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# Newsletter

**CHSS**  
University of Kent

Centre for Health Services Studies

Issue 31 / Spring 2018

UNIVERSITY OF SOCIAL SCIENCES PRIZE  
FOR ADVANCED RESEARCH

Professor *Stephen Peckham*

Centre for Health  
Services Studies



## CHSS Director's Faculty Research Prize success

CHSS Director and Professor of Health Policy Stephen Peckham has received a University of Kent Advanced Social Sciences Research Prize.

The award was given in recognition of Stephen's high profile research activity and the wider achievements of the Centre and our staff.

The University established the Research Prizes in 2015 to mark the University's 50th anniversary. The scheme celebrates academic research achievements across all Faculties.

## Excellence in health research

# News and events round up

## New Medical School for Kent and Medway is 'fantastic' news



CHSS Director Professor Stephen Peckham has welcomed the outcome of the joint bid by the University of Kent and Canterbury Christ Church University for a new Medical School as 'fantastic news for Kent and Medway'.

University of Kent Vice-Chancellor Professor Karen Cox announced last month that the bid to establish the county's first ever medical school had been successful.

Stephen said: 'The new Medical School will strengthen the clinical teaching and research partnerships that already exist between CHSS and local NHS and other health care organisations. The Centre looks forward to developing new areas of research and contributing to this exciting new development'.

The new school will form a fundamental part of a strategy to address the region's long-standing problems of recruiting and retaining medical professionals.

Its programmes will focus on addressing health inequalities in our region by plugging current gaps in healthcare provision and, in the longer-term, transforming the patient experience within our local area.

Kent and Medway Medical School (KMMS) will welcome its first cohort of students in 2020.

## Upcoming events



### Save the date

#### CHSS celebrates 70 years of the NHS

12 July 2018

Colyer Fergusson Building  
University of Kent, Canterbury



The National Health Service is turning 70 years old in July. Join us for this special event.

Keynote speakers confirmed to date:

- Sir Nick Black, Professor of Health Services Research, LSHTM
- Rosie Duffield, MP
- Professor Stephen K Smith (Chair, East Kent Hospitals University Foundation Trust).

More details will follow on our website and on Twitter.

#### Pint of Science 2018

7.30pm, 14-15 May 2018

Tickets £4 per night

Tickets are now available for this innovative event taking place on consecutive evenings. Following Dr Sarah Hotham's 2017 contribution, the current round of Pint of Science features two research presentations by CHSS!



14 May

#### Dr Ashley Mills – Clean air matters

A quiztalk about poison gas and deadly dust

We all know air pollution is bad for our health, but what can be done about it? Test your knowledge in this talk disguised as a pub quiz.

15 May

#### Nadine Hendrie and Rosa Vass – Alcohol use: How Risky is Risky?

Find out more about the presentations and booking information:  
<https://pintofscience.co.uk/events/kent>

#PintofScience

- 1 *Suspended* an installation in Canterbury Cathedral created from discarded fragments of refugees' clothing found on European beaches (Photo by courtesy of Canterbury Cathedral)
- 2 Canterbury Cathedral Lodge on 2 March

# CHSS hosts EFPC-Kent European Symposium 2018

## Integrating Primary and Community Care: an international perspective

2 March 2018, Canterbury Cathedral Lodge

Our spring EFPC symposium in Canterbury had promised sunshine and daffodils. Instead the long-awaited event was hindered by some of the coldest weather in Europe.

