

## Introduction

This September saw the realignment of several departments within the Faculties. The Faculty of Health and Social Science now has five departments: - Nursing Science, - Social Science & Social Work, - Rehabilitation & Sport Sciences, - Midwifery and Health Sciences and - Medical Science & Public Health. BUCRU will sit within the latter. We look forward to new challenges and bringing you news and snippets of what we get up to along the way.

## CoPMRE Symposium—Frailty: enhancing lives

### Centre for Postgraduate Medical Research and Education (CoPMRE) tackles the topic of frailty

CoPMRE encourages and facilitates collaboration between the NHS and the university; BUCRU and CoPMRE work very closely together.

In October CoPMRE held a symposium bringing together healthcare professionals, academics and industry voices to discuss the topic of frailty.

This was the sixteenth annual conference, with around 100 people in attendance. It explored the theme of Frailty: Enhancing Lives, covering areas such as the demographic and societal challenges, transition to frailty, and how technology could enhance the lives of the elderly.

Professor Martin Vernon, National Clinical Director for Older People at NHS England, was one of the keynote speakers at the event, talking about the NHS Long Term Plan and its ageing well programme.

He said: "It's really important because of the ageing population and the need to support many more people to age better and also to meet the needs of people in their communities in a much more proactive way. We're doing that by bringing together primary care and community services in ways that the NHS has never done before."



He added that it was important to bring together education, research and practice to support and develop the health and social care system.

The second keynote speaker was Professor Mark Hawley, Professor of Health Services Research at the University of Sheffield, who spoke about how technology could enhance the lives of older people with frailty and enable them to continue living independently for longer.

"I'd like people to get a feel for how technology could enhance the lives of older people and how they might be able to think about the use of technology alongside care by people, which is the most important part in providing services and care for other people," he said.

"Meetings like this are key to sharing information and finding out what's new – I've learnt an awful lot already."

## CoPMRE Symposium—Frailty: enhancing lives...

Other speakers at the day-long event were from organisations including Dorset Healthcare, Poole and Royal Bournemouth and Christchurch Hospitals NHS Foundation Trusts, and the Wessex Academic Health Science Network (AHSN), alongside academics from Bournemouth University.

CoPMRE manager Audrey Dixon, who organised the symposium, said: “The conference acts as a platform to showcase what is happening at BU and in Dorset and nationwide to promote wellness and economic benefits. Our aim is to develop a culture of collaborative and multidisciplinary research to drive income, esteem and impact for the benefit of patients.”



Vanessa Heaslip also presented some of the work she and Debbie Holley have been undertaking as part of the ongoing research initiatives to support the key research agenda set by Dorset CCG. Their presentation focussed on how isolation can be conceptualised not only as physical isolation, but could also be applied very locally to those living with frailty. A range of technology ‘ideas for the future’ were suggested, and the importance of partnership working.

## News & Events

### Introduction to Research Day

In September Dorset Healthcare University NHS Foundation Trust (alongside BU’s Faculty of Health and Social Sciences) organised an away day for its clinical staff to understand more about health research. The organiser, Dr Ciarán Newell, Consultant Nurse in Eating Disorders/ Dorset Healthcare’s Research and Development facilitator organised the event to increase research collaborations between the two organisations. Prof. Peter Thomas presented about NIHR Research Design Service (RDS) and BU Research Support, Dr Sharon Docherty discussed postgraduate studies at BU whilst other members of HSS discussed methodology and specific research topics.

A really useful day which will hopefully produce many future collaborations.

### Applied Research Collaboration (ARC) for Wessex

Prof Peter Thomas attended the launch of the Applied Research Collaboration (ARC) for Wessex, which will bring together health and care organisations (including NHS Trusts, universities, Clinical Research Network, Academic Health Science Network, voluntary organisations) to respond to the needs of the people living in Wessex. The day was opened by Prof Alison Richardson, Director of ARC Wessex who highlighted the challenges faced in Wessex and the four ARC themes designed to address them. We look forward to working with them in the future.



### RDS SW Residential Research Retreat

Dr Sarah Thomas contributed to running the (NIHR) RDS SW Residential Research Retreat in November, which provided researchers with protected time, expert coaching and support for them to develop a research proposal to the standard required to be competitive in seeking high quality research funding.

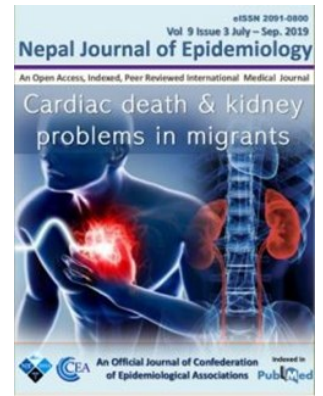
### New publication with Dorchester Kidney Team

Congratulations to Dr Sharon Docherty on her collaborations with the Dorchester Kidney Team at Dorset County Hospital which has resulted in a publication in Clinical Medicine, Journal of the Royal College of Physicians of London.

<https://www.rcpjournals.org/content/clinmedicine/19/6/490>

### New international publication

Congratulation to Dr Nirmal Aryal on the publication of his latest paper 'Sudden cardiac death and kidney health related problems among Nepali migrant workers in Malaysia' published today in the Nepal Journal of Epidemiology. The paper is based on an expert meeting in Malaysia which received pump-priming funding from the Faculty of Health and Social Sciences (HSS).



