

**Autumn 2017**

**Issue 6**

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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## Dissemination and Implementation

Phase 1 of our Partners' Priority Programme (PPP) is reaching a conclusion with participants finalising their evaluation reports. Many of them participated in a dissemination event at Preston's University of Central Lancashire, which was a great success and features in this newsletter. It was also a fantastic opportunity for Partner colleagues to come and see the scope of evaluation of front line services across the North West region and the benefits to partners of working with us.

Phase 2 applications for the PPP were given approval to proceed at the CLAHRC

NWC Steering Board on 12th December.

During 2018 the plan will be to move the PPP projects (and the research dividends from our other Theme work) into

an Implementation phase, where we produce practical outputs such as implementation guides for our findings for use by our partners.

In this edition we will feature in-depth a selection of some of the posters produced by our partners.

Also featured is an article about our

Open day bringing Doctors, Patients and Researchers together to drive forward

research about personalised renal monitoring via information technology.

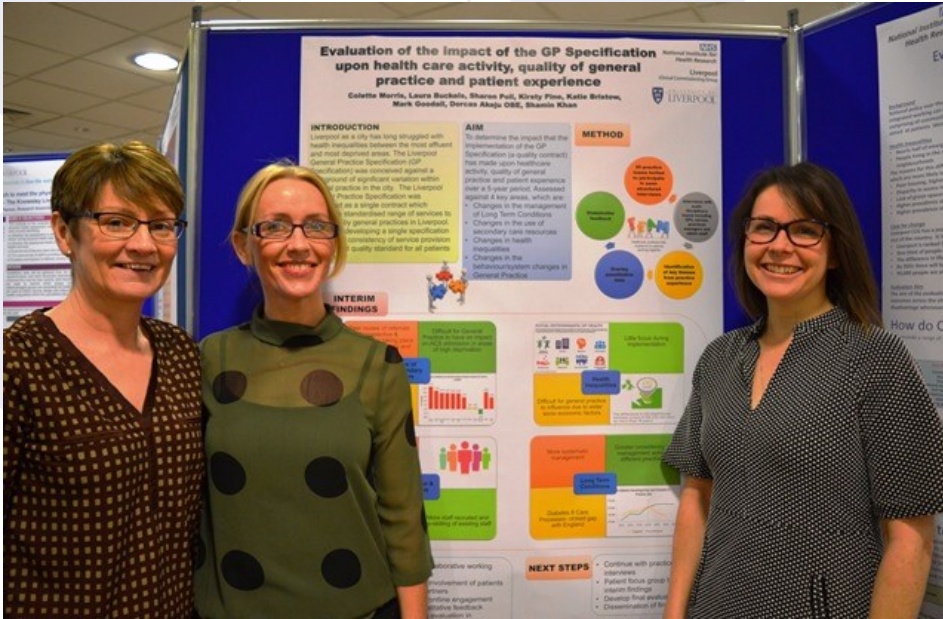


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We look forward to working with you in 2018 and urge you to get in touch with us if you have any questions or queries.

**Mark Gabbay**  
**Director of**  
**CLAHRC NWC**

## PPP Interns shine at showcase event



Research being conducted by Interns, drawn from across CLAHRC NWC's Partners, has been presented at a showcase event at the University of Central Lancashire (UCLan) in Preston.

All of the Interns have been working on projects featured in the CLAHRC NWC Partners' Priority Programme which brings together organisations that are developing new models of out of hospital

treatments and care. The aim is to enable project-level evaluations of local initiatives, and a cross CLAHRC analysis identifying which types of initiative are most effective in reducing health inequalities, improving population health and reducing emergency admissions.

Nine NHS organisations including Blackburn with Darwen Clinical Commissioning Group (CCG), Blackpool Teaching Hospitals NHS Foundation Trust, Cheshire and Wirral Partnership, Clatterbridge Cancer Centre NHS Foundation Trust, East Lancashire CCG, Liverpool CCG, Liverpool Diabetes Partnership, Liverpool Heart and Chest Hospital and North West Boroughs NHS Foundation Trust all featured as their staff demonstrated project evaluation via posters and a presentation to update an audience keen to hear how the initiatives will impact on frontline care.

George Georgiou, Research Capacity Delivery Manager for CLAHRC NWC, said: "This has been a great scheme enabling the internships to gain real practical analytical skills, specific training in data analysis and learn about disseminating findings. Although the evaluation of most initiatives won't finish until 2018, it is an opportunity for the researchers to gain some feedback, get experience of poster design, practice their communication skills and update an interested audience on their progress."

Topics featured on the posters included the evaluation of approaches to meeting the physical health needs of mental health service users, measuring the effectiveness of a community chronic obstructive pulmonary disease service, community based diabetes service and the impact of the GP specification initiative in Liverpool practices.

Mark Gabbay, Director of CLAHRC North West Coast, said: "It is heartening to see an overfilled room of practitioners and patients eager to hear interventions to improve care and reduce health inequalities. Empowered staff with this knowledge can apply it to a wider target of changing or assessing frontline services and sharing the results across the NHS in both the region and wider afield."

