

Excellence in health and social care research.



CHSS
University of Kent



NEWSLETTER

Spring 2023

CHSS Newsletter features research news from the University of Kent Centre for Health Services. This issue brings news of an exciting research partnership between Medway Council and the University. Medway Health Determinants Research Collaboration (HDRC) will build evidence to help the Council tackle health inequalities. CHSS Professor of Public Health Lindsay Forbes heads the University HDRC team.

To subscribe and view past issues, visit our website.



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News and events

CHSS advises Government on potential health impact from leaded aviation fuel

A local community group's approach to CHSS for advice on potential impact of lead in aviation fuel, began a project that led to CHSS giving expert comment to the Government.

The "Chocks-Go-Away" group at Little Mongeham, Deal asked CHSS to comment on proposed construction of a general aviation airport (one for small propeller planes typically used for leisure flying). They had concerns about residents' health after one of the group found a US study examining blood lead levels of children living around airports.

Piston-engined aircraft still use leaded fuel at 0.56g per litre, which is exhausted by the aircraft when the fuel is burned. Planes are low to the ground when taking off and landing, so the lead falls to the ground, accumulating around airports and building up in the soil. The lead is re-suspended in the air during dry periods.

Children breathing in this suspension or licking fingers after playing in the garden, causes ingestion of significant lead quantities.

CHSS' Dr Ashley Mills and Professor Stephen Peckham discovered that nobody had looked at this issue in the UK. They set out to remedy that, analysing the composition of the UK aviation fleet and its suitability for unleaded fuel use. They calculated the number of houses at risk of exposure to lead from UK general aviation airports.

They found that most fuel used is leaded, approximately 10 tonnes of lead is exhausted by small planes each year, with around 370,632 residences at risk of exposure to harmful levels. They also discovered that the *National Atmospheric Emissions Inventory's* figure for lead in aviation fuel was underestimating the actual content of 0.56g per litre by a factor of 14,000.

Ashley and Stephen then commented on the planning application and published an article on lead exposure from UK general aviation emissions in *Public Health Challenges*. Press articles appeared in *Bloomberg*, *Telegraph* and *Flyer Magazine*.

The Government's Open Innovation Group subsequently asked Ashley to provide expert comment on the environmental impact of lead in aviation fuel. He has also featured in an ITV Meridian News segment.



CHSS Annual Lecture – new date!

18:00-19:30, Wednesday 26 April 2023

Colyer-Fergusson Hall, University of Kent, Canterbury

We are delighted to announce a new date for the CHSS Annual Lecture which was regrettably postponed in October last year.

The event is open to all but booking will be required for catering purposes, as there will be a welcome reception at 17:30 in the foyer outside the Colyer-Fergusson.

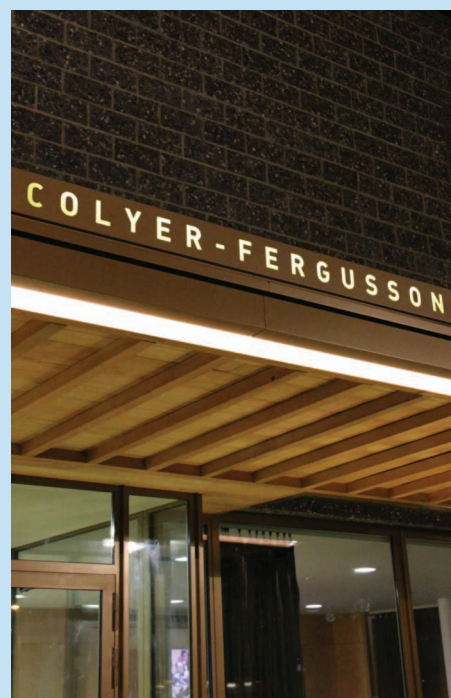
75 years on – can the NHS deliver or is it in terminal decline?

