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Issue 3

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.

Real progress with Partners

Our Partner Priority Programme has now started and the first workshop held at Preston, in November, was a fantastic opportunity to bring Partner teams together and begin the process of evaluating projects designed to provide out of hospital treatments and care. We will continue this work and I would urge any CLAHRC NWC partners who have not engaged in the programme to contact us to ensure they are part of this exciting piece of work.

I am delighted to report in this edition about the progress

being made on our work regarding gene testing for warfarin patients across the North West. This clearly demonstrates the impact on front line care which collaboration in research can deliver.

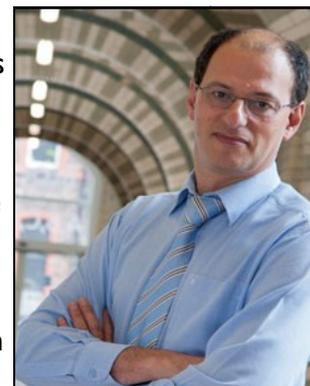
Other news featured in this edition includes work we have been doing on public involvement in research, a cancer research education event and updates on our published research.

Many of our Partner internships presented

their work at a showcase event in University of Central Lancashire in October and summaries of all of these projects are now available on our website to view.

We move into 2017 with a real opportunity to continue bringing the benefits of our partnership work into the rapidly changing landscape of North West Coast healthcare.

Mark Gabbay
Director of
CLAHRC NWC



Inside this issue:

- Partner Priority Programme off to a flying start 2
- Research Internships shine at showcase event 3
- Gene testing first for warfarin patients in North West 4
- Second learning exchange takes place 6
- Recently published research by CLAHRC NWC 6
- Regional network championed 7
- Cancer screening education event a success 8

Partner Priority Programme off to a flying start



CLAHRC NWC's Partners' Priority Programme (PPP) successfully launched on 8th November at the Gujarat Centre in Preston with the first in a suite of workshops bringing Partners together to evaluate their new models of out of hospital treatments and care.

The inaugural event drew frontline professionals, researchers and leaders from Partner organisations including: CCGs (East Lancs, Liverpool, Blackburn with Darwen); hospital and community-based trusts (5 Boroughs Partnership, Blackpool Teaching Hospitals, The Walton Centre, Liverpool Heart and Chest, MerseyCare, Clatterbridge); local authorities (Lancashire

County Council, Liverpool City Council, Sefton, Council and Fylde Borough Council); and universities (University of Liverpool, University of Central Lancashire, Lancaster University).

Hosted by the CLAHRC NWC's Knowledge Exchange Theme, the PPP's overall aim is to share knowledge and experience in order to identify which of the new models being developed by Partners are most effective in reducing health inequalities, improving population health and wellbeing and reducing emergency admissions. Peer learning through Collaborative Implementation Groups (CIGs) is central to the PPP, coupled with facilitated support, access to methodological/topic input where needed from the University Partners and time spent by NHS and Local Authority CIG members in the workplace. Through the CIGs, Partners are developing capacity to embed evaluation as an integral part of change and transformation.

The first day-long workshop included introductions and networking opportunities, and learning about each other's initiatives – particularly the similarities and differences. Work in the CIGs used Logic Modelling as the framework for thinking about evaluation, began to interrogate outcomes and objectives, and explored how an initiative's external context (Political, Economic, Social, Technological) impacts its evaluation. Health inequalities and their implications for evaluation were also covered, as was evidence: There was lots of overlap between initiatives going on across the health economy, with emerging CIGs mainly focused on evaluating integrated/multi-disciplinary team methods and new pathway developments within and across primary, secondary, community health and social care. At initiative level common interests included, for example, falls prevention, enhanced primary care, community teams, clinicians in the community, rehabilitation, transitional care, mental health and condition-specific support e.g. for cancer, cardiovascular disease and diabetes.

