



CHSS celebrates
25 years
Page 2



Health economist
profile
Page 3



Focus on
Integrated Care
Page 4 & 5



End of life care
Page 6

Newsletter

CHSS
University of Kent

Centre for Health Services Studies

Issue 17 / Autumn 2014



CHSS to lead new Centre for Integrated Care Research

CHSS is setting up a Centre for Integrated Care Research (CICR) in partnership with other research units within the School of Social Policy, Sociology and Social Research (SSPSSR). CHSS Reader in Applied Health Research Jenny Billings will lead the Centre, and along with CHSS Director Professor Stephen Peckham, Professor Julien Forder, Director of the Personal Social Services Research Unit (PSSRU) and Professors Peter McGill and Glenys Murphy, joint Directors of the Tizard Centre, will work on an integrated care research agenda through the new Centre.

See our centre spread for more about CICR

Excellence in health research

CHSS research news

- 1 CHSS Director Stephen Peckham thanks Nick Black for his presentation
- 2 The reception showcased CHSS research and publications
- 3 Professor Peter Jeffries, KentHealth Director and colleagues
- 4 John Butler
- 5 Nick Black
- 6 Sampling the delicious paella

Celebrating 25 years of excellence – CHSS 1989-2014



1

On a beautifully warm 4th July 2014, CHSS held a 25th anniversary celebration at the University's Canterbury Campus.

A drinks reception in the Colyer Fergusson Music Building foyer gave guests and members of the public an opportunity to meet CHSS staff and view posters and publications showcasing CHSS' research. An Open Lecture followed in the magnificent Concert Hall.

Pro-Vice-Chancellor for Research, Innovation and Enterprise Professor John Baldock, welcomed the audience and introduced Emeritus Professor John Butler. John was the first Director of CHSS (1989-1994), and as well as highlighting the Centre's importance and reputation, traced its history and origins from the University's Health Services Research Unit (HSRU) in the 1970s.

Guest speaker Professor Nick Black of the London School of Hygiene and Tropical Medicine then delivered his compelling and often highly amusing Anniversary Open Lecture.

'Health services research, the gradual encroachment of ideas' documented the development of health services research through the decades and changes in the dynamics of the clinician/patient relationship since the early days of the NHS.

In contrast, Professor Stephen Peckham – celebrating his own two year anniversary as CHSS Director – kept his eyes fixed on the future, offering his vision for the CHSS of tomorrow.

Afterwards, invited guests and staff enjoyed al fresco paella and a cold buffet at the Gulbenkian Café. CHSS staff rounded off the perfect July evening with a game of traditional Kentish 'Bat and Trap' on the lawns.

University photographer Matt Wilson captured some memorable moments shown here. More photos, and a link to Professor Black's presentation are available on our website.

Our 25th anniversary newsletter is available to read online.

We look forward to our next 25 years...



2



3



4



5



6

CHSS research news

Health economics – counting the costs and benefits of health care

CHSS shares a health economics team with the University's Personal and Social Services Research Unit (PSSRU). Olena Nizalova is a joint Research Fellow in Health Economics with a major background in econometrics and seven years' experience in applied economics research. She worked at the Kyiv School of Economics in Ukraine before coming to the UK in 2013.



Olena, how have you enjoyed your first year with us?

I can hardly believe a year has gone by already! I am really enjoying being part of the Health Economics team. CHSS and PSSRU are both very friendly departments and a great environment for exchanging ideas and joint working. I have felt very supported.

What do you enjoy most about your work?

I love making a difference, and I'm fortunate to have the opportunity to do this through the research and hands-on advice work we do in the two units. There's plenty of opportunity here to talk to like-minded people and get involved with interesting projects. My particular interests are in health and labour economics, the problems of population ageing and the demand for long term care.

What are you working on at the moment?