Niall Dickson CBE, Chairman, East Kent Hospitals University NHS Foundation Trust

Niall Dickson will be drawing on his long-time relationship with the NHS as BBC reporter, Director of the Kings Fund, heading the GMC and NHS Confederation – and now as chair of EKHUFT. He considers the prospects for the



NHS as it learns to live with Covid, faces unprecedented demand, struggles with tighter budgets and grapples with a new set of institutions committed to making health and care integration work.



Research Champions – funded places available

- Are you interested in developing research ideas in your speciality?
- Are you willing to work towards improving practice in your field?
- Would you like the opportunity to do this with funded support?

After four successful years, Kent Community Health NHS Foundation Trust (KCHFT), working in partnership with CHSS, University of Kent is providing the opportunity for you to develop your research capabilities through the Research Champions Programme.

The programme provides practitioners with an opportunity to develop their own evidence-based practice, identify recommendations for clinical practice and/or service improvement, and highlight areas for future research. Applicants do not need previous research experience.

There are **ten funded places for non-medical, patient-facing KCHFT Staff** and **six for local participating organisations****. Backfill costs are provided by the employing organisation to enable Champions to study approximately two days/month over the academic year. The programme is suitable to those who want to increase their skills in addressing clinical practice questions, aligned to organisational/clinical priorities. Champions undertake workshops and research experience opportunities with support from an academic supervisor and clinical mentor.

**** External places require funding from the individual's employing organisation.**

Champions can choose to apply for 15 Level 7 (Masters) credits by submitting a literature review and poster abstract. Previous Champions have gone on to complete master's degrees, NIHR Integrated Clinical Academic Programme internships, submit funding bids and present their work at local and national conferences.

"I am loving the Research Champion Programme! An amazing opportunity to meet other healthcare professionals with a similar interest in research. From day one it was obvious that I was going to get a serious mental workout..." Former student

Eligibility

You must be:

- a health or social care professional employed in a clinical, patient-facing role
- have an employment contract with the employing organisation for the programme's duration.

Further information and application form: email [Dr V Abrahamson](mailto:Dr.V.Abrahamson@kchft.nhs.uk) or [Bethany Baldock, R&D Manager, KCHFT](mailto:Bethany.Baldock@kchft.nhs.uk).

More information on KCHFT research activities: [Research, Kent Community Health NHS Foundation Trust \(kentchft.nhs.uk\)](https://www.kentchft.nhs.uk/research)



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Care In a New Climate (CINC) – studying social care workforce innovation



CHSS' collaboration with the Centre for Care is now under way, working to produce evidence to address challenges facing the social care sector. These include rising demand, inequality of access to services and growing pressures on the workforce.

The Centre, funded over five years by the Economic and Social Research Council (ESRC) and the National Institute for Health and Care Research (NIHR), involves five universities.

As part of a research group about change and the care workforce – **Care In a New Climate (CINC)** – **Serena Vicario** and **Nadia Brookes** of CHSS are conducting a programme of work focused on innovation – new ways of doing things – around people who deliver social care services. The work covers recruitment, well-being, technology, skills and job roles.

Serena and Nadia will identify extent and types of workforce innovation that have taken place, exploring in-depth issues around implementing them in local areas; conditions needed for them to happen, what difference they made and potential future developments. They will work closely with care workers, care providers and employers, commissioners (who plan and purchase care), people drawing on support and families/carers.

This national study will contribute to a wider debate about innovation in social care.

To find out more please contact:
Dr Serena Vicario: s.vicario@kent.ac.uk
Dr Nadia Brookes: n.k.brookes@kent.ac.uk



12 month programme commencing September 2023

Workshop 1

Workshop 2

Workshop 3

Workshop 4

KCHFT session

KCHFT session

KCHFT session

KCHFT session

Backfill: equivalent to 2 days a month for 12 months

Academic supervision and organisation based mentorship

Programme outline

New research partnership

Health Determinants Research Collaboration Medway – multi-million pound investment to put research at the heart of a healthier Medway

CHSS Professor of Public Health Lindsay Forbes is delighted to be leading the University team forming part of the [Health Determinants Research Collaboration \(HDRC\) Medway](#). This exciting partnership between Medway Council and the University aims to improve the health of the people of Medway through research.

