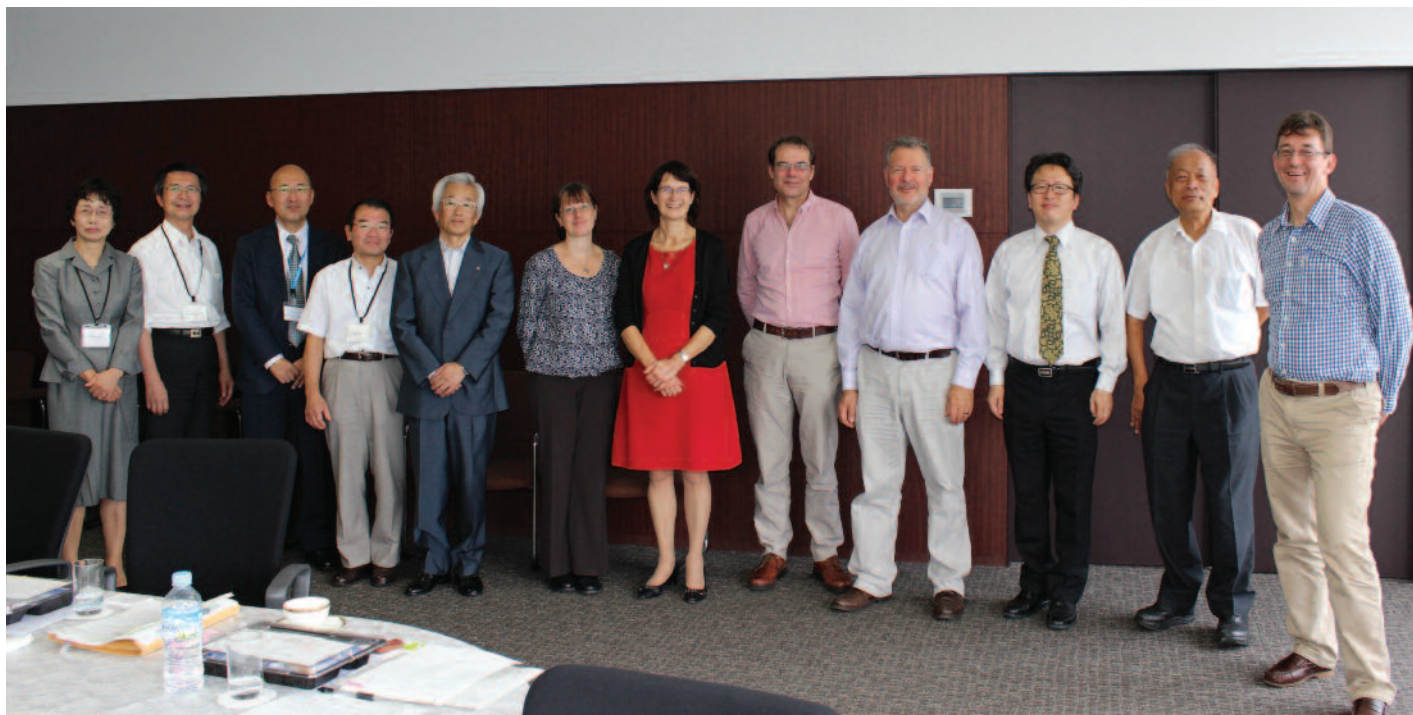


CHSS joins delegation to Japanese public health conference



Despite cultural differences and geographical distance, Japan and the UK face similar problems in tackling public health. In October, CHSS Director Professor Stephen Peckham and Research Fellow Dr Erica Gadsby visited Japan as part of a UK delegation to a conference examining public health systems.

Travelling with Stephen and Erica were Andrew Scott-Clark, Director of Health Improvement for Kent County Council, Dr Jennie Harries, Director for the South Region of Public Health England and Professor David Hunter from Durham University.