Much of what I'm doing is public health based. I was involved in a project with Kent County Council, advising on Public Health spending priorities. I am now leading a PSSRU project focused on risk factors determining nursing home admissions and how informal care helps people avoid nursing homes and reduces costs. We've developed a side project, examining BMI and physical activity as predictors of future care use, a new area of research which is really interesting. With CHSS I'm working on a British Lung Foundation funded study, examining the cost effectiveness of involvement in their 'Breathe Easy' groups (see feature on this page).

Tell us a little about your journey to the University of Kent

I completed a Business Management Degree and an MA in Economic Theory in my native Ukraine and my doctorate at Michigan before becoming an Associate Professor at Kyiv School of Economics. After spending eight years there I left and came to the University of Kent in 2013.

Very different environments I imagine – what attracted you to the UK?

Yes I was working by myself in Ukraine but here I love that there's a community of supportive people to work with and exchange ideas on site. I enjoyed my time in the US but the research environment there is different – they are very methods focused and keen on delving deeply into single issues. In the UK I find people take a broader approach – more 'real life' – and more about helping people, finding solutions to make things better, which is more 'me'.

What are you proudest of in your career to date?

Seeing the successes my students achieved in Kyiv made me very proud. I think teaching is so important and I love meeting students and seeing them do well. I am really looking forward to teaching on the CHSS MSc in Applied Health Research (see p8). Above all I am passionate about making a difference to people's lives and the applied research I do gives me the opportunity to do that.

Do you find your work-life balance a challenge?

Sometimes it can be. I work full-time and I have three children, though my oldest is now seventeen and helps out a lot with the younger ones. But I really believe that when you feel excited about the work you are doing, you cope better with life and enjoy the free time you have much more.

Away from work, how do you relax – if you have time!

I do enjoy singing and hope to join the University choir. I sang in the Cathedral with my children, which was a wonderful experience. I love the theatre and concerts and I'm a big fan of the University's Colyer Fergusson and Gulbenkian venues. It's lovely to have access to a variety of cultural events on campus. And I am really enjoying being here in the UK!

Thanks Olena, that's good to hear – (and we look forward to your first choir performance!). See our health economics webpage for further information.

Helping chronic lung disease patients to help themselves

There are more than 230 British Lung Foundation (BLF) 'Breathe Easy' voluntary groups across Britain. The groups usually meet monthly and are designed to develop patient knowledge and increase self-management among those with long term lung disease such as as COPD, asthma and sarcoidosis. They offer support and advice from health professionals, as well as social activities.

CHSS Research Fellow Dr Rowena Merritt is conducting a two year project on behalf of the BLF to find out whether 'Breathe Easy' results in better health and well-being outcomes for patients and carers when the groups are integrated into local respiratory care pathways.

Integrated Breathe Easy will compare three cohorts to measure the impact and assess outcomes of Breathe Easy.

- groups which are not integrated into the NHS care pathway
- new groups which are fully integrated into the local healthcare systems; and
- a 'control' group of patients who do not attend a Breathe Easy group, but would do if they could.

Rowena told us: 'Integrating the groups into the NHS care pathway will show us what's good and what isn't about them. This project is all about patient understanding and self-help.'

We have started data collection and in this first year our focus is finding out what depth of knowledge patients have. Do they know where to find help and get advice on medication? What are their levels of self efficacy? We will also talk to carers about their burden of care and confidence in caring. In the second year we focus on how cost effective the new integrated groups are.'

Rowena was awarded £74,000 to lead and project manage the CHSS research team which also includes Research Fellow Ferhana Hashem, Health Economist Olena Nizalova and Statistician Tracy Higgins.

For further information go to: www.blf.org.uk/Page/Integrated-Breathe-Easy

This project is funded by the Cabinet Office through NESTA.

Focus on integrated care

Continued from front cover

The Centre for Integrated Care Research (CICR) will combine the multidisciplinary expertise of three research Centres, (CHSS, PSSRU and the Tizard Centre) while retaining the individual standing of each.

