

#### Early career researcher achievement

**Dr Bethan Jones** was awarded a prize as part of Rheumatology Advances in Practice Trainee Publishing Programme 2021 for her PhD paper: [Factors associated with patient activation in inflammatory arthritis: a multisite cross-sectional study](#). You can hear more about Bethan's work in the [podcast](#), first broadcast on 2 December 2021.

**Jamie Hulley-Mills** completed his research internship with MAMBO in September 2021. His abstract reporting a systematic review of the effectiveness of interventions to reduce psychological distress in patients with autoimmune rheumatic conditions has been accepted for presentation at the British Society for Rheumatology Conference in April 2022. Jamie has also been successful in obtaining a UWE Bristol Personal Research Training Award to undertake a research methods module at UWE Bristol and aims to develop a clinical academic career.

#### Introducing our newest Associate Professors

Congratulations to **Dr Jo Robson** and **Dr Mwidimi Ndos** on their promotions to Associate Professor. Jo has an interest in outcome measurement in the rare rheumatic diseases. She has led the international development of patient reported outcome measures in ANCA associated vasculitis, giant cell arthritis and the impact of steroids in rheumatic and other conditions. She is also interested in self-management and educational support for patients with rare rheumatic conditions including lupus and systemic sclerosis.

Mwidimi has research interest in health outcomes, educational interventions and rheumatology nursing. He has led the development of European recommendations for patient education in inflammatory arthritis and dissemination across Europe.

#### New studies underway

##### Development of an app to support self-management in newly diagnosed patients

The Bristol Bones and Joints (BBJ) HIT, co-directed by **Dr Emma Dures**, has received funding from NHS Charities to develop an app to support the self-management of patients newly diagnosed with an inflammatory rheumatic condition. The BBJ HIT is working with health-tech company '[Living With](#)'. We are delighted that Health Psychology Masters student, Alana Cave, is joining the team to support the development and evaluation of the app.



### **Identifying support needs for rheumatology patients following COVID-19 shielding**

**Dr Emma Dures, Christine Silverthorne** and **Dr Bethan Jones** are collaborating with Dr Will Tillett (Consultant Rheumatologist at the Royal United Hospital, Bath) to understand the physical and psychological impact of shielding for patients with inflammatory rheumatic diseases, including changes to supported self-management. The research is funded by the Bath Institute for Rheumatic Diseases.

### **JOINT SUPPORT**

**Dr Emma Dures** is part of the JOINT SUPPORT team conducting a feasibility study to assess the design of a multi-centre randomised controlled trial of the clinical and cost-effectiveness of a caregiving intervention for people with chronic musculoskeletal pain. The team is led by Dr Toby Smith (Associate Professor in Physiotherapy at the University of East Anglia) and funded by NIHR Research for Patient Benefit.

### **Developing European guidelines for fatigue management in rheumatology**

**Dr Emma Dures** is leading the European Alliance of Associations for Rheumatology taskforce to develop recommendations for the management of fatigue in people with inflammatory rheumatic diseases. The multi-disciplinary taskforce is made up of from 26 health professionals and patient partners from 14 countries. The taskforce held their first meeting online in September and have registered their first systematic review on PROSPERO.

## **News from the Knowledge Mobilisation and Evaluation Theme**

Theme Lead: [Professor Nicola Walsh](#)

### **Recognition for COVID vaccination work**

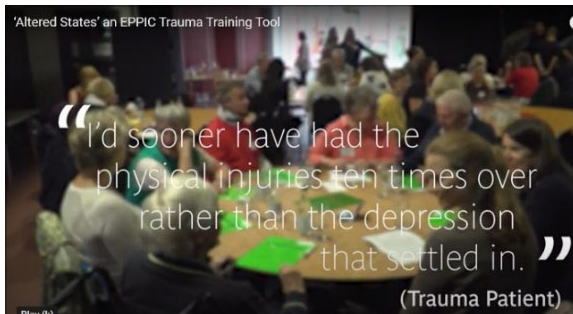
**HSJ AWARDS  
2021**

Congratulations to members of CHCR and the Science Communication Unit who were part of a team shortlisted for a Health Services Journal Award in the NHS Race Equality category. The work led by BNSSG CCG involved community leaders, clinicians, CCG staff and academics working together to support COVID-19 vaccination uptake in some of the most vulnerable and at-risk populations in our area. This approach resulted in a significant uptake within target populations with positive impact on the health of the local community.

### **EPPIC Study**

The Enhancing Post-injury Psychological Intervention and Care (EPPIC) study is a collaborative research project involving NHS patients, practitioners, health researchers, creative artists (drama and film) aiming to improve the management of injured adults' psychological needs. EPPIC was funded by an NIHR Knowledge Mobilisation Research Fellowship awarded

to **Kate Beckett** and uses forum theatre to mobilise diverse knowledge about the psychological impact of injury. Dissemination activities have been supported by Faculty QR funding and supported by **Dr Toity Deave**.



EPPIC is committed to improving the management of post-injury psychological disorders (e.g., PTSD, depression, and anxiety) – these affect more than 30% of hospitalised injured adults and have a significant impact on recovery outcomes.

The [EPPIC webpage](#) provides links to a range of EPPIC resources to further this work. The tool is aimed at clinical trainees and NHS practitioners, and best used as a facilitated group exercise, but also suitable for individual reflection or continuing professional development.

### **COVID-19 Clinician's Cohort or (Cocco) study**

**Kate Beckett** was a co-author on the Cocco study which provided empirically grounded recommendations for forward-facing psychological care of frontline doctors and is published in the [International Journal of Environmental Research and Public Health](#).

