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Newsletter

CHSS
University of Kent

Centre for Health Services Studies

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What now for the NHS?

In July, we welcomed distinguished Professor Chris Ham CBE, Chief Executive of the Kings Fund to deliver the CHSS Annual Open Lecture.

Professor Ham's lecture focused on the challenges facing the NHS in this post-coalition Parliament. A large crowd turned out for the lecture and joined in the lively question and answer session which followed the presentation. See page 2.

Excellence in health research

News round up

Dementia impact

Film from CHSS Leverhulme Artist in Residence ‘thought-provoking and moving’

Our winter issue reported on poet Leah Thorn's residency at CHSS. A short trailer is now available for her Dementia poetry/film 'watch'.

Leah's film uses family Super 8 footage, poetry, story-telling and photography to slowly reveal the centrality of memory to identity and the impact of dementia on a father/daughter relationship.

Tricia Wilson, Professor of Primary and Community Care at CHSS said: 'This is a really thought-provoking and moving piece of work, designed to stimulate new ideas and debate. It's a must-see for anybody involved in caring for or living with those with dementia'.

<http://dementiafriendlykent.org.uk/news/leah-thorn-watch/#.VX8xAh9Adb8.twitter>

Recent CHSS events

CHSS Open Lecture 2015

7 July, University of Kent, Canterbury

CHSS' Annual Open Lecture was given by Professor Chris Ham CBE in the University of Kent's Collyer Ferguson Music Hall.

Chris became Chief Executive of The King's Fund in April 2010 and was Professor of Health Policy and Management at the University of Birmingham between 1992 and 2014. From 2000 to 2004 he was seconded to the Department of Health, as Director of the Strategy Unit.

The evening began with an informal drinks reception before Chris delivered his lecture. 'What are the prospects for the NHS in the new parliament?' discussed major challenges facing the NHS under the new government.

These include sustaining existing services and standards of care, developing new and better models of care and reforming 'from within'. The lecture was attended by a large mixed crowd of health service professionals, students and academics. Following Chris' presentation there was lively Q & A discussion.

Chris' presentation is available on the CHSS website.

www.kent.ac.uk/chss/lecture.html



KAPCU Seminar

10 June, University of Kent, Medway

Dementia – Muddling along?

Professor Steve Iliffe of University College London addressed primary/community care and research staff at the University's Medway campus. An academic GP, Steve practised in inner-London for 30 years and was the UK's first Professor of Primary care for Older People.

He is Chief Investigator of the NIHR-funded EVIDEM programme, on community-based interventions for dementia, and was Associate Director for the UK national co-ordinating centre for Dementias & Neurodegenerative Diseases Research networks (DENDRON) 2006-15.

Dementia is core business for general practice and this seminar covered normal vs abnormal cognition (can you name fifteen animals in sixty seconds?) as well as diagnosis, supporting behavioural & psychological symptoms of dementia (BPSD) and end of life care. Despite demand for early diagnosis within general practice, there is an evidence gap around the benefits of this, and more research is needed. A lively Q&A session followed.

The slides for this and previous sessions are available on our website.

www.kent.ac.uk/chss/research/groups/primarycare.html

Book for future seminars:

www.kent.ac.uk/chss/news/index.html?view=594

New CHSS international research

EC Horizon 2020 funds two major projects

Horizon 2020 is the biggest EU Research and Innovation programme ever with nearly €80 billion of funding available over seven years (2014 to 2020).

SUSTAIN – putting older people at the centre of their care



CHSS' Jenny Billings has won funding of over €584,000 to lead a major new five year project as part of the European Commission's Horizon 2020 programme.

SUSTAIN – *sustainable tailored integrated care for older people in Europe* – will improve the quality of integrated care for older people in Europe. The focus is on those over 65 living at home with complex multiple health and social care needs, and involves seven European countries. The project team also includes Research Assistant Esther de Weger.

SUSTAIN takes a coordinated and proactive approach in addressing the health and social care needs of older people in their homes to improve outcomes while ensuring cost effectiveness. The approach involves identifying two existing integrated care sites in each country wishing to improve their care delivery.

In Kent the research team will work with local managers, care workers and older people to develop, implement and evaluate a tailored set of improvements in each site over a two year period. The project will place individuals in need of care at the centre of decision-making and will involve professionals from a variety of disciplines delivering multiple interventions.

SUSTAIN will focus on particular improvement themes, namely patient-centredness, efficiency, safety, resilience to crises, sustainability and illness prevention. Outcomes from across Europe will be developed into an integrated care 'roadmap', which will identify what sorts of interventions work for who and in what setting to support decisions in how care is provided.

