

Newsletter, 2019

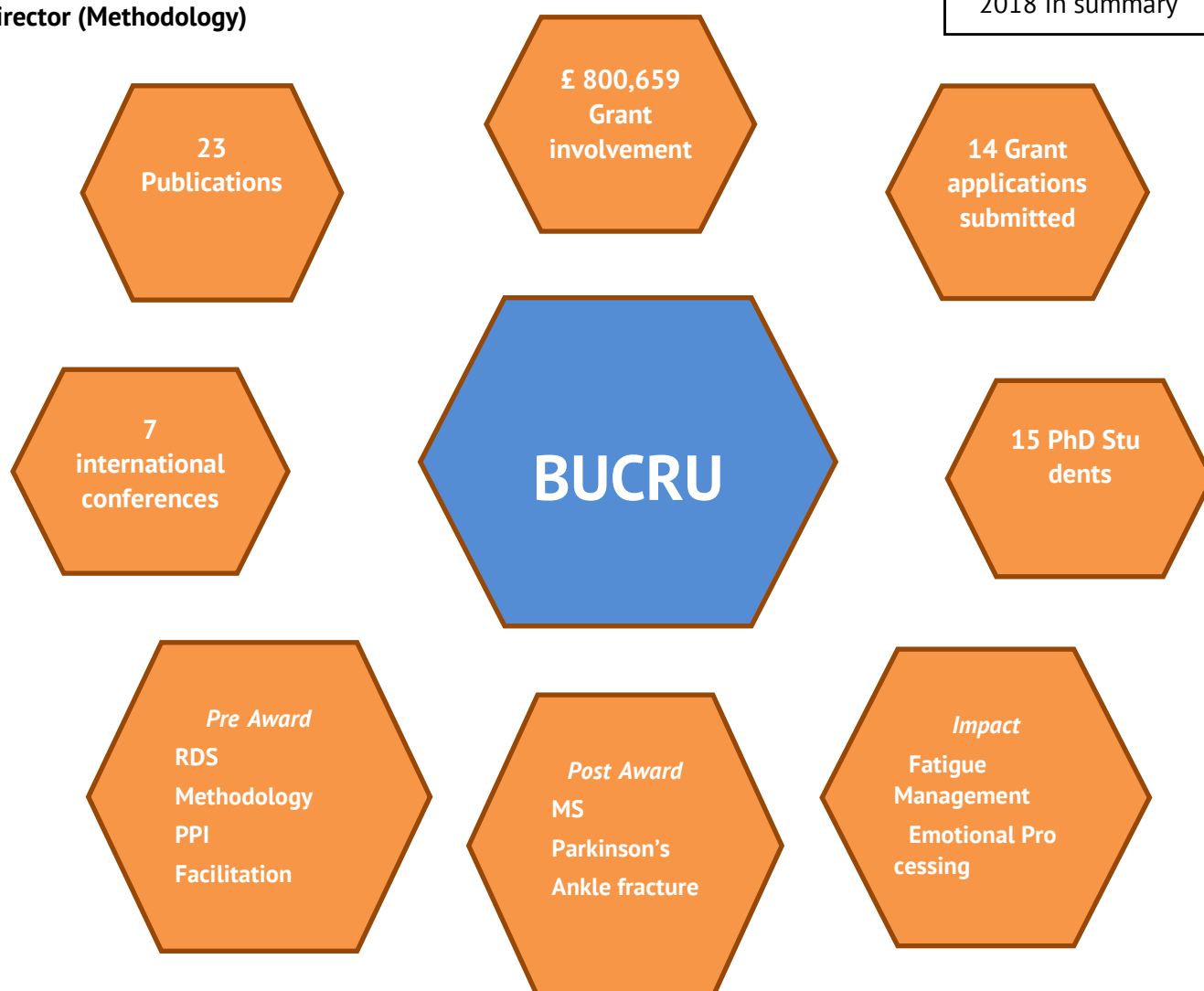
No. 5

Welcome

Bournemouth University is continuing its trajectory of growing research in the medical sciences and from September BUCRU is part of the new Department of Medical Sciences and Public Health. I hope that this will help forge new and exciting collaborative projects with colleagues in the Department and the local health services. However we are also keen to continue developing collaborations across Departments, Faculties and with the people working in the health and social care sector. Indeed our NIHR Research Design Service (RDS) support is open to everyone conducting health and social care related research. Specifically this support is funded by the National Institute for Health Research (NIHR) to provide help to those preparing grant applications to national peer-reviewed funding competitions, such as run by NIHR, many charities and the research councils. Help can be provided on aspects such as refining the research question, designing a research study, research methods (qualitative and quantitative), involving patients and public and identifying potential academic, clinical and lay collaborators. Further details can be found at www.rds-sw.nihr.ac.uk