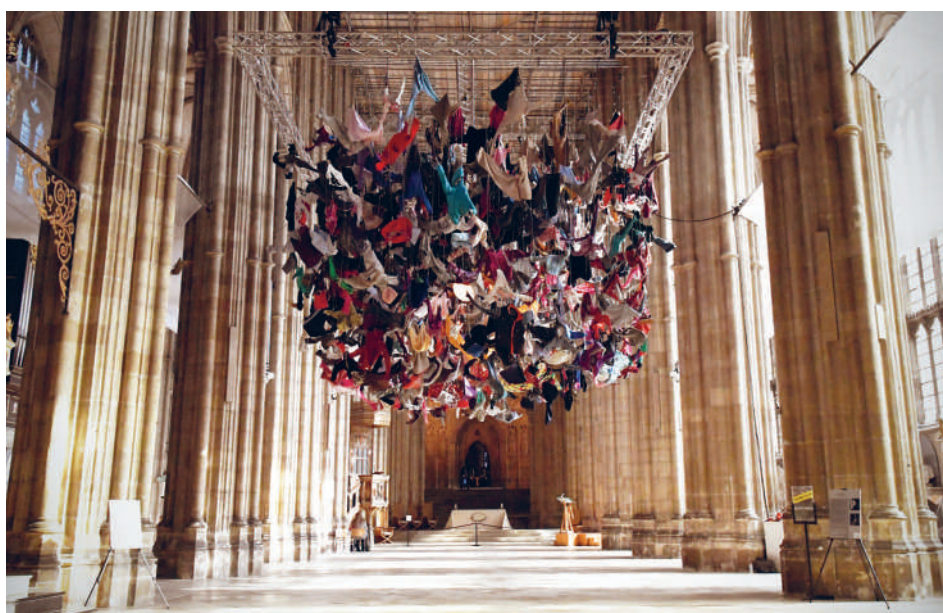
Snow closed airports and train stations as the 'Beast from the East' gave new meaning to English sub-zero temperatures. Nonetheless, intrepid pilgrims trekked from Europe – and as far away as Brazil – to join in discussions on how we can integrate health care systems to bring communities closer to primary care, and improve health outcomes for some of the most vulnerable in society.

EPFC Chair and CHSS Professor Sally Kendall chaired the symposium, delightedly welcoming delegates from Brazil, Belgium, France, Italy, Kazakhstan, Norway, Portugal, Spain, Turkey, Slovenia, Switzerland and UK. Sadly, delegates from Austria, some parts of the UK and the Netherlands were prevented by the weather, but participated via video-link.

Keynote speaker, Professor Pavlos Theodorakis, (WHO Primary Care Centre, Almaty, Kazakhstan) highlighted important societal and policy changes since 1978's Declaration of Alma Ata. These will inform October's 40th anniversary discussions in Almaty. The message that universal health coverage is for all and can be compatible with person-centred primary care was an important one to hear. CHSS Professor Jenny Billings' comprehensive overview of the challenges of introducing new integrated care models highlighted Encompass in Kent.

Professor Henk Parmentier (Europe World Federation for Mental Health) gave insights on the importance of integrated mental health care in improving the health experience for hundreds of thousands suffering at the margins of the system across Europe.

After lunch Professor Jan de Maeseeneer led the second panel, presenting his approach to community and primary care integration from his years of experience in Ghent and how we can change the system by transforming education and training.



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Professor Kate O'Donnell, trapped by snow in Glasgow, presented over Skype. Her session focused on improving health for Europe's migrant populations; refugees and asylum seekers seeking shelter, security and access to health care.

CHSS Professor Stephen Peckham closed the symposium with his provocative session on how new care models are emerging, and the challenges of change, policy implementation and sustainability.

By 4pm the sky was full of snow and delegates headed back to hotels and airports. The Symposium had successfully brought European primary care interests into a forum where significant policy, integration and access issues could be debated openly, with the sense of community at its heart.

Symposium presentations available on the CHSS website [www.kent.ac.uk/chss/events/events.html](http://www.kent.ac.uk/chss/events/events.html)



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## Research updates

### CHSS online training benefits psychological wellbeing practitioners

In 2017 CHSS Health Psychologists developed and delivered a long-term conditions training programme to 60 NHS mental health services staff in North West London. This training significantly improved their knowledge, understanding and confidence in supporting people with health conditions such as diabetes and heart disease.

An online version is now available as a resource for NHS therapists completing a national training programme in supporting people with long-term physical health conditions. So far, around 900 NHS therapists, counsellors and psychologists across the UK have completed the online programme.

