

### Introduction

Welcome to our first BUCRU Bulletin where we'll share our news, events and activities. It's been a productive summer and a fresh new start with the move to the Department of Medical Science and Public Health.

Our new quarterly bulletins will give you an update on our current research programmes, highlights from events we've been involved in as well as activities – past and present. We'll also include our publications and grant involvement.

### Research updates

#### Creating a FACETS digital toolkit to promote quality of life for people with multiple sclerosis: Project Update

Fatigue is one of the most common and debilitating symptoms of multiple sclerosis (MS), a neurological condition affecting the central nervous system. Fatigue can have a hugely negative impact on the lives of people with MS, restricting their day-to-day activities and stopping them from doing the things that really matter to them. Fatigue is the main reason why people with MS (pwMS) stop working early. FACETS is a group-based face-to-face fatigue management programme for pwMS. It was developed by members of BUCRU in collaboration with the Dorset MS team at Poole Hospital.

To date, around 200 health care professionals have been trained to deliver the FACETS programme and over 1,500 pwMS in the UK have received FACETS. However, FACETS is not currently available in all areas, people with mobility or cognitive impairments might find it difficult to attend or engage with group sessions and those working full-time or not keen on groups might find a digital delivery format more appealing and convenient. For these reasons BUCRU worked with the MS Society on a funded consultation project to scope and map alternative digital models for the delivery of FACETS. Key challenges and opportunities for delivering a digitised version were identified in the consultation, including the current lack

of high quality mobile apps supporting the “homework” elements of FACETS such as activity and thought diaries (Thomas et al. 2019). Funding for the development of an Android digital toolkit prototype was provided through the Higher Education Innovation Fund at the end of 2017.

Since our last update, we have continued to undertake supervised usability testing incorporating think-aloud methods, the System Usability Scale and semi-structured interviews (Pulman et al. 2019). We have also used video capture of participants' faces/hands as they interact with the toolkit to give us insights into its ease of use. At time of writing nine pwMS have been able to take part in these sessions and share their feedback on the toolkit as it is being built. Unsupervised usability testing – where a larger number of users will be able to download a copy of the toolkit to their own phone, try it out in their daily lives and then provide feedback to us via an online questionnaire – is scheduled to start in October and will continue up until the final prototype is completed in January 2020.

For the latest updates on the project you can visit: <https://www.bournemouth.ac.uk/research/projects/ms-research-bournemouth-university>

## Active Ageing Pathway Evaluation

In March 2018, local county sports partnership organisation Active Dorset, backed by funding from Sport England, brought together many of the different physical activity services in Dorset that residents aged 55-65 already had access to into one streamlined system, known as the Active Ageing Pathway. The aims of the Active Ageing Pathway are to facilitate and support Dorset's older population to become more active in order to improve their health and wellbeing. The Active Ageing Pathway evaluation project, funded by Active Dorset and being carried out by BUCRU, therefore seeks to explore how, and to what extent, the Active Ageing Pathway is achieving the above aims, and how it can be further improved.

In June 2019, Andy Powell completed the first phase of work for the Active Ageing Pathway Evaluation project. This involved retrospectively applying a theoretical behaviour change framework to the Active Ageing Pathway in order to characterise its putative mechanisms of action and content. The findings from this work will now support the design of qualitative research exploring participants' views and experiences of the Active Ageing Pathway, which is set to commence in early 2020.

## Pump Priming

In August 2019, Andy Powell supported Prof. Lee-Ann Fenge of the BU National Centre for Post-Qualifying Social Work to successfully apply for a BU pump-priming grant. The grant will fund a mixed-methods evaluation of a pilot scheme exploring a new social care model for supporting people who are being discharged from hospital, the aims of which are to prevent delayed discharge from hospital (also known as 'bed blocking'), and the need for long-term care in the community. This pump-priming project, which will occur in collaboration with local social care provider Tricuro, will run from October 2019 until June 2020, and is expected to serve as the foundation for a larger NIHR research bid in 2020.

## News & Events

### Assistive Technology Conference – Northampton

In July 2019, Dr Sarah Thomas presented at Assistive Technology in Neurorehabilitation conference 'Exergames in Neurorehabilitation'. There was also a display of assistive technologies currently being deployed in Elysium neurorehabilitation services at Badby Park, Daventry, including robot pets and virtual reality apps.