## PPP Interns shine at showcase event



An award was presented for Best Poster and the event was hosted by Prof. Dame Caroline Watkins, Director of Research and Innovation at UCLan's Faculty of Health and Wellbeing and Director of Capacity and Implementation for CLAHRC NWC.

In collaboration with CLAHRC South London, the CLAHRC North West Coast team and Partners held an Implementation Workshop after the

showcase event. Using some of the CLAHRC NWC Partners' Priority Programme projects, the wider implementation and change management issues regarding the evaluated initiatives were discussed and analysed. Mark Gabbay commented: "This is a fusion of enthusiastic teams gathered to collaborate and really shows the power of CLAHRCs when they join together."

Laura Buckels, Liverpool CCG Primary Care Intelligence Lead (*pictured with team, left page*), said: "It has been great to have a framework for evaluation; the whole principle for embedding evaluation is now at the forefront of our work." To explain more about the benefits of working with CLAHRC NWC the team have made a [short video](#) to explain their work.

Poster: ["Evaluation of the impact of the GP specification upon health care activity, quality of general practice and patient experience."](#)

Sean Boyle, Lead Practitioner of the Crisis Home Treatment Team at Cheshire & Wirral Partnership NHS Foundation Trust, said: "Our organisation being part of this initiative has really made us enhance the links between our own internal teams, patient involvement and external parties. It has been very beneficial."

## North West Coast Research and Innovation Awards 2018



We are currently shortlisting for these awards—thanks to all of our Partners who have entered.

It was fantastic to see so many entering their work with us. We will be announcing the shortlist early in the New Year !!

## Open day brings Doctors, Patients and Researchers together to drive forward research



CLAHRC NWC PhD Student and Clinical Pharmacologist Dr Ahmed Al-Naher (pictured, left), delivered the real spirit of collaboration at a public involvement event in the latest stage of his pioneering research.

Clinicians, patients and researchers attended the open day at the University of Liverpool to offer input and complete re-

search questions for Dr Al-Naher's research titled PERMIT (Personalised Renal Monitoring via Information Technology).

The initiative revolves around developing personalised kidney function monitoring guidelines, based on the clinical symptoms of individual patients with heart failure. Cutting edge technological devices will be the platforms used to facilitate remote care and underpin the research.

It is envisaged that the availability of such monitoring protocols and remote care options will change clinical care pathways, potentially reduce hospital admissions, reduce costs and improve the quality of life for patients.

Opening the event, Dr Al-Naher said GPs across the region and several Trusts were now sharing data and clear progress had been made, with a target for the research outcomes being adopted by partner Trusts by 2020 with the potential for a national rollout. The work is part of CLAHRC NWC's Delivering Personalised Health and Care Theme portfolio of research.

Dr Al-Naher said: "We couldn't have got the research this far without patient and public input and the support of our clinical partners. This project is designed to impact directly on improving care for heart and kidney patients and asking the patients and public today to complete research questions on the design of technological devices demonstrates their importance to this research. Who better to ask than the people themselves who will benefit from this research?"

CLAHRC NWC Partners Liverpool Heart and Chest Hospital Foundation Trust (LHCHFT) and Royal Liverpool and Broadgreen Hospitals NHS Foundation Trust, East Lancashire Clinical Commissioning Group (CCG), Liverpool CCG and University of Liverpool are stakeholders in the project in addition to General Practitioners and the University of Manchester.

## Open day brings Doctors, Patients and Researchers together to drive forward research (continued)

Keith Wilson, a patient and public adviser on the CLAHRC NWC funded project, said: “We have heard today about the impact of heart failure, the use of diuretics and monitoring of kidney function and the impacts on patient lives. It’s great that we are hearing these stories as it demonstrates the clear need for the research and the impact on individuals, carers and their families. We meet regularly with Dr Al-Naher as a patient group and feel our experiences are really shaping this research.”



Dr Jay Wright, Consultant Cardiologist at LHCFT and part of the research project’s supervising team (pictured, left), explained to the attendees the importance of the research. He said: “This is a new way of creating per-

sonalised monitoring for patients which is needed. This should lead to safer prescribing and improved options for heart and kidney patients. It should also reduce the number of hospital admissions that shouldn’t have happened in the first place.”

GP Sanjeev Maharaj of Elizabeth Street surgery in Blackpool, said: “Most GPs will initially stabilise any kidney disease, then monitor patients over time, but there is no clear guidance on doses of medication and we can’t track acute renal function and disruption caused by diuretics. To be able to do this in a smarter way would give us and patients more confidence in the right treatment plan.”

Next to anti-inflammatory drugs, diuretics are the second commonest cause of drug-induced hospital admissions, with most patients presenting with renal impairment.

Attendees were asked specific research questions on the types of remote technology they would prefer based on time usage, convenience and communications, in a Discrete Choice Questionnaire for Remote Care.

A question and answer debate about the research ended the day focusing on the impact of the research reducing health inequalities.