Located on the North Kent coast, Medway has a population of almost 300,000 people living in the conurbation of five towns and surrounding rural areas.

Medway is much more deprived than the South East average and there is considerable inequality in health.

Medway Council and the University of Kent won funding from the [National Institute for Health and Care Research \(NIHR\)](#) for this partnership to tackle health inequalities through research. It is one of thirteen new partnerships of this kind across the UK and currently the only one in the South East region.

The HDRC will carry out high quality research to build the evidence of what works to improve and protect the health of the people of Medway, and bring more research evidence into Council decision-making.

// This is a wonderful opportunity to breathe life into Medway Council's hope of becoming an organisation that makes research evidence a key part of decision-making. //

Professor Lindsay Forbes
CHSS



Unlike NHS (National Health Service) organisations, councils are not currently set up to routinely use research evidence or carry out health research projects, despite their key role in determining the health of the people they serve. The vision is that Medway Council will have a culture of using and taking part in research to guide activities to improve people's health and wellbeing. Across the range of Council activities (such as highways, environment and schools), Council staff, Managers and Councillors will see health research as a key part of the council's remit, and deliver it as part of their roles.

The Collaboration will facilitate research to discover how to tackle key problems like poor mental health, unhealthy environments, substance misuse and obesity. This is important because the best opportunities to improve health and wellbeing lie within homes, streets, workplaces, schools, shops and other spaces where people live, work, study and play.



// This funding represents a substantial amount of money to develop ways to sustainably address health inequalities. We already work closely with the University of Kent and this research programme will build on our existing relationship to provide local people with better opportunities and outcomes. //

Cllr Alan Jarrett
Leader of Medway Council

Led by Medway's Deputy Director of Public Health, Dr David Whiting, the executive team includes a member of the public, Senior Council Officers and University Researchers. The team will implement sustainable ways to:

- make sure Council decision-making considers research evidence
- decide on areas of highest research priority for the Council
- support staff across a range of areas, providing training, time and information about research, enabling them to develop ideas and plans with University researchers
- put the public at the heart of the HDRC – a public group working with the wider community will help to create plans, decide what areas need research to improve health, communicate results and evaluate the work done
- ensure that the Council has systems in place to apply for research funding, manage research budgets, monitor research and to complete it safely and ethically.



Council's hope of becoming an organisation that makes research evidence a key part of its decision-making and values its role in building evidence about what works to improve people's health.

'With this funding, Council staff, alongside the University and the people of Medway, will be empowered to test the cost-effectiveness of activities and develop new ways to deliver better value for council taxpayers, ultimately leading to better health for Medway people.'

Cllr David Brake, Medway Council's Portfolio Holder for Public Health, added:

'I am delighted that Medway has been chosen to be a Health Determinants Research Collaboration site by the National Institute for Health and Care Research. Medway's Public Health team already works hard to support residents all year round to achieve better health outcomes. By working collaboratively with the University of Kent to develop research expertise, we will be able to directly address and further meet the health needs of communities across Medway.'

Value for money

The Health Determinants Research Collaboration will allow Medway Council to be more effective in improving public health and wellbeing. It means that it can make the best use of public money to improve health and reduce health inequalities.



CHSS Professor of Public Health, Lindsay Forbes said: 'I feel privileged to be leading the University's part in developing the Medway Health Determinants Research Collaboration. It's a wonderful opportunity to breathe life into Medway

NIHR | Health Determinants Research Collaboration Medway

CHSS people

Dr Amanda Bates, CHSS Public Involvement Lead

'Nothing about us without us'



Chartered Psychologist Amanda, set up and manages the public advisory group CHSS Opening Doors to Research (ODRG). She works with service users and community groups to promote research involvement and co-

production. She is Senior Patient and Public Involvement Adviser for NIHR Research Design Service SE and Co-Chair of the University of Kent Disability Staff Network.

