



CHSS research news  
Page 2



Recent events  
Page 4



Upcoming CHSS  
events  
Page 5



CHSS people  
Page 6

# Newsletter

**CHSS**  
University of Kent

Centre for Health Services Studies

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## CHSS Distinguished Visitor Lecture 2018

We are proud to announce that Dr Arvind Madan, Director of Primary Care and Deputy National Medical Director for NHS England will be the Distinguished Visitor delivering this year's CHSS Open Lecture in April at the University's Grimond Building, Canterbury campus.

He will provide insight into the Five Year Forward View and a vision of the future of Primary Care. The event is a must-attend for anyone involved in primary care and indeed all of us who have a stake in the future of NHS services.

*See page 5 for full details*



Excellence in health research

# CHSS research news

## CHSS evaluates 'OneCare' pilot



**CHSS has recently completed an evaluation of a seven-month pilot of 'OneCare' in Kent and Medway.**

OneCare is based on the Buurtzorg model of care founded in 2006 in the Netherlands by Jos de Blok. Buurtzorg translates as 'neighbourhood care'. It has expanded over the globe. The model incorporates a number of core principles:

- Buurtzorg nursing teams are autonomous and self-managing
- The teams are intentionally small and have a smaller number of patients than the average district nursing caseload
- The model provides holistic care and support, integrating health and social care
- The community-based teams (mainly nursing) deliver care with a high level of patient contact – Buurtzorg nurses aim to spend at least 60% of their time with patients
- The teams work closely with relatives, informal carers and voluntary agencies to ensure good communication and that the most appropriate person delivers the care.

One Care was trialled between May and November 2017. Led by Kent Community Health NHS Foundation Trust (KCHFT), it ran from one GP practice in Maidstone. The team accepted patient referrals from hospital, GPs, social care or other nursing teams. A dedicated coach supported team development and training. The pilot's overarching aims were:

- To improve patient experience of care at home
- To increase self-management of and engagement with health pathways
- To improve holistic assessment of patients
- To prevent deterioration or complications related to their condition.

Professor of Applied Health Research Jenny Billings was commissioned by the Trust to lead the CHSS evaluation team, which included Research Associate Gregory White and Research Assistant Dr Rasa Mikelyte. They conducted qualitative interviews with stakeholders, including the project steering group, patients, the One Care nursing team and Managers from KCHFT and Kent County Council.

The evaluation team were asked to feedback findings in respect of two main outcomes;

- 1 Implementation of a new model to improve the patient experience of care
- 2 Improved staff engagement and retention.

The Trust also asked them to identify 'active ingredients' for success, areas for improvement and to develop recommendations. The team are currently writing up their findings into the evaluation report.





# CHSS research news

## CHSS leads British team on international 'Becoming Breastfeeding Friendly' study



This exciting new project is part of the BBF programme: **Becoming Breastfeeding Friendly: A Guide to Global Scale-Up**. Dr Rafael Pérez-Escamilla leads this Yale University initiative; a collaborative international comparative study. World partners include the University of Ghana and the Universidad Iberoamericana. The project will identify concrete measures for each country to support, promote and protect breastfeeding, and sustainably increase national rates.

The project has been mainly funded through Yale University by The Family Larsson-Rosenquist Foundation, established in 2013 to promote exclusive breastfeeding to improve infant health around the world.



CHSS Professor of Community Nursing and Public Health Sally Kendall leads for Britain. The CHSS team is supporting the process of developing representative Country Committees of experts from Wales, England and Scotland. They will identify areas of strength and those requiring improvement, to make progress towards the project's goals.

The project centres on the BBF Gear Model, a whole systems approach identifying eight gears that must work in harmony to achieve large-scale improvement in national breastfeeding programmes. The expert Country Committees will each assess 54 benchmark statements underpinning the gears to determine the current breastfeeding status of their countries.

The British team held their first cross-country Engagement Committee meeting in December. Fifteen breastfeeding experts from institutions across the three countries took part, including UNICEF UK, public health, higher education and third sector organisations.

**bbf** becoming  
breastfeeding friendly  
A GUIDE TO GLOBAL SCALE-UP

### 'Invest in breast' video highlights value of peer support

Film maker Catriona Blackburn's film 'Invest in breast', focuses on the crucial role of peer support breastfeeding groups. In the video Professor Sally Kendall, talks to Hannah Croft, peer supporter and co-founder of 'Save Canterbury, Whitstable and Herne Bay Breastfeeding Support Groups'.

