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Newsletter

CHSS
University of Kent

Centre for Health Services Studies

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Primary care and mental health – developing a synergy

'How do we get psychiatrists and GPs to work together? By getting together!' Professor Clare Gerada

This Kent Academic Primary Care Unit (KAPCU) seminar, held on 13 June, was a memorable and innovative event, drawing a crowd of around 80 practitioners, commissioners, service users, carers and academics. The seminar aimed to explore models which would get mental health and primary care services working more closely to benefit everyone.

See more on page 4

Excellence in health research

CHSS events and news round up

Sally Kendall addresses RCN International Research Conference

In April Professor Sally Kendall gave a keynote address to the Royal College of Nursing International Research Conference in Oxford. She delivered 'Influencing policy through primary care and community nursing research' to more than 200 international nurse researchers. She also joined a panel of experts to debate the issue of policy influence and impact with the delegates. Watch her presentation, along with other speakers on the RCN conference webpage.



www.rcn.org.uk/professional-development/research-and-innovation/research-events/rcn-2017-research-conference

Eirini visits Helsinki

In May, Research Associate Dr Eirini-Christina Saloniki spent two weeks as a Visiting Researcher at the National Institute for Health and Welfare (THL) in Helsinki. The visit was funded by the Erasmus programme.



She said: 'the different research environment and interacting with senior health and social economists was an incredible experience. I was fortunate enough to share my knowledge of preference elicitation for social care-related quality of life, and present some preliminary results of our work in Kent around this area'. Eirini also contributed to an article on effectiveness measures in social care, for the THL newsletter.

Rowena takes the Chair

On 1 May PhD Student Rowena Bicknell chaired the Alumni 'Life after Postgraduate Study' panel at the 7th Annual PG Festival, held in the University's new Sibson Building. The panel of Kent masters and doctoral graduates shared their diverse career journeys after graduation, and how they are using skills acquired through studying, in their working lives.

CHSS pre-election health policy debate



Following the success of our 2015 hustings, the CHSS 2017 pre-election debate on the parties' plans for health policy and the NHS drew more than 200 people to the Gulbenkian Theatre on 31 May. It was an indicator of the strength of local feeling that so many came out to see what local politicians were offering in terms of local NHS services. The crowd came from right across the local community and the political spectrum.

Thanks once again to the brave Parliamentary candidates who came along to face a barrage of questions from an animated audience, on topics including NHS funding, privatisation and mental health services.

The panel, chaired by CHSS Director Professor Stephen Peckham was comprised of:

- Sir Julian Brazier, *Conservative*
- Rosie Duffield, *Labour*
- James Flanagan, *Liberal Democrat*
- Henry Stanton, *Green*

History was made on 8 June, when Canterbury returned a non-Conservative MP for the first time in more than a hundred years. Rosie Duffield won the seat for Labour by a narrow majority. If you weren't lucky enough to be there, the video is still available to watch or listen to online (brought to you in collaboration with KTV and CSRfm): www.youtube.com/watch?v=JDkAJsgrxFw

There have been over 750 online views to date!

There was plenty of Twitter activity during the debate. Follow the #CHSSge17 action on Storify.

CHSS research

RISKIT-CJS project team targeting substance use among adolescent offenders

In our autumn 2016 newsletter we reported on RISKIT-CJS – a new project aimed at reducing drug and alcohol use in young people within the criminal justice system.

There is clear evidence that young people involved in the criminal justice system are more likely to use alcohol and drugs than other adolescents so they are more likely to experience greater social, psychological and health harms.

RISKIT-CJS – an intervention developed by University of Kent and Addaction – aims to reduce substance use and risk-taking behaviour among 13 to 17 year olds who are involved with the criminal justice system. RISKIT-CJS uses small groups and tailored one-to-one sessions encompassing cognitive behavioural therapy, psycho-education, social skills development and motivational enhancement to provide young people with the necessary skills to understand and manage their substance use.