The UK and Japan face common problems in delivering public health programmes to tackle issues like smoking and diabetes, but the organisation and focus of services differs in many ways between the two nations. Local government plays key but different roles in both countries, and in Japan health insurance organisations are

taking more responsibility for some aspects of population screening and undertaking health checks.

The delegation visited prefecture (regional) and city public health centres in Nara City and Kyoto, attending meetings with public health practitioners and senior government officials. Discussions included screening, vaccinations and differences between Japan and the UK in the importance placed on addressing health inequalities.

On 5 October the UK delegates presented at a conference focusing on the organisation of

public health services in Japan and the UK. Among the attendees were academics, representatives from Japanese central and local public health agencies and public health practitioners. Discussions included the recent changes in the English public health system and the roles of different public health agencies in both countries, including Public Health England and the Japanese Ministry of Health, Welfare and Labour.

Stephen said: 'We had a very worthwhile and interesting visit. We exchanged ideas with Japanese colleagues about public health across both our countries. We hope to welcome a reciprocal delegation from Japan to the UK next year to continue our collaborative work around developing public health systems and addressing common concerns'.

The Centre for Health Services Studies is an international centre of excellence for health services research and research training. It draws together a wide range of research and disciplinary experience and undertakes commissioned research.

It has a portfolio of competitively funded health services research projects. CHSS is funded by the Department of Health to support research in the NHS in Kent, Surrey and Sussex.

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

Navigating the new English public health landscape

In April 2013 the main elements of the Health and Social Care Act came into force. The NHS Commissioning Board was renamed NHS England. Clinical commissioning groups, health and wellbeing boards and Public Health England took up their new statutory responsibilities, transforming commissioning and health service leadership.

Kent County Council and CHSS – working together to build evidence to support local public health



Since April 2013, Kent County Council has held responsibility for public health across Kent, accountable to the Department of Health. This is delivered by the Public Health Department whose main objectives are to reduce health inequalities and improve healthy life expectancy. These objectives will be achieved by taking forward a strategic, integrated approach to delivering universal public health programmes. A ring-fenced public health grant has been allocated over the next two years for this work.

The key programmes involve:

- Health improvement for the population of Kent – especially for the most disadvantaged
- Informing and advising all public sector agencies on health protection issues such as severe weather or threats of infectious diseases
- Providing public health advice to health and social care commissioners and especially to clinical commissioning groups (CCGs).

The Public Health Intelligence and Operational Research division is one of four divisions of the Kent Public Health Department. It is consultant led and houses the Kent and Medway Public Health Observatory (www.kmpho.nhs.uk) whose main responsibility is the production, interpretation, organisation and delivery of high quality public health intelligence to help drive forward these key programmes.

CHSS and Kent Public Health Department have recently agreed to collaborate and develop an informal research and evaluation team. The aim of this is to build and strengthen local evidence for preventative programmes and support robust public health commissioning. Proposals on topics such as childhood obesity and evaluation of the Year of Care programme in Kent are under consideration. Other benefits of the partnership also include the possibility of CHSS as a formal academic training location for public health specialty trainees.

To find out more about the work of the KCC PHD, www.kent.gov.uk/health_and_wellbeing/public_health.aspx

Abraham George
Consultant in Public Health
Kent County Council

PHOENIX: Public Health and Obesity in England – the new infrastructure examined

The Department of Health Policy Research Unit in Commissioning and the Healthcare System (PRUComm) is conducting a project to find out what impact the 2013 NHS reorganisation is having on the functioning of the English Public Health system and how the changes have affected the way public health is approached, organised and delivered.

Professor Stephen Peckham leads the PHOENIX project research team which includes CHSS Research Fellow Erica Gadsby, CHSS Public Health specialist Linda Jenkins and colleagues from LSHTM,

the Universities of Manchester and Durham and Kent County Council.

Erica commented: 'We are focusing on obesity as one area of public health and examining the approaches being taken to find out how local public health systems respond to the challenges of issues around obesity. Our main question is how are all the structural changes at national, regional and local levels affecting the planning, organisation, commissioning and delivery of services to improve public health in this area?'