They discuss the benefits of breastfeeding for babies, mothers and the wider community in the early days, and for long term public health. Sally also stresses how effective and cost-effective supporting breastfeeding can be. It reduces treatment costs and has wide-ranging health and social benefits.

'From a public health viewpoint we have to work out how to improve breastfeeding rates here. We have one of the lowest in Europe. For those who do initiate feeding in the first week we see huge drop-off by six weeks, and at six months (the recommended WHO exclusive breastfeeding period) rates are down to around 2%. We don't have enough health professionals with specialist knowledge to support mothers.

'Peer support groups are amazing and there's been some fantastic work in Kent. It's a sharing relationship, celebrating success, helping each other through difficult times and nurturing the community – a real investment for the future'.

Watch the video on YouTube:  
[www.kent.ac.uk/chss/news/index.html?view=1469](http://www.kent.ac.uk/chss/news/index.html?view=1469)

# Recent events

## MEP's visit supports CHSS clean air research

On 17 November, CHSS was delighted to welcome Keith Taylor, Green MEP for South East England. He met with CHSS Director Professor Stephen Peckham and Dr Ashley Mills, who are currently working on research into measuring air quality in Canterbury.

Keith was shown low-cost equipment we had developed for monitoring harmful particulates. This was used in a citizen science project locally, to establish levels of pollution in Canterbury. Keith also learned of the work CHSS is engaged in with Professor Dominic Abrams from The School of Psychology on influencing driver behaviour at level crossings in order to reduce emissions.

- 1 Keith Taylor MEP (right) with Dr Ashley Mills and Professor Stephen Peckham
- 2 Action learning event
- 3 Professors Tricia Wilson (left) and Sally Kendall (right) with one of the Johannesburg Conference delegates



1

## Director gives evidence in landmark planning ruling

### CHSS Director was expert witness

For the first time, a judge has denied a developer's appeal against refusal of planning permission on air quality grounds.

Early in 2017, Professor Stephen Peckham was expert witness for a Planning Inquiry where Swale Borough Council refused planning permission on air quality grounds. Developers wanted to build 470 homes in Newington, Kent, on a site where existing nitrogen dioxide levels are already excessive and in breach of Air Quality Directive 2008/50/EC.

A Planning Inspectorate review backed the Council's decision, finding that the proposals had potential for 'moderate' or 'substantial' adverse impacts on air pollution, despite company proposals to mitigate adverse impacts of the development.

The developers appealed the Planning Inspectorate's ruling in the High Court. In a hearing last month, Stephen's evidence that existing emission levels were already damaging public health was a key factor in the Judge finding against the developers.

The ruling is viewed as a landmark decision as it is the first ever planning appeal thrown out on grounds of air quality.

Read more here [www.bailii.org/ew/cases/EWHC/Admin/2017/2768.html](http://www.bailii.org/ew/cases/EWHC/Admin/2017/2768.html)

## Go Golborne action learning event

Led by Dr Erica Gadsby, CHSS is evaluating the Go Golborne programme, a community based healthy weight pilot developed by Three Boroughs public health team for the Royal Borough of Kensington and Chelsea.

This ground-breaking programme aims to prevent obesity in children through a system-wide, multi-stakeholder approach and is being piloted over three years (2015-2018) in Golborne ward, north Kensington. The CHSS team has been working collaboratively with public health representatives to design and conduct a robust programme evaluation. Drawing on realist evaluation, CHSS has devised a series of tools to explore the complexity and contribution of this multi-faceted programme's numerous elements.

On 11 October, the CHSS and public health teams held a second Action Learning event. They invited stakeholders and decision-makers to hear about, contribute to and discuss early findings and learning to date. Dr Harry Rutter from the London School of Hygiene and Tropical Medicine expertly facilitated the day.



2

More than thirty delegates took part from local non-statutory organisations, academia and across council departments. There was lively debate on dynamic facilitators and barriers to progress, evaluation markers and recommended next steps for the pioneering programme.

The CHSS team has now submitted interim outcomes for 2015-2017, as well as early findings from the process evaluation, to the public health team and council scrutiny committee.

## Sally and Tricia in Johannesburg

CHSS Professors Sally Kendall and Tricia Wilson co-hosted a conference in Johannesburg, South Africa. 'Community Health – Action for Change' was organised by the University of South Africa in partnership with the International Collaboration for Community Health Nursing Research (ICCHNR).