## Publications

- Adamczewska, N., Barrado-Martín, Y., Thomas, S., Thomas, P., Vassallo, M. and Nyman, S.R., 2019. Accuracy and completeness of different methods for reporting falls among people with dementia. *Alzheimer Disease and Associated Disorders*.
- Arjunan, A., Jeelani, M.S., Docherty, S. and Taylor, J., 2019. Chronic kidney disease referrals from general practitioners pre- And post National Institute for Health and Care Excellence guidance 2014. *Clinical Medicine, Journal of the Royal College of Physicians of London*, 19 (6), 490-493.
- Aryal, N., Regmi, P.R., Faller, E.M., van Teijlingen, E., Khoon, C.C., Pereira, A. and Simkhada, P., 2019. Sudden cardiac death and kidney health related problems among Nepali migrant workers in Malaysia. *Nepal Journal of Epidemiology*, 9 (3), 788-791.
- Babbage, D.R., van Kessel, K., Drown, J., Thomas, S., Sezier, A., Thomas, P. and Kersten, P., 2019. MS Energize: Field trial of an app for self-management of fatigue for people with multiple sclerosis. *Internet Interventions*, 18.
- Brooks, A. and Heaslip, V., 2019. Sex trafficking and sex tourism in a globalised world. *Tourism Review*, 74 (5), 1104-1115.
- Dhungana, R.R., Aryal, N., Adhikary, P., Kc, R.K., Regmi, P.R., Devkota, B., Sharma, G.N., Wickramage, K., Van Teijlingen, E. and Simkhada, P., 2019. Psychological morbidity in Nepali cross-border migrants in India: A community based cross-sectional study. *BMC Public Health*, 19 (1).
- Froud C, Andrewes T. A personal reflection: using theoretical frameworks to understand the impact of starting university on health and wellbeing. *British Journal of Nursing*. 2019;28(21):2-5.
- Heaslip, V. and Nadaf, C., 2019. Diversity and health inequalities: the role of the practice nurse. *Practice Nursing*.
- Iveson, T., Hickish, T. et al., 2019. 3-month versus 6-month adjuvant chemotherapy for patients with high-risk stage II and III colorectal cancer: 3-year follow-up of the SCOT non-inferiority RCT. *Health Technol Assess*, 23 (64), 1-88.
- Jadzinski, M., Jack, E. and Darby, I., 2019. What value does peer-assisted learning have in the training of student paramedics? *Journal of Paramedic Practice*.
- Jones, R.P., Hickish, T. et al., 2019. Patterns of Recurrence After Resection of Pancreatic Ductal Adenocarcinoma: A Secondary Analysis of the ESPAC-4 Randomized Adjuvant Chemotherapy Trial. *JAMA SURGERY*, 154 (11), 1038-1048.
- Regmi, P.R., Aryal, N., van Teijlingen, E., Simkhada, P. and Adhikary, P., 2019. Nepali Migrant Workers and the Need for Pre-departure Training on Mental Health: A Qualitative Study. *Journal of Immigrant and Minority Health*.
- Troke R, Andrewes T. Nursing considerations for supporting cancer patients with metastatic spinal cord compression: a literature review. *British Journal of Nursing*. 2019;28(17):S24-S29. doi:10.12968/bjon.2019.28.17.S24
- Vahdaninia, M., Mackenzie, H., Dean, T. and Helps, S., 2019. The effectiveness of  $\omega$ -3 polyunsaturated fatty acid interventions during pregnancy on obesity measures in the offspring: an up-to-date systematic review and meta-analysis. *European Journal of Nutrition*, 58 (7), 2597-2613.

## Publications ...

### Chapters:

- Darvill, T., Barrass, K., Drysdale, L., Heaslip, V., Staelens, Y., 2019. Historic landscapes and mental well-being. Oxford: Archaeopress Publishing Ltd.
- Heaslip, V., 2019. Human Henge: The impact of Neolithic healing landscapes on mental health and well-being. IN Darvill, T., Barrass, K., Drysdale, L., Heaslip, V., Staelens, Y., (eds), Historic landscapes and mental well-being. Oxford: Archaeopress Publishing Ltd.
- Wilson, D., Marriott, R. and Heaslip, V., 2019. Indigenous Considerations for Nursing and Midwifery Research. In: Borbasi, S., Jackson, D. and East, L., eds. Navigating the Maze of Research: Enhancing Nursing and Midwifery Practice. Elsevier.

### Conferences:

- Babu, S., Veitch, D., Koch, D., Thomas, P., Austin, S., Rowland, E., Carr, R.A. and Taibjee, S., 2019. British Association of Dermatologists Dermatology and Genetic Medicine (BADGEM). 13.
- Turner, G., Bolderston, H., Gregory, N. and Thomas, S., 2025. The impact of ACT and CBT components on social anxiety and eye-gaze behaviour. In: ACBS World Conference 25-30 June 2019 Dublin.
- Pogue-Geile, K.L., Hickish, T. et al., 2019. Association of colon cancer (CC) molecular signatures with prognosis and oxaliplatin prediction benefit in the MOSAIC Trial (Multicenter International Study of Oxaliplatin/5FU-LV in the Adjuvant Treatment of Colon Cancer).

### About BUCRU

**BUCRU is a model for supporting and conducting local health related research. We support researchers to improve the quality, quantity and efficiency of research across the University and local National Health Service (NHS) Trusts. We do this through:**

- **Helping researchers from the University and from the NHS with developing high quality applications for external research funding (including small grants) – free of charge via NIHR RDS, Bournemouth office based in BUCRU**
- **Ongoing involvement in funded research projects**
- **A “pay-as-you-go” research service for other projects**
- **Developing our own research programme**

**BUCRU supports Bournemouth University staff and researchers working locally in the NHS. There are no restrictions on topic area or professional background of the researcher. BUCRU is partly funded by the National Institute for Health Research (NIHR) and incorporates the Dorset office of the NIHR RDS SW (Research Design Service South West).**

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