CHSS Professor Simon Coulton is Principal Investigator, leading a collaborative academic partnership in evaluating RISKIT-CJS' effectiveness and cost-effectiveness in youth offending teams across the South East, North East England and London. He said: *'Young people in the criminal justice system are one of the most marginalised groups in society and, for many, substance use plays a critical role in their criminal activity. For some it will have lifelong implications for their physical and mental health.'*

'RISKIT-CJS was developed in collaboration with young people to address their needs and provide them with skills to manage risk-taking behaviour. Our experience of RISKIT in school settings suggests that the RISKIT-CJS intervention has the potential to reduce drug and alcohol use, reduce criminal activity and play a positive role in enabling young people to fully engage in society. Findings from this project will inform the future direction for addressing substance use and mental health issues in this population.'



This three-year NIHR-funded project is progressing at good pace. The research team are collaborating with the relevant local authorities and regional Public Health Directors and have been recruiting over 35 youth offending teams across the regions. They are now in the process of recruiting young people for the trial across the three regions.

The team recently delivered a highly successful five-day training session for the interventionists on the trial and Addaction RISKIT-CJS aspects. As well as focusing on the importance of ethics, data collection and consistency required for clinical trials, it was a chance to build great relationships and share anticipation for delivering this ambitious project!



CHSS becomes a provider for HEKSS/NIHR ICAP programme 2017/18

Health Education Kent Surrey Sussex has awarded funding to CHSS for up to eight successful interns to receive a bespoke research learning and development programme.

Find out more about ICAP, which is available to nurses, midwives and allied health professionals, on our website.

Contact: Dr Ferhana Hashem
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www.kent.ac.uk/chss/study.html

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Primary care and mental health

Developing a synergy

KAPCU seminar, 13 June 2017, University of Kent, Canterbury



This very successful event drew a cross-disciplinary and highly engaged audience of around 80 people. The aim was to explore models to encourage closer working relationships between GPs, psychiatrists, nurses, service users and academic mental health and primary care services to benefit everybody involved.

GP burnout

After a buffet and networking session, Professor Tricia Wilson opened the seminar and introduced local GP Dr Neil Pillai. His engaging and personal presentation focused on promising results seen from a Mindfulness Intervention designed to help tackle the growing problem of GP stress and 'burnout'. The audience were invited to take part in a short mindfulness exercise which encouraged them to focus on physical rather than cognitive awareness.

Changing the culture

We were delighted to welcome the world-renowned GP Professor Clare Gerada, Lady Wessely MBE, Chair of the Council of the Royal College of General Practitioners 2010–2013.

She has professional interests in mental health and substance misuse. She talked about both the barriers to and facilitators of effective working between psychiatrists and GPs, and the need for a 'culture of connectedness'. This was followed by a Q&A session.

Right help, right time, right place

Kent and Medway Mental Health Partnership Trust (KMPT) Deputy Medical Director Dr Rosarii Harte highlighted the increasing burden on GPs who see nine out of every ten mental health patients. She was one of several speakers to mention the 'ten minute consultation' and the pressure on GPs dealing with complex mental health issues against the clock.

Her message was optimistic however, and she described the crisis in secondary care as an opportunity to reach calmer waters by focusing on a common goal – right help, right time, right place – for service users.

New role in Primary Care Mental Health

Final speaker Dr Sarah Hotham, Health Psychologist and CHSS Research Fellow, gave a very well-received presentation on a 2013 CHSS evaluation of a Primary Care Mental Health Specialist (PCMHS) role, piloted in the period which saw the establishment of Clinical Commissioning Groups (CCGs). The PCMHS had been shown to be extremely valuable and the role has been expanded and continued.

Panel discussion

The evening ended with a lively and enthusiastic panel discussion of various models of joined-up care, that are going on in the region and the wider country. Contributions from local GPs, CCG members and carer support groups showed an appetite for action to move things along and work closely together.

An audience member who cares for a son with mental and physical health needs summed up the seminar with enthusiasm, as *'the most exciting event I've been to in 22 years as a carer, running back and forth between two services'*.

Watch out for news of future developments in this area and announcements of our seminars on our website.

Enhancing psychological support for patients with long term conditions



CHSS training programme for counsellors and psychological well-being practitioners

NW London Collaboration of Clinical Commissioning Groups (CCGs) has commissioned CHSS health psychologists to develop and deliver training for counsellors and psychological well-being practitioners.