Professor Peter Thomas
Director (Methodology)

2018 in summary



News

MSc Clinical Research programme

The MSc will give healthcare professionals the opportunity to develop the skills necessary to design, carry out and report a research study that is clinically applicable, scientifically sound and relevant to patients. For more information please visit the BU website:

www.bournemouth.ac.uk/study/courses/msc-clinical-research

Events

NIHR Grant Applications – Seminar and Support event



Are you planning to submit a grant application to NIHR? RDS SW hold one-day events several times a year aimed at helping you to improve your chances of success. It is separated into a morning session open to anyone to come and listen to RDS advisers give presentations on what makes a good grant proposal. And an afternoon session offering support in the form of one-to-one appointments for those who would like to discuss their own proposal with an RDS adviser.

Please see www.rds-sw.nihr.ac.uk/events.htm for all upcoming RDS events.

RDS Residential Research Retreat

The Residential Research Retreat provides protected time with expert coaching and support for you to develop your research proposal to the standard required to be competitive in seeking high quality research funding. Check the RDS [events](#) page for future dates.

RDS Project Review Committee

The RDS SW Project Review Committee provides an excellent opportunity for researchers to obtain a critical review of a proposed grant application before it is sent to a funding body. The committee brings the benefit of seeing the proposal with “fresh eyes”, replicating as far as possible the way the real funding committee will consider an application. Committee members include senior research consultants who have considerable experience of obtaining research funding, resulting in comprehensive comments and advice.

BUCRU Research programme update

In addition to supporting projects led by colleagues in the University and the NHS, BUCRU also has its own programme of research focussing on complex interventions and long-term conditions.

The Active Ageing Pathway Evaluation

The Active Ageing Pathway Evaluation is a collaborative project between the Bournemouth University Clinical Research Unit (BUCRU) and Active Dorset, and is funded by Sport England. It commenced in November 2018, and will conclude in April 2021.

The Active Ageing Pathway is a novel physical activity intervention that was designed by Active Dorset to help reduce the number of inactive older adults in Dorset, through removing the numerous barriers to physical activity participation, and bringing together the various services that Dorset residents already have access to, into one streamlined system. The goal of the pathway is to make it more straightforward, achievable and sustainable to start and then maintain an active lifestyle.

A trial implementation of the Active Ageing Pathway will run in Dorset between March 2018 and February 2021, and the objective of the Active Ageing Pathway Evaluation project, and the work to be carried out by the BUCRU research team, is therefore to explore the mechanisms by which the Active Ageing Pathway might facilitate physical activity behaviour change.

Qualitative research will be carried out by the BUCRU research team to achieve the above objective, in the form of interviews and questionnaires with individuals that pass through the Active Ageing Pathway, at different stages of their 'pathway journey'. Secondary research activities will include the systematic application of a theoretical behaviour change framework to the Active Ageing Pathway in order to underpin its design with an empirical foundation and aid the development of the interview and questionnaire topic guides, and patient and public involvement (PPI) consultation on the suitability of proposed research protocols.

