

Director:
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**OUR RESEARCH
THEMES:**

**Patient & Public
Involvement**

Experience of Health Care

Person Reported Outcomes

**Translating Knowledge into
Practice**

This newsletter presents selected highlights of our research. For details of the full programme please see our website.

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Visit by Dr Sophie Werko

Dr Sophie Werko visited Warwick Research in Nursing in September 2019 to continue working with us on the concept of patient-based evidence. Sophie is based at SBU, the Swedish Agency for Health Technology Assessment and Assessment of Social Services, <https://www.sbu.se/>. Sophie is also Chair of INATA, the *The International Network of Agencies for Health Technology Assessment* <http://www.inahta.org>. INAHTA is a network of 51 HTA agencies that support



health system decision making that affects over 1 billion people in 32 countries around the globe. Together Sophie Staniszewska and Sophie Werko have already published an introductory chapter in a book focused on PPI in HTA (Staniszewska and Werko 2017) but are now keen to extend their thinking at this visit and write a paper that they hope will contribute to a special issue of the International Journal for Technology Assessment of Healthcare, focusing on patient and public involvement in HTA. While she was at the Medical School, Sophie also presented the work of SBU to Warwick Evidence, who provide a similar function for NICE.

Staniszewska S, Werko S (2017). Some of our evidence is missing: conceptualising and using patient evidence in HTA (Chapter 4). IN: Facey K, Ploug Hansen H, Single A (Eds) Patient Involvement in Health Technology Assessment. Springer Nature, Singapore. June 2017.

Understanding experiences of in-patient mental health services

Sophie Staniszewska led a systematic review with Carole Mockford, which explored in-patient mental health service experiences, as part of our EURIPIDES study. We know that in-patients in crisis often report poor experiences of healthcare that don't help them to recover. We wanted to better understand their experiences and identify the key themes for improving patient experiences. We undertook an extensive search of international literature working closely with the MIND service user group who worked with us to interpret and understand the full impact of being a mental health in-patient. They also critiqued the themes emerging from studies and added levels of interpretation and insight. In total we included 72 studies from 16 countries, all the time considering their relevance for the UK. We found that patients really value high quality relationships as this enables them to have a better experience of care. They wanted a healthy, safe and enabling environment and authentic experiences of patient-centred care. Critical elements were trust, respect, safe wards, information and explanation about clinical decisions, therapeutic activities and family inclusion in care. This review informed other work packaged within EURIPIDES and a policy briefing has now been produced to help implement wider study findings.

<https://warwick.ac.uk/fac/sci/med/research/hscience/mhwellbeing/euripides>
<https://www.birmingham.ac.uk/Documents/research/Public-Affairs/201819/UoB-Briefing-Oct2019-Euripides.pdf>

Staniszewska S et al (2018). Experiences of inpatient mental health services: systematic review. British Journal of Psychiatry (2019) doi: 10.1192/bjp.2019.22

Website address: <http://www2.warwick.ac.uk/fac/med/research/hscience/wrn>

PhD Student Update - Exercise and falls prevention

Having worked clinically as a Physiotherapist for over 10 years, moving into a research position as a research associate back in 2009 felt like a daunting prospect and now here I am, another 10 years later in the third year of my PhD. Both roles have given me the opportunity to fulfill one of my passions which is working to provide and improve health care for older people.

My PhD is entitled Life After Falls prevention Therapy involving ExeRcise (LAFTER). Exercise for falls prevention has been an area of on-going research for a number of years and we know that exercise works to prevent falls but more work is needed to understand how we get older people to start and continue exercising in a way that suits their needs.

The aim of my mixed methods research is to investigate whether a falls prevention exercise intervention has any long-term effects on health-related outcomes in older adults who have participated in a falls prevention clinical trial.

With support from The Dunhill Medical Trust, my two supervisors and a very special team at Warwick Clinical Trials Unit, I have written and published two systematic reviews:

- 1) *Long-term follow-up of exercise interventions aimed at preventing falls in older people living in the community: a systematic review and meta-analysis* - <https://doi.org/10.1016/j.physio.2018.09.002>
- 2) *What enables older people to continue with their falls prevention exercises? A qualitative systematic review* - <https://bmjopen.bmj.com/content/bmjopen/9/4/e026074.full.pdf>.

I have also collected follow-up questionnaire data from nearly 3000 older adults who participated in The Prevention of Fall Injury Trial (PreFIT) and have completed 23 phenomenological interviews with some of those participants. I am currently in the midst of writing my thesis which is the most challenging thing that I have ever done but I am motivated by my desire to find the best way to engage older adults in appropriate and effective lifelong exercise. **Watch this space!**

Susanne is supervised by Professor Julie Bruce and Professor Kate Seers.



PHD Student Update - First Paper Published



Dr Hannah Andrews who was featured in our last newsletter has just had her first paper published from her PhD. Well done Hannah, a really important paper for clinical practice.

Online: Andrews H, Tierney S & Seers K (2019) Needing permission: The experience of self-care and self-compassion in nursing. A Constructivist Grounded Theory Study. International Journal of Nursing Studies. <https://doi.org/10.1016/j.ijnurstu.2019.103436>

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How Warwick Research in Nursing Contributes to the wider Academic Community

In our last [Newsletter](#) we featured Prof Kate Seers, this time Prof Sophie Staniszewska talks about her role.



I work in the field of patient and public involvement (PPI) in research, developing the evidence base to inform high quality practice. Many funders, such as NIHR, now request that studies embed PPI into their research. I often lead a study with a study, embedding PPI in a range of projects. This involves the 'doing' of PPI but importantly it focuses on undertaking research that explores how PPI works and what impacts it has, which we publish and so contribute to the PPI evidence base. For example, at the moment we are exploring PPI in mathematical and economic modelling and health data science.

In addition to research studies I try to support Warwick Medical School (WMS) and the wider University deliver key activities that involve wider public engagement. I am working closely with colleagues to move forward on key PPI activities within WMS and develop our strategy. For example, one key area is raising awareness and knowledge of PPI and our intention it to develop a partnership with Monash to deliver key learning opportunities for staff, students, patients and publics. I meet regularly with Jane Furze, who leads on Public Engagement for the wider University to ensure we have strategic alignment. I am designing and delivering educational sessions on PPI and its reporting, jointly with University Hospitals of Coventry and Warwickshire (UHCW). I now sit on the UHCW PPI Strategy Group which helps us to develop collaborations with colleagues at UHCW. I led on the development of the International Network for PPI (with NIHR, INVOLVE, Cochrane and COMET) which helps us raise the profile of our PPI activity internationally. For example, we have an active webinar series sharing global learning and enabling people to connect. <https://training.cochrane.org/international-ppi-network-learning-live-webinar-series>. Please get in touch if you are interested in joining us!

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