



News and events
round up
Page 2



Addressing Global
Health challenges
Page 4



CHSS people
Page 6



Featured Publication
Page 7

Newsletter

CHSS
University of Kent

Centre for Health Services Studies

Issue 36 / Summer 2019



CHSS Director will head Kent Surrey and Sussex Applied Research Collaboration (ARC)

NIHR research funding package for south east to improve health and social care

Professor Stephen Peckham will be the first Director of the £9m Applied Research Collaboration for Kent Surrey and Sussex. Funded by the National Institute for Health Research (NIHR), the ARC aims to improve health and social care research.

The five-year funding will be boosted by a £5m investment from SE NHS trusts, local authorities and universities. It will support applied health and care research and its implementation into practice, to improve services and patient care. Professor Karen Cox, Vice-Chancellor and President of the University of Kent said: 'I am delighted that Professor Peckham will be director of the new consortium and welcome our working partnership with the Sussex Partnership NHS Foundation Trust as lead organisations within this new venture.'

More on page 2

Excellence in health research

Proof

Please check this proof carefully

Kent
Design & Print

News and events round up

Professor Stephen Peckham to lead new NIHR KSS ARC

The new NIHR Applied Research Collaborations aim to tackle big health and care system challenges. Research priorities for the KSS ARC include social care, young people's mental health and living well with dementia.



Stephen Peckham, Professor of Health Policy and CHSS Director said: 'We welcome these much needed resources to strengthen our research capacity to improve services and outcomes for people living in the region'.

'As Director of the Kent Surrey and Sussex ARC, I am delighted to work with partner organisations including the Personal Social Services Research Unit (PSSRU) at Kent and other universities to develop much-needed research and train the next generation of health and social care researchers'.

More information about the ARC [here >](#)

Celebrating excellence

At the 2019 Clinical Pharmacy Congress, Medway School of Pharmacy Atrial Fibrillation research team received the *Excellence in General Practice Pharmacy* award.

Team members pictured with their cheque include (third from left) CHSS Research Manager Dr Melanie Rees-Roberts.



CHSS Air Quality research highlighted in Parliament

On 1 May, MP for Canterbury and Whitstable Rosie Duffield highlighted CHSS' air quality research in Parliament. Demanding urgent action to address the 'climate emergency', she said: 'In my constituency air pollution is a very serious concern. Despite that, our Council has inadequate and outdated monitoring equipment that according to local experts is unfit for purpose.

'One such expert is Professor Stephen Peckham, Director of the Centre for Health Services Studies, University of Kent. He set up Canterbury Clean Air Group. I'm proud to have been one of the founding members.

'The group use more suitable monitors which measure particulates such as PM2.5. Levels recorded were much higher than those recommended by World Health Organisation. Levels of NO2 and Ozone O3 also regularly exceed national hourly limits. According to Professor Peckham, those pollutants cause significant health problems, especially in children, whose lungs are actually stunted from growth. I urge the Government to see this as the emergency that it is and allow us to tackle climate change urgently'.

Listen to the full debate online (Rosie Duffield starts at 16m55s – 17m): <https://parliamentlive.tv/Event/Index/1d841fd9-7ad6-42ba-ad72-f6588d370c95>



Pint of Science 2019

On 21 May CHSS Research Associate Dr Rasa Mikelyte delivered an engaging, interactive PoS session at the Foundry, Canterbury. *Food for thought: what is a good mealtime for people with dementia* drew on her research in dementia wards. The audience were invited to imagine themselves with dementia to consider what might optimise their mealtime experiences.



Save the date!

CHSS Annual Open Lecture

11 October 2019
Colyer Fergusson Building,
University of Kent, 5.30 for 6pm
Professor Chris Whitty CB FMedSci,
Chief Scientific Adviser, Department
of Health and Social Care

Please save this date for a not-to-be missed event! Full details to be confirmed on [Twitter](#) and our [website](#).

New CHSS research

A new approach to care planning in Australia: focusing on quality of life



CHSS Senior Research Fellow, Ann-Marie Towers delivers new train-the-trainer course to support care-planning conversations.



Care-planning conversations for people receiving long-term care typically focus on clinical and care-related issues – help with washing, dressing, meals and medication.

Internationally, this focus is beginning to shift and a purely process-driven approach around the priorities and needs of the service is no longer acceptable. Care should be person-centred, reflecting the priorities of those receiving care and building good relationships between them, their family and the service.