NW London Collaboration of Clinical Commissioning Groups commissioned the project. The CHSS team comprised Chartered Psychologists Kate Hamilton-West, Amanda Bates and Sarah Hotham as well as CHSS Professor of Primary and Community Care Patricia Wilson and Administration Co-ordinator Helen Wooldridge. Project lead Kate presented the training programme at a meeting with Health Education England (HEE) on 26 April.

The final project report is available to read on the CHSS website [www.kent.ac.uk/chss/research/docs/current/2018\\_17\\_01\\_PWPs\\_improving\\_competencies\\_LTC.html](http://www.kent.ac.uk/chss/research/docs/current/2018_17_01_PWPs_improving_competencies_LTC.html)



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### Prestigious British Academy Fellowship funds Brazilian health policy collaboration

CHSS Director and Professor of Health Policy Stephen Peckham has won a prestigious two year grant from the British Academy in partnership with Dr Fabiana da Cunha Saddi, post-doc researcher at the Faculty of Social Sciences, Federal University of Goias in Brazil.

The BA Newton Advanced Fellowship award will fund a new study around primary care in Brazil: 'How to strengthen leadership and the workforce through the re-design and implementation of a pay for performance program (PMAQ) in PHC in Brazil. A comparative health policy and system analysis'

This research will yield new evidence on PMAQ, the Brazilian National Programme for Access and Quality Improvement in Primary Care. Has reformulation and implementation of the programme helped to strengthen the health system leadership and workforce performance?

Academics from Brazilian universities, governmental and other organisations are collaborating with the project. The researchers will conduct a rapid review, interview policymakers, implementers and front-line staff in Goiás and Pernambuco, and examine related documentation. Data analysis will take into account relevant themes from Public Policy, the politics of performance and Health System literature. The UK/Brazil partnership will involve research collaboration, reciprocal visits and knowledge transfer.

Stephen will give two special open lectures at UFG and, with Fabiana, will teach on a policy analysis module for the University's Political Science Masters Course. Fabiana will spend time in England at CHSS over the course of the next two years. Read more on the UFG website.



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- 1 AliveCor Kardia Mobile single-lead handheld ECG (Image by permission from AliveCor)
- 2 Members of the project study team pictured last month

# Research updates

## Could your influenza vaccination protect you from more than flu?

CHSS and Medway School of Pharmacy have been working together on an exciting project that may help prevent strokes, heart failure and other dangerous health conditions. The multi-site study aims to discover whether pharmacists based in GP practices can effectively screen and diagnose patients with a dangerous irregular heart rhythm – atrial fibrillation (AF) – during influenza vaccination season

Affecting more than 33 million people worldwide, AF is the most common heart rhythm disorder. Older age is a big risk factor and people over 55 have a one in four lifetime risk of developing it. AF is often asymptomatic, and 40% of sufferers are unaware of their condition. Untreated, it is associated with significant cardiovascular complications and a fivefold increased stroke risk. Cardio-embolic strokes arising from AF are often fatal. Those who survive have a 50% risk of severe disability.

Reducing AF-related stroke risk is both clinically and economically important, as AF costs the NHS around £2.2bn a year. There is no national screening, but a growing medical consensus backed by public health policy, agrees that there is urgent need to improve diagnosis and that primary care could be an appropriate setting.

The study, funded by a Medical Education Grant from Bayer, included a cardiologist at Medway Maritime Hospital, clinical pharmacists from Kent Community Health Trust (KCHT) and general practices from multispecialty community provider, Encompass. The pharmacists were trained to pulse palpate and record a single-lead electrocardiogram (ECG) using a 'novel' automated ECG device. Patients aged 65 or over, attending influenza vaccination clinics at their GP surgery, were also invited to have their heart rhythm checked. Pharmacists screened 335 patients across Faversham, Whitstable and Canterbury between October 2017 and February 2018.

