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Issue 4

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders, including members of the public, to co-produce and conduct high quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast.

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Springing into a new era of collaboration

Winter has been a busy season for CLAHRC NWC. The Partners' Priority Programme (PPP) has progressed rapidly. Our collaborative teaching methods have brought Partners together and armed staff with the tools to start evaluating their organisational initiatives. I encourage you to read the Case Study of Liverpool Heart & Chest Hospital to show how frontline services can benefit in being evaluated from our support and offer of academic expertise.

Our Internship programme will take some of those partic-

ipating in the PPP to the next level in terms of individual skills and ability that can be transferred back to the workplace and provide wider dividends than just the initiative evaluation work.

In February it was fantastic to be a Partner with the Innovation Agency North West Coast and Clinical Research Network North West Coast, to host the North West Coast Research and Innovation Awards 2017. There is some

impressive research going on across the region and to see the individual projects being showcased and recognised, with some featuring in follow up press coverage, was very rewarding.

I'm also delighted to see our PhD students shine in explaining research to public health professionals in Lancashire, which is featured in this edition.

**Mark Gabbay
Director of
CLAHRC NWC**



Partners' Priority Programme (PPP) Update

Over 12 CLAHRC NWC Partners are starting to advance work on evaluating their own initiatives as part of the CLAHRC NWC Partners' Priority Programme.

After a series of introductory workshops the hard work has begun and three Collaborative Implement Groups (CIGs) have been established to progress individual projects of Partners. These three groups focus on:

- A- Improving Access and Better Management
- B- New Pathways and Service Delivery
- C- Multi-Disciplinary Team Working, Integrated Care

Partners' existing services and planned ones have been allocated into these groups and work has started on practically evaluating or mapping a plan to evaluate individual services.



“We have over 20 initiatives in the mix and this is very encouraging, it's testament to the belief our Partners have in the PPP and its potential” said Ruth Young, Public Health Research and Development Manager of Blackburn and Darwen Borough Council and Deputy Theme Lead of the Knowledge Exchange Theme.

Facilitated by very experienced researchers with a wealth of knowledge, coupled with additional support from

external health economic/information experts, Partner staff can also access quantitative and qualitative research specialists through the CIGs.

“This support will continue to be available for Partner staff on an ongoing basis until the completion of their work”, said Mark Gabbay, Director of CLAHRC NWC. “In an ideal world we want to see clearly evaluated patient initiatives and their contribution towards reducing health inequalities and improving population wellbeing. The enthusiasm shown has been overwhelming and I'm hopeful that publications will also be a positive outcome. We will be capturing the narrative of our Partners' work as evidence to demonstrate the value of the PPP.

“This model also presents the opportunity for healthcare providers to share their own experiences on implementing or planning to implement new healthcare projects so any cross-over or shared learning can start to incubate there and then. We have a role to play ensuring collaboration is at the heart of the PPP and Partners have access to working in multi-disciplinary teams so that this experience can go back to their workplaces.”

All of the individual initiatives are currently being put into an Evaluation Template and matched against the CLAHRC NWC's Health Inequalities Assessment Tool (HIAT), before being submitted to the CLAHRC NWC Steering Board.

“All of the projects will be checked to ensure they are cost effective in reducing health inequalities, improving population health and reducing emergency admissions.” added Mark.

Internships available for Partners as part of PPP

A new Internship Programme has been offered to Partners with nine candidates already signed up. This will present additional opportunities to those Partner staff representatives who want to ensure their personal development runs in parallel with the progress they are making for their wider organisation.

George Georgiou, Research Capacity Delivery Manager for CLAHRC NWC, said: “This is a real opportunity to nail the key evaluation skills many of our Partner staff will need as they quantify and measure the impact and benefits of their programmes to deliver improved healthcare to populations across the North West Coast. They will be able to access modules from courses at the University of Central Lancashire and have direct access to a team of highly experienced researchers and specialist staff in quantitative analysis.”