Collaboration between Partners in this initial workshop has already paid dividends and CLAHRC NWC looks forward to Workshop 2 in December 2016, where CIGs will continue to build their Logic Models, and will work on their stakeholder analysis, public involvement and building their local evaluation teams. From Workshop 3 the aim is to ensure the public are invited via the Partner organisations to engage within the PPP. Ruth Young, Public Health Research and Development Manager of Blackburn with Darwen Borough Council, is on secondment overseeing the work. If any Partners did not manage to attend the first workshop but would like to be part of the programme, please get in touch with Pooja Saini, Knowledge Exchange Theme Manager, via pooja.saini@liverpool.ac.uk or Tel: 07946169335.

Research Internships shine at showcase event in Preston

Research being conducted by Internships, under the supervision of the CLAHRC NWC, has been presented at the University of Central Lancashire. All projects have stemmed from the CLAHRCs Research Internship Scheme which has seen staff drawn from CLAHRC partners across the North West Coast (NWC) to develop and advance their research knowledge.

George Georgiou, Research Capacity Delivery Manager for CLAHRC NWC, said, "This has been a great scheme enabling the practice of research skills. It is an opportunity for the researchers to gain some feedback and update an interested audience on their research progress." Posters demonstrating the research were on display for an audience drawn from NHS Trusts, Universities and Public Health experts. George added: "Researchers will be encouraged to disseminate and feedback to their work place teams about the research results and how it can influence or change the way they do things."

Research themes covered included barriers for stroke survivors accessing psychological therapy; evaluation of a community rehabilitation service for prolonged disorders of consciousness (PDoC) patients in a specialist care home from perspective of carers and family; developing a NIHR Doctoral Research Fellowship application; socio-economic factors affecting delay in Mycobacterium Tuberculosis (MTB) diagnosis in Central Lancashire; approaches to self-injury in inpatient settings which reduce levels of harm; factors influencing weight regain following bariatric surgery.

Partners involved, whose staff are undertaking the research, include Sefton Council, Lancashire Care NHS Foundation Trust, Aintree University Hospitals NHS Foundation Trust, Blackpool Teaching Hospital, UCLAN and University of Liverpool amongst others. Mark Gabbay, Director of CLAHRC North West Coast, said: "This is evidence of our commitment to engaging with our partners and ensuring research can not only be done and supported by us, but that it's advancing our partners' organisational research capacity. Empowered staff with this knowledge can apply it to a wider target of changing and improving patient care or frontline services."

An award was presented for the best poster, which went to Jayne Vincent, Consultant and Engagement Lead, of Sefton Council (*pictured*). Leading [research into whether there are differences in access to and outcomes of the Youth Employment Gateway \(YEG\)](#) between socio-economic groups (and why these may occur) in the Sefton area, Jayne says, "There are differences in life expectancy across the borough, between Bootle and Formby for example, and I am researching how a key initiative can impact on this gap in terms of youth employment. I am really interested in finding out whether participants improve their chances of employment by completing the programme. I will feed back the results to teams at my employer."



All of the Internship Projects are available to view on the CLAHRC NWC website at <http://www.clahrc-nwc.nihr.ac.uk/our-work/capacity-building/Internships.php>

Gene testing first for warfarin patients in North West

Health staff in Merseyside and Cheshire are using gene testing to prescribe individualised dosages of a commonly used, lifesaving drug.

Genes are part of our DNA and this testing examines specific genes which influence the body's response to warfarin.

It is the first time genotyping by front-line staff has been used in the provision of drug dosing to patients in the UK, heralding a new era in personalised medicine.

The drug, warfarin, is a blood thinning agent which is used for the treatment of blood clots and is also used in patients with atrial fibrillation – a heart flutter which causes an irregular heartbeat and can lead to strokes.

In the UK it has been estimated that at least one per cent of the population and eight per cent of those aged over 80 years, are taking warfarin.

The problem with warfarin is that if the dosage is wrong, the risk of bleeding or a blood clot increases. Commonly, a patient will attend a clinic six to eight times before the correct dosage is established.

An international randomised control trial in Liverpool, Newcastle and Sweden included genotype testing of patients into an algorithm to calculate dosages. This proved highly accurate – and now, clinics in the Royal Liverpool University Hospital – where the clinical trial was conducted – Warrington Hospital and the Countess of Chester Hospital are genotyping new patients with atrial fibrillation before prescribing warfarin.