Sally and Tricia are co-convenors and trustees of ICCHNR – a charity that facilitates an international network of nurse researchers to share evidence developed in different countries and contexts, and in particular providing support for community nurse working in countries where there is less resource to support nursing research.

ICCHNR were able to sponsor 6 nurses from Ghana, Togo and Nigeria to attend and present their work. 'Hearing about the work these nurses do which makes a real impact on the health and wellbeing of the communities they serve was truly inspiring'



3

Further information can be found at <http://icchnr.org>

- 1 Dr Arvind Madan
- 2 Canterbury Cathedral Lodge, venue for our Distinguished Visitor Open Lecture

# Upcoming CHSS events

## CHSS Open Lecture 2018 #chssopen18

### 'General Practice Forward View and a vision for the future of primary care' Dr Arvind Madan

18.30, Wednesday 18 April 2018, Grimond Lecture Theatre 2, University of Kent, Canterbury

We are delighted to announce that, due to the high profile of the speaker and the likely appeal of the subject, the CHSS 2018 Open Lecture will be delivered by Dr Arvind Madan as one of the University's 'Distinguished Visitor' series. We expect the event to attract an audience from a very wide range of backgrounds.

Arvind Madan has been the Director of Primary Care and Deputy National Medical Director for NHS England since 2015, providing clinical leadership for the transformation of primary care including delivery of the General Practice Forward View.

A GP for 20 years, he retains a regular clinical commitment in general practice, urgent care

and out-of-hours care, looking after patients in South and East London. Arvind has a strong track record in using new technology and redesigned ways of working across care boundaries to improve outcomes. He is a member of the Kings Fund Advisory Board and has helped set up the Community Interest Company 'Healthy Minds', which runs peer mediation for children in 30 London schools.

At a time when services are under increasing pressure and workforce issues are a major concern, this event is a must for anyone working in or using NHS primary care services.

No booking necessary but keep an eye on our website for updates.



1

## European Forum for Primary Care (EFPC) Symposium

### Integrating Primary and Community Care: an International Perspective #efpckent18

09.00-17.00, Friday 2 March 2018, Canterbury Cathedral Lodge

Professor Sally Kendall will chair the symposium, featuring Professor Pavlos Theodorakis from the WHO (World Health Organisation) Primary Care Centre, Almaty and a varied programme of speakers:

- **Professor Jenny Billings**  
Professor of Applied Health Research, University of Kent
- **Professor Jan de Maeseneer**  
Emeritus Professor of Family Medicine, University of Ghent
- **Professor Kate O'Donnell**  
University of Glasgow, Society for Academic Primary Care
- **Dr Henk Parmentier**  
World Federation for Mental Health
- **Professor Stephen Peckham**  
Professor of Health Policy, University of Kent

Strong primary care is the cornerstone of health systems across Europe. This means that features including structure, access, co-ordination, continuity, and comprehensiveness can be observed and monitored and are part of health care policy.

Increasingly it is recognised that integration between primary care and other parts of the health system can contribute to strengthening primary care, improving health outcomes and bringing cost-effective changes to the health service.

With contributions from world-leading primary care experts, this symposium will debate how integration between primary and community care in Europe can strengthen and improve health across different populations including refugees, older people and those with mental health difficulties.

It will also consider how new care models can contribute and examine the wider global health implications.

More details and registration link on our events page [www.kent.ac.uk/chss/events/events.html](http://www.kent.ac.uk/chss/events/events.html), or contact Helen Wooldridge [h.l.wooldridge@kent.ac.uk](mailto:h.l.wooldridge@kent.ac.uk)



2

europaean forum  
for primary care



# CHSS people

## OT to PhD

### Vanessa Abrahamson, Research Associate and PhD student

Vanessa, an Occupational Therapist, joined CHSS in 2014 as an ESRC-funded student to pursue a Doctoral thesis around long-term care in the first year after stroke.



#### Where were you born?

I was born and grew up in London. I didn't particularly like school and was not a natural academic but I did enjoy English and sciences, particularly biology. I did A levels but didn't consider University at that point.

#### Where was your first job?

I worked in various shops and in the Blood Transfusion Service as a lab assistant. There was no qualification needed but my boss encouraged me to study and I really enjoyed it. I worked long hours, evenings and weekends, for about four years. I like working with people and was bored with test tubes so I applied to Oxford Brookes and started an Undergraduate Degree in Occupational Therapy (OT).