Case Study - Zoe McIntosh is a Cardiopulmonary Rehabilitation Facilitator at Liverpool Heart & Chest Hospital

“I’ve joined the (Partners’ Priority Programme) PPP to evaluate our Knowsley Community Cardiovascular Service,” says Zoe.



“The Service was implemented to reduce health inequalities by being community based and manage early diagnosis and self-management of Cardiac Rehabilitation across the borough. We need the evidence to prove how effective the service is by assessing and quantifying the data we have collected already on usage, population, service model and patient feedback. The CLAHRC NWC programme has taught me the value of public involvement and its importance in the evaluation project. Our Public Advisers have been coming to the workshops with the Head of our Clinical Trials Unit.

The biggest benefit of being part of the PPP though has been able to register with CLAHRC NWC’s Internship programme. I am hoping to gain analytical skills and specific training in data analysis as the evaluation project report I compile will go to my own Trust Board and local Clinical Commissioning Group for benchmark model comparison with other services.

I couldn’t have even started this evaluation without the support of the CLAHRC NWC team. I have our lead Consultant Cardiologist supporting me on the PPP scheme as demonstrating to commissioners the value we are delivering to patients is so important and the Internship will allow me one day a week to complete this critical piece of work.

Collaboration is key and the PPP is demonstrating the benefit of working with other stakeholders such as the local Council to share their data with me which will now be integral towards the final evaluation of our service.”

North West Coast award winners



The region's top innovators and researchers in health care were recognised at the North West Coast Research and Innovation Awards 2017 at the Hilton Hotel, Liverpool on 9 February.

They included a pharmacist who has developed an electronic system for prescribing medicine to discharged hospital patients, direct to their local pharmacies; and technology to monitor patients' health in their homes which has reduced admissions to hospital. CLAHRC NWC's own PhD student Flo Seymour (*pictured*) won the Research for Wellbeing Award for her project on Horticulture for Wellbeing in a North West Prison.

The awards were a collaboration between the Innovation Agency; the National Institute for Health Research (NIHR) Clinical Research Network North West Coast; and NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) North West Coast.

Liverpool Heart & Chest Hospital's Knowsley Multidisciplinary Community Cardiovascular Disease and Respiratory Service won the CLAHRC NWC Partner Priority Award aimed at a service aligned with the CLAHRC NWC Partner Priority Programme vision.

There were an unprecedented three wins for teams from Alder Hey Children's Hospital. The Outstanding Contribution to Patient and Public Involvement in Research Award was presented to young patient research ambassador, 17 year old Sophie Ainsworth, who set up a support group called RAiSE - Raising Awareness of Invisible Illnesses in Schools and Education two years ago.



Professor Mark Gabbay, Director of CLAHRC NWC, said: "These awards have showcased the benefits of working together.

By having members of the public, universities, industry, NHS partners and others in a knowledge sharing environment, we can deliver ground-breaking research that improves the health and wellbeing of the population of the North West Coast."

A full list of winners and video montage of photos is available at www.nwcawards.co.uk

Public led research project keeps on track

A pioneering plan designed to facilitate public led research into inequalities in mental health care has been making rapid progress.

With a small grant from Liverpool Clinical Commissioning Group's Research Capability Fund (RCF), the project aims to develop a high quality public-led mental health research proposal, primarily designed to secure funding from the National Institute of Health Research (NIHR). The proposal will be submitted before the end of 2017 and will be prepared by the eleven public members recruited for the initiative.



A recent workshop held at Mersey Care's Life Rooms in North Liverpool helped shape the purpose of the project, which revolves around improving outcomes for mental health patients and laying the foundations for culture change (readiness).

Dr Katie Bristow, Research Fellow and Manager of CLAHRC NWC's Improving Mental Health Theme, said the ideas have been pared down to a clear research proposal: "We will look at how public led research can change standard psychiatrist consultations in a way that incorporates the learning and/or philosophy of best practice and address health inequalities.