The research team is analysing documents and interviewing key people to inform the

next part of the project. This will feature two annual national surveys of key agents within local public health systems, as well as in-depth and 'lighter-touch' geographical case studies.

The project aims to capture different organisational arrangements within local government and identify the extent to which, and how and why key opportunities within the new system are being realised, key challenges are being overcome, and key concerns are addressed.

For more information, please contact Erica Gadsby: e.gadsby@kent.ac.uk www.prucomm.ac.uk

Major kidney research project will help save lives of hospital patients

CHSS Reader in Applied Health Research Jenny Billings and Professor of Health Services Research Simon Coulton are collaborating with East Kent Hospitals University NHS Foundation Trust (EKHUFT) and Canterbury Christ Church University on research designed to improve the care of thousands of hospital patients with acute damage to their kidney function.

Acute Kidney Injury (AKI) can affect patients admitted to hospital as a result of their illness or subsequent treatment, but may go undetected as it is diagnosed through changes in kidney blood tests rather than patient examination.

Dr Michael Bedford and Dr Chris Farmer at EKHUFT are leading the £250,000 project funded by the National Institute for Health Research (NIHR) Health Services and Delivery Research programme across East Kent hospitals. The aim is to develop a technological system to identify the extent to which patients admitted to hospital are at risk of developing AKI, or whose existing AKI is likely to deteriorate, and alert clinicians who can then intervene early to treat the condition. The researchers' ultimate aim is to prevent AKI.

The major part of the research lies in harnessing new and innovative technologies to develop the best way to bring this AKI risk to patients to the attention of the professionals, a process which is being informed by mathematical modelling. As part of the project a system to alert to the presence of AKI has been developed, and the research team have interviewed clinicians and critical care nurses to get an idea of how it is working in practice.

Jenny Billings explained what the future holds: 'This is a really important project which will directly benefit patients with AKI or at risk of AKI as well as clinical practice. Technology is moving forward all the time and using the study results so far, the team are developing a new way of alerting professionals via smartphone. This will be invaluable as doctors and nurses can intervene quickly to treat the condition and dramatically reduce the risk of health complications or death'.

In the summer the National Institute for Health and Care Excellence (NICE) published new clinical guidance on AKI and reported that at least 12,000 lives and £12million could be saved in the NHS in England if this guidance was followed.

This project was funded by the National Institute for Health Research Health Services and Delivery Research Programme (project number 11/2004/28).

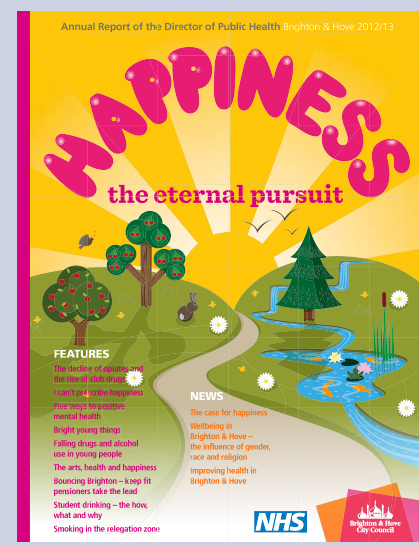
The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HS&DR Programme, NIHR, NHS or the Department of Health.

CHSS surveys inform Public Health Report

Each year, the Director of Public Health for Brighton & Hove produces annual reports on the health of the local population.

Data from the Health Counts in Brighton & Hove 2012 survey undertaken by CHSS is used extensively throughout the 2012/13 Public Health report. The report's main theme is issues around happiness and can be downloaded from www.bhlis.org/needsassessments/publichealthreports.

Happiness, the eternal pursuit – Annual Report of the Director of Public Health 2012



Focus on...