Fatigue in Multiple Sclerosis (MS):

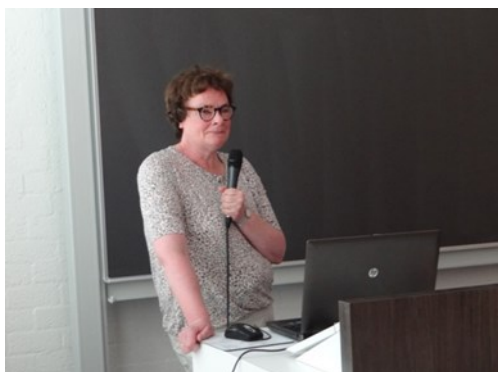


Last year Sarah Thomas was invited to teach as part of a Fatigue Management Educational Course at the Annual Rehabilitation in Multiple Sclerosis (RIMS) conference that was held in Amsterdam. Dr Helen Beckerman coordinated the course as well as being one of the contributors. The four hour interactive course was delivered by an international and multi-disciplinary team with a wealth of expertise in the research and treatment of fatigue in multiple sclerosis (MS).

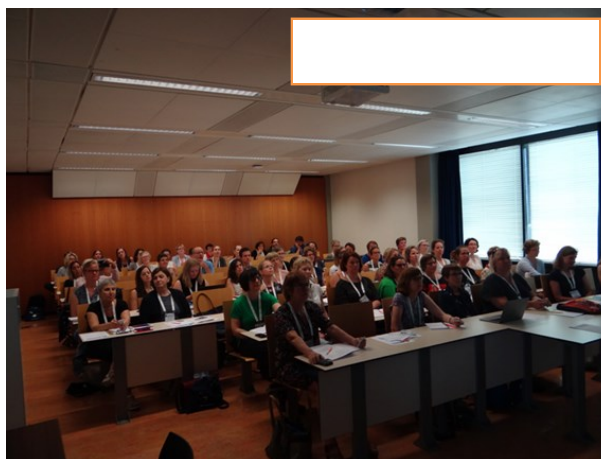
In addition to Sarah (research psychologist), the lecturers included Isaline Eijssen (occupational therapist), Marieke Houniet (clinical psychologist), Jetty van Meeteren (rehabilitation physician), Jana Pöttgen (neuropsychologist) and Heleen Beckerman (clinical epidemiologist).

The teaching course was aimed at health care professionals who wanted to find out about the state of the art of research on the effectiveness of fatigue management in MS and to consider how to apply current evidence to their clinical practice. Sarah spoke about the evidence base for FACETS, an MS fatigue management programme she and colleagues have developed, that is becoming a global resource: www.bournemouth.ac.uk/research/projects/ms-research-bournemouth-university

The fully subscribed course included attendees from a wide range of disciplines (occupational therapists, physiotherapists, rehabilitation physicians, psychologists, neuropsychologists, social workers, neurologists, nurses). The course stimulated lively inter-professional debates and discussion about the measurement and treatment of fatigue in MS.



Dr Helen Beckerman introducing the workshop



Emotional Processing

More collaborations and more translations, now including Urdu. Please follow progress on our Emotional Processing Research work here: www.bournemouth.ac.uk/research/projects/emotional-processing

Spotlight — Andy Powell



I am a Clinical Research Coordinator within the Bournemouth University Clinical Research Unit. The primary purpose of my role is to create a seamless link between academics at BU and those in the NHS, primary care, public health and social care (and sometimes individuals or businesses in the private sector), to enable high quality, pragmatic, inter-professional and inter-disciplinary health research to take place. I help to build research teams, and support them to develop project plans and construct bids for funding.

I have a background in both Psychology and Sports Science, and settled in academia during my previous role as a Research Associate at Kingston University and St George's University of London. I joined

Bournemouth University in January 2017.

Part of my time is spent conducting research. In April 2018, I was awarded my first research grant, by Active Dorset (via Sport England funding), to perform an exploratory evaluation of a novel physical activity pathway designed to help reduce the number of inactive older adults in Dorset. The project began in November 2018, and will run until April 2021.

I am also a member of the 'Making TRACS to Improve Nurse Retention' project team. Funded by the Burdett Trust for Nursing, this project seeks to answer the question of whether the retention rate of registered nursing staff at Royal Bournemouth Hospital can be improved through the collaborative development and use of an evidence-based nurse retention model. This project began in June 2017, and will run until September 2019.

Arrivals

A warm welcome to more members of staff at BU who have joined our research centre:

Dr Nirmal Aryal and Dr Jonny Branney.