Tell us about your journey to CHSS

I grew up in Essex. I studied psychology for three years at the University of Sussex. After graduating I went travelling in Australia and New Zealand, then did an MSc Health Psychology at the University of West of England. In my twenties, health problems stopped me working for some time, but I volunteered for a disability rights organisation. It was the start of a lifelong passion for disability rights and service user involvement. My eyes were opened to the power of it. I also became involved with PPI (patient and public involvement) and the positive difference that research can make.

In 2007 I moved to Canterbury. I wanted a change from Essex. For two years I worked as Student Adviser at the University's School of Psychology. I loved meeting students but after two years it was time to move on. I wanted to study for a PhD too. When the opportunity came at CHSS for a PPI Officer role it spoke to me. It combined all the strands of my experience – a psychology background, my work for disability rights and charities like *Changing Faces* and *CLAPA (Cleft Lip and Palate Association)*, so it just felt right. I joined CHSS in 2009 and it was a great move.

Were you involved in research before joining CHSS?

I had been a research participant several times, so yes, with a service user's hat on. I could see research could be transformative and powerful, certainly in things like improving services for people with facial difference. My service user and research experiences have brought invitations to speak at national and European conferences which have been amazing. A highlight was the *European Cleft and Craniofacial Initiative for Equality in Care*.

How was your PhD experience?

I studied for a PhD in Applied Psychology, working part time in CHSS and more widely in the University as a mentor for disabled students. My PhD focused on children and young people with learning disabilities, and clefts, exploring their appearance self-perceptions, social experiences, and whether they felt involved in decisions about their NHS care. I spoke to 10-16 year olds in hospital and it was incredibly illuminating to hear their stories about school and their treatment. It was emotive and challenging but a real privilege.

Tell us about your experience as CHSS Public Involvement Lead

I advise CHSS researchers and students on how best to engage and involve service users in research. It covers everything from reviewing research protocols and recruitment strategies to disseminating results. Much of the role focuses on our brilliant Opening Doors to Research Group which I set up over six years ago. We have a great group of people from a variety of backgrounds. They use their knowledge and lived experience to work with CHSS to make sure our research is useful, relevant and of benefit to end users. It's been great to involve ODRG members in teaching on the NIHR Integrated Clinical Academic Programme (ICAP). They loved helping to deliver those sessions to students. One member told us her experience within the group had been 'life-changing'. It was fantastic to hear and shows that our work makes a difference.

I enjoy teaching in Medway on the Kent Business School MSc Healthcare Management and I am PPI lead on several CHSS research projects. I am also supporting the project PPI leads within the Kent social care Research Partnership (KRP). I enjoy being Senior PPI Adviser for and being networked with the regional organisation of the NIHR Research Design Service South East.

Post-Covid, how can researchers keep the public engaged and involved in research?

They have to think about going out to people – not expecting people to come to them. They must break down 'ivory towers' type barriers between them and the community. It's really important to think about other ways to communicate with public that isn't just written – video, meeting people, events. We have a collective responsibility to improve the accessibility of what we do. *Everyone* has the right to be involved in research that directly or indirectly affects them.

What are your hopes for your future work?

I hope to continue to grow and diversify the ODRG group and work with them and our researchers to find innovative ways to make involvement happen – that benefits everyone. We have made good progress to increase the group's accessibility and diversity but there is always more that can be done. More personally, I'd like to go back to mentoring again sometime but things are busy right now!

How has living with multiple health conditions influenced your career choice?

I doubt I would be doing this job without the experience of living with multiple long term conditions including cleft lip and palate and other facial difference. I've volunteered for CLAPA and Changing Faces since my twenties – they are specific charities which don't get a lot of publicity. They do great work so I enjoy helping by getting the word out via the media and through ambassadorial activities.

What is your research passion? If you were a researcher and could do anything, what would it be?

I would like to continue my PhD work, looking at disabled people's needs and treatment in hospital and outpatient settings and how we improve health care practitioners' attitudes, to break down barriers and improve services.

Outside work what do you enjoy?