Dr Kate Hamilton-West

PhD, CPsychol (Health), AFBPsS

Dr Kate Hamilton-West is a Senior Research Fellow at CHSS and a Quantitative Research Advisor and Health Psychology Lead for the National Institute for Health Research (NIHR) Research Design Service South East (RDS SE).

She has held several grants as principal investigator or co-investigator, and is currently researching postural care for disabled children, funded by a grant from NIHR.

In addition to her CHSS role, Kate is a Practitioner Health Psychologist at KCA (a charity providing NHS services) where she leads the Diabetes Psychology Service working with patients experiencing depression and anxiety related to long term physical health conditions.

Kate was awarded a first class BSc honours degree at the University of York, and gained her PhD in Health Psychology at the University of Kent in 2003. She is a Chartered Psychologist (CPsychol) and an Associate Fellow of the British Psychological Society (AFBPsS), BPS, 2011.

Dr Hamilton-West is a full member of the BPS Division of Health Psychology, European Health Psychology Society and Association for Contextual Behavioural Science. She also Chairs the BPS Division of Health Psychology



Practitioner Subcommittee and Kent, Surrey and Sussex Health Psychology Network.

For further information about Kate's research: www.kent.ac.uk/chss/about/staff/hamilton-west.html

KCA online training programme for health professionals

Kate and colleagues at KCA developed an online training programme for health professionals to raise awareness of the psychological implications of living with diabetes.

This training was part of a pilot project to improve access to psychological support and care for people with diabetes. The programme modules focus on the impact of living with and managing diabetes and psychological factors that may affect a patient's ability to manage and cope with their condition.

Although the training was originally developed for practitioners, it is accessible to anyone who has diabetes, and their families.

<http://diabetes.kca.org.uk/>

Managing the psychological aspects of diabetes – KCA Diabetes Psychology Service

Having a health condition like diabetes can affect mental wellbeing, which in turn affects how patients manage their condition. In her role with KCA Dr Kate Hamilton-West developed and now leads the Diabetes Psychology service.

This is a service where patient and practitioner work together using psychological therapies to help people manage the impact of their diabetes. The service is available in a number of areas within Kent, including Canterbury and Thanet.

The service helps diabetes patients with lifestyle changes and treatment regimes

including guided support in managing negative emotions and illness symptoms. It is available to adults with Type 1, Type 2 or secondary diabetes who are experiencing mental health difficulties. Patients can access the service through their GP or contact the service directly.

www.kcamentalhealthservices.org.uk/get-help/treatment/diabetes-psychology-service/

Kent Surrey and Sussex Health Psychology Network

Kate Hamilton-West is Chair of the KSS Health Psychology Network. In October a UK-wide one day conference was held at the University of Kent at Medway on 'Applying Health Psychology in the NHS and other health settings'.

Kate explained: 'the Network is a great way for health psychologists, students and trainees in the local area to share information.

Members are based in universities, the NHS and industry. Thanks to a KentHealth grant, we held our very successful first conference'.

CHSS-based Dr Julie Rowe and Dr Sarah Hotham are Secretary and Treasurer respectively of the network committee.

<http://ksshealthpsychologynetwork.weebly.com/index.html>

Health psychology in research and practice

Dr Kate Hamilton-West on learning, understanding stress and the call of the sea

Kate your cv is extremely interesting; can you tell us about your career before CHSS?

I began my career as a Research Associate in clinical psychology at UEA, then joined South Thames Deanery and City & Hackney NHS Trust as a Medical Education and Training Officer, where I developed an interest in specialist training. In 1999 I won an ESRC grant and came to Kent to study for a PhD on coping with stress and illness with a focus on the condition ankylosing spondylitis. In 2003 I became a Health Psychology Lecturer, teaching on and later directing the MSc in Health Psychology at Kent, before joining CHSS in 2011.

What attracted you to health psychology?