BUCRU 2018 Publications

- Allen, S., **Khattab, A.**, Vassallo, M. and Kwan, J., 2018. Inflammation and muscle weakness in COPD: Considering a renewed role for Theophylline? *Current Respiratory Medicine Reviews*, 14 (1), 35-41.
- **Branney, J.** and Priego-Hernández, J., 2018. A mixed methods evaluation of team-based learning for applied pathophysiology in undergraduate nursing education. *Nurse Education Today*, 61, 127-133.
- Brooks, A., **Heaslip, V.**, 2018 Sex Trafficking and Sex Tourism in a Globalised World. *Tourism Review* (accepted for publication)
- Choi, S., **Pulman, A.** et al., 2018. Effectiveness of the malnutrition eLearning course for global capacity building in the management of malnutrition: Cross-Country interrupted time-Series study. *Journal of Medical Internet Research*, 20 (10)
- Cidon, E.U., Martinez, P.A. and **Hickish, T.**, 2018. Gemcitabine-induced haemolytic uremic syndrome, although infrequent, can it be prevented: A case report and review of literatureN. *World Journal of Clinical Cases*, 6 (12), 531-537
- Eccles, S., Hutchings, M., Hunt, C., **Heaslip, V.**, Risk and Stigma: Students' perceptions and disclosure of 'disability' in Higher Education submitted to *Journal of Widening Participation and Lifelong Learning* (in press)
- Ersser, S.J., Effah, A., Dyson, J., Kellar, I., **Thomas, S.**, McNichol, E., Caperon, E., Hewitt, C. and Muinonen-Martin, A.J., 2018. Effectiveness of interventions to support the early detection of skin cancer through skin self-examination: a systematic review and meta-analysis. *Br J Dermatol*.
- **Heaslip, V.**, Diversity and culture; threads in a golden tapestry which nurses have the privilege to enact and the responsibility to preserve. *Journal of Clinical Nursing* 2018; 1-2
- Hulme, K., Safari, R., **Thomas, S.**, Mercer, T., White, C., Linden, M.V. and Moss-Morris, R., 2018. Fatigue interventions in long term, physical health conditions: A scoping review of systematic reviews. *PLoS ONE*, 13 (10)
- Iveson, T.J., **Hickish, T.** et al., 2018. 3 versus 6 months of adjuvant oxaliplatin-fluoropyrimidine combination therapy for colorectal cancer (SCOT): an international, randomised, phase 3, non-inferiority trial. *The Lancet Oncology*, 19 (4), 562-578.
- Jack, E. and **Jadzinski, M.**, 2018. An innovation in mental health specialty placements. *Journal of Paramedic Practice*, 10 (1), 24-30.
- Lam, S., **Docherty, S.** and Taylor, J.E., 2018. Addressing prescription discrepancies in renal patients: A prospective audit. *Journal of the Royal College of Physicians of Edinburgh*, 48 (1), 16-19.

BUCRU 2018 Publications

- Miller, J.K., McDougall, S., **Thomas, S.** and Wiener, J., 2017. The Impact of the Brain-Derived Neurotrophic Factor Gene on Trauma and Spatial Processing. *J Clin Med*, 6 (12).
- Nyman, S.R., Hayward, C., Ingram, W., **Thomas, P., Thomas, S.**, Vassallo, M., Raftery, J. and **Allen, H.**, 2018. A randomised controlled trial comparing the effectiveness of Tai Chi alongside usual care with usual care alone on the postural balance of community-dwelling people with dementia: Protocol for The TACIT Trial (TAi Chi for people with dementia). *BMC Geriatrics*
- Pritchard, C., Williams, R., **Hickish, T.** and Wallace, M., 2018. A Population-Based Study Comparing Child (0-4) and Adult (55-74) Mortality, GDP-Expenditure on-Health and Relative Poverty in the UK and Developed Countries 1989-2014. Some Challenging Outcomes. *Archives of Community Medicine and Public Health*, 3 (2), 77-84
- Razzak, R.A., Alshaiji, A.F., Qareeballa, A.A., Mohamed, M.W., Bagust, J. and **Docherty, S.**, 2018. High-normal blood glucose levels may be associated with decreased spatial perception in young healthy adults. *PLOS ONE*, 13 (6).
- Razzak, R.A., Mohamed, M.W., Alshaiji, A.F., Qareeballa, A.A., Bagust, J. and **Docherty, S.**, 2018. Is spatial orientation affected by Ramadan fasting? *Nutrition and Food Science*.
- Robles-Zurita, J., **Hickish, T.** et al., 2018. SCOT: a comparison of cost-effectiveness from a large randomised phase III trial of two durations of adjuvant Oxaliplatin combination chemotherapy for colorectal cancer. *British Journal of Cancer*
- Schneeweiss, A., Chia, S., **Hickish, T.**, Harvey, V., Eniu, A., Waldron-Lynch, M., Eng-Wong, J., Kirk, S. and Cortés, J., 2018. Long-term efficacy analysis of the randomised, phase II TRYPHAENA cardiac safety study: Evaluating pertuzumab and trastuzumab plus standard neoadjuvant anthracycline-containing and anthracycline-free chemotherapy regimens in patients with HER2-positive early breast cancer. *European Journal of Cancer*, 89, 27-35.
- **Vahdaninia, M.**, Mackenzie, H., Dean, T. and Helps, S., 2018. The effectiveness of ω -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*.
- Wilson, D., **Heaslip, V.**, Jackson, D., 2018. Improving Equity and Cultural Responsiveness with Marginalised Communities. *Journal of Clinical Nursing* Jun 05 Date of Electronic Publication: 2018 Jun 05.