A series of two-day training workshops will enable the practitioners to work effectively with patients who have long-term physical health conditions. The training is aimed at enhancing knowledge and understanding; and building confidence in using interventions specific to three long-term conditions – coronary heart disease, chronic obstructive pulmonary disease (COPD) and diabetes.

CHSS researchers working on the 'Like-minded' project are Dr Kate Hamilton-West, Dr Sarah Hotham, Professor Tricia Wilson and Dr Amanda Bates. They have experience and expertise in developing and delivering training, mental health, health behaviour change, primary care, managing long-term conditions and patient and public involvement and engagement.

They are working closely with stakeholders to develop and deliver the training workshops in London this summer. Local service users and patient groups are providing input to the draft training modules. A professional web development team are working with the researchers to develop online training for NW London mental health teams

For more information please contact project administrator Helen Wooldridge, h.l.wooldridge@kent.ac.uk.



CHSS people

Justice and juggling

Nadine Hendrie, Research Assistant

Nadine joined CHSS in 2016. Current projects include trials of interventions for young alcohol users in schools (SIPS JR High) and management of risk and substance use by young people in the criminal justice system (RISKIT-CJS) (see p3).

Where did you grow up?

I was born, grew up in and still live in Essex. I enjoyed school but was no academic. Education seemed to be for boys and the women around me were homemakers. I rebelled though and chose woodwork and metalwork over typing. I left at 16 with GCSEs, but failed maths.

Your journey to CHSS has been interesting!

Yes! My first 'proper' job at 16 was as a Junior Barristers' Clerk in Temple, London Inns of Court. After having my son I worked for a Prison Charity supporting offenders and families, and loved it. My main work was prison induction risk-assessments for self-harm. On weekend nights I was an auxiliary hospital nurse.

You were raising two children alone at this time?

Yes and in 2001 I moved to the private sector and became an Account Manager for an education company. I enjoyed the relationship-building and developed practical listening/negotiation skills (in contrast to emotional ones gained in the criminal justice and hospital settings). After five years my social heart was craving something more fulfilling. I trained as a drug/alcohol educator for a London-based charity and also volunteered in a homeless shelter.



What came next?

Setting up and managing a community centre, 'The Well' (still going strong!). We set out to address visible social needs. We were a charity signposting/support service alongside a profit-making coffee shop. We gave food and drink to homeless people and supported and befriended those with complex need, often mental health issues. Our volunteers were amazing, and included recently released ex-offenders needing work experience. I stayed till 2012

Why did you go back into education?

I loved my work but was frustrated and felt it was 'sticking plaster'. Working at the Inns of Court when the Guildford Four case was taken on by our barristers, had inspired an early interest in criminology. I was fired up by injustices in society and how most people I saw in my work were poorly educated with few opportunities. I wondered about university but had no A levels. I took a fulltime access course in Humanities and Sociology, funded by a pub job, and passed maths GCSE. I got into Essex University. At 38 I was surprised not to be the oldest in my cohort. I made lifelong friends. I loved Uni life but it was hard work. I was thrilled to get a first in criminology!

How did you end up at Oxford?

Oxford Criminologist Professor Rachel Condry (I interviewed her for my Essex Uni dissertation) suggested I apply for a Masters in Criminal Justice. I did, and when my email offer came in I was revising for finals. It was an unbelievable moment – I screamed in the library! Oxford was extremely challenging, exciting, a mental roller coaster and a huge culture shock. My Oxford experience included having dinner with Medieval Historians, bio-chemists and a Dr in Robotics – a completely different world for me.

How did you first get involved with research?

My final Access course project was evaluating a restorative justice programme. Learning the process of starting with a question, gathering evidence and having an outcome had a big impact. Working as a Ministry of Justice intern during my first degree, I realised I needed to develop my quantitative methods skills, which helped shape my module choices.

How is CHSS?

It's really good. I'm working on projects directly connected to the the work I've previously done in my field, and with a great team. A randomised controlled trial in criminology is rare so RISKIT-CJS is a great opportunity.

What's the biggest challenge you've overcome?

The tough but amazing year in Oxford living away from family. I received a bursary for fees but had to fund living costs, including running two households. And the workload was intense.

What's been your most enriching experience?

Working in Ecuador in 2013 building toilets and providing healthcare and education to children in a remote tribe. I used academic prizes won during my first degree to fund travelling alone, as I'd missed out on experiences today's students enjoy. It was challenging but beautiful.