Researchers at the Personal Social Services Research Unit (PSSRU) at the University of Kent developed ASCOT, as the first ever measure of 'social care-related quality of life'. It is used to inform research and policy-making in the UK, Europe, Japan and Australia.

Ann-Marie is working with a large care provider in Australia, the Whiddon Group, to pilot an innovative use of ASCOT in care-planning conversations. A trained senior practitioner or nurse leads a conversation between 'client', family and main care worker to identify issues around aspects of care and to agree goals to add quality to their life. Whiddon have won national awards for aged care excellence following this work.

In May, Ann-Marie delivered the first 'train the trainer' course for Whiddon in Sydney, supporting roll-out of this approach across all their aged care services. She has been approached by other providers with a view to running future training in Melbourne later this year.

Retaining and sustaining the social care workforce



This project, funded by the Health Foundation's Efficiency Research Programme, aims to tackle persistent high social care staff turnover to help the industry meet growing demand for high-quality, sustainable services.

CHSS Researchers Ann-Marie Towers and Dr Eirini Saloniki (see p6) working with PSSRU, will compare social care with other low-wage industries and explore staff characteristics, job commitment and retention. This will help commissioners, providers and policy-makers to understand what drivers make staff leave jobs and influence their choice of next job. As well as defining 'quality jobs' in social care, the research will help to develop pathways to achieve these nationally.

Towards a more research-active NHS



A Royal College of Physicians report *Building a Research-Active Medical Workforce* found that doctors want to engage more in research, but there is a lack of time, funding and support for them – and staff such as nurses and allied health professionals – to do so.

This new Cancer Research UK-funded study, led by Professor Stephen Peckham, examines NHS staff capacity to conduct research. The team are working with Kent Surrey and Sussex Clinical Research Network. They will conduct a staff survey, case studies and analyse research activity data to discover the scale of the research capacity [problem find](#) solutions to optimise the NHS research environment and support research at individual, organisational and system levels.

Addressing Global Health challenges

SUSTAINABLE DEVELOPMENT GOALS



The University of Kent Global Challenge Research Fund (GCRF) seeks to aid development of partnerships with low and middle-income countries. Funded projects must align with the UN's 17 Sustainable Development Goals (SDG). The University signed the SDG Accord incorporating the goals into its operations and teaching.

Here we feature CHSS initiatives around SDG 3, health and wellbeing, enabled through the GCRF Partnership and/or Workshop Funds. Some of the projects were showcased during the GCRF Conference at the University of Kent from 30 June to 2 July. Find out more: <https://research.kent.ac.uk/researchservices/gcrf-projects/>

Breastfeeding fathers – Dr Rowena Merritt and Dr Sarah Hotham

Through GCRF Partnership funding, Research Fellows Dr Rowena Merritt and Dr Sarah Hotham spent a week in Uganda at Kyambogo University, Kampala, hosted by Dr Peter Rukundo.

The main purpose of the visit was to build networks, conduct and report on preliminary research. They had heard from a journalist who spoke to midwives in Ugandan clinics, about the practice of fathers breastfeeding on their partners' milk. Concerns were expressed in the Ugandan Parliament about possible effects on babies' health and nutrition.

Sarah said: 'We want to find out and understand why this practice has arisen and how widespread it is. We will explore existing capacities to support positive health outcomes and gender equality, and to transform harmful social norms which negatively affect breastfeeding'.

Sarah and Rowena met key stakeholders including NGOs, Government Ministers and academics. They will establish a sustainable network of UK and Ugandan collaborators and bid for funding for future in-depth research. There are plans to work with the Ugandan journalist on a documentary film around the subject.



1



2

Maternal and Infant Health – Professor Sally Kendall, Dr Olena Nizalova

Sally and Olena successfully applied for GCRF small partnership and workshop grants. The funding enabled them bring together academics, health professionals and NGOs in Kyiv, Ukraine and other post-Soviet countries to explore and prioritise maternal and infant health research need, in the context of primary care reform.

Ukraine's maternal mortality rate is high at 24 per 100,000 (UK 9) with infant mortality rate at 7 per 1000 (UK 3.9). There are high rates of abortion, Caesarean section and teenage pregnancy and ante-natal care services are under-used. Breastfeeding rates do not meet WHO/Unicef recommendations and there is no data on maternal mental health.