I love yoga and the cinema. Music-wise I'm an old-school 90s indie chick! I really enjoyed that time. I love socialising but am an avid reader. I belong to two book groups; one through the University of Kent Disability Network as I am Co-Chair of the Staff DSN. I am also part of a Canterbury-based book group, and I'm going on holiday with them this year to Jersey!

Where are the best places you've travelled to?

Highlights are Wanaka in New Zealand – stunning scenery and lovely people, and the Canadian Rockies – incredible!

Tell us something interesting

I was photographed by Rankin in designer clothes to promote diversity in the fashion industry and featured in a piece by Rankin called *'What is Human Beauty?'* A million miles away from the day job, so an unusual but fun and empowering experience. And I once jumped out of an aeroplane at 12,000 feet!

Find out more about CHSS staff at kent.ac.uk/chss/staff

Publications

Featured Publication

The OPEL Hospice at Home study – what works best, for whom and in what circumstances?

When the time comes, many people prefer to die at home. A range of Hospice at Home (HAH) services in England exist to support individuals and their families in this. The OPEL study used realist methodology to find out what models of HAH services work best, for whom and in what circumstances. It was developed in partnership with public members including former carers with experience of hospice services. Professor Claire Butler led a CHSS team in collaboration with the University of Cambridge, University of Surrey, Oxford University Hospitals NHS Foundation Trust, Pilgrim's Hospice and the National Association for Hospice at Home.

Funded by the NIHR (National Institute for Health and Care Research), the OPEL evaluation had three phases. Phase one comprised a survey of HAH services in England. Phase two gathered and analysed qualitative and quantitative data from patients and their family/informal carers, service providers and commissioners across 12 study sites. Phase three included two national consensus workshops in Leeds and London.

The main outcome measured was patients' quality of dying and death. The study found that Hospice at Home services provided high-quality care likely to deliver 'a good death', usually in patients' stated preferred place. It identified features of different models that deliver optimum outcomes. Providers and commissioners can use these recommendations to improve HAH services and optimise care.

Dr Rasa Mikelyte has now won funding to translate important knowledge gained from this research. She will design, pilot and evaluate the implementation of an accessible, interactive online Hospice at Home Toolkit to optimise HAH care delivery for more diverse stakeholder groups. OPEL updates will feature in our next CHSS Newsletter.

Butler C, Wilson P, Abrahamson V, Mikelyte R et al (2022) *Optimum models of hospice at home services for end-of-life care in England: a realist-informed mixed-methods evaluation*. NIHR Health & Social Care Delivery Research 2022 10(24) Final Report. [Read the report here](#).



Optimum 'Hospice at Home' Services for End of Life Care

Other recent CHSS Publications

Cavallaro F, Kendall S, van der Meulen J, Kennedy E, Howarth E (2022) Evaluation of the real-world implementation of the Family Nurse Partnership in England: an observational cohort study using linked data from health, education, and children's social care. *International Journal of Population Data Science* 7 (3)

Roncaglia F, Bonvicini L, Kendall S, Panza C, Ferraroni M, Giorgi Rossi P (2022) Validation of the Italian version of the Tool to Measure Parenting Self-Efficacy questionnaire using data from an intervention study. *Child: Care, Health and Development* 49 (1) pp189-200

Hashem F, Marchand C, Peckham S, Peckham A (2022) What are the impacts of setting up new medical schools? A narrative review. *BMC Medical Education* 22:759

Fang Y, Soljak M, Tan S, Peckham S, Tan T, Smith H (2022) General Practitioners' views on retaining Singapore's primary care doctors: a cross-sectional survey and qualitative analysis *BMC Primary Care* 23, 168 (2022)

Mills A, Peckham S, (2022) Lead exposure from general aviation emissions in the UK: a review and call for action. *Public Health Challenges* (In press)

Bramwell D, Peckham S, Hotham S, Checkland K, Forbes L (2022) Evaluation of the introduction of QOF quality improvement modules in English general practice: Early findings from a rapid, qualitative exploration of implementation. *BMJ Open Quality* E-ISSN 2399-6641 (In press)