Jenny Billings, who will be Director of CICR commented: 'I am really excited about CICR and being at the forefront of this research. We will build on previous work in integrated care by CHSS and the other two centres and aim to provide the evidence base for future policymaking and practice development.

'This will mean improved care for those with long-term conditions. Older people in particular, who may have comorbidities really will benefit from an integrated approach to their care'.

CICR will be launched in the New Year.

The CICR agenda

Working with partners towards integrated patient care

CICR's immediate focus will be on current priorities like developing evidence for best integrated care practice and leadership of primary care pathways and integrating health and social care for older people. In year one the Centre will be developing a plan with local health and social care agencies and the technology industry. A three year funding package from KentHealth will support the Centre. Thanet and South Kent Clinical Commissioning Groups (CCGs) are funding a part time researcher for a year to support integrated care development and evaluation in their respective areas.

CICR will draw on the existing expertise and reputation of the three research units, to explore and inform the integrated agenda based on the multiple needs of patients.

Local work will feed into larger national and international research to fulfil CICR's aims to:

- Become a recognised **leader** and preferred **partner** in integrated care research
- Develop **evidence** around health and social care integration for policy and practice to improve care delivery and outcomes
- Commission and develop **integrated care training**
- **Strengthen collaborations** at local, national and international level and increase funded research
- **Engage with local agencies** on service development and system redesign
- **Consolidate and combine research strengths** to foster collaborative development
- Provide an **academic neutral ground** for stakeholders to design and integrate new care pathways
- Work with existing **European partners** and strengthen IC collaborations across the **Atlantic**

The integrated care policy agenda



An ageing population poses a huge challenge to health and social care policy and practice. People with multiple health and social needs need to access a wide range of services delivered by a variety of different agencies such as GP surgeries, hospitals, local authorities and the voluntary sector.

If these services are not well coordinated and integrated, there can be both duplications and gaps between health and social care services. This wastes valuable resources and can mean that patients 'fall through the net'.

Government strategy – new opportunities

Current Government strategy is seeing a shift in the emphasis of care out of hospitals and back to the community. And increasingly, policy makers are recognising integrated approaches as the way forward to providing care in responding to the changing landscape.

The way forward

New structures are evolving aimed at managing a new future where clinicians and other stakeholders can all have input into care pathways. They also provide a growing research focus for academics in the area to come up with the evidence base to inform policy and help with its translation into practice. But there remains a gap in strategic thinking around design, pilots, evaluation and ultimately implementation of innovative integrated care approaches.

Filling the gap through research

The primary aim of the new Centre will be to become a major UK innovator for integrated care (IC) research and training, filling this gap by developing a local, national and international profile. It will champion IC and address the needs of communities and health and social care organisations.

Focus on integrated care



Centre for Integrated Care Research – who's who?

The new Centre combines specialist expertise from three existing research centres in health economics, systems change, primary and community care, public health, social care and personal health budgets.

PSSRU and CHSS already work collaboratively on research proposals and share a health economics team. PSSRU and Tizard are part of the national School for Social Care Research, while Tizard and CHSS collaborate on research and teaching.

CHSS
University of Kent

Centre for Health Services Studies (CHSS)

Excellence in health research; experience and innovation in IC research
CHSS, led by Professor Stephen Peckham has been established for 25 years. It is a multidisciplinary centre of research excellence with a high level of expertise and a varied health research portfolio. It has a range of existing successful collaborations in the field of older people and integrated care.

University of
Kent | PSSRU

Personal Social Services Research Unit (PSSRU)

Leading the way in social care and services research

PSSRU has carried out high quality, independent social and health care research since 1974. PSSRU enjoys a substantial national profile that has had an important influence on theory, policy development and reform in England and elsewhere. Professor Julien Forder is the Unit's Director.

TIZARD
University of Kent

Tizard Centre

Innovators in disability and mental health research

Tizard is one of the leading UK academic groups working in learning disability and community care. Tizard aims to advance knowledge about the relationship between the organisation of community care services and their outcomes. Professors Peter McGill and Glenys Murphy are joint Tizard Directors.