Preliminary results show that pharmacists can successfully screen for AF and those patients who were screened were very positive about both the screening initiative and the process.



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The researchers have concluded that clinical pharmacists could take on greater primary care responsibilities to deliver health checks and reduce GP workload.

Dr Emma Veale and Dr Sarah Corlett from MSP led the project, in collaboration with Dr Melanie Rees-Roberts and Dr Vanessa Short from CHSS, Dr Adrian Stewart from Medway Maritime Hospital, Sarah Leaver from KCHT and PhD student Vilius Savickas. The study protocol was recently published in *BMJ Open* (Veale, Stewart, Mathie et al., 2018, doi: 10.1136).



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# CHSS people

## Aspiring to global health leadership

### Boniface Oyugi, CHSS Commonwealth Scholarship PhD student (health economics)

Boniface is a Health Economics and Health Policy Researcher who joined CHSS in 2017 to study for his PhD. He formerly worked as a senior scientist at the Philips Africa Research Hub and taught health economics and policy at the University of Nairobi's School of Public Health. He is currently living in Canterbury while studying for his PhD.



As a student leader, I met my wife, who studied medical statistics, on a bus during an orphanage visit. During my degree I went to Uganda for conferences on NGOs and supporting orphaned and vulnerable children. I also visited Rwanda in 2011

#### What happened after graduating?

There was mandatory hospital internship posting arranged by the Ministry of Health. I was at Nyeri Provincial Hospital, a challenging environment with many languages spoken. I did research and teaching for Kenya Medical Training College, then spent two years as a Research Officer at the University of Nairobi. I worked on a project preventing HIV and AIDS transmission to unborn children.

#### And then you came to England?

In 2013 I studied my MSc Health Policy Planning and Financing with London School of Economics and London School of Hygiene and Tropical Medicine. It was the most challenging year of my life. Everything was so fast-paced. I graduated and returned to the University of Nairobi, who seconded me to the Ministry of Health where I helped the Ministry run a maternal health financing 'output based approach' programme before joining Philips research hub.

#### How is CHSS?

It's a friendly, close knit community – a bit like home! There's plenty of chance to interact with people. I have had helpful chats with the health economists here. My wife is in her final year of a PhD in epidemiology, through Kemri Wellcome Trust at the University of Oxford and Open University. She is often in Kenya researching Malaria, which can be difficult, though I spent a few weeks in Kenya around Easter.

#### Your PhD sounds interesting

Yes, evaluating the cost and quality of the free maternal health programme in Kenya following President Kenyatta's 2013 policy change. There was no free maternal healthcare before. I am examining the correlation between policy implementation, cost and quality of care and outcomes. I applied for a Commonwealth PhD Scholarship and was shortlisted with 46 others for two places. I was fortunate enough to receive one! Initially I planned to go to York.



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I had contacted Stephen Peckham who put me in touch with Sally Kendall as prospective supervisor. She read my proposal, we skyped and our interaction made me decide Kent was right for my PhD. I want to expand my health economics and policy knowledge, and to develop leadership and advanced research skills. I am ambitious and hope to enter the global health policy arena. A role model is Dr Tedros Adhanom. He led Ethiopia as Minister for Health, changed the healthcare system and is now World Health Organisation (WHO) President.

#### Where have you enjoyed travelling to?

I was very impressed with Reykjavik's spectacular sights – I went whale watching, flew over an active volcano and saw the wonderful northern lights. I've visited Switzerland, the WHO headquarters. I've visited the (cold!) Kent beaches of Folkestone and Broadstairs, Canterbury Cathedral and have enjoyed different cuisines in local eateries.

#### Do you have any hobbies?

I am physically active, like to move and I am quite a good dancer! Here at Kent I play football at lunchtime every week with staff.