Book Chapters:

- Darvill, T. **Heaslip, V.** & Barrass, K., 2018. Heritage and well-being: Therapeutic places past and present. In K. Galvin (ed), *A handbook of well-being*. Abingdon: Routledge.
- Rolfe, U. 2018. Paediatric trauma. In *Pediatric Education for prehospital professionals*, revised UK edition. Bridgwater: Jones and Bartlett.

Collaborative Grants won in 2018

- October 2018 – 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 Title:** Research Design Service South West **Funder:** National Institute for Health Research **Amount:** £5,200,000
- April 2018 – Powell, A **Project Title:** Active Ageing Pathway Evaluation **Funder:** Active Dorset (via Sport England grant) **Amount:** £37,500 (all to BU)
- April 2018 – Hawton, A., Goodwin, L., Green, C., Boddy, K., Freeman, J., Thomas, S., Chataway, J. **Project Title:** Ensuring effective treatments are available to people with Multiple Sclerosis: addressing the value for money issue. **Funder:** MS Society: Amount £159,590
- January 2018 – Aryal, N **Project Title:** Mental health of female spouses of Nepalese labour migrants **Funder:** Faculty of Health and Social Science, Bournemouth University. **Amount:** £9,967
- Jan 2018 – Van der Mei, I., Scott, J., Thomas, S., Sanderson, K., Honan, C., Thomas, P., Taylor, B. **Project Title:** Multiple Sclerosis (MS) WorkSmart program: A novel online program to assist people living with MS in the workforce **Funder:** IOOF. **Amount:** AUS\$300,000.

How can we help?

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
- ⇒ 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 Research Design Service.

Free initial discussion

We offer up to two hours of free research consultancy time to local NHS colleagues or businesses. We are keen to continue supporting the development of research and researchers in our locality. For larger projects a grant application is often needed to secure funding, and BUCRU (via the NIHR Research Design Service) can help with that. Sometimes a grant application isn't the right approach; for example, for new researchers, small projects, projects that have a primarily local focus, collection of feasibility or pilot data. In these situations we offer a “pay-as-you-go” service aimed at the NHS and the commercial sector in areas such as study design, quantitative methodology, statistics, patient and public involvement and general research know-how. We are now offering a free initial discussion - this is often enough time to provide sufficient advice to get a project started in the right direction or to get advice on data analysis. Please get in touch if you would like to take up this offer.

Contact details

Email: BUCRU@bournemouth.ac.uk **Tel:** 01202 961939

Web: www.bournemouth.ac.uk/bucru

Follow us on Twitter: @BU_CRU

If you would like us to come to your event, we would be happy to provide more information on what we can offer your team.