#### Why Occupational Therapy?

I was attracted by the practical application of OT, and the theory of enabling people to do the things they value. After graduating I got a rotational post that included A&E at an NHS hospital. I then worked in intermediate care, newly set-up to reduce delayed discharges.

#### Any anecdotes to share?

One day, as an eager new OT I was asked to go and see somebody on 'Sunshine ward'. I naively asked where it was and everybody fell about laughing. It was the nickname for the corridor in A&E where patients were stacked on trolleys! It was the 1990s and hospitals were under a lot of pressure even back then!

#### What came next for your career?

After attending a wedding in New Zealand, I decided to stay for a year but ended up staying for five! Initially I worked in a school for children with special needs and challenging behaviours and then in a really good stroke and head injuries rehabilitation unit.

#### What brought you back to the UK?

I wanted to do a Masters in Public Health at the London School of Hygiene and Tropical Medicine because of its international flavour. Back in England I worked for a year in a stroke unit to help fund it. My first real introduction to research came the following year when I joined UCL as a Research Assistant. I worked with Professor Rosalind Raine, evaluating the Department of Health's Heatwave plan (a response to 2003's excess deaths).

#### Then you changed course again?

In 2009 I became a Senior Lecturer on the Undergraduate OT programme at Canterbury Christ Church University. It was a big learning curve but I enjoyed it. It was rewarding to work with a cohort of students from starting the course to graduation. By 2014 I was ready for a new challenge so I applied to CHSS and was lucky to get ESRC (Economic and Social Research Council) funding.

#### Tell us about your thesis

Community stroke rehabilitation has usually finished by three months after discharge from hospital but this is early in the recovery process. Patients are entitled to what's called a six-month review and I'm interested in what this achieves and how it fits into the care pathway and recovery process. I submitted my thesis in September and will have my viva at the end of the month. It's been very hard work but Tricia (Professor Wilson) is a brilliant supervisor and kept me motivated.

#### Have you enjoyed becoming a member of CHSS staff?

I applied for and was delighted to get the job as Research Associate last October. It's a really friendly environment and people are always willing to share ideas. I like the flexibility and the homemade cakes that regularly appear in the kitchen. Despite being an OT, I can't bake!

#### What have been your career highlights?

Being awarded my PhD is probably the best thing, but one of the most satisfying was my voluntary work overseas. I did two short stints as an OT in Zanzibar and South Africa. Despite limited resources, I enjoyed the freedom of working without NHS constraints and learning about different cultures.



1

#### What's been your biggest challenge?

Probably my Masters because I had to learn new disciplines like health economics. Stroke research is a fairly saturated market, so establishing my next project will be challenging too.

#### How do you relax?

I enjoy being outside, walking, swimming and also Pilates and Tai Chi. My cats would say I like opening tins and doors!

#### What's your favourite novel?

Difficult choice, maybe *The Grapes of Wrath* by John Steinbeck. Despite being written in the 1930s Great Depression, it still (sadly) resonates with today's world.

#### Tell us something interesting about yourself

In New Zealand I did a tandem skydive strapped to a man who had misheard me! He thought I'd said I had done it before so I went ahead to save face, but it was very scary when I fell out of the plane!

Find out more about CHSS staff on our webpages [www.kent.ac.uk/chss/staff](http://www.kent.ac.uk/chss/staff)

See overleaf for details of the latest PhD opportunity in CHSS.

### Stop press!

We are delighted to announce that Vanessa passed her PhD viva with no corrections!

Fantastic news Dr Abrahamson!

# Publications

## Recent selected CHSS publications

Saddi F C and **Peckham S** (2017) *Brazilian Payment for Performance (PMAQ) Seen From a Global Health and Public Policy Perspective: What Does it Mean for Research and Policy*. *Journal of Ambulatory Care Management* ISSN 0148-9917 E-ISSN 1500-3267 (Full text available)

**Forbes L J L**, **Marchand C**, Doran T and **Peckham S** (2017) *The role of the Quality and Outcomes Framework in the care of long-term conditions: a systematic review*. *British Journal of General Practice* ISSN 0960-1643. (In press) (Full text available)

**Peckham S**, **Lowery D**, and **Spencer S** (2017) Response to Grimes and Newton. *Journal of Epidemiology and Community Health* (71) p 317 ISSN 0143-005X. (Full text available)

De Bruin S R, Stoop A, **Billings J R**, Leichsenring K, Ruppe G, Tram N et al (2017) *The SUSTAIN project: a European study on improving integrated care for older people living at home*. *International Journal of Integrated Care* ISSN 1568-4156. (In press) (Full text available)

**Hashem F** and **Merritt R K** (2017) *Supporting patients self-managing respiratory health: a qualitative study on the impact of the 'Breathe Easy' voluntary group network*. *European Respiratory Journal* ISSN 0903-1936. (Full text available)

**Merritt R K**, Kamin, T, Hussenoder F and Huibregtsen J (2017) *The History of Social Marketing in Europe: The Story So Far*. *Social Marketing Quarterly*, 23 (4) pp 291-301 ISSN 1524-5004 (The full text of this publication is not currently available from this repository).