What's been a career highlight?

Working with people in prison, the homeless and those living with addiction has often been memorable. There is a dark humour and transparency about the lives of people facing tough times that you don't find in other areas. I am happy I returned to education, and feel I'm in a good position for developing a research career.

Any unrealised career or personal ambitions?

A PhD perhaps? In terms of research, my passion would be researching effective ways to reduce self-inflicted deaths in UK prison custody. Improving prisoner health is important to me. Personally, a trip kayaking through the Norwegian Fjords.

How do you relax?

I love the outdoors, camping and kayaking with my partner and spending precious time with my two young grandchildren. In the past a lot of juggling went on, but the work/life balance is better now. I enjoy cooking, good wine and have done a basic sommelier course. I am into scuba diving and am currently working on my Open Water qualification.

Find out more on our website:
www.kent.ac.uk/chss/staff/research/hendrie.html

Publications and public engagement

Public involvement and engagement – CHSS at U3A/University of Kent Research Showcase

CHSS staff and PhD students were among the contributors to the highly successful University of the U3A/University of Kent Research Showcase held on 23 May in the Gulbenkian Foyer. More than a hundred members of the Canterbury and District branch of the University of the Third Age attended. There was sharing of research projects, posters and performances, and discussions around areas for future partnerships. The event was followed by a wine reception and the signing of a memorandum of understanding.

There was input from academic staff across many different disciplines. For CHSS, Public Engagement Officer Dr Amanda Bates chaired a session on Health and Memories and Dr Ferhana Hashem presented on Physiotherapy, Haemophilia and Child Health. CHSS PhD students Vanessa Abrahamson, Rowena Bicknell and Aida Malovic were among those displaying research posters, along with MSc students Sarah Stirrup and Elizabeth Clarke.

Amanda said: 'I was delighted that CHSS played a key role in developing the event and participating in such an enjoyable day. Highlights included the U3A choir and Sian Stephenson's free dynamic dance 'moving memories'.

It is great to have a Memorandum of Understanding with such a strong, vibrant and engaged U3A community to further strengthen the University's commitment to strong and meaningful public engagement in research'.

You can watch a short film about the day on the University's public engagement webpage: www.kent.ac.uk/publicengagement

Research Showcase Final Programme: <https://blogs.kent.ac.uk/staff-student-news/files/2017/05/Research-Showcase-Final-Programme.pdf>



NHS
National Institute for
Health Research

NIHR Research Design Service South East

Need help applying for health research funding?

RDS SE – FREE advice and support on all aspects of research design

Since 2008 CHSS has hosted the RDS SE at the University Kent. The service also operates from Brighton and Surrey Universities. Funded by the National Institute for Health Research (NIHR) the RDS supports teams and individuals preparing applications for health and social care research funding.

See more at: www.rds-se.nihr.ac.uk

Follow us!



www.twitter.com/NIHR_RDSSE

Selected CHSS publications

Sheaff R, Halliday J, Byng R, Ovretveit J, Exworthy M, **Peckham S** and Asthana S (2017) Bridging the discursive gap between lay and medical discourse in care coordination. *Sociology of Health & Illness* ISSN 0141-9889

Coulton S, Stockdale K, **Marchand C**, **Hendrie N**, **Billings J R**, Boniface S, Butler S, Deluca P, Drummond C, Newbury-Birch D, **Pellatt-Higgins T**, Stevens A, Sutherland A and Wilson E (2017) Pragmatic randomized controlled trial to evaluate the effectiveness and cost effectiveness of a multi-component intervention to reduce substance use and risk-taking behavior in adolescents involved in the criminal justice system: A trial protocol (RISKIT-CJS). *BMC Public Health* 17 (246) pp 2-10 ISSN 1471-2458

Linnoosmaa I, Nguyen L, Jokimaki H, **Saloniki E-C**, Batchelder L, Trukeschitz B, Malley J and Forder J E (2017) Comparative quality of life among Austrians, English and Finnish People. In: *Terveystaloustiede 2017, Terveysten ja hyvinvoinnin laitos, Työpäpöri 1/2017*. Juvenes Print, Tampere pp 32-37 ISBN 9789523028081. E-ISBN 9789523028098.