Getting to this position has been fuelled by energetic debate; personal experiences and members of the group researching existing evidence out there and quantifying it which has been a real opportunity to gain research skills supported by staff from the CLAHRC NWC.

"All participants have been asked to make a list of all the examples of best practice they know and name any contacts they have within those organisations as we need them as collaborators.

Also, to make a note of any references or papers to help us write up the rationale and background (what the problem is, how big is it etc)."

Two groups (based on geographic location of public advisers/ group members) have been established in Lancashire and Merseyside tackling both the aims and objectives of the project and its rationale, with an accompanying research plan to be prepared in the coming months.

The group has also envisaged that they will be in a position to make recommendations about best practice for standard consultations, and in partnership with a local mental health trust, will evaluate the difference that implementing these recommendations makes to patient outcomes. This could be by comparing the enhanced practice to existing standard practice, or more simply asking the psychiatrist and the patients what they have noticed about the change in outcome to their previous experiences of consultations.

The project is the continuation of a series of public engagement events titled "Research: Have Your Say" held during 2015/16 and funded by CLAHRC NWC, who continue to co-fund the programme.

PhD students shine in explaining research to public health



CLAHRC NWC PhD students were invited to present at the recent Cumbria & Lancashire Public Health Continuing Professional Development Session, held in one of the impressive and historic cabinet rooms at County Hall in Preston (pictured, left). Following a presentation by George Georgiou, CLAHRC NWC Research Capacity Delivery Manager on the overall aims and work of CLAHRC NWC,

presentations were made by students Flo Seymour, Stephanie Heys, Katerina Panagaki, Sara Southall, Jenny Mithoo and Alison Doherty. This included outlines of how they are connecting with communities, groups, patients and NHS staff across the North West to study and address the health inequalities identified in their projects. Research topics showcased diverse subjects such as use of horticulture in prison, tuberculosis treatment options and looking at what helps people with learning disabilities to eat and live well.

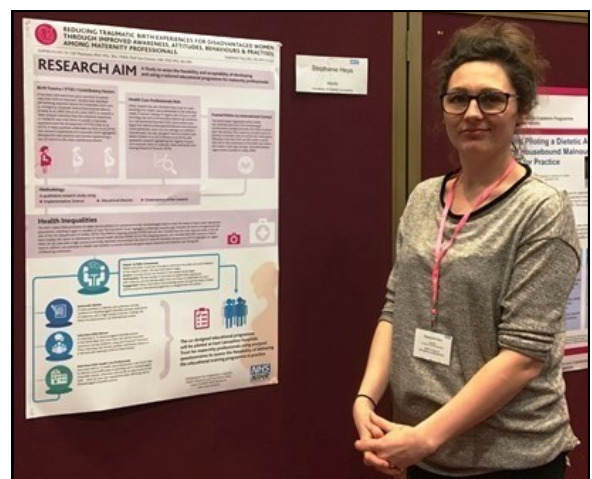
Lynn Donkin, Public Health Specialist, Blackpool Council and Chair of the group welcomed the members of CLAHRC NWC to the meeting and afterwards commented 'It was great to meet the students and to hear about some of the projects that are happening through the region. There was interest amongst the collaborative work of the CLAHRC NWC and we look forward to hearing how the projects develop, and hopefully we may even be able to stimulate some to consider how they can get involved.' The audience was also very interested in how public engagement and patient and public involvement lies very much at the heart of the work that CLAHRC NWC conducts.

It is envisaged that the students will return in the future and provide updates on how their projects are progressing.

Stephanie's blog on being part of the NIHR family

[Read a blog](#) by CLAHRC NWC PhD Student Stephanie Heys on her experience of attending the Health Education England (HEE) and National Institute for Health Research (NIHR) Integrated Clinical Academic (ICA) Programme.

Stephanie's Research is titled: Reducing Traumatic Birth Experiences for Disadvantaged Women Through Improved Awareness, Attitudes, Behaviours and Practises Among Maternity Professionals.