Jenny said: 'This is an exciting opportunity to work closely together with older people and integrated care workers in Kent to bring about real benefits both for users and staff, and to bring insight from other countries to inform good practice.'

EXCEPT – social exclusion of youth in Europe



EXCEPT was launched last month at a conference in Tallinn, Estonia. Bringing together ten teams across Europe, the three year project forms part of the European Commission's Horizon 2020 programme for research into Social Exclusion.

Against a background of growing insecurity in the youth labour market during the economic crisis, EXCEPT aims to provide a comparative and comprehensive understanding of the effects of youth labour market vulnerability in Europe on risks of social exclusion.

Dr Olena Nizalova is leading the CHSS research team which includes Dr Katerina Gousia, Dr Rowena Merritt and Sarah Spencer. They will use mixed methods to examine the implications for young people of labour market insecurities in key areas:

- risk of poverty levels of material deprivation
- subjective well-being
- health status
- ability to gain and maintain independence from the parental home.

Qualitative interviews with young people from nine selected European countries will help to understand how they perceive their own social situation and try to cope in different economic and cultural environments. The quantitative part of the project will use EU-28 and national micro-data to identify causal interrelationships and dynamic processes of youth social exclusion in different settings and national contexts.

One of EXCEPT's main objectives is to assess how far-reaching and effective EU and national policies are in addressing youth social exclusion. The project team will use examples of best practice to suggest reforms and policies designed to improve this group's social situation.

Different stakeholder groups will be involved throughout the project, enabling young people to be given a voice and to assist in disseminating the results of the project.

Find out more on the EXCEPT Twitter account https://twitter.com/except_eu and Facebook page: <https://www.facebook.com/excepteu>

Addressing Ukraine's public health crisis

Ukraine has long faced a significant health crisis exacerbated by growing rural/urban and male/female health inequalities. It is one of five countries in the World Health Organisation (WHO) European region with life expectancy 11 years lower than EU average and a 10 year gap between males and females.

Since independence in 1992 Ukraine's health care and public health systems have become inadequate to deal with growing epidemics of non-communicable diseases and TB/HIV/AIDs.

The Ukraine government has stated its commitment to reform and to evidence-based decision-making. But the dire state of population health and economic and political difficulties make it likely to opt instead for rapid implementation of ready-made examples from other countries. This allows for no fundamental analysis of what does/did and does not/did not work in the Ukrainian context.

This 12-month development study funded by the Medical Research Council will examine how Ukraine's national public health programmes and policies evolved from 1990-2014, mapping their implementation across regions and over time.

This is a joint project with the Kyiv School of Economics. Research Fellow in Health Economics Olena Nizalova leads the CHSS team which also includes Professor Stephen Peckham and Dr Erica Gadsby.

This study is intended to form the foundations of a full-scale evaluation of Ukraine health systems. This will then provide the necessary evidence base to inform the development of an effective public health system and facilitate its implementation to ensure improved population health.



New projects promote healthy living

Getting Kent moving

Kent County Council Public Health department has commissioned CHSS to evaluate a pilot programme aimed at reducing inactivity across the County – more than a quarter of Kent's adults are physically inactive.

'Let's get moving' (LGM) is an intervention based on motivational interviewing (MI) and support for behaviour change. Delivered through GP surgeries, it targets individuals with, or at high risk of acquiring, diseases that are caused or made worse by inactivity.

As well as increasing and sustaining levels of activity, the programme aims to ensure value for public health investment by linking to other services, and reduce medication costs for conditions which might be affected by adopting a more active lifestyle.

Health organisation ukactive will screen and recruit in GP surgeries chosen in areas of high deprivation with low activity levels. They will invite participants to have 12 weeks of MI and support from specially recruited practitioners.

Dr Sarah Hotham, Chartered Psychologist and CHSS Research Fellow leads the evaluation team. She said: 'the results of the pilot evaluation will inform the design of a full scale programme for Kent. We will interview those involved in screening and recruitment, alongside participants in the intervention'.

As well as identifying characteristics in patients who change their behaviours (in order to predict future success), the evaluation will address questions around feasibility, scalability, effectiveness and cost effectiveness of patient screening, and the recruitment of practitioners to deliver the interventions.

CHSS Scholarship PhD student Vanessa Abrahamson is also involved in the evaluation which runs until March 2017. The final report will be available after 12-month follow-up monitoring is completed. It will give recommendations for future commissioning of the county-wide inactivity service.