I'm fascinated by changing patterns of illness. Whereas previous generations predominantly died from infectious diseases, often in infancy and childhood, now we are living longer and dying from long-term conditions often linked to health behaviours like smoking, unhealthy eating and inactivity. This means we really need to understand the role of behaviour to improve health outcomes for the whole population and particularly for high-risk groups, such as carers and those with mental health problems. Research is changing the way we understand health and illness. We are also starting to understand far more about the role of the emotions – for example, how stress influences immune function. I discuss this in my book.

In two years with CHSS you've led and been involved with major projects, what have you enjoyed about these?

I've really enjoyed the postural care research (funded by NIHR), working with a multidisciplinary team to develop a training programme for parents and teachers of children with disabilities to help them manage children's posture. We're now working on a project funded by East Kent Hospitals NHS University Foundation Trust (EKHUFT) to understand the support needs of parents of children with disabilities. I'm also enjoying working as part of the team evaluating the new Primary Care Mental Health Specialist role in Kent and Medway.

You advise researchers through the Research Design Service and are RDS SE Health Psychology lead. What do you think you bring to the advisor role?

I would say raising awareness of the contribution health psychology can make in strengthening research design. Many projects submitted to the RDS have a health psychology element, where researchers may be interested in changing health related behaviour such as increasing physical activity, or improving psychological wellbeing. There is an extensive body of research to help inform the selection of research methods for these types of studies.

What do you enjoy most at work?

I love working in multidisciplinary teams because everybody brings something different to the table, so you are always learning. I think it's so important and rewarding to learn from others. Through the postural care projects, I've learned so much about what occupational therapists and physios' work involves; and hearing about the experiences of service users is really valuable.

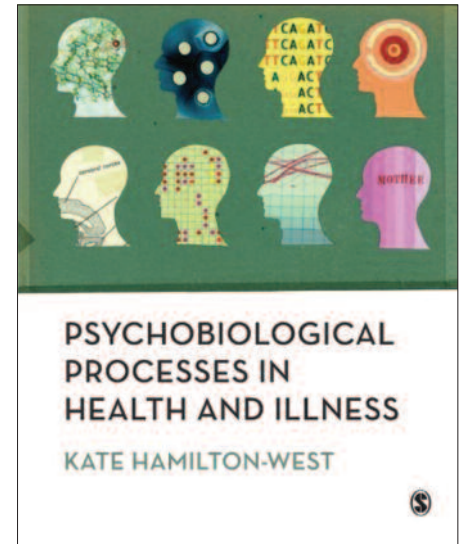
And your best achievement?

I am very pleased to have developed a service (diabetes psychology service) with real impact and tangible results. You know people are benefiting from a service they would not otherwise have had. It's something that makes a difference to someone's quality of life. That's been really satisfying.

How do you relax away from health psychology?

I love sailing, although with two small children and a busy workload, I don't get to do it as often as I'd like. I really love the sea and enjoy being out in the fresh air walking or playing with my kids on the beach. When the weather is less hospitable I like to watch films and I dabble in some art.

Psychobiological Processes in Health and Illness



This book is aimed at students and health professionals across a range of disciplines including medicine, nursing, psychology and allied health professions.

It provides an introduction to the interrelationships between mind and body across a range of areas including infectious diseases, autoimmunity, cancer and pain.

Students are encouraged to consider how advances in psychobiological research can help us to uncover the true complexity of links between psychological, biological and social processes with respect to implications for health, and how such advances can inform the development of interventions and treatment.

Further details of Dr Hamilton-West's book, and how to order a copy are available at: www.amazon.co.uk/Psychobiological-Processes-Health-Illness-Hamilton-West/dp/1847872441

CHSS team gives a helping hand for patient and public involvement in NHS research



The National Institute for Health Research (NIHR) Research Design Service South East (RDS SE) team at CHSS showed their 'helping hands' to support a national campaign raising public awareness of NHS research. The NIHR campaign launch on International Clinical Trials Day 2013 was a chance to promote the message that it's 'OK to Ask' about getting involved in clinical research.