### **Investigating the NHS Workforce**

Researchers from UWE Bristol in collaboration with ARC-West and the West of England Academic Health Science Network have been awarded £275,000 funding for an NHS Insights Prioritisation Programme project investigating the healthcare impact of the Additional Roles Reimbursement Scheme whereby a variety of healthcare professionals including physiotherapists, social prescribers and community pharmacists amongst others become employed within primary care as part of the multidisciplinary team. For further details, please contact Nicola Walsh ([nicola.walsh@uwe.ac.uk](mailto:nicola.walsh@uwe.ac.uk)).

### **NHS Health Education England National Evaluation Framework**

**Dr Vincent Singh** led a successful tender for UWE Bristol to be added to the NHS Health Education England (HEE) National Evaluation Framework (NEF). This will allow the team the opportunity to apply to evaluate a wide range of NHS HEE projects, programmes, interventions and investments. It is an exciting time to get involved in future NEF evaluation opportunities. To find out more, please contact Vincent Singh ([vincent.singh@uwe.ac.uk](mailto:vincent.singh@uwe.ac.uk)).

### **Realist evaluation expertise at UWE Bristol**

In our last edition, we were delighted to announce the appointment of **Dr Natasha Bradley** and **Dr Nicky Harris** to the team, providing expert support for realist evaluation methodology. Over the last few months they have been busy meeting with colleagues at UWE Bristol and BNSSG CCG, as well as the AHSN, ARC West, Bristol Health Partners, and the University of Bristol, getting to grips with the activity already happening and the potential for realist contribution to research in the future.

Looking towards 2022, they are keen to develop useful resources and training events for fellow researchers and are currently collaborating with ARC West on an introductory course to be delivered in Spring. They have recently expanded the Realist Journal Club into 'REASON' – UWE Bristol's Realist Evaluation and Synthesis Online Network. REASON will meet monthly for a mix of seminars, methods discussions, and journal clubs. They welcome any new members from within and beyond UWE Bristol.

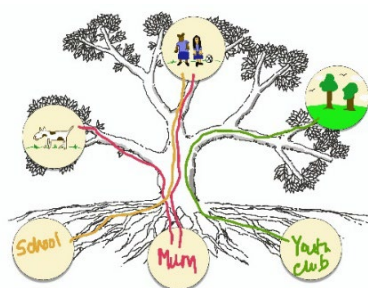
Please get in touch with Natasha ([natasha.bradley@uwe.ac.uk](mailto:natasha.bradley@uwe.ac.uk)) or Nicky ([nicky.harris@uwe.ac.uk](mailto:nicky.harris@uwe.ac.uk)) to find out more about any their activities.

## News from the Children, Young People and Families theme

Theme lead: [Dr Toity Deave](#)

### Voices in a Pandemic

Children's Lockdown Experiences Applied to Recovery' (VIP-CLEAR) led by Professor Lindsey McEwen (UWE Bristol) with **Dr Toity Deave**, **Dr Deepak Gopinath** and **Dr Laura Hobbs** as members of the research team, in spite of the challenges of COVID-19, has completed most of the data collection with nursery and primary school children in Bristol. We have really enjoyed working with pupils on our final activity which asked children to think about their hopes and ambitions for the future – using a picture of a tree to frame their thinking. These workshops have seen children identify not only what they are looking forward to but also identifying how these ambitions might be achieved.



### South West Children's Palliative Care Network

UWE Bristol has had longstanding links with the South West Children's Palliative Care Network (SWCPCN) through **Dr Nicky Harris** and **Dr Antonia Beringer**. The SWCPCN formed part of a successful group NIHR application (led by University of York) to form a national Collaboration for Paediatric Palliative Research – the CoPPAR network – aiming to develop research capacity in this field. Dr Nicky Harris is the researcher on the SW Children's Palliative Care Network steering group. The first meeting of CoPPAR is in January 2022 and presents an exciting opportunity to shape and participate in the future of research in this field.

**Dr Nicky Harris** has been invited to join the CHiP homeTec project, gathering evidence to support communication in homebased paediatric palliative care in Norway. Funding has just been approved and the project was launched in December 2021, with Nicky as an invited speaker.

### PhD student news

**Sam Burr**, NIHR Clinical Doctoral student, has been successful in her application to join the NIHR Reviewer Development Scheme. This will be a valuable opportunity to help her develop her skills for developing strong, successful applications. Sam has also secured a 0.2 wte secondment to be a clinical academic project lead within her trust, NHS Solent.

**Maia Thornton**, PhD student, explored the experiences, challenges and support needs of parents of children and young people with a range of appearance-affecting conditions and injuries. Maia has secured a research fellow post, within the Centre for Appearance Research, on a study to develop and evaluate an ACT (Acceptance and Commitment Therapy -based intervention specific to intimate relationships, for adults with visible differences.

### In other news

**UWE Bristol Death and Dying Collective** formed in 2021 to bring together folk with an interest in all things death and dying to further knowledge and engagement with the topic. Taking a wide-ranging approach to the subject, we embrace a multi-disciplinary ethos and welcome colleagues and students from all around UWE Bristol and from external organisations. Our aim is to provide a collaborative network for people researching, teaching and studying all things death and dying. Through this network, our intention is to facilitate research initiatives, to encourage the inclusion of end-of-life care in UWE programmes and to increase public engagement.

The collective meets quarterly with events running throughout the year, such as Dying Matters Awareness week and our Death and Dying book group. We are an open and inclusive group and welcome new members from UWE Bristol and beyond. If you would like to know more, please contact **Kathy Rogers** ([kathy.rogers@uwe.ac.uk](mailto:kathy.rogers@uwe.ac.uk)).