Go Golborne – evaluating London healthy community project

CHSS is leading a large scale evaluation of a three year pilot project seeking to reverse and prevent childhood obesity in collaboration with the London Triborough Authorities' (Hammersmith and Fulham, Kensington and Chelsea and City of Westminster) Public Health Team.

'Go Golborne: eat happy, move and play' was launched in May 2015. With many schools, preschools, youth clubs and parks, Golborne – one of London's most deprived wards – offers a chance to reach large numbers of children and young people and explore the environment's role in supporting healthy behaviours.

This pilot takes a 'whole place' community approach through a local network of individuals and organisations. Using training opportunities, environmental improvements, consistent messages, community development and a series of social marketing campaigns, Go Golborne encourages children and their families to 'eat happy, move and play' by helping to create supportive environments that make healthier choices around eating and physical activity easier. Their themed campaigns will focus on simple messages such as sugar swaps, snack checks, active travel, and reduced screen time.

CHSS is taking a 'theory of change' approach to the four-year evaluation, which will study the links between activities, outcomes and contexts of the initiative. It will incorporate a detailed process evaluation, as well as evaluating outcomes on healthy weight, changes in behaviour, awareness of and attitudes to physical activity and healthy eating, and changes in home, school and community environments.

Evidence suggests that healthy lifestyle initiatives work best when targeted at a local level to respond to the unique needs of communities. Learning from other areas also highlights the importance of taking a 'whole system' approach where everyone who lives and works in a community plays their part to make it a healthier place for children to grow up.

This pilot, as part of a multi-agency approach to tackling child obesity, will test the feasibility of replicating the intervention in other areas.

The research team will:

- Assess impact and costs of the pilot at child and family, community and local authority level,
- Identify the least and most effective elements of the project – for who, in what contexts, and how.
- Inform the progress of the project over the three years to maximize the likelihood of greatest impact.
- Make recommendations on whether and how the intervention could be rolled out in or adapted for other wards.

For more information, please contact Dr Erica Gadsby

New CHSS papers; RDS support

New Selected CHSS Publications 2015

Deluca P, **Coulton S**, Fasihul A M, Cohen D, Donoghue K et al (2015) Linked randomised controlled trials of face-to-face and electronic brief intervention methods to prevent alcohol-related harm in young people aged 14–17 years presenting to Emergency Departments (SIPS junior). *BMC Public Health* 15 (1) pp345 ISSN 1471-2458

Holdsworth L M, Gage H, **Coulton S**, King A & Butler C (2015) A quasi-experimental controlled evaluation of the impact of a hospice rapid response community service for end-of-life care on achievement of preferred place of death. *Palliative Medicine* ISSN 0269-2163

Hotham S, Hamilton-West K E, Hedayioglu J A, **Yang W**, **Brigden C** et al (2015) *Evaluation of the Primary Care Mental Health Specialist role: Final Report*. Project report. Centre for Health Services Studies, Canterbury

Sheaff W R, Halliday J, Øvretveit J, Byng R, Exworthy R, **Peckham S** & Asthana S (2015) Integration and continuity of primary care: polyclinics and alternatives, a patient-centred analysis of how organisation constrains care coordination. *Health* ISSN 1949-4998 (In press)

Iliffe S, Wilcock J, Drennan V, Goodman C, Griffin M, Knapp M R J, **Lowery D** et al (2015) *Changing practice in dementia care in the community: developing and testing evidence-based interventions, from timely diagnosis to end of life* (EVIDEM). NIHR Programme Grants for Applied Research, 3 (3) ISSN 2050-4322

Ismail H & **Coulton S** (2015) Arrhythmia care co-ordinators: their impact on anxiety and depression, readmissions and health service costs. *European Journal of Cardiovascular Nursing* ISSN 1474-5151

Macvarish J, Lee E J & Lowe P K (2015) Neuroscience and family policy: What becomes of the parent? *Critical Social Policy* pp 1-22 ISSN 0261-0183

Hotham S & Sharma D (2015) The relationship between top-down attentional control and changes in weight. *Eating Behaviours* 18 pp 81-83 ISSN 1471-0153

Jingwei A H & **Yang W** (2015) Clinical pathways in China – an evaluation. *International Journal of Health Care Quality Assurance* 28 (4) ISSN 0952-6862

Yang W & Wu X (2015) Providing comprehensive health insurance coverage in rural China: a critical appraisal of the New Cooperative Medical Scheme and ways forward. *Global Policy* ISSN 1758-5880 (In press)