(Sarah trying out the Oculus Quest with Professor Nigel John as part of a research project in the context of upper limb rehabilitation post-stroke).



(Sarah presenting at the Assistive Technology conference)

## News & Events...

### Nurse Retention Conference

Bournemouth University in collaboration with Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust (RBCH) held a very successful, sold out conference on 1 July to discuss the topic of nurse retention and the results of the Burdett Trust for Nursing-funded research project, 'Making TRACS to improve nurse retention'. Led by Janet Scammell, the project team included BUCRU members Sharon Docherty and Andy Powell. The conference attracted attendees representing nurse clinicians, workforce developers, and education and training from across Dorset.

Incorporating the elements of the TRACS model and involving registered nurses from RBCH in what is needed to improve nurse retention, the project developed the online resource, Support4Nurses: <http://support4nurses.uk>. This was presented at the conference as well as key findings of the three main areas to improve nurse retention: staff development, authentic leadership and valuing staff, and supporting health and wellbeing

### Education

In June 2019, Sara Glithro (supervised by Sharon Docherty) received acceptance of revisions made to her PhD thesis entitled "Neuroplasticity and chronic low back pain: An investigation into altered tactile discrimination, body schema and motor function".

### Our Staff

In July 2019, Sharon Docherty successfully completed the Bournemouth University Certificate in Programme Leadership

## REDCap

BUCRU has recently acquired REDCap, an electronic data capture and management system for clinical research. REDCap supports the full data cycle from collection to archiving, during which data is stored securely in a central BU server.

The system's main features are:

- Electronic data collection tools
- Web-based for ease of access using any device
- Audit trail for full data accountability
- REDCap app for off line data capture
- MyApp for patient reported outcomes
- Data exported in SPSS and csv formats
- Data access controls within a single project
- Data access groups for multicentre trials



BU staff interested in the system please contact Juan Campos-Perez: [jcamposperez@bournemouth.ac.uk](mailto:jcamposperez@bournemouth.ac.uk)