CHSS Reader in Applied Health Research Jenny Billings CICR Director

Jenny will lead on strategy implementation. She will be part of a governing board including KentHealth, representatives from health and social care agencies and the Directors from CHSS, PSSRU and Tizard.

'So much more than just health care'....

Jenny Billings on Integrated Care and her vision for CICR

'Integrated care has a big health focus, but it's about much more than that. It's about social circumstances; people's housing, their neighbourhood, community safety – a whole raft of things that can improve quality of care and quality of life. And it's about keeping people out of hospital, being where they want to be, but still having all the care they need.'

'I believe this is a great opportunity to combine and expand community health and social care activity to address the new reforms and build on the national reputations of the three research centres.'

'We have to work together on an agenda to find cost effective ways to improve quality of life and wellbeing.'

'I'm looking forward to seeing the politicians sit up and take notice of the work we're going to be doing at CICR, and watching the results regenerate best practice and policy.'

As strategic Director Jenny has a wealth of invaluable experience providing scientific methods advice and support to large IC projects, with the UK and European partners. These include:

Locally

- Contract Modelling – working with SE Commissioning Support Unit on a blueprint to ensure high quality IC for long term conditions
- Evaluation and Kent Pioneers – working to develop an evaluation framework
- CCG evaluation of two IC initiatives – with S Kent Coast and Thanet CCGs

In Europe

- Procure – developing guidelines for good practice in integrated health and social care
- HealthPRO elderly – 14 partner countries. Developing guidelines and examples of best practice in health promotion for older people
- Interlinks – Health systems and long-term care for older people in need of services. A 15 country project developing transferable good practice in IC.

For full details of all Jenny's research, see her webpage.

Research support and other projects

Other CHSS Research in progress...

Service evaluation of the primary mental health care specialist role

Evaluating a two year pilot specialist role in Kent and Medway and its impact on mental health services. MCCH Society Ltd award.

Developing and evaluating interventions for adolescent alcohol use disorders presenting through emergency departments (SIPS Junior)

NIHR funded study building on the UK evidence base around underage drinking and alcohol-related problems.

Developing a new commissioning tool

A project to develop and externally validate a contracting model blueprint for long-term conditions. The overall aim is to ensure high quality integrated care for patients with long-term conditions. South East Commissioning support unit award.

The eGFR-C Study NIHR via EKHUFT

£2m three year NIHR Health Technology Assessment funded project via EKHUFT focusing on GFR estimation in chronic kidney disease management. The project aims to gather data on the ability of estimated GFR to detect change in true GFR.

Details of all CHSS current and past research are available on our website:
www.kent.ac.uk/chss

Supporting quality palliative care delivery



Specialist palliative care staff and others supporting people nearing the end of life need particular skills, experience, knowledge and attributes to perform effectively and provide high quality care. These enable them to relieve suffering and improve quality of life for patients and their families.

Defining and quantifying core 'competencies' provides a framework for staff development and training by setting out the skills and qualities required to undertake specific caring and support roles and tasks.

Many public, private and third sector health care organisations have developed competency frameworks for professional staff. For example, the European Association for Palliative Care has developed core competencies for medics, nurses and social workers. However, within the hospice movement, informal carers and support workers also need to be supported and equipped with relevant skills.

CHSS Director Stephen Peckham is currently undertaking a project to evaluate the use and impact of competency frameworks within palliative care on patient and family outcomes. The project has been commissioned by Pilgrims Hospices. It will focus on work done within the hospice movement and more generally to develop frameworks for those delivering end of life care.

The project will review the literature and identify gaps in the evidence on competency frameworks for professional staff and non-professional people supporting patients and their families. A project report for Pilgrims will identify and describe the range and type of frameworks used by public, voluntary and private providers in a range of end of life settings including hospices, hospitals, community and primary care.