Dr Al-Naher commented: “The final algorithm developed will be inclusively designed. Patients are a strong force for promoting the take-up of devices so ensuring their ongoing input and finding out what they think is critical.”

## Partners' Priority Programme Update: Evaluating the Impact of Liverpool Community Care Teams



National policy over the past few years has been directed towards developing integrated multidisciplinary teams (MDT) that break down barriers across health and social care. It is expected integrated working can reduce avoidable hospital admissions and promote collaborative working. The King's Fund suggest that in order for this to be effective, Community Care Teams (CCT) comprising community providers and primary care should be delivered across registered practice populations

of approximately 30-50,000 people. Evidence suggests this intervention should be aimed at patients identified with medium to moderate risk of hospital admission.

The aim of the CLAHRC NWC evaluation is to establish the impact CCTs have on reducing the need for care and support and safe and timely discharge. The evaluation framework reflects the need to collect outcomes across the city, but also at a neighbourhood level to identify the impact in areas with varying socio-economic needs. The outcomes data will be disaggregated by indicators of disadvantage whenever possible to show if inequalities have widened or improved.

Progress to date:

- 10% reduction in avoidable admissions 2016/17.
- 4% reduction avoidable emergency Month 4 YTD (17/18)
- Readmissions within 30 days of discharge, this indicator continues to show steady progress and has observed a 6% reduction when compared to the same point in time last year, (Apr 16- Mar 17)
- Liverpool are performing better than their Right Care peers (13.2%) and reporting lower than the North West and England average
- Reduction in delayed transfers of care (27%)

Next Steps

- At 6 months undertake a snap shot of the data available to identify the impact of the intervention of secondary care activity
- At 12 months undertake a case control review of patients who have received the intervention
- Develop pathways with specialist services to develop a seamless approach for patients to access the services they require identified by the Generic Assessment and Evaluation Tool (GATE).

# CLAHRC NWC Research Update: The health inequalities associated with post-stroke visual impairment

The aim of this project is to establish the type of visual impairments found in stroke survivors, the extent and timeline of recovery from these impairments, and to compare the visual function measures longitudinally for stroke survivors with visual impairment.

This is in addition to investigating potential causes of health inequalities in this population i.e. whether or not there is a relationship between deprivation (postcode, ethnicity) and attendance at out-patient appointment/eye and stroke services.

Findings have now contributed to updating the NICE guidelines which now include orthoptists as core members of the stroke multi-disciplinary team. This should ensure that services aim to include orthoptic input into their stroke services, addressing the major inequality which is that less than 50% of stroke units nationally are assessing vision after stroke.

Link to Publication (Brain and Behaviour).

[The treatment methods for post- stroke visual impairment: A systematic review](#)

## Partners Priority Programme Round 1 Projects

- Implementation of the GP Specification (a quality contract), Liverpool CCG
- Community Care Team Initiative (focus on multi-disciplinary, integrated teams), Liverpool CCG
- Liverpool Diabetes Partnership, Liverpool CCG and Aintree Hospital
- Better Care Now (for older patients who receive inpatient rehabilitative care), Blackpool Teaching Hospital
- Delivering high quality Primary Care at scale and improving access, Blackburn with Darwen CCG
- Clinical Decision-Making in the Use of Inpatient Mental Health Beds, Cheshire Wirral Partnership NHS Trust
- Preventing emergency admissions among cancer patients, Clatterbridge – Wirral Hospital Trust
- Community integrated mental health and physical health service, North West Boroughs NHS Trust
- Knowsley CVD service, Liverpool Heart and Chest Hospital
- Knowsley Respiratory service, Liverpool Heart and Chest Hospital
- Community Health Services (Integrated Neighbourhood teams), East Lancashire CCG

Please contact us if you would like to know more about any of these projects or to implement their findings.

### Got a Story?

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### Publications

All of CLAHRC NWC's Publications are available on its website or through this [link](#).

If you would like to find out more about the work of CLAHRCs nationally, then please visit the [CLAHRC Partnership Programme website](#).

**CLAHRC Partnership Programme**

The University of Liverpool's Institute of Psychology, Health and Society held its Postgraduate Research Conference Day in December, and this gave an opportunity for CLAHRC NWC students to present their research.



*CLAHRC NWC PhD Student Rosemary Lyne (right) receives a "Best Presentation Award" from Professor Susan M Higham. Rosemary's research focuses on barriers to physical activity for people living on the Wirral peninsula.*

We are pleased to invite applications for the NIHR Collaboration for Leadership in Applied Health Research and Care North West Coast (CLAHRC NWC) Research Internships 2018.

The internships are designed to support individuals within our partner organisations to undertake a small research project under the supervision of experienced researchers from either the University of Central Lancashire, Lancaster University or the University of Liverpool.

All research projects must align with an existing CLAHRC NWC project and focus on addressing health inequalities. Deadline 22 January 2018.

More at:

<http://www.clahrc-nwc.nihr.ac.uk/about-us/JobOpportunities.php>