Ukraine partners from Kyiv School of Economics, National University of Kyiv Mohyla, Ukraine Catholic University and Academy of Family Medicine of Ukraine, joined Sally and Olena at the **GCRF conference in July**.



3



4



5

International expert in maternal and infant health Professor Fiona Dykes (University of Central Lancashire) chaired the session where key research priorities were presented, including more education and training to empower doctors and nurses. Discussion centred on how to improve maternal mental health, support and promote breastfeeding, ensure good ante-natal care and improve childhood vaccination and development in Ukraine and post-Soviet countries. There was emphasis on the importance of working with NGOs representing mothers and infants.

Sally said: 'The conference enabled discussions with delegates from across the world. We considered new collaborations, consolidated our partnership and explored opportunities to take this work forward to enhance mothers' and babies' health and wellbeing in an economically challenged region'.

- 1 Dr Rowena Merritt
- 2 Dr Sarah Hotham
- 3 Professor Sally Kendall
- 4 Dr Olena Nizalova
- 5 CHSS and Ukraine partners at GCRF conference, University of Kent
- 6 HPV vaccination workshop partners, Nairobi
- 7 TB workshop in Kyiv

Human papillomavirus (HPV) vaccine acceptability in an African context – Dr Rebecca Cassidy and Dr Erica Gadsby

Rebecca and Erica led a three-day GCRF-funded workshop hosted by AMIU, Nairobi.

The aims were to:

- gain comprehensive understanding of HPV vaccination in Africa
- explore research opportunities and priorities to help identify improvement strategies
- Map relevant expertise in the UK and through partner organisations and identify ways to expand our network.
- Identify key areas for sharing expertise and capacity building across the partnership

Rebecca and Erica were joined by Kent colleagues from Biosciences, SSPSSR and CUAMM – Doctors with Africa, Amref, and AMIU to present their workshop outcomes at the GCRF Conference.



6

Tuberculosis – Dr Olena Nizalova

CHSS Senior Research Fellow in Health Economics Olena Nizalova secured GCRF funding for work focusing on the TB epidemic in post-Soviet countries. CHSS' existing partnership with Kyiv School of Economics in Ukraine has now expanded to include Belarus, Moldova, Georgia and other Ukraine partners.

On 30-31 May, the group held a GCRF workshop in Kyiv attended by 35 participants from the four countries. Joining them were researchers, civil activists, politicians, practitioners and representatives from WHO Europe, TB-Europe Coalition, Public Health Centre and Ukraine Ministry of Health. There was also representation from patient organisations from each country. CHSS Director Professor Stephen Peckham gave a keynote address and CHSS Research Associate Rebecca Cassidy also participated.

The UN General Assembly and other key organisations acknowledge that fighting the TB epidemic requires a concerted effort by key national and international stakeholders. The workshop aimed to facilitate social science and health research in support of that fight.

Key workshop objectives were:

- gathering existing research evidence relevant to the epidemic
- discussing research needs in the region for effective policy development and intervention
- developing a social science research agenda to support national End TB strategies
- providing a networking opportunity for researchers interested in TB.

Olena said: 'focusing on the social aspects – poverty, inequality and stigma – is key to successfully fighting this epidemic. TB remains the world's leading cause of death from a single

infectious agent. Despite mostly affecting developing countries, it is of wider concern due to globalisation, increased population mobility and very high latent infection rates'.

'The workshop was an incredible experience and the CHSS team is looking forward to further collaboration. We also used our Kyiv workshop outputs to develop a corresponding session at the GCRF Conference on 1-2 July'.



7

CHSS people

Dr Eirini Saloniki, Research Associate

Eirini, a Health Economist, was recently promoted from Research Associate to Research Fellow. She has a dual role in CHSS and also the Personal Social Services Research Unit (PSSRU). She is also a Research Adviser for the NIHR Research Design Service South East.



Where were you born/grew up?

I was born and grew up in Vrilissia, a suburb of North Athens. My mum was a primary school teacher and my dad was a banker at the Bank of Greece. He was also a painter, furniture maker and decorator. We lost him from cancer at a young age and my mum took on a dual role very early.

My kindergarten was in the school that mum was teaching and although I never got to have her as a teacher, I was fortunate enough to attend some of her classes. The saying 'like mother, like daughter' is true in our case, although we taught in different educational settings.

Did you like school and were you always into numbers and maths?

