Name & email supervisor(s): Megan Armstrong	

Length and dates of internship:

Any time between June 2024 and October 2024 for 4 weeks.

Host department:
Centre for Primary Care and Public Health, Queen Mary University of London

How will the internship be conducted:

☐ In person at the university
☐ Virtual/ from home
☒ Both are possible, depending on preference of student

Title internship project: Enhancing self-management in primary care for people experiencing socioeconomic deprivation with multiple long-term conditions.

Summary of the internship project: *(max 250 words, can include hyperlinks to further information)*

Background: The occurrence of Multiple Long-Term Conditions (MLTCs) is on the rise, particularly among deprived populations. Recent research lead by Megan Armstrong indicated that people experiencing socioeconomic deprivation (PESD) with MLTCs face barriers to proactive self-management due to financial constraints, health literacy barriers, inadequate support networks and challenges in primary care ([Self-management of Multiple Health Conditions in People Experiencing Socioeconomic Deprivation | UCL Queen Square Institute of Neurology - UCL – University College London](#)).

Aim: To enhance the use of self-management interventions and strategies for PESD with MLTCs in primary care settings.

Methods

Qualitative Study

- **Study Population**: 18 GPs, practice nurses, and pharmacists operating in deprived areas in East London and Sheffield will be interviewed.
- **Data Collection**: The interviews will delve into the barriers and facilitators related to MLTC management, the co-management of mental and physical health conditions, requisites for effective interventions, and impediments and solutions to intervention implementation.
- **Analysis**: Thematic analysis, employing an inductive approach, will be used to identify key themes. These findings will not only inform the subsequent taxonomy development but also guide recommendations for potential policy changes in primary care.

Taxonomy Development

- **Step 1: Extraction**: systematically extracting tailored components from recent systematic reviews and qualitative interviews.
- **Step 2: Data Synthesis**: Extracted information will be categorized into core components, with an iterative process involving two researchers.

- **Step 3: Refine the Taxonomy**: A workshop involving experts in healthcare, researchers, and PESD will be conducted to refine the taxonomy, focusing on feasibility, acceptability, and importance of each tailoring category.

Learning objectives:
- Increase understanding of MLTCs and health inequalities.
- Support development of a taxonomy for deprived populations.
- Interpretation of qualitative data.

Any further information: