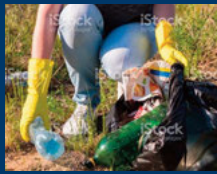




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Newsletter

CHSS
University of Kent

Centre for Health Services Studies

Issue 27 / Spring 2017

What are the health and social experiences of Guinea's Ebola survivors?

In January, CHSS Research Fellow Dr Erica Gadsby travelled to Guinea, West Africa with Professor Mike Calnan (School of Social Policy, Sociology and Social Research) and Dr Jeremy Rossman (School of Biosciences).

The team carried out a scoping study to identify priorities for health and social care research, with and for survivors of Ebola virus disease. They interviewed key stakeholders, including policymakers, clinicians, researchers and survivors. The long-term aim is to co-develop a research funding application with partners in Guinea.

See more on page 4

Excellence in health research

CHSS news

Welcome to Claire Butler

CHSS recently appointed Claire as part-time Clinical Professor of Palliative medicine. Claire, consultant and clinical lead in palliative care at Medway Community Healthcare, will combine her clinical role with leading the NIHR funded Hospice at Home project. Welcoming Professor Butler, CHSS Director Professor Stephen Peckham said: 'we are delighted to welcome Claire and she will bring a valuable mix of research and clinical expertise in the key area of palliative medicine'.



And goodbye to Annette King

In March the NIHR Research Design Service South East (RDS SE) SE said farewell to Annette King who is leaving to take up a post at NatCen. Annette has worked with the RDS since it began in 2008. She became Kent Academic Lead in 2014. Annette will be much missed by RDS but she will continue to work with CHSS until July on the Health Foundation-funded project so we'll still see her around for a few months!



Dr Kate Hamilton-West – longstanding member of CHSS and RDS has now taken over as RDS SE Kent Academic Lead from March. Read more about Kate in our next issue.

CHSS pre-election health policy debate

The NHS and health issues remain a key national election issue and are of particular concern in East Kent.

CHSS will host a health policy debate on Wednesday 31 May, prior to the General Election. Come along to hear local representatives debate their health policies and answer your questions!

More details of this and other CHSS events on the back page.

Is a picture worth a thousand words?



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March saw the launch of the photo exhibition 'You(th) Vision: Becoming an Adult Today' based on the European youth photo competition held in summer 2016 within the EU Horizon 2020 EXCEPT project focusing on the consequences of youth unemployment and job insecurity in Europe.

The exhibition launch event was chaired by Professor Julia Twigg and included a presentation on the initial project findings by CHSS Senior Research Fellow Dr Olena Nizalova, which highlighted the long-term negative consequences of youth unemployment. Guest speakers included Patrick Cantellow, an ambassador for CXX and Sir Julian Brazier, MP for Canterbury and Whitstable. Sir Julian shared with the audience his views on the importance of the topic from a policy perspective and the story of his personal involvement with various initiatives targeting disadvantaged youths.

As part of the project, CHSS led the organisation of the competition inviting young people to submit photographs depicting answers to the questions 'What does becoming an adult mean to you?' and 'How does that make you feel?' Hundreds of entries were submitted and the exhibition – hosted at the Templeman Library – displayed some of the winners.

CHSS Research Fellow Dr Rowena Merritt, the EXCEPT project's dissemination and policy lead, commented 'we wanted to use the photo competition as a way of showing the day-to-day reality for many young people affected by job insecurities. It was also a way to connect with the most disengaged, some of whom are less able to communicate via the written word. It's a cliché but in some cases a picture really can be worth a thousand words.'

The launch event was organised by CHSS Research Assistant Amy Randall relying on the curating expertise of Catriona Halmari (Masters student from the School of Arts, University of Kent).

Turn to the back cover for details of upcoming CHSS events

CHSS research

Conservation volunteering and its link to health and wellbeing

Using outdoor space for exercise and health is a key performance indicator for public health. Currently Kent's population uses less outdoor space than the regional average, and almost half of them fail to meet recommended minimum physical activity levels.

Conservation volunteering combines outdoor tasks with physical activity and therefore might be expected to have beneficial effects on Kent residents' physical and mental health. The Kent Nature Partnership have commissioned CHSS to find out what impact conservation volunteering has on physical activity levels, mental health and attitudes towards a range of health outcomes.

CHSS Research Fellow Dr Sarah Hotham leads the project which will approach all adults (over 18s) who engage in conservation volunteering with certain partner organisations. They will be invited to participate by completing an online questionnaire, or attending one-to-one interviews or focus groups facilitated by CHSS researchers.



CHSS' findings will be combined with existing data provided by the partner conservation organisations. The researchers will then analyse all the data to establish the demographic reach of the conservation projects, and their impact on physical health, activity and attitudes towards physical activity.

Work on the project is underway and you can keep up to date with developments on our website and Twitter feed @chss_kent

See page 7 for more about Sarah's research.

Canterbury's air quality – is pollution harming our health?

CHSS Director Professor Stephen Peckham is working with Dr Ashley Mills on a project to monitor local air quality and establish whether pollution causes health problems.

Airborne pollution is estimated to kill some 40,000 people per year in the UK, and local monitoring in Canterbury has identified several breaches of maximum upper limits for some pollutants. There are local variations which mostly depend on traffic levels so there are fears that traffic growth in the future will exacerbate the health issues associated with air pollution.

Using funding from the Faculty of Social Sciences, and with in-kind support from community interest company 'Technology for Good', Stephen and Ashley are gathering pollution data for Canterbury using affordable sensors in place of traditional, more expensive laboratory-grade sensors. Recent peer-reviewed evidence has shown that affordable sensors are accurate enough to be used in this way. They have purchased portable particulate monitors (to measure the level of certain air pollutants) and programmed them with a data collection capability so that data can be

captured and archived. These will be used to collect data at certain strategic sites around Canterbury, with the help of local volunteers.

The pollution data collected can then be compared to health data from the same areas to analyse the relationship between high levels of pollution and health conditions such as asthma and other respiratory problems. The long-term aims are to work with Canterbury City Council to produce a new Air Quality Management Plan, and to submit an application for further research funding to develop our knowledge of the link between pollution and health problems.

Ashley commented 'There is enormous scope to expand the work we are engaged in. We hope to use our findings to influence local and national policy and make a real difference to people's health.'

See more details about the project on our website and here www.ashleymills.com/programming/pollution/



CHSS International news

Health and social experiences of Ebola virus disease in Guinea

The 2014-16 West Africa Ebola epidemic was the largest in history and had a profound impact on those countries most affected. Following its containment, there is an urgent need for health and social care research into the epidemic's long-term impact on affected countries, the response to the outbreak and the issues facing survivors returning to their communities. We know that the outbreak resulted in a huge public health burden. Decision-makers need a greater understanding of these issues to meet immediate needs, help prevent future outbreaks, and be more prepared for future emergencies.

In January, CHSS Research Fellow Dr Erica Gadsby, Professor Michael Calnan from the School of Social Policy, Sociology and Social Research, and Dr Jeremy Rossman from the School of Biosciences travelled to Guinea to conduct a research scoping exercise. Working with Public Health England and Guinea-based community organisation FOSAD, the University of Kent team aimed to identify future research priorities and develop in-country collaborations to submit an application to an international funding agency.

The team met key stakeholders in Conakry, including Government officials, Guinean researchers, and individuals from WHO and UNICEF. They visited two areas badly affected by the Ebola epidemic – including the remote epicentre in Guinea's forest region – and talked with health professionals, traditional healers and community leaders.

Erica commented: 'We hosted four group meetings with Ebola survivors. They told us that many are still experiencing mental and physical symptoms. The social and economic implications were as important to them as the health aspects. Many survivors experienced stigmatisation, isolation and exclusion from families and communities, as well as economic impacts such as losing jobs, accommodation or income potential. Although many survivors we spoke to had been involved in some form of Ebola-related biomedical research, they were surprised and pleased to have an opportunity to talk more generally with us about their experiences'.