Peckham S, Falconer J, Gillam S, Hann A, Kendall S et al (2015) The organisation and delivery of health improvement in general practice and primary care: a scoping study. *NIHR Health Services and Delivery Research* Vol 3, 29

Bramwell D, **Peckham S**, Allen P & Checkland K (2015) How can GPs and community health services work more effectively together? *British Journal of General Practice* 65 (636) pp 374-375 ISSN 0960-1643

Newbury-Birch D, Jackson K, Hodgson T, Gilvarry E, Cassidy P, **Coulton S** et al (2015) Alcohol-related risk and harm amongst young offenders aged 11-17. *International Journal of Prisoner Health* 11 (2) pp 75-86 ISSN 1744-9200

Fillary J, Chaplin H, Jones G, Thompson A, Holme A & **Wilson P M** (2015) Noise at night in hospital general wards: a mapping of the literature. *British Journal of Nursing* 24 (10) ISSN 0966-0461

Public engagement

Open event

'Let's talk about Health Research'

This free, drop in event on Wednesday 9th September 11.30-2.00, Westgate Hall, Canterbury, is open to members of the public who would like to know more about health research and the work of CHSS. It will be a fun and interactive session, with attendees having a chance to say why research is important to them and ask what they would like to know. There will be talks, short films, activities and refreshments will be provided.

To register your interest, please email engagechss@kent.ac.uk or phone 01227 823940.



“Let's talk about Health Research!”

Westgate Hall, Canterbury

Wednesday 9th September 2015, 11.30am-2.00pm. **just pop-in!**

There will be four specific topics on the day: **dementia**, **long term health conditions**, **weight management & mindfulness** and **how you can become involved in research**. Talks, short films, activities, and lots of opportunities to talk to researchers.

Speakers word poet and CHSS Artist in Residence, Leah Thorn, will be presenting her film 'Watch'. The film explores the impact of dementia on the family, specifically the father/daughter relationship.

A light lunch will be provided

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Canterbury

To register your interest, or if you have any questions, email engagechss@kent.ac.uk or phone 01227 823940. #letsstalk

Preparing a funding application?

NIHR Research Design Service South East

The RDS is a national service funded by the National Institute for Health Research (NIHR) delivered in ten regions in England. The service supports researchers in preparing proposals for submission to peer-reviewed funding programmes in applied health and social care.

The RDS SE operates from the Universities of Kent (CHSS), Surrey (Faculty of Health & Medical Sciences) and Brighton (School of Health Science). Advice and support is free.

Visit the RDS SE website for more information. www.rds-se.nihr.ac.uk/

Details of all CHSS current and past research is available on our website: www.kent.ac.uk/chss/services/projects/index.html

Study opportunities with CHSS

CHSS Management in Primary Care iBSc (Hons)

The full-time one-year Intercollegiate BSc in Management in Primary Care is designed for medical students to prepare themselves for working in primary care and community, public health or management. Students gain clinical experience alongside the learning of academic skills which can be applied to all aspects of the medical field.

In spring term students will spend at least one day a week in a GP practice working on a research project.

For more information go to the Study with CHSS page

For informal enquiries please contact:
Dr Rowena Merritt
E: R.K.Merritt@kent.ac.uk

CHSS MSc in Applied Health Research – limited availability for September 2015

The Masters course is for students who want to become independent researchers, and can be studied over one year full-time, or two years part-time. Stage one consists of compulsory taught modules. Stage two involves a compulsory dissertation on a subject of choice. Postgraduates will work on their own independent research project.

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

For more information download our flyer – pdf, or go to the Study with CHSS page
www.kent.ac.uk/chss/study.html?tab=msc

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

Save the date!



KAPCU (Kent Academic Primary Care Unit) seminars

Wednesday 23 September 2015, 1.30–3pm,
University of Kent, Canterbury
‘Telehealth for long-term conditions; hopes, hype and reality’
Dr Hilary Pinnock, University of Edinburgh

Wednesday 2 December 2015, 1.30–3pm,
University of Kent, Medway
‘The contribution of physician assistants to primary care in England’
Professor Vari Drennan, St George’s
University of London

Public engagement event

Wednesday 9 September, 11.30am–2pm,
Westgate Hall, Canterbury
‘Let’s talk about health research’
Further details on page 7 or visit our website and Twitter

CHSS seminar

Wednesday 7 October 2015, 1.30–3pm,
Knowledge Management Centre, CHSS,
University of Kent
‘Still elegantly muddling through? Trust and the management of uncertainty in healthcare rationing decisions in England’
Professor Michael Calnan, University of Kent

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