I enjoyed school but did not like history and Greek literature, two core subjects in the curriculum. I really liked maths, with algebra and geometry being my favourite subjects, and was thrilled to score a top mark in the final geometry exam in high school. I would always solve maths problems in my own way. My teachers used to say 'it does not matter how you do it as long as you find the same result', and I did.

How and where was University?

I studied International and European Economic Studies at Athens University of Economics and Business. During the third year of my degree (undergraduate degrees usually are four years in Greece), I attended a lecture about the Erasmus exchange programme, which proved to be life-changing. Without much thought and eager to face the challenge, I applied and spent the last year of my economics degree at Kent as an Erasmus student. It was certainly a big cultural shock at first (not least because of the weather), but I adapted quickly. I have the greatest memories from this year abroad, met incredible people and did not once feel like a visiting student. Living on campus in a multicultural environment and sharing a house was a great help with my English accent, although people

often thought, and still do, that I am Spanish rather than Greek! I then returned to Greece to do my MSc in Economic Theory. PhD came as a natural step. Despite being encouraged to do it in the States, I chose a rather familiar place, Kent!

Where was your first job?

My first job was at the School of Economics (University of Kent) as a Research Assistant of Professor Edward Cartwright, where I was assisting in economic experiments relating to discrimination and public goods. I had studied experimental economics, but seeing it happening in real time while working as a researcher reached a different level. I thoroughly enjoyed it. In the same year and till the end of my PhD, I was a seminar leader for an introductory economics course for first year undergraduate students – it was a steep learning curve but I did well and later on was nominated for a teaching award.

What brought you to CHSS?

The idea of working in different projects in two different research units, having family close by and PhD friends that were still at Kent at the time. I had also worked as a Research Assistant in one of the units for a short time towards the end of my PhD so the adjustment was very smooth.

What do you enjoy most about your work?

That every day brings a new challenge. There is such a breadth of projects that you frequently have to think outside the box, apply your skills and come up with creative, yet realistic, ways of resolving the research problem – a bit like maths but in a different context!

I am also grateful for the fact that despite being primarily in a research position, I continue to teach and share my knowledge, with the same passion and enthusiasm as when I entered a class for the first time.

What are your passions/hobbies?

Coming originally from a Mediterranean country, learning to swim is a must and I took swimming lessons for several years in my childhood. Swimming remains one of my hobbies and is very refreshing after a long day at work. I also enjoy cycling – something that you can easily do in Canterbury even to and from work – as well as taking long walks in the countryside.

Any unusual facts/something we wouldn't know about you?

Many years ago one of my schoolmates gave me the nickname 'sponge' because I learn new concepts very quickly, something that has also been pointed out by colleagues.

The most common question I was asked at school, and still am these days whenever I visit Greece and mention my surname is: 'Are you from Thessaloniki?'. Saloniki is short for Thassaloniki, the second largest city in Greece, hence the confusion!

Had I not studied economics, my choice would have been either maths or forensic science, though to be honest, physics was not my strongest subject!



Featured CHSS publications

Evaluating yoga for mild-to-moderate depression

Previous research has demonstrated the benefits of yoga for patients with clinical and non-clinical depression and anxiety. Sudarshan Kriya Yoga (SKY) is a programme derived from Yoga, where participants learn relaxation and stress-management using body postures, breathing exercises and cognitive behavioural procedures.

This project aimed to examine SKY as a therapeutic option for patients with mild to moderate depression and anxiety disorders treated within the UK NHS. CHSS authors Dr Kate Hamilton-West and Tracy Pellatt-Higgins evaluated an existing programme available to patients in South East England. The intervention was delivered in the community via four weekly 'stress buster sessions', one weekend intensive workshop and four weekly (90 min) follow-up sessions.

Data collected as part of routine care on existing measures of depression and anxiety was analysed at the start of the programme and three follow-up assessments. This showed statistically significant improvements in depression and anxiety, with clinically meaningful change seen in 74.6% of participants completing the programme. Findings indicate that SKY has the potential to benefit patient



outcomes and could be offered more widely as a therapeutic option.

More research is recommended into patient experiences to find out how many sessions are needed for improvement or recovery, see which patients are mostly likely to respond, and examine potential cost savings to the NHS.