Find out more about Boniface and our other PhD students: [www.kent.ac.uk/chss/staff](http://www.kent.ac.uk/chss/staff)

#### Where did you grow up?

Rusinga Island, Kenya. Sadly Rusinga has the highest prevalence rates of HIV infection in the whole country, affecting lots of families. We are a close Christian and thankfully healthy family. My father has been a strong influence. Though not formally educated himself, he made sure my brother and I studied hard! My mother was high school educated. She was home a lot, but ran small businesses, including selling fish. As I got older I spent time between Rusinga, Nairobi and Naivasha

#### How was your own education?

I was at a mixed day school (primary) from age six then attended boys' high school for four years. I speak several languages and it is natural to me now. The average Kenyan knows four by age six, including mandatory native English and Swahili. I was the first in our family to go to University. At 19 I began my BSc at the University of Nairobi. I had achieved well in my studies and was a Government-sponsored student. The scheme dictates that you spend two years at home before your degree, and I taught and mentored high school students in the village. I was seen as a role model and motivator for others. I worked part-time too, as a team leader on a flower farm which produced beautiful blooms. During those two years I also was introduced to IT through computing courses.

#### How was University?

Degree subject choices were made for you. I hoped for dentistry, but with just 18 places in the whole country, found myself on the nursing sciences course which I completed but did not enjoy. I have no regrets though; it gave me a good foundation. Graduation was a proud moment for me and my family. University was good in other ways.

# Publications

## Recent selected CHSS publications

**Hamilton-West K E, Pellatt-Higgins T** and Pillai N (2017) Does A Modified MBCT Course Have the Potential to Reduce Stress and Burnout in NHS GPs? Feasibility Study. *Primary Health Care Research and Development* ISSN 1463-4236 (In press)

Cottrell D, Wright-Hughes A, Collinson M, Boston P, Eisler I, Fortune S, Graham L, Green J, House A, Kerfoot M, Owens D, **Saloniki E-C** (2018) Effectiveness of systemic family therapy versus treatment as usual for young people after self-harm: a pragmatic, phase 3, multicentre, randomised controlled trial. *The Lancet Psychiatry* ISSN 2215-0366

Cottrell D, Wright-Hughes A, Collinson M, Boston P, Eisler I Fortune S, Graham E, Green J, House A, Kerfoot, M, Owens, D and **Saloniki E-C** et al (2018) *A pragmatic randomised controlled trial and economic evaluation of family therapy versus treatment as usual for young people seen after second or subsequent episodes of self-harm: the Self-Harm Intervention – Family Therapy (SHIFT) Trial Project report*. National Institute for Health Research

Veale E L, Stewart A J, Mathie A, Lall S K, **Rees-Roberts M**, Savickas V et al (2018) Pharmacists detecting atrial fibrillation (PDAF) in primary care during the influenza vaccination season: a multisite, cross-sectional screening protocol. *BMJ Open* 8 (3) e021121 ISSN 2044-6055 (Full text available)

Checkland K, Mcdermot I, Coleman A, Warwick-Giles L, Bramwell D, Allen P and **Peckham S** (2018) Planning and managing primary care services: lessons from the NHS in England. *Public Money & Management* ISSN 0954-0962 (In press)

Stephenson D, **Hashem F**, Corbett K, **Bates A**, George M, Hobbs M, Hopkins M, Hutchins I, **Lowery D & Pellatt-Higgins T** (2018) Effects of pre- and post-operative resistance exercise interventions on recovery of physical function in patients undergoing abdominal surgery for cancer: A systematic review of randomised controlled trials. *BMJ Open Sport and Exercise Medicine* pp 1-21 (submitted)

Cottrell D, Wright-Hughes A, Collinson M, Boston P, Eisler I, Fortune S, Graham L, Green J, House A, Kerfoot M, Owens D, **Saloniki E-C** (2018) Effectiveness of systemic family therapy versus treatment as usual for young people after self-harm: a pragmatic, phase 3, multicentre, randomised controlled trial. *The Lancet Psychiatry* ISSN 2215-0366

Okumu C and **Oyugi O** (2018) Clients' satisfaction with quality of childbirth services: A comparative study between public and private facilities in Limuru Sub-County, Kiambu, Kenya. *PLOS One* ISSN 1932-6203