LGC, an international life sciences measurement and testing company, is the technology partner. Their desktop ParaDNA equipment gives a genotyping result from a simple saliva sample in 45 minutes.

This real-world testing of the use of genotyping is being monitored and evaluated, with the aim of introducing it routinely throughout the UK. It is supported with funding from the CLAHRC NWC; Wolfson Centre for Personalised Medicine; the Innovation Agency - the Academic Health Science Network for the North West Coast; and LGC.

The work is led by Professor Sir Munir Pirmohamed of the University of Liverpool's Wolfson Centre for Personalised Medicine and Theme Leader of Delivering Personalised Health and Care for CLAHRC NWC. He said: "This is innovation and it is disruptive; it is a way of personalising care which can be replicated in many areas of medicine, creating a major paradigm shift in how we diagnose and treat people.

"This is how we get patients onto the right drugs at the right doses – using 'precision dosing' so that they are effective. This improves the treatment of patients and improves the efficiency of existing and new drugs."

Gene testing first for warfarin patients in North West (cont.)



Paul Downie (pictured, left), 56, of Grappenhall in Warrington was referred to the anticoagulation clinic following treatment for an irregular heart rate. He said: “The old way of prescribing warfarin is more hit and miss; this is bespoke medication, calculated on my gene type.

“My mum went on warfarin eight months ago and she was back and forward to the clinic at least four times on a weekly basis before they got the dose right. I went back once, which meant I could go back to work quicker, feeling well enough to go back to

normal life. I think this a win-win, for me and for the health service.”

Research nurses Gail Fitzgerald and Clare Prince have been involved in the randomised control trial at the Royal Liverpool and Broadgreen University Hospitals and are now supporting the training of the anticoagulation teams to implement the genotyping in Liverpool, Warrington and Chester.

Clare Prince said: “It is very exciting for us to see the translation of research into clinical practice.”

At the Countess of Chester site, the project has been co-ordinated and implemented by Lead Anticoagulant Nurse Lucy Langan and Research Nurse Sammie Seagrave. The aim is for each site to enrol 100 patients and to establish if the genotype guided dosing approach is acceptable to patients and staff; improve patient outcomes and demonstrate cost effectiveness.

Professor Mark Gabbay, Director of CLAHRC NWC, said: “It is great for the CLAHRC NWC to be working in collaboration on delivering personalised medicine which can make a real difference to front-line care for patients and potentially reduce health inequalities.”

Professor Sue Hill OBE, Chief Scientific Officer for England, said: “This is precisely the sort of personalisation of treatment that we want to see available and delivered across the NHS. Earlier this year NHS England published its vision for Personalised Medicine, which explained how the NHS could use these cutting-edge advances to tailor treatment to an individual’s makeup, helping to improve outcomes for our patients, and reduce pressures on the NHS by giving individuals the treatments that they will respond to sooner.” The results of the implementation evaluation will be published after March 2017.



STOP PRESS: Congratulations to our Partner Host NHS Liverpool Clinical Commissioning Group (CCG), which has been awarded ‘CCG of the Year’ at the Health Service Journal Awards 2016. Well done to all involved.

Second learning exchange takes place between CLAHRCs



Members of the public involvement teams of CLAHRC South West Peninsula (PenCLAHRC) and CLAHRC NWC met up to share their latest innovation and ideas in Lancaster and build on the relationship that started in 2015.

Public and patient involvement has been central to how PenCLAHRC operates, which is why it was one of the first CLAHRCs to establish a 'purpose-built' PPI forum – the Peninsula Patient and Public Involvement Group (PenPIG). PenPIG members travelled North to mirror a

visit that happened last year when theme managers, public advisers and public involvement leads from CLAHRC NWC visited their offices in Exeter.

The latest exchange visit offered opportunities to discuss how the CLAHRC NWC public reference panel had developed since the first visit, share updates from the respective teams and continue to build relationships and share learning around public engagement.