## Publications 2019

- Aryal, N., Regmi, P.R., van Teijlingen, E., Simkhada, P. and Mahat, P., 2019. Adolescents left behind by migrant workers: a call for community-based mental health interventions in Nepal. *WHO South-East Asia journal of public health*, 8 (1), 38-41.
- Aryal, N., Weatherall, M., Bhatta, Y.K.D. and Mann, S., 2019. Reply to a letter to the Editor regarding the article "Blood pressure and hypertension in people living at high altitude in Nepal". *Hypertension Research*, 42 (7), 1096.
- Auclin, E., André, T., Taieb, J., Banzi, M., Van Laethem, J.L., Tabernero, J., Hickish, T., de Gramont, A. and Ver-nerey, D., 2019. Association of post-operative CEA with survival and oxaliplatin benefit in patients with stage II colon cancer: a post hoc analysis of the MOSAIC trial. *British Journal of Cancer*, 121 (4), 312-317.
- Auclin, E., Hickish, T. et al., 2019. Carcinoembryonic antigen levels and survival in stage III colon cancer: Post hoc analysis of the MOSAIC and PETACC-8 trials. *Cancer Epidemiology Biomarkers and Prevention*, 28 (7), 1153-1161.
- Board, M., Pigott, L., Olive, H. and Heaslip, V., 2019. Better Together – A Day Hospital's move towards Inte-grated care. *International Journal of Therapy and Rehabilitation*.
- Choi, S., Yuen, H.M., Annan, R., Monroy-Valle, M., Pickup, T., Aduku, N.E.L., Pulman, A., Sermeño, C.E.P., Jack-son, A.A. and Ashworth, A., 2019. Improved care and survival in severe malnutrition through eLearning. *Ar-chives of Disease in Childhood*.
- East, L., Heaslip, V. and Jackson, D., 2019. The symbiotic relationship of vulnerability and resilience in Nurs-ing. *Contemporary Nurse: a Journal for the Australian Nursing Profession*.
- Ellis-Hill, C. et al., 2019. HeART of Stroke: Randomised controlled, parallel-Arm, feasibility study of a commu-nity-based arts and health intervention plus usual care compared with usual care to increase psychological well-being in people following a stroke. *BMJ Open*, 9 (3).
- Ersser, S.J., Effah, A., Dyson, J., Kellar, I., Thomas, S., McNichol, E., Caperon, E., Hewitt, C. and Muinonen-Martin, A.J., 2019. Effectiveness of interventions to support the early detection of skin cancer through skin self-examination: a systematic review and meta-analysis. *British Journal of Dermatology*, 180 (6), 1339-1347.
- Gay, M.C., Baker, R., Vrignaud, P., Thomas, P., Heinzlef, O., Haag, P., Banovic, I. and Thomas, S., 2019. Cross-cultural validation of a French version of the Emotional Processing Scale (EPS-25). *Revue Européenne de Psy-chologie Appliquée*, 69 (3), 91-99.
- Heaslip, V. and Nadaf, C., 2019. Negative workplace behaviour: Nurses' power games, blame culture and inci-vility - Why nurses do not care for each other. *Evidence-Based Nursing*.
- Heaslip, V. and Serrant, L., 2019. Research Readiness: A Core aspect of fitness for practice? *Nurse Education Today*.
- Heaslip, V., Vanceulebroeck, V., Kalkan, I., Kömürçü, N. and Solanas, I.A., 2019. Student nurse perceptions of Gypsy Roma Travellers; A European qualitative study. *Nurse Education Today*, 82, 1-7.
- Heaslip, V., Wilson, D. and Jackson, D., 2019. Are Gypsy Roma Traveller communities indigenous and would identification as such better address their public health needs? *Public Health*.
- Huober, J., Hickish, T. et al., 2019. Survival outcomes of the NeoALTTO study (BIG 1-06): updated results of a randomised multicenter phase III neoadjuvant clinical trial in patients with HER2-positive primary breast can-cer. *European Journal of Cancer*, 118, 169-177.
- Kurzrock, R., Hickish, T., Wyrwicz, L., Saunders, M., Wu, Q., Stecher, M., Mohanty, P., Dinarello, C.A. and Simard, J., 2019. Interleukin-1 receptor antagonist levels predict favorable outcome after bermekimab, a first-in-class true human interleukin-1 $\alpha$  antibody, in a phase III randomized study of advanced colorectal cancer. *Oncolm-munology*, 8 (3).
- Odell, J., Clark, C., Hunnisett, A., Ahmed, O.H. and Branney, J., 2019. Manual therapy for chronic migraine: A pragmatic randomised controlled trial study protocol. *Chiropractic and Manual Therapies*, 27 (1).
- Primrose, J.N., Hickish, T. et al., 2019. Capecitabine compared with observation in resected biliary tract cancer (BILCAP): a randomised, controlled, multicentre, phase 3 study. *The Lancet Oncology*, 20 (5), 663-673.
- Raco, M., Burdett, T. and Heaslip, V., 2019. Exploring an integrated palliative care model for older people: An integrative review. *Journal of Integrated Care*.

## Publications continued...

- Regmi, P., van Teijlingen, E., Mahato, P., Aryal, N., Jadhav, N., Simkhada, P., Zahiruddin, Q.S. and Gaidhane, A., 2019. The Health of Nepali Migrants in India: A Qualitative Study of Lifestyles and Risks. *International Journal of Environmental Research and Public Health*, 16 (19)
- Rosser, E., Scammell, J., Heaslip, V., White, S., Phillips, J., Cooper, K., Donaldson, I. and Hemingway, A., 2019. Caring values in undergraduate nurse students: a qualitative longitudinal study. *Nurse Education Today*.
- Saleem, M., Burdett, T. and Heaslip, V., 2019. Health and social impacts of open defecation on women: a systematic review. *BMC Public Health*, 19.
- Thomas, S. et al., 2019. Digitizing a face-to-face group fatigue management program: Exploring the views of people with multiple sclerosis and health care professionals via consultation groups and interviews. *Journal of Medical Internet Research*, 21 (5).
- Wolfensberger, P., Hahn, S., van Teijlingen, E. and Thomas, S., 2019. Uncertainty in illness among people living with mental ill health - a mental health nursing perspective. *British Journal of Mental Health Nursing*.
- Vahdaninia, M., Mackenzie, H., Dean, T. and Helps, S., 2019.  $\omega$ -3 LCPUFA supplementation during pregnancy and risk of allergic outcomes or sensitization in offspring: A systematic review and meta-analysis. *Annals of Allergy, Asthma and Immunology*, 122 (3), 302-313.e2
- van Teijlingen, E., Regmi, P., Adhikary, P., Aryal, N. and Simkhada, P., 2019. Interdisciplinary Research in Public Health: Not quite straightforward. *Health Prospect*, 18 (1), 4-7.