**Merritt R K** and Vogel M (2016) *Case Studies in Formative Research Innovative methods to gain consumer insights*. In: Kubacki, K and Rundle-Thiele S eds *Formative Research in Social Marketing* Springer Singapore pp 281-290 ISBN 978-981-10-1827-5 E-ISSN 978-981-10-1829-9.

**Merritt R K** (2016) *Building on the Legacy Forging New Paths in Social Marketing – The Social Marketing Conference 2016*. *Social Marketing Quarterly* 22 (1) pp 78-81 ISSN 1524-5004. (Full text available)

Donnelly C, Wardle J, Quaipe S, **Forbes L J L**, Boylan J et al (2017) *Do perceived barriers to clinical presentation affect anticipated time to presenting with cancer symptoms: An ICBP Study*. *European Journal of Public Health* pp 1-25 ISSN 1101-1262. (Full text available)

**Coulton S** (2017) *Suicide and self-harm offender-specific screening tools* In: Morgan R and Skelton J eds *Encyclopaedia of Criminal Psychology* Sage Thousand Oaks, CA. (In press) (Full text available)

**Wilson P M** (2017) *How embedded is public involvement in mainstream health research in England a decade after policy implementation? A realist evaluation* *Journal of Health Services Research and Policy* ISSN 1355-8196. (In press) (Full text available)

## Opportunities to work and study within CHSS

### Closing soon!

#### Research Assistant, RISKIT project

RISKIT-CJS is an NIHR-funded multi-centre randomised controlled trial. The study is evaluating an innovative approach to addressing substance use among young people involved in the criminal justice system.

We are seeking a full-time researcher for a fixed term of 12 months to support the trial manager and South-East trial co-ordinator.

The post involves working across the South-East of England and involves flexible working, including some evenings and weekends.

Closing date: 5 February 2018



## CHSS 3 year PhD Studentship

We are offering a 3 year PhD studentship (full-time or 5 years part-time) based in CHSS in the School of Social Policy, Sociology and Social Research (SSPSSR).

We welcome applications to undertake research in health services and evaluation commencing in September/October 2018.

We are looking for a student who is enthusiastic about health services research and can become part of the research endeavour within CHSS.

Closing date: 1 March 2018

More details of both opportunities on our website: [www.kent.ac.uk/chss/vacancies.html](http://www.kent.ac.uk/chss/vacancies.html)

Details of all CHSS current and past research is available on our website: [www.kent.ac.uk/chss/research/current.html](http://www.kent.ac.uk/chss/research/current.html)



# CHSS staff news

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

## Welcome to:

### Adenike Omatayo

Adenike is a General Nurse (adult and children), a Midwife, and a Family Planning practitioner with over 30 years' experience. Adenike began her PhD in CHSS in October and is working with Professor Sally Kendall.



### Anne-Sophie Schwarz

Anne-Sophie recently joined us as a visiting PhD student from Denmark. She is working with Professor Simon Coulton, on health economic aspects of treatment for people identified with an alcohol use disorder.



## We are pleased to congratulate:

### Amanda Bates

Amanda has now become an Official British Psychological Society (BPS) Chartered Psychologist. Well done Dr Bates!



### Rasa Mikelyte

Rasa was awarded her PhD in November. Congratulations Dr Mikelyte!



## NIHR Research Design Service South East



### Need help applying for health research funding?

### RDS SE – FREE advice and support on all aspects of research design

Since 2008 CHSS has hosted the RDS SE at the University Kent. The service also operates from Brighton and Surrey Universities. Funded by the National Institute for Health Research (NIHR) the RDS supports teams and individuals preparing applications for health and social care research funding.

See more at: [www.rds-se.nihr.ac.uk](http://www.rds-se.nihr.ac.uk)

## 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](http://www.kent.ac.uk/chss/vacancies.html)