The National Institute for Health Research School for Primary Care Research (NIHR SPCR) has performed exceptionally well since the last newsletter in January this year. Numerous prizes have been awarded to researchers and trainees at conferences and in competitions, press releases have been issued and beneficial coverage on regional and national television has been received. By consolidating the evidence base, the School has strengthened its standing as a leader in primary care research.

The School has held a call for abstracts for the 2014 research showcase: Promoting excellence and impact in primary care research, to be held on 26 September in Oxford. Given the high quality of submissions from across the eight member departments, the showcase will undoubtedly be a highlight of the year.

The School has recently seen two very successful funding rounds culminate in over £2 million awarded to 51 studies. Projects from a wide range of topics were funded, all addressing key questions in primary care today. The awards have seen established researchers undertake research in specialised areas and enabled more junior researchers to compete for funds.

Many projects from earlier funding rounds are now completing workstreams and publishing their findings in the British Medical Journal, The Lancet, PLoS ONE, Trials, and the Journal of Health Economics, to name a few. Outputs in general continue to rise and the School has reached over one hundred publications in just over a year. The School’s most recent publications can be found on page 5.

It seems fitting to foreground a School funded study on dementia conducted by researchers at UCL in this issue, particularly with heightened attention on the over 800,000 dementia sufferers in the UK today. ‘Dementia predictors in THIN’ was initially featured in the NIHR Focus on Dementia Campaign in 2013 and is now nearing completion.

The School’s commitment to Patient and Public Involvement (PPI) is further demonstrated with the newly formed PPI collaboration. This is discussed along with three NIHR SPCR case studies from Southampton, Keele and UCL on page 7.
National Science Foundation panellist

Kate Button
University of Bristol

Following a review of the problem of low statistical power in neuroscience, I was invited to join a workshop sponsored by the National Science Foundation (NSF) on robust research in the social, behavioural, and economic sciences, held in Washington DC on the 20-21 February. The aims of the workshop were to: assess the scope and magnitude of the problem of poor reproducibility and to review and critique the extant solutions, and; to foster a reflective dialogue among researchers, journal editors, and science administrators about what integrated set of policies and procedures might be acceptable and beneficial to the scientific community. My presentation focused on the problems associated with unreliable results resulting from an evidence base dominated by small, under-powered studies. I also emphasised the difficulties for early career researchers facing a publish-or-perish culture where flashy, but often unreliable results, are rewarded, over the more conservative findings arising from larger, more time and expense consuming studies. Other board members included Philip E. Rubin from President Obama’s Council of Advisors on Science and Technology, journal editors such as Science Editor-in-Chief, Marcia McNutt, and several representatives from the National Institutes of Health (NIH). The mood of the meeting was accepting of the problems, and constructive regarding solutions. Watch this space for concrete recommendations!

Further funding for breast cancer research

After receiving an award from the School to study familial hypercholesterolaemia, Nadeem Qureshi from the University of Nottingham has successfully received further funding from Nottingham City Clinical Commissioning Group (CCG). Nadeem will undertake a systematic review and pilot testing to develop an application for a NIHR Programme Grant for Applied Research (PGfAR) project.

Press Releases from University of Bristol

3 March: Chris Salisbury, ‘3D study to improve care for patients.’

6 March: Fran Carroll, ‘External pressures increase parents’ thresholds for sending children with respiratory tract infections to nursery.’

7 March: Matthew Ridd, ‘How seeing the same GP helps your health.’

7 March: Gene Feder, ‘Primary care needs to ‘wake up’ to links between domestic abuse and safeguarding children.’
School informed of the highlights with regular tweets.

As a PhD student, I found it particularly helpful to discuss my research areas with fellow primary care researchers and to see the clear impact that funding from the School was demonstrating in the wider research community. Next year’s SW SAPC will be held in Birmingham and will be, I am sure, yet another great opportunity for SPCR to showcase their work to the community!

Katherine Tucker, University of Oxford, shared her research on the self-measuring of blood pressure in a home setting that will allow pregnant women to take multiple measurements with little or no disturbance to their lifestyle. Reflecting on the conference, Katherine said it was Clare Goyder’s talk that most impressed her, “She spoke eloquently at the prize plenary session about diagnostic error and improving the decision making process to minimise this.”

Following a series of successful NIHR SPCR studies into multi-morbidity by researchers at the Universities of Bristol and Manchester, funding has been granted for a new nationwide study by the NIHR.

The three year study will investigate ways to improve the quality of life for patients suffering with multiple long-term conditions and involves researchers from the Universities of Bristol, Manchester, Glasgow (Scottish School for