## Publications under review/accepted:

- Moss-Morris R, Harrison AM, Safari R, Norton S, van der Linden ML, Picariello F, Thomas S, White C, Mercer T. Which behavioural and exercise interventions targeting fatigue show the most promise in multiple sclerosis? A systematic review with narrative synthesis and meta-analysis BRAT (accepted)
- Nyman SR, Ingram W, Sanders J, Thomas P, Thomas S, Vassallo M, Raftery J, Bibi I, Barrado-Martín Y. Randomised controlled trial of the effect of Tai Chi on postural balance of people with dementia. *Clin Interv Aging* (accepted)

## Books:

- Heaslip, V., 2019. *Research and Evidence-Based Practice For Nursing, Health and Social Care Students*.

## Chapters:

- Parker, J., Heaslip, V. and Ashencaen Crabtree, S., 2020. People in contact with criminal justice systems participating in service redesign: Vulnerable citizens or democratic partners? In: Hean, S., Johnsen, B. and Kloetzer, L., eds. *People in contact with criminal justice systems participating in service redesign: Vulnerable citizens or democratic partners?*. Palgrave Macmillan
- 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:

- Cidon, E.U., Alonso, P., Hickish, T., Tyler, I. and Goulbome, S., 2019. Preventing oral mucositis by using its chronology in prior cycle and a special mouthwash.
- Heaslip, V. and Serrant, L., 2019. Research readiness: A core aspect of fitness for practice? 32-34.
- Paglioni, M., Ellis-Hill, C., Board, M., Branney, J. and Valentine, J., 2019. Exploring the experience of older people who attend a hospital Accident and Emergency Department and the ways in which having an Intentional Compassionate Communication Intervention (ICCI) may affect this experience. In: *The British Society of Gerontology 48th Annual Conference 10-12 July 2019 University of Liverpool*.
- Pulman, A., Thomas, P., Jiang, N., Dogan, H., Pretty, K., Passmore, D., Fairbanks, B. and Thomas, S., 2019. Developing a FACETS digital toolkit. In: *MS Frontiers 2019*.

## Conferences continued...

- Rolfe, U., 2019. How paramedics manage patients experiencing mental health issues - an study using ethnographic methods. In: *Symposium on blue light mental health emergencies* 6 February 2019 University of Brighton.
- 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
- Tee, S., Scammell, J., Docherty, S., Collard, S. and Higgins, S., 2019. Support4Nurses: NHS Acute Hospital Trust and local University partnership to improve the retention of registered nurses. In: *Networking for Education in Healthcare NET2019* 3-5 September 2019 Keele University.
- van Kessel, K., Babbage, D., Kersten, P., Thomas, P., Thomas, S., Sezier, A. and Drown, J., 2019. MS Energise: A Mobile Fatigue Management Application. In: *International Society for Research on Internet Interventions ISRII: The next generation* 13-15 February 2019 Auckland, New Zealand.

## Grants — 2019

- Taylor G, Barton A, Blair P, Cabral C, Green C, Greenwood R, Hapeshi J, Hollingworth W, Powell R, Smith P, Thomas, P, Thomas S. Project. Research Design Service South West *National Institute for Health Research* 2018 -2023 £5,200,000 (£523k to BU)
- CLEAT led by ORI £349,937
- Powell, A. Active Ageing Pathway Evaluation. Active Dorset (via Sport England grant) £37,500.
- Branney, J - Whiplash and movement of cervical spine, Royal College of Chiropractors £ 41,413

### 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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