Diana Frost, who has been a PenPIG member since 2014, said: “The North West Coast has a lot of poverty, and so does Devon. We have health inequalities in rural areas due to the cost of property for example, isolation of elderly and an increase in food banks. Learning about the work going on here, especially in relation to the Neighbourhoods for Learning work has been particularly interesting and something I will be taking back for us to consider.”

Recently published research by CLAHRC NWC

Screening methods for post stroke visual impairment (a systematic review)

<http://www.tandfonline.com/doi/abs/10.1080/09638288.2016.1231846>

Social identity and psychosis: Explaining elevated rates of psychosis in migrant populations

<http://onlinelibrary.wiley.com/doi/10.1111/spc3.12273/full>

There is still a perception that homelessness is a housing problem”: devolution, homelessness and health in the UK

<http://www.emeraldinsight.com/doi/abs/10.1108/HCS-06-2016-0003>

TB or not TB...Jenny's research hits the press

CLAHRC NWC PhD Student Jeniffer Mithoo (nee Walker) features in the [latest edition of The Researcher Magazine](#).

Her research PhD is titled “*Ensuring access to high quality tuberculosis care for vulnerable patient populations in the North West.*”



Regional network championed in response to involvement report

CLAHRC NWC brought together a collaboration of key stakeholders involved in public and patient engagement and involvement across the North West, in response to the NIHR “Going the Extra Mile” report.

The North West regional event was initiated as a consequence of the “Breaking Boundaries” strategic review of public in-

volvement. The subsequent report set out its recommendations for the next ten years to improve the nation’s health and wellbeing through public involvement in research.

Over 60 guests gathered to hear Dr Paula Wray, Senior Public Involvement Manager of INVOLVE, discuss how to interpret the report and the practi-



calities involved in implementing it in attendees’ respective North West organisations. Other speakers focused on the principles of the report, asking for teamwork on the day to examine these in small groups. Attendees from the North West included Clinical Commissioning Groups, Local Authorities and NHS Foundation Trusts,

Awards shortlist in December



Thank you to all of our partners, affiliated organisations and members of the public across the North West Coast who have made an entry for the Research and Innovation Awards 2017.

Over 120 entries have been made for the fifteen categories and those shortlisted will be contacted during December.

The awards evening will take place in February at the Hilton Hotel in Liverpool.

Child health under the spotlight

A CLAHRC-led Child Health Meeting took place in London during November. Prof Matthew Peak of Alder Hey spoke about the CLAHRC NWC [Transitional Care for Young Adults with Long Term Conditions research project](#). Other topics featured included unscheduled care, mental health and maternity care.

The CLAHRC NWC [PEARS Project](#) was also presented.

Cancer screening education event a success

Got a Story?

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Blog it!

What helps people with learning disabilities eat well and live well?

Read CLAHRC NWC Postgraduate Student Alison Doherty's [blog](#) to find out.



An open-to-all half day education workshop, which focused on public involvement in cancer screening and research, has been judged a huge success after an audience was inspired and informed about the pioneering

work going on to reduce health inequalities across the North West Coast.

Research facilitated by CLAHRC NWC, including uptake of bowel cancer screening in Liverpool communities and the barriers to South Asian women in attending breast and cervical cancer screening across the UK, were showcased with project managers, researchers and public advisers explaining their involvement in these key pieces of work. Research being conducted for the Healthy Lung Programme was also presented.

Over 50 people gathered at Blackburne House in Liverpool City Centre to also hear about the social determinants of health which shape health inequalities across North West communities.

Partners including Liverpool CCG, Royal Liverpool and Broadgreen University Hospitals NHS Trust, NHS England and Liverpool Women's Hospital were among a total of fifteen organisations which backed the event that also saw cancer survivors share their stories to stress the importance of screening.

Dr Katy Gardner, Macmillan GP at NHS Liverpool CCG and who works on the Liverpool Healthy Lung Programme said: "It was great to hear the stories of the public advisers and how people are getting into the heart of the research done by CLAHRC NWC. I will be taking back to our group information about how they can be involved in research or act as public advisers to CLAHRC NWC."