Calnan M W, **Hashem F** and Brown P (2017) Still elegantly muddling through? NICE and uncertainty in decision making about the rationing of expensive medicines in England. *International Journal of Health Services* ISSN 0020-7314. E-ISSN 1541-4469. (In press) (Full text available)

Gouveia Melo C and **Billings J R** (2017) Including personal development in palliative care education to address death anxiety. *International Journal of Palliative Nursing* 23 (1) pp 36-45 ISSN 1357-6321

Forbes L, **Marchand C**, Doran T and **Peckham S** (2016) Systematic review of the role of the Quality and Outcomes Framework in the care of long-term conditions. *British Journal of General Practice* pp. 1-30 ISSN 0960-1643 (In press)

Bryar R M, Cowley D S A, Adams C M, **Kendall S** and Mathers N (2017) Health visiting in primary care in England: a crisis waiting to happen? *British Journal of General Practice* 67 (656) pp 102-103 ISSN 1478-5242 (Full text available)

Hotham S (2017) Evaluation of a physical inactivity pilot delivered in primary care. Project report. Kent County Council, Kent, UK

O'Shea S J, Rogers Z, Warburton F, Ramirez A J, Newton-Bishop J A. and **Forbes L J L** (2017) Which symptoms are linked to a delayed presentation among melanoma patients? A retrospective study. *BMC Cancer* 17 (5) pp 1-6 ISSN 1471-2407 (Full text available)

Peckham S, **Gadsby E**, **Jenkins L**, Coleman A, Bramwell D & Perkins N (2017) *Views of public health leaders in English local authorities – changing perspectives following the transfer of responsibilities from the National Health Service to local government*. Local Government Studies. pp. 1-22. ISSN 0300-3930.

Fawzy M, Wong-Morrow W S, Beaumont A & **Farmer C K** (2017) *Acute kidney injury and critical limb ischaemia associated with the use of the so called 'legal high' 3-Fluorophenmetrazine*. CEN Case Reports, ISSN 2192-4449. (Full text available)

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

CHSS staff news

Welcome to

Meg Dampier

Meg joined CHSS earlier this month as an administration assistant. Her role includes IT support, acting as PA to Stephen Peckham and Sally Kendall, and working with the Research Design Service SE.



Tamsyn Eida

Research Assistant Tamsyn joined us in June. She has twelve years' experience of delivering training, programme evaluation, community involvement and policy development work to improve the accessibility of health and public services.



Rasa Mikelyte

Rasa has recently joined CHSS as a Research Assistant. Her current research interests include dementia care. She will be working on the OPEL Hospice at Home and Vanguard Projects.



Information about all CHSS staff is available on our website: www.kent.ac.uk/chss/staff

Congratulations to

Amanda Bates

Amanda has recently been awarded her PhD – congratulations Dr Bates!



Rowena Bicknell

PhD student Rowena had a double win at the Students' Award ceremony with Student of the Year, and Outstanding Contribution to College life (both jointly with Tom Ritchie, School of History).



Dr Erica Gadsby

Erica has been promoted to Senior Research Fellow from October 2017.



Dr Kate Hamilton-West

Kate has been promoted to Reader from October 2017.



CHSS upcoming events

35th Anniversary Meeting – South, West and East Kidney Society (SWEKS), Plenary Session

Wednesday 30 August 2017
14.00 Woolf Lecture Theatre, University of Kent, Canterbury

13.30 Registration and Refreshments

14.00 Plenary Lectures*:

Hippocrates to Montgomery: Disclosure and Understanding in Consent?

Dr Michael Delaney MD FRCP LLM

Improving deceased donor Kidney Utilisation: a double edged sword?

Mr Chris Callaghan PhD FRCS

Capacity and consent issues for extended donor criteria potential recipients

Dr Martin Mansell MD FRCP LLM

Organ donation following euthanasia, the Dutch initiative

Professor Joost Schudel MD PhD

*Lectures expected to finish 4.30pm

Bookings:

www.eventbrite.co.uk/e/south-west-and-east-kidney-society-sweks-35th-anniversary-meeting-2017-plenary-session-tickets-35076035366?aff=erepanelorg

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