Hamilton-West K E, Pellatt-Higgins T & Sharief F <https://doi.org/10.1017/S1463423619000045>
Evaluation of a Sudarshan Kriya Yoga (SKY) based breath intervention for patients with mild-to-moderate depression and anxiety disorders* *Primary Health Care Research and Development* Vol 20

Recent CHSS publications

Saloniki E-C, Malley J, Burge P, Lu H, Batchelder L and Linnosmaa I et al (2019) Comparing internet and face-to-face surveys as methods for eliciting preferences for social care-related quality of life: Evidence from England using the ASCOT service user measure. *Quality of Life Research* ISSN 0962-9343

Hashem F, Bladen M, Carroll L, Dodd C, Drechsler W, **Lowery D**, Patel V, **Pellatt-Higgins T**, **Saloniki E-C**, Stephensen D and others. (2019) Protocol for a feasibility randomised controlled trial of a musculoskeletal exercise intervention versus usual care for children with haemophilia. *BMJ Open*

Forbes L J L, Forbes H, Sutton M, Checkland K & **Peckham S** (2019) How widespread is working at scale in English general practice? *British Journal of General Practice* ISSN 0960-1643. E-ISSN 1478-5242

Mugweni E, Goodliffe S, Walker M, Adams C M & **Kendall S** (2019) 'I'll look after the kids while you go for a shower': An Evaluation of a service to address mild to moderate maternal perinatal mental health problems. *Journal of Mental Health* 28 (3) pp 324-330 ISSN 0963-8237

Giles E L, McGeechan G J, Scott S, McGovern R, Boniface S, Ramsay A, **Hendrie N**, McColl E, Sumnall H, Newbury-Birch D and others (2019) A qualitative account of young people's experiences of alcohol screening and brief interventions in schools: SIPS Jr-HIGH trial findings *Journal of Public Health* ISSN 1741-3842.

Hashem F, **Brigden C L**, **Wilson P M** & **Butler C** (2019) Understanding what works, why and in what circumstances in Hospice at Home Services for End of Life Care: applying a realist logic of analysis to a systematically searched literature review. *Palliative Medicine*

Merritt R K, Vogel M, Ladbury P & Johnson S M (2019) A qualitative study to explore fathers' attitudes towards breastfeeding in South West England. *Primary Health Care Research & Development* 20 E24 ISSN 1463-4236

Hamilton-West K E, **Gadsby E W**, **Hotham S** (2019) Improving the evidence base for social prescribing. *British Medical Journal* 364 (I744) ISSN 0959-8138

Bailey S, Pierides D, Brisley A, Weisshaar, C & Blakeman T (2019) Financialising acute kidney injury: From the practices of care to the numbers of improvement. *Sociology of Health and Illness* ISSN 0141-9889

CHSS staff news

Information about all CHSS staff is available on our website: www.kent.ac.uk/chss/staff
Details of our current vacancies and studentships: www.kent.ac.uk/chss/vacancies.html

Welcome to

Susie Walker Research Assistant

Susie has previously worked at East Kent Hospitals, Kent and Medway Partnership Trust and Canterbury Christ Church University.



Wenjing Zhang Research Assistant

Wenjing joins us from the University of Bristol, where she also completed her PhD.



Congratulations

Professor Sally Kendall

Awarded Membership of the Faculty of Public Health through Distinction by outgoing President Professor John Middleton.



CHSS promotions (effective from 1 October 2019)

Dr Sarah Hotham has been promoted to Senior Research Fellow.



Tracy Pellatt-Higgins has been promoted to Senior Research Fellow.



New!

CHSS/KBS MSc in Healthcare Management, Medway campus

Apply now for September 2019

The new MSc in Healthcare Management has been designed in collaboration with Kent Business School to meet the needs of business and industry. Full or part-time study options.

For more information contact CHSS Programme Director of Studies and Academic Adviser, Dr Catherine Marchand:
E: C.Marchand@kent.ac.uk
T: 01227 827912

Find out more: www.kent.ac.uk/chss/study.html

Save the date!

NIHR | Research Design Service South East

RDS SE Annual Stakeholder event

13 November 2019, London,
~~time and venue to be confirmed.~~

More details follow on Twitter: https://twitter.com/NIHR_RDSSE

RDS SE – FREE advice and support on all aspects of research design and preparing a funding application

Since 2008 CHSS has hosted the RDS SE at the University of Kent. The service also operates from the Universities of Brighton and Surrey.

Contact us: www.rds-se.nihr.ac.uk/contact

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