The team are now working on a journal article highlighting the importance of interdisciplinary research into the Ebola virus and its ongoing effects on survivors and communities. They are also developing a funding application for research exploring the relationship between community engagement with and trust in medical and scientific responses to contagious epidemics.



CHSS International news

Strengthening links with Canadian partners

In March CHSS Director Stephen Peckham was invited to Canada to deliver a keynote conference speech at the University of Columbia in Vancouver, meet officials from the Ontario Ministry of Health and visit the University of Toronto. Stephen met with a number of Canadian colleagues during a packed eleven day visit which took in Toronto, Vancouver and Victoria. Fortunately he packed for all weathers, experiencing some marked climate changes during his travels!



Possible opportunities for future research collaborations were explored with IHMPE staff around PPI and integrated care, as well as possible exchange visits between the Institute and CHSS.

- At the Ministry of Health and Long Term Care in Ontario he spoke on changes to UK commissioning and health services delivery.
- With analysts and health economists at the Ontario Medical Association he discussed current developments around UK primary care as well as issues around developing larger primary care models in Canada.

He also presented at a workshop in Vancouver attended by local health organisations and the Ministry of Health on lessons from UK on developing larger scale primary care organisations.

During his visit Stephen also held informal meetings including with the Canadian Institute for Health Information and Canadian Foundation for Health Improvement (CFHI).

Stephen was back in Canada again in April. He attended a research commissioning board for the Canadian Institute of Health Research (CIHR).