Recently published research with involvement of CLAHRC NWC

Carbamazepine versus phenytoin monotherapy for epilepsy: an individual participant data review. Cochrane Database of Systematic Reviews 2017, Issue 2.

Nevitt SJ, Marson AG, Weston J, Tudur Smith C.

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001911.pub3/pdf>

Evaluating Approaches to Quality Assessment in Library and Information Science LIS Systematic Reviews: A Methodology Review.

Maden M, Kotas E.

Evidence Based Library and Information Practice. 2016 Jun 20;11(2):149-76.

<https://ejournals.library.ualberta.ca/index.php/EBLIP/article/view/26988>

Consideration of health inequalities in systematic reviews: a mapping review of guidance

Maden M

Systematic Reviews 2016 5:202

<https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-016-0379-1>

Damehood for Professor Caroline Watkins



CLAHRC NWC Director of Capacity Building, Professor Caroline Watkins, is now Professor Dame Caroline Watkins after being given the New Year's honour of a DBE (Dame of British Empire) for services to nursing and care – having spent 40 years both caring and researching.

The only stroke care Professor in the UK, Caroline is based at the University Of Central Lancashire (UCLAN) in Preston. “When I got the letter I couldn't believe it. I thought it

couldn't be real. I've got a busy diary next year but I will of course not miss the chance to receive this honour from the Queen.”

PEARS Study

The CLAHRC NWC PEARs Study features (Study 66) in “[Better Beginnings](#)”, themed review from the NIHR Dissemination Centre which brings together NIHR research on different aspects of health before, during and after pregnancy. It features:

46 published studies, 28 ongoing studies or interim results, questions for clinicians, commissioners, public health professionals and others.

Improving access and coordination of care for adults presenting to emergency care with seizures: Care Pathway for Seizures (CAPS)

Got a Story ?

Contact:

Darren Charles
CLAHRC NWC
Communications
Manager

charlesd@liverpool.ac.
uk
0151 794 5342

[Website](#)
[@clahrc_nwc](#)

The aim of the project is to find out if actively helping patients who have attended Emergency Departments (EDs) following a seizure to attend an early (i.e. within 2 weeks) appointment will make the changes that reduce re-admissions, reduce re-attendances and improve quality of life. Progress:

- Achieved recruiting the 200th patient to the project. The consent rate is now consistently in the mid- to high 20s per month. Leanne Male (PhD student) has continued her qualitative interviews of patients. To date, 20 patients have been interviewed. Leanne presented a poster summarising the qualitative work package at the International League Against Epilepsy (British and Irish Chapter) Annual Scientific Meeting.

- Reported on initial analysis of HES data to Trusts within the region allowing them to obtain feedback on their performance and creating a link with the Connected Health Cities NWC project on unplanned care.

Free Event



**Northern Health Equity
Research Network -
Equal North**

**Date: 29th March ,
Liverpool**

The aim of the event is to use the Due North report to revitalise the health inequalities agenda in the North but also nationally. The event will bring together policy makers and researchers to identify how we can better use evidence to influence action on the priority areas identified in the Due North report. . [Register here.](#)

Strategy to improve the detection and reporting of adverse drug reactions (ADRs)

This programme of work is looking at ways to improve the detection and reporting of ADRs. Project work streams:

- 1) Implementing the Liverpool ADR Causality Assessment Tool into local practice for 'real world' assessment.
- 2) Creating a collection of blood, urine and data from patients (biobank).
- 3) Evaluating the implementation of an educational course aimed at junior doctors.
- 4) Evaluating the implementation of an online resource for cancer patients to report ADRs.

Progress:

- Recruitment for project no.2 at Clatterbridge Cancer Centre commenced in January 2017.

- All infrastructure is in place to deliver recruitment for project no.2 at the Royal Liverpool Hospital. (All of the required governance forms have been submitted – the team are awaiting the outcomes.)

- Recruitment drive for project no.1 (above)

- Additional information created for The Liverpool Causality Assessment Tool e-learning package, as required. All additional information has been created based on internal pilots of the training material for project.