RDS SE Co-Director Business Bridget Carpenter said: 'A recent poll showed that only 21% of patients and the public would feel confident about asking their doctor about clinical research opportunities. OK to Ask is a chance to change this. The RDS works daily with NHS researchers to involve patients and the public in both the design and process of health and social care research'.

The Research Design Service South East is part of an NIHR-funded national service. It supports research teams to develop high quality applied health and social care grant applications for submission to NIHR and other funding programmes. It offers specialist advice and expertise free of charge, on all aspects of an application including involving patients and the public in research design.

International Clinical Trials Day, celebrated worldwide around 20 May, is an annual opportunity to raise awareness of health research.

For more information visit www.rds-se.nihr.ac.uk and www.crncc.nihr.ac.uk/oktoask/oktoask_campaign

Other CHSS research in progress...

Service evaluation of the primary mental health care specialist role

An evaluation of a two year pilot specialist role in Kent and Medway and its impact on mental health services in the area.

An exploration of the use and perception of informal clinical handover notes

A new nine month EKHUFT funded study exploring how, why and when clinicians use this method of information recording within acute services.

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

A major NIHR funded study designed to discover more about consumption of alcohol and associated problems among adolescents. The project is gathering data from hospital emergency departments to address a gap in the UK evidence base.

Developing a new commissioning tool

A mixed methods 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 to support self-management, and end of life care.

A study into the effectiveness of a postural care education programme for parents and teachers who are responsible for the postural care needs of disabled children at home and school

An innovative partnership project designed to improve the confidence and skills of teachers and parents of children with physical disabilities through a six week postural care training programme.

Help the hospices patient survey 2012/13

The fifth national patient satisfaction survey undertaken by CHSS funded by Help the Hospices. The survey is gathering data from patients and carers at 20 UK sites to inform a report for each participating hospice.

Understanding the support needs of disabled children and their families in East Kent

A multidisciplinary project focusing on the support needs of families with a physically disabled child to ensure therapy services in East Kent can prepare for changes under discussion as part of the Children & Families Bill.

Project Invicta Evaluation

Evaluation of a project which aims to improve end of life care through an Electronic Palliative Care Coordination System, improved patient pathways and a 24 hour 'navigation centre' for patients, carers and local providers.

Managing uncertainty within NICE technological appraisals: the nature and impact of the 'social features' of decision-making

An ESRC-funded study which is investigating the process of National Institute for Health and Clinical Excellence (NICE) team decision-making.

Biologising parenting: Neuroscience discourse and English social and public health policy

A project exploring how social and public health policy has become increasingly formed around concern for the development of the infant brain. Part of the Faraday Institute's 'Uses and abuses of biology' programme.

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

Selected CHSS publications 2013

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Worrman-Gadsby E (2013) *Personal budgets and health: a review of the evidence*. Policy Research Unit in Commissioning and the Healthcare System, 44 pp

Checkland K, Coleman A, McDermott I, Segar J, Miller R, Petsoulas C, Wallace A, Harrison S & Peckham S (2013) Primary care-led commissioning: applying lessons from the past to the early development of clinical commissioning groups in England. *British Journal of General Practice*, 63(614), e611-e619. ISSN 0960-1643.

Health economics in the new research landscape

Studying the economics of health and health care has come to the forefront of the research agenda.

Health economics is concerned with vital questions of ever increasing demand in the face of limited resources, and how those resources can most effectively and cost effectively be allocated using techniques of economic evaluation.

CHSS recognises the growing importance of and demand for health economics in the current climate. We are delighted to welcome a new Research Fellow and two Research Associates in Health Economics to help drive forward our programme of research and development in health and social care policy and practice.

They will work with colleagues on existing projects. They will also provide methodological advice within the Research Design Service to support the development of NHS and social care research.

Research Fellow in Health Economics Olena Nizalova said: 'I am really happy to be part of a team which helps decision makers and the public to understand how well health systems in the United Kingdom and other countries are meeting the challenges related to population health. Making a difference has always appealed to me and I now have the chance to do this; both through research and through more hands-on advising, for example, helping Kent County Council to prioritise local public health spending'.