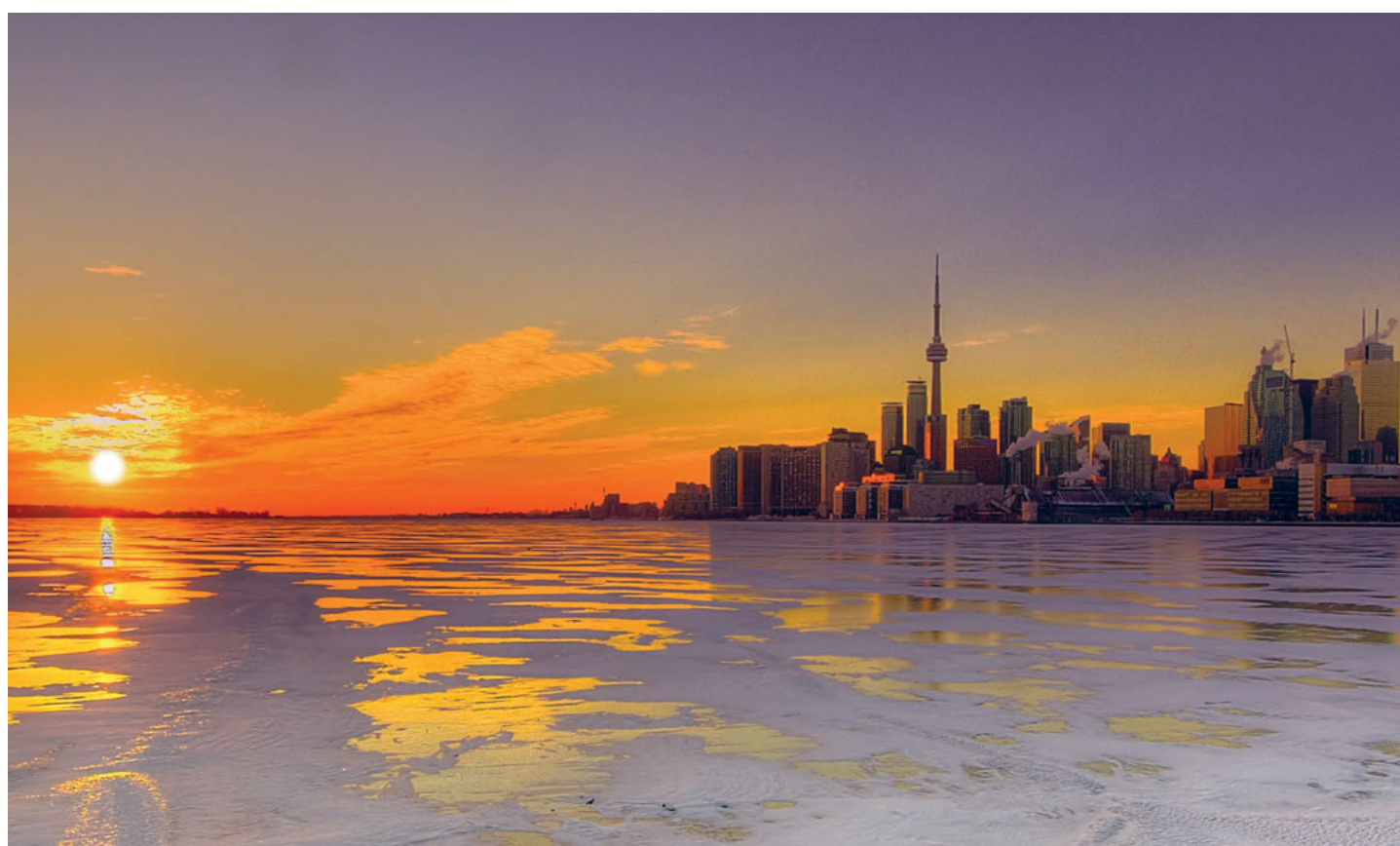
Toronto

- Stephen was able to strengthen existing links and establish new ones at the Institute of Health Policy Management and Evaluation (IHPE), University of Toronto, (where he is an Associate Professor). Stephen presented his work as Director of the DH Policy Research Unit in Commissioning and the Healthcare System (PRUComm) and also his NIHR research on patient and public involvement (PPI) in commissioning.

Vancouver/Victoria

- Stephen spoke on scaling up primary care at the University of British Columbia Centre for Health Services Research and Policy (CHSPR) annual health policy conference.
- He also visited the Ministry of Health in British Columbia for group discussions and to make formal presentations on primary care issues.

Stephen is a regular reviewer of research applications for CIHR. He is currently evaluating and recommending proposals for funding under the latest competition. This involves reviewing initial applications and attending the two day research commissioning board in Ottawa.



CHSS people

Professor Claire Butler

Claire recently joined CHSS as part-time Clinical Professor of Palliative Medicine. She leads the Optimum Hospice at Home services for end of life care (OPEL) project. She is also Consultant and Clinical lead in Palliative Care at Medway Community Healthcare (Wisdom Hospice), Rochester. Prior to that she was a consultant at Guy's and St Thomas' Hospital and then Consultant and Director of Medicine and Research at Pilgrims Hospices in East Kent.

Where did you grow up?

I was born in Twickenham and grew up in Hampton, SW London. My parents were extremely passionate about education. My mother grew up with a Victorian papa who considered education for girls was unnecessary and my father left school at 15 (though he did end up with two PhDs!). They both wanted to be sure their children enjoyed more educational opportunities than they had.

How was your own educational experience?

I went to an all-girls school and absolutely loved it – in quite a nauseating way! I have two brothers so I was Dad's 'clever girl'. But I was no good at sport – I would be the last one trailing behind on a run. After my A levels I went to Newnham College, Cambridge to study medicine and it was lovely there; being at University was a big change from the all-female environment of school. After that I went to do my clinical training at St Thomas' Hospital in London.

Did you always want to go into medicine?

No. Like many teenagers I wasn't sure what to do. A close friend was from a medical family and ultimately that's what influenced me. She became a doctor too, but I'm still the only medic in our family.

What attracted you to palliative medicine?

I qualified in 1985 and trained as a hospital physician and in 1990 went into palliative medicine. It was a new specialism which took off around 1987. It was attracting really interesting people at the time and I find looking after very ill and dying people really rewarding. It's been a brilliant career choice for me.

And then you moved to Kent?