The report will highlight factors behind the successful use of competency frameworks in supporting carers and affecting quality and practice. It will also summarise available evidence on their impact on patient and family outcomes.

For further details see Stephen Peckham's webpage.

Events and publication news

CHSS seminars return

CHSS' popular seminars have been relaunched after a four year break. Our seminars are a chance to showcase, discuss and promote our research, and to foster collaboration with colleagues and partners.

Professor of Health Services Research Simon Coulton delivered the first of our new series on 31st July in the CHSS Knowledge Management Centre at Canterbury, presenting an overview and early findings from NIHR funded project SIPS Junior.

This randomised controlled trial examines problematic alcohol use amongst adolescents aged 11-18 attending emergency departments in England.

More young people are binge drinking compared with twenty years ago and along with laying the foundations for alcohol-related disease, there are associated risks of unprotected sexual activity, criminal behaviour, suicide and self-harm, as well as accidental death.

SIPS JR has been developing and testing new digital interventions designed to reduce alcohol consumption within this group.

Future seminars are announced on the CHSS website www.kent.ac.uk/chss

For further details contact Diane Arthurs d.arthurs@kent.ac.uk

Exploring parenting policy

CHSS Research Fellow Dr Jan Macvarish's research into 'Babies' brains and parenting' is featured in a recently published book co-written with colleagues from the University's Centre for Parenting Culture Studies.

'Parenting Culture Studies' asks why the minutiae of how parents raise and care for their children have become routine sources of public debate and health and public policy making.

The book is available from Amazon.

Selected CHSS publications 2014

Yang W (2014) Catastrophic outpatient health payments and health payment-induced poverty under China's New Rural Cooperative Medical Scheme. *Applied Economic Perspectives and Policy* ISSN 2040-5790

Billings J R & Leichsenring K (2014) Methodological Development of the Interactive INTERLINKS Framework for Long-Term Care. *International Journal of Integrated Care* 14 (23) ISSN 1568-4156

Macvarish J, Lee E J & Lowe P K (2014) The 'First Three Years' Movement and the Infant Brain: A Review of Critiques. *Sociology Compass* 8 (6) pp 792-804 ISSN 1751-9020

Simpson A, Flood C, **Rowe J**, Quigley J & Henry S et al (2014) Results of a pilot randomised controlled trial to measure the clinical and cost effectiveness of peer support in increasing hope and quality of life in mental health patients discharged from hospital in the UK. *BMC Psychiatry* 14 (30) ISSN 1471-244X

Mathie E, **Wilson P M**, Poland F, McNeilly E & Howe A et al (2014) Consumer involvement in health research: a UK scoping and survey. *International Journal of Consumer Studies* 38 (1) pp 35-44 ISSN 1470-6423

Cawley D, **Billings J R**, Oliver D J, Kendall M & Pinnock H (2014) Potential triggers for the holistic assessment of people with severe chronic obstructive pulmonary disease: analysis of multiperspective, serial qualitative interviews. *BMJ Supportive & Palliative Care* pp 1-9 ISSN 2045-435X

Gadsby E W, Segar J, Allen P, Checkland K, Coleman A, McDermott I & **Peckham S** (2014) Personal Budgets, Choice and Health – a review of international evidence from 11 OECD countries. *International Journal of Public and Private Health Care Management and Economics*. ISSN 2155-6423 (In press)

Hamilton-West K E, Smith K, Vaughan A, Kolubinski D & Kanellakis P (2014) Development of a Primary Care Diabetes Psychology Service. *Diabetes and Primary Care* 16 (3) pp 129-136 ISSN 1466-8955

Peckham S & Awofeso N (2014) Water Fluoridation: A Critical Review of the Physiological Effects of Ingested Fluoride as a Public Health Intervention. *Scientific World Journal* ISSN 1537-744X