Our health economics team is jointly appointed between CHSS and the University's Personal and Social Services Research Unit (PSSRU). This provides a most welcome opportunity to develop future collaborative research between the units (see page 8 for further details).

Recent appointments

CHSS is delighted to welcome the following new members of staff.

Olena Nizalova

Olena joins us as Research Fellow in Health Economics in CHSS and PSSRU. She is an experienced quantitative researcher with a major background in Econometrics. She has previously worked at the Kyiv School of Economics in Ukraine as an Assistant Professor and as Clinical Assistant Professor at the University of Houston.

Wei Yang

Wei is one of our two joint CHSS/PSSRU Research Associates in Health Economics. Her interests are in health equity analysis, health care reform, and health policy analysis. She has worked for the Chinese Ministry of Health, Swedish Institute for Communicable Disease Control, LSE Health, the King's Fund and National University of Singapore.

Katerina Gousia

Katerina is also a joint CHSS/PSSRU Research Associate in Health Economics. She has worked on various research papers on long-term care and healthcare regulation. Her fields of interest are applied microeconomics, health economics, competition and regulation.

Aida Malovic

Aida was recently appointed as our first CHSS scholarship student. She will be undertaking her PhD under the supervision of Professor Simon Coulton.

Rowena Merritt

Rowena joins us as a Research Fellow. She has a psychology background and has worked in the Department of Health and most recently with international development organisations. She has substantial experience in social marketing as well as undertaking research and evaluations. Rowena will initially be supporting the development of our new activities in primary care training and research.

Staff at CHSS

Diane Arthurs

Research Centre Administrator

Amanda Bates BA Hons, MSc
Public Involvement Officer

Jenny Billings BSc Hons, MSc, RGN, RHV
Reader in Applied Health Research

Charlotte Brigden BA, MA
Research Fellow and RDS advisor, NIHR
Research Design Service South East

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

Simon Coulton BSc Hons, MSc
Professor of Health Services Research

Erica Gadsby BSocSc Hons, PGDip PH, PhD
Research Fellow

Katerina Gousia BA, MSc, PhD
Research Associate in Health Economics

Kate Hamilton-West PhD, CPsychol
(Health), AFBPsS
Senior Research Fellow and Quantitative
Research Advisor and Health Psychology
Lead, NIHR Research Design Service South
East

Ferhana Hashem BA, MA, PhD
Research Fellow and RDS Advisor, NIHR
Research Design Service South East

Tracy Higgins BSc Hons, MSc
NIHR Research Design Service South East

Laura Holdsworth BA, MSc
Research Fellow

Dr Sarah Hotham BSc Hons, MSc, PhD
Research Associate

Linda Jenkins BSc, MSc, CStat
Public Health Specialist

Annette King MBA, PD Dip HSCM (DMU),
BSc Hons
Kent Academic Lead, NIHR Research
Design Service South East

Axel Klein PhD
Lecturer in the Study of Addictive Behaviour

Paula Loader
Secretarial Assistant

Jan Macvarish BA, PhD
Research Associate

Aida Malovic BSc Hons, MSc
CHSS Scholarship Student

Helen McGregor BA Hons
Communications & Support Officer, NIHR
Research Design Service South East

Rowena Merritt BSc, D.Phil
Research Fellow

Mary Mustafa
Data Support Officer, NIHR Research
Design Service South East

Olena Nizalova BSocSc, PGDipPH, PhD
Research Fellow in Health Economics

Stephen Peckham BSc, MA (Econ), HMFPH
Director of CHSS
Professor of Health Policy

Tony Rees
Data Management Clerk

Julie Rowe BSc Hons, MSc, PhD, CPsychol
(Health)
Research and Innovation Officer, KentHealth

Ruth Webb LLB MCLinSci UKCP
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Wei Yang MPhil
Research Associate in Health Economics

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About CHSS

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

www.kent.ac.uk/chss

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