Yes, in 2002 after six years as a Palliative Care Consultant at Guys and St. Thomas'. I was Medical Director at Pilgrims Hospices for more than twelve years and now I'm Consultant and Clinical Lead in Palliative Care at Medway Community Healthcare CIC.

How did you first get involved with research?

As a clinician and clinical leader in Palliative Care for 20 years, I've found that research questions naturally arise in working life. You see gaps and want to find evidence to help improve patient care and outcomes. For the past 12 years I have been developing my research skills through collaborative projects with CHSS, including an NIHR-funded evaluation of Pilgrims Hospices Rapid Response Hospice at Home Service.

Are you enjoying your role at CHSS?

Definitely. Working in the academic environment makes an interesting contrast to my clinical post. Everyone has been very welcoming and there is a nice atmosphere in CHSS. Palliative care in the UK is an important but under-researched area. With the OPEL Hospice at Home project we hope to demonstrate the best ways to provide Hospice at Home care to get a cost-effective system with optimum outcomes. It's that challenge of finding solutions to make the best use of scarce resources to deliver patient care.

Are you happy with how you've developed your career?

I have been very privileged to be in one of the first professions where working part-time doesn't have to mean sacrificing career development. I have twin boys, now grown up, but it was wonderful to have significant input to family life yet still progress my career. I hope that new opportunities will arise to further develop the academic side of my career, but I am content at the moment.

How do you relax?

I do like to relax. I'm a lifelong reader and my favourites include nineteenth century classics and Rose Tremain's books. I also enjoy walking, cooking and singing in a choir. When I was much younger I did some amateur dramatics but these days I prefer to confine my speaking talents to my Italian language classes!

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



Publications

Spotlight on physical activity publications

CHSS has published two reports on encouraging activity.

Should we be going further than the 'Daily Mile'?

CHSS Honorary Research Fellow Andy Fairhurst recently wrote an opinion piece for 'Perspectives in Public Health' with Dr Sarah Hotham, who is a CHSS Research Fellow and Chartered Psychologist. They highlight the importance of encouraging children to participate in a wide range of sporting activities, rather than using the allocated time to focus solely on running or walking a daily mile. To encourage increased sporting participation in and outside of school, they argue that physical education should focus on promoting physical activity as enjoyable, and an opportunity to socialise and make friends. This is especially important as children with negative experiences of physical activity in primary school are more likely to go on to a lifetime of physical inactivity. Hence the 'Daily Mile' has the potential to do more harm than good.

Schools should spend time on games that include agility, object interception and motor skill development. These are fun but also build core competencies needed for a range of sports. They promote leadership skills, sporting values and a sense of fair play.



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The Primary School Sport Premium offers resources to enable schools to commit the extra time and effort required to set children up for a lifetime of enjoyable physical activity.

Read the opinion piece here
<https://kar.kent.ac.uk/60700>

Getting North Kent moving!

CHSS recently carried out an evaluation of the effectiveness of 12-week physical activity intervention 'Let's Get Moving' (LGM). The evaluation showed very positive results in terms of LGM's impact on exercise levels.

Developed by the NHS and the Department of Health, LGM uses motivational interviewing to promote positive changes in health behaviour. ukactive delivered the programme through two GP surgeries in north Kent, in partnership with Dartford, Gravesham & Swanley and Swale Clinical Commissioning Groups.

Led by Dr Sarah Hotham, CHSS conducted the evaluation on behalf of Kent County Council Public Health. The evaluation focused on the impact of LGM on participants, using data from questionnaires and interviews.

Between August 2015 and February 2016, 242 participants joined LGM. Their physical activity levels were assessed at the start of the project and again at twelve weeks and six months. Participants were doing significantly more walking, moderate and vigorous activity at twelve weeks and six months compared with their original scores. Nearly three quarters returning at twelve weeks reported positive changes in overall physical activity. This increased to more than 87% in participants returning at six months.

You can find out more and read the full CHSS evaluation report on our newslink
www.kent.ac.uk/chss/news/index.html?view=1254

Turn to the back cover for details of Sarah's upcoming event!