Perkins Ne, Coleman A, Wright M, **Gadsby E W**, Petsoulas C, McDermott I & Checkland K (2014) Involving GPs in commissioning: what 'added value' do they think they bring to clinical commissioning groups? *British Journal of General Practice* ISSN 0960-1643 (In press)

Coleman A, Segar J, Checkland K, McDermott I, Harrison S & **Peckham S** (2014) Leadership for health commissioning in the new NHS: exploring the early development of clinical commissioning groups in England. *Journal of Health Organization and Management* ISSN 1477-7266 (In press)

Peckham S (2014) Accountability in the UK healthcare system: an overview. *Healthcare Policy* (10) pp 155-162 ISSN 1715-6572

Petsoulas C, Allen P, Checkland K, Coleman A, Segar J, **Peckham S** McDermott I (2014) Views of NHS commissioners on commissioning support provision. Evidence from a qualitative study examining the early development of clinical commissioning groups in England. *BMJ Open* ISSN 2044-6055 (In press)

Wilson P M (2014) You Cannot Choose Your Family: Sociological Ambivalence in the Hemodialysis Unit. *Qualitative Health Research* ISSN 1049-7323 (In press)

Stevens A, **Coulton S** & O'Brien K et al (2014) RiskKit: the participatory development and observational evaluation of a multi-component programme for adolescent risk behaviour reduction. *Drugs: Education, Prevention and Policy* 21 (1) pp 24-34 ISSN 0968-7637

Staff news and study opportunities...

Information about all CHSS staff can be found on our website: www.kent.ac.uk/chss/staff/index.html

Farewell....

Bridget Carpenter, Co Director Business, NIHR Research Design Service South East

Bridget left CHSS this summer after eleven years with the Centre.

In 2003 she joined CHSS as Communications Manager for the South East Research and Development Support Unit (RDSU), a precursor to the NIHR Research Design Service South East. Bridget was involved in managing the RDS SE since its very beginnings in 2008.

For more information about the Research Design Service and how it can help you, visit the RDS SE website www.rds-se.nihr.ac.uk/



Welcome to our new PhD students

Vanessa Abrahamson who has joined CHSS with an ESRC Doctoral Training Centre PhD studentship. Vanessa's research will be focused on a six month review for stroke survivors.

Vania Bajic has joined us as a Scholarship student. Her PhD will focus on the impact of music on emotional regulation and eating behaviour. She will be part of CHSS' health psychology group.

CHSS MSc in Applied Health Research – for tomorrow's health researchers

This new Masters course is for students who want to acquire the skills necessary to become independent researchers and develop an academic health research specialism. The MSc is in two stages, and can be studied over one year full-time, or two years part-time.

Stage one consists of three compulsory taught modules, with three further modules chosen from four options. An elective/wild module can also be taken from across the School of Social Policy, Sociology and Social Research.

Stage two involves a compulsory 12,000 word dissertation on a subject of the student's choice. Postgraduates will work on their own independent research project.

To be eligible you need a 2:1 honours degree or higher in a social science/health-related subject, or a medical degree and a demonstrable knowledge and interest in a relevant area.

The MSc course is now recruiting for September 2015. For more information download our flyer from our website.

For informal enquiries please contact:
Dr Ferhana Hashem
E: f.hashem@kent.ac.uk

About CHSS

CHSS is a centre of research excellence which undertakes high quality research into a wide range of health systems and health services issues at local, national and international levels. CHSS also supports and advises health care staff to develop and undertake research projects. CHSS collaborates with a wide range of partners in Kent, the UK and in other countries to improve the links between research, policy and practice.

Please see the CHSS website for details of current and previous research and publications

Details of current CHSS vacancies and studentships can be found at: www.kent.ac.uk/chss/vacancies.html

CHSS, George Allen Wing, Cornwallis Building, University of Kent
Canterbury, Kent, CT2 7NF, United Kingdom
T: +44 (0)1227 824057 E: d.arthurs@kent.ac.uk

www.kent.ac.uk/chss/