Cottrell D, Wright-Hughes A, Collinson M, Boston P, Eisler I Fortune S, Graham E, Green J, House A, Kerfoot, M, Owens, D and **Saloniki E-C** et al (2018) *A pragmatic randomised controlled trial and economic evaluation of family therapy versus treatment as usual for young people seen after second or subsequent episodes of self-harm: the Self-Harm Intervention – Family Therapy (SHIFT) trial Project report*. National Institute for Health Research

**Wilson P M** (2017) How embedded is public involvement in mainstream health research in England a decade after policy implementation? A realist evaluation. *Journal of Health Services Research and Policy* ISSN 1355-8196

Nguyen L, Jokimaki H, **Saloniki E-C**, Batchelder L, Burge P, Hui L, (2018) *Should we prefer safety to social participation? Analysing taste heterogeneity regarding social care outcomes in Finland*. In: Terveystaloustiede 2018, Terveystaloustiede 2018, Tyopaperi 2/2018 Juvenes Print, Tampere pp 25-27 ISBN 9789523029965

**Coulton S**, Fasihul M, Boniface S, Deluca P, Donoghue K et al (2018) Opportunistic screening for alcohol use problems in adolescents attending emergency departments: an evaluation of screening tools. *Journal of Public Health* pp. 1-8 ISSN 1741-3842

Schrag A, Modi S, **Hotham S, Merritt R K**, Khan K & Graham L (2018) *Patient experiences of receiving a diagnosis of Parkinson's disease*. Journal of Neurology, ISSN 0340-5354

## Featured publication

### How embedded is public involvement in mainstream health research in England a decade after policy implementation? A realist evaluation

Professor Tricia Wilson led this national realist evaluation, working with partners at the Universities of Hertfordshire, East Anglia and Warwick. It explored how embedded patient and public involvement (PPI) is within mainstream



health research. Funded by the NIHR Health Services and Delivery Research Programme, the study follows two decades of policy-driven work to underpin health research with PPI in England to understand what enabled PPI to be embedded as normal practice. Data collected tracked PPI processes and impact over time within 22 nationally funded research projects. It concluded that whilst PPI can be well-integrated within all types of research, policy makers should take account of tensions that must be navigated in balancing moral and methodological imperatives for PPI. Findings are published in the *Journal of Health Services Research and Policy*.

Factors which needed to be in place in research studies to create reciprocal working relationships and embed PPI:

- the purpose of PPI being clear,
- public contributors reflecting research end-beneficiaries,
- researchers understanding the value of PPI,
- PPI opportunities being provided throughout the research, and
- ongoing evaluation of PPI

Key contested areas around embedding PPI:

- whether to measure PPI impact
- seeking public contributors to maintain a balance between being research-aware and an outsider standpoint seen as 'authentically' lay
- scaling-up PPI embedded within a research infrastructure rather than risk token presence
- whether PPI can have a place within basic science.

Read the full report:  
<http://journals.sagepub.com/doi/full/10.1177/1355819617750688>

# CHSS staff news

Information about all CHSS staff is available on our website: [www.kent.ac.uk/chss/staff](http://www.kent.ac.uk/chss/staff)

## We are very pleased to congratulate:

### Dr Vanessa Abrahamson

Who passed her PhD with no corrections



### Dr Vanessa Short and Melanie Rees-Roberts

Earned a well-deserved nomination for NIHR CRNKSS' award for Best contribution to non-commercial research. It recognised their rapid recruitment to a series of complex studies and their work in Canterbury and Coastal CCG to engage and support local research practices.



### Dr Vania Bajic

Who passed her PhD with minor corrections.



## Welcome to:

### Rosa Vass Research Assistant

Rosa joined CHSS in March. She will be supporting the RISKIT-CJS randomised controlled trial which aims to reduce substance use among young people involved in the criminal justice system.



**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](http://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](http://www.kent.ac.uk/chss/vacancies.html)