Selected CHSS publications

Bunn F, Goodman, C M, Manthorpe J, Durand M-A, Hodkinson I, Rait G, Millac P, Davies S-L, Russell B, and **Wilson P M** (2016) Supporting shared decision-making for older people with multiple health and social care needs: a protocol for a realist synthesis to inform integrated care models. *BMJ Open* 7pp 1-8 ISSN 2044-6055 E-ISSN 014026 (Full text available)

Potter B, **Kendall S** & Calvert H (2016) More than just a chat: Bringing service user involvement to an online community practice. *Journal of Health Visiting* 4 (10)

Checkland K, and Coleman A, Mcdermott I & **Peckham S** (2016) *Clinically-led Commissioning: past, present and future?* In: Exworthy M, Mannion R & Powell M eds *Dismantling the NHS? Evaluating the Impact of Health Reforms Policy* Press pp149-170. ISBN 9781447330233

Peckham S (2016) Decentralisation – A Portmanteau Concept that Promises Much but Fails to Deliver? Comment on 'Decentralisation of Health Services in Fiji: A Decision Space Analysis. *International Journal of Health Policy and Management* 5 (12) pp 729-732 ISSN 2322-5939. E-ISSN 2322-5939

Hamilton-West K E, Hotham S, Yang W, Hedayioglu J A and Brigden C L (2016) Evaluation of a pilot service to facilitate discharge of patients with stable long-term mental health needs from secondary to primary care: the role of Primary Care Mental Health Specialists. *Primary Health Care Research and Development* ISSN 1463-4236

Hamilton-West K E, Pellatt-Higgins T & Sharief F (2016) Evaluation of a Sudarshan Kriya Yoga (SKY) based breath intervention for patients with mild-to-moderate depression and anxiety disorders. *Journal of Mental Health* ISSN 0963-8237

Hotham S, Hamilton-West K E, Hutton E, King A & Abbott N (2016) A study in to the effectiveness of a postural care training programme aimed at improving knowledge, understanding, and confidence in parents and school staff. *Child: Care, Health and Development*. ISSN 0305-1862

Gadsby E W, Peckham S, Coleman A, Bramwell D, Perkins N & Jenkins L M (2017) Commissioning for health improvement following the 2012 health and social care reforms in England: what has changed? *BMC Public Health* 17 (211) pp 1-11 ISSN 1471-2458

Marchand C and **Peckham S** (2017) Addressing the crisis of GP recruitment and retention: a systematic review *Br J Gen Pract* bjgp17X689929

Upcoming events

Save the dates!

15 May – 'Pint of Science'

Dr Sarah Hotham discusses health behaviour change with a focus on physical activity levels – highlighting common facilitators and barriers to improving physical activity. Come along to the Jolly Sailor, Canterbury for interactive tasks and some health behaviour change bingo!



23 May – U3A PPI event

CHSS joins other university researchers and members of the University of the Third Age (U3A) for an event to showcase university research and strengthen our growing partnership with U3A.

31 May – CHSS Pre-election health policy debate, 7pm, Gulbenkian Theatre

CHSS will host this event in advance of the General Election. Don't miss this chance to put your questions on the NHS and health policy to our local politicians!

Watch out for more details of this must-attend event on our website and Twitter!

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Academic
Primary
Care Unit

7 June 2017 – KAPCU seminar

The Kent Academic Primary Care Unit and Medway School of Pharmacy look forward to hosting an evening event on the subject of medication problems for older people on Wednesday 7 June 2017 from 6.30pm onwards at our Medway campus (Boardroom R2-09, Rochester Building). This event is free and will be of particular interest to GPs and Pharmacists but is open to anyone with an interest in this area. To book your place please visit: www.eventbrite.co.uk/e/medication-problems-in-older-people-tickets-33075335218. Places limited and available on a first-come first-served basis.

Further information: Helen Wooldridge
h.l.wooldridge@kent.ac.uk

NHS
National Institute for
Health Research

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

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
University of Kent

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

www.kent.ac.uk/chss/

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www.twitter.com/chss_kent