Welcome

Welcome to the 2019 edition of the CoPMRE newsletter. The University is experiencing an exciting and ambitious time as we embark on BU2025 and aspirations around Medical Sciences. CoPMRE is very much part of the strategic direction of the University and as from September we will form part of the new Department of Medical Sciences and Public Health in the Faculty of Health and Social Sciences. There is also a new Institute of Medical Imaging and Visualisation headed by Dr James Franklin, Radiologist. In January BU also welcomed our 5th Chancellor, Kate Adie, the distinguished broadcaster and writer.

Our Visiting Faculty continues to expand and we have recently welcomed the following members: Visiting Professor: Dr Alastair Hutchison, new Medical Director at Dorset County Hospital Foundation Trust; Visiting Fellows: Mr Salman Heydari, Dr Latha Vinayakarao, Dr Mark Tighe, Dr Helen Partridge and Dr Esther Una Cidon.

We are currently planning our Sixteenth Annual Symposium entitled Frailty: Enhancing Lives which will be held at the Executive Business Centre on Wednesday 9th October 2019. Please save the date!

Audrey Dixon, CoPMRE Manager



Events

Fifteenth Annual Symposium

In October we held our Fifteenth Annual Symposium entitled Globalisation and Healthcare: Opportunities and challenges which was opened by the BU's Deputy Vice Chancellor Professor Tim McIntyre-Bhatty. The overarching idea of the conference was to explore what a health and social care system could learn from abroad and what we here could contribute to overseas systems and the opportunities for research, education and commercial for BU and partners along societal benefits. Two inspirational keynote addresses were delivered by Ben Simms, CEO of Tropical Health Education Trust (THET) (www.thet.org) who spoke about the importance of developing long term trusted partnerships and Barb Jacobson, BIEN Co-ordinator (basicincome.org/) introduced us to Universal Basic Income (UBI).

Other speakers included Dr Waheed Arian, who regaled us with his moving personal journey from refugee to doctor and founder of Arian TeleHeal, a pioneering telemedicine charity which provides world-class healthcare advice to doctors in war-torn countries using social media and other everyday technology; John Acres, Co-ordinator of the Wessex Global Health Network (www.wessexghnetwork.org.uk); Toby Basey-Fisher, Co-Founder Entia Ltd (www.entia.co/) wowed us with a demonstration of Aptus, the world's first handheld portable device capable of rapidly calculating haematocrit and haemoglobin levels from a finger prick to quickly diagnose anaemia in patients around the globe.

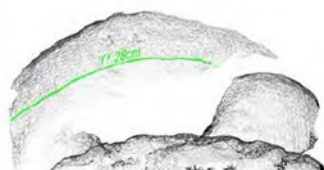
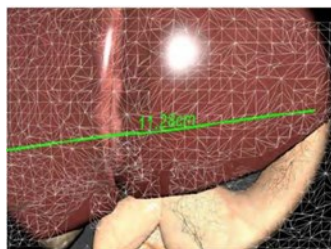
Haematocrit is the ratio of red blood cells to the total volume of blood; Dr Fleur Kitsell introduced us to the IGH (Improving Global Health) Programme which is a unique and innovative scheme run by the Thames Valley and Wessex Leadership Academy (TVWLA) and a showcase of case studies of the global health work being carried out by our Visiting Faculty and BU academics in Uganda, Mauritius, Nepal and the Indian subcontinent.



Winter Visiting Faculty Day

Twenty four colleagues attended the Visiting Faculty Morning on the 4th December 2018. Professor Kevin Turner updated us on his collaborative project with BU on The Impact of Adverse Events on Surgeons. This was followed by Mr Salman Heydari, Visiting Fellow and Dr Mona Seyed Esfahani who presented their BU collaborative research on Surgical Innovation Framework – case of Robotic Surgery to identify the communication pathway in the process of innovation adoption in NHS. Mr Guy Nash discussed his elegant study of referrals of patients with ‘painful piles’ and their management.

Professor Wen Tang, Director of Centre for Games Technology, wowed us with her work on augmented reality for image guided surgery. Professor Tang is looking for local healthcare professionals for collaborative work. The morning ended with a discussion of existing CoPMRE medical education programmes followed by networking over coffee and mince pies.



Education Update

Professional Skills in Medicine for FY2 Doctors

In September we welcomed a new cohort of trainees. Feedback shows that this unique programme is very much valued by trainees as it gives them an opportunity to discuss issues and cases in a safe environment away from the hospital setting.