Coleman A, MacInnes J, Mikelyte R, Croke S, Allen P, Checkland K (2022) What makes a socially skilled leader? Findings from the implementation and operation of New Care Models (Vanguards) in England. *Journal of Health Organization and Management* ISSN 1477-7266

Webster L, Costafreda S G, Powell K, Livingston G (2022) How do care home staff use non-pharmacological strategies to manage sleep disturbances in residents with dementia: The SIESTA qualitative study. *PLoS ONE* E-ISSN 1932-6203

Voorhees J, Bailey S, Waterman H, Checkland K (2022) Advancing an understanding of access as 'human fit': A qualitative participatory case study in general practice. *British Journal of General Practice* ISSN 0960-1643

Hussein S, Towers A-M, Palmer S, Brookes N, Silarova B, Makela P (2022) Developing a Scale of Care Work-related Quality of Life (CWRQoL) for Long-Term Care workers in England. *International Journal of Environmental Research and Public Health* 19 (2). Article Number 945 ISSN 1660-4601 E-ISSN 1660-4601

Saloniki E-C, Turnpenny A, Collins G, Marchand C, Towers A-M, Hussein S (2022) Abuse and Wellbeing of Long-Term Care Workers in the COVID-19 Era: Evidence from the UK *Sustainability* 14 (15) Article Number 962 ISSN 2071-1050

Bates A, Hadlow J, Farmer C (2022) 'Tea, Technology and Me: a World Café approach to engage people with dementia and their carers about research priorities and policy development in digital technology and artificial intelligence'. *Research for All* 6 (1) 19

Edmondson A J, Borthwick R, Hughes E & Lucock M (2022) Using photovoice to understand and improve healthy lifestyles of people diagnosed with serious mental illness. *Journal of Psychiatric and Mental Health Nursing*, 00, 1-12. <https://doi.org/10.1111/jpm.12863>

Kitto S, Wondwossen Fantaye A, Davies N, McFadyen A, Rivera J, Birch I, Barr H, Fletcher S, Fournier K & Xyrichis A (2022) The evidence base for interprofessional education within health professions education: A protocol for an update review. *Journal of Interprofessional Care*, DOI: 10.1080/13561820.2022.2097651

Lacey A J, Young F L, Peckham S, Dacre J (2022) Expert panel: an innovative approach to evaluating government policy commitments in health and social care. *BMJ Innovations*

Dacre J, Francis R, Appleby J, Charlesworth A, Peckham S, Atkinson C, Hussein S, Leary A and Manthorpe J (2022) *The Health and Social Care Committee's Expert Panel: evaluation of the Government's commitments in the area of the Health and Social Care Workforce in England*. Third Special Report of Session 2022-23 HC112. London: House of Commons

Cavallaro FL, Gilbert R, Wijlaars LPMM, Kennedy E, Howarth E & Kendall S et al (2022) Characteristics of enrolment in an intensive home-visiting programme among eligible first-time adolescent mothers in England: a linked administrative data cohort study. *J Epidemiol Community Health* 76 (12) pp991-998

Staff news

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

Welcome new staff and students

As an expanding research centre, we are always pleased to welcome new members to our CHSS 'family'. Our most recent joiners are:



Oluwafemi Adewusi
PhD Student



Louise Law
NIHR ARC KSS Research
Administrator



Salmaan Ansari
ARC KSS PhD Student



Sharon Manship
Research Associate



Kat Frere-Smith
ARC KSS PhD Student



Sophie Rogers
PhD Student



Viktoriia Hrytsenko
Research Associate



Nick Smith
Research Fellow



Jolie Keemink
Research Associate

Congratulations

To **Rasa Mikeltie** who in September won Best Paper Award at the **13th Organisational Behaviour in Health Care Conference**, Birmingham, with CHSS colleagues **Julie MacInnes** and **Jenny Billings**. Well done!

Find out more about the CHSS team:
<https://research.kent.ac.uk/chss/our-staff>

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About CHSS

CHSS is a centre of research excellence carrying out 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](https://research.kent.ac.uk/chss/) for details of current and previous research and publications.

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