Professional Development for Senior Doctors Programme

This year we have seen a surge of interest from newly appointed Consultants and GPs. The four day programme covers the themes of Education and Supervision, NHS Structure and Finances, Professionalism and Governance and Leadership and Motivation. The course is led by Dr Stephen Taylor and Dr Adam Fraser.

If you are a newly qualified consultant or GP and would like to know more about the course, please contact Audrey Dixon adixon@bournemouth.ac.uk.

Physician Associates Programme

The MSc Physician Associate Programme started in January 2019 with an intake of 20 students. This is an intensive two-year clinical course open to applicants with a first-degree in a health or science related subject. The next start date will be January 2020.

New appointment of Professor Jonathan Cole



Congratulations to Professor Jonathan Cole who has been elected chair of European Chapter of the International Federation of Clinical Neurophysiology and to the Executive of the IFCN itself.

He is the first British chair of European Clinic.

Publication – First of its kind on the global stage



Professor Sam Rowlands, CoPMRE (FHSS) and Jeffrey Wale, Centre for Conflict, Rule Of Law & Society (FMC) have published a paper '[Sterilisations at delivery or after childbirth: Addressing continuing abuses in the consent process](#)' in the international journal, Global Public Health.

This is the first output from an interdisciplinary and cross faculty research project addressing fertility control on the global stage. Specifically, the research examines the regulatory, ethical and medical issues associated with reversible and irreversible forms of fertility control. Future publications will address the use of State incentivised sterilisation in India and the promotion of long-acting reversible contraception.

Professor Rowlands has also recently published in The European Journal of Contraception & Reproductive Health Care entitled: **Legalised non-consensual sterilisation – eugenics put into practice before 1945, and the aftermath. Part 1: USA, Japan, Canada and Mexico.**

Read this historical look at involuntary/forced sterilisation [here](#)

New publication by our Visiting Professor from across the pond



David Kerr, Visiting Professor, CoPMRE and Director of Research and Innovation, Sansum Diabetes Research Institute, Santa Barbara has had a paper published in Diabetes Care entitled: Optimized insulin replacement and glucose monitoring underpinned by hypoglycemia-focused structured education should be provided to all with type 1 diabetes complicated by impaired awareness of hypoglycemia. See [here](#). Professor Kerr's recent publications are in the Digital Health space: www.ncbi.nlm.nih.gov/pubmed/?term=Kerr+d+sansum

Dr Kerr would be especially interested in collaborating with FHSS in the area of Digital Health. His other interests are in the area of underserved populations in the US (using Latino families as the model) and diabetes. See: www.Latinodiabetes.net and www.MilFamilias.com. If you are interested in collaborating with Dr Kerr please contact [Audrey Dixon](#).

Professor Kerr has also been assisting Professor Dimitrios Buhalis from the Faculty of Management with patient recruitment for his research on Travelling with diabetes by reaching out to the diabetes on-line community.

Visiting Associate, Richard Dolan receives Smart City UK Award for work with dementia patients



Tricuro, a local authority trading company, were recognized at the Smart City Award ceremony for their 'virtual beach' project which utilizes virtual reality to engage patients with dementia or physical impairments. Scooping the health award, Richard Dolan, Innovation & Technology Manager and Visiting Associate at BU said:

"The power of VR to connect people to human experiences is vast, and our project has been about just that – the use of VR and immersive technology as a tool to create meaningful human experiences that make a difference to people's lives, that enable us to better understand the person, their life, and how we can connect that person to something that gives them an experience that is truly person centred."

Professor Gary Smith

A group from BU (Gary Smith, Richard Isaacs, Vanora Hundley, Mike Wee, Edwin van Teijlingen, Lisa Gale-Andrews and Debra Bick) had another paper published regarding the detection of clinical deterioration in pregnant mothers. The paper "Design errors in vital sign charts used in consultant-led maternity units in the United Kingdom" is published in the International Journal of Obstetric Anesthesia www.sciencedirect.com/science/article/pii/S0959289X18303820 or via eprints.bournemouth.ac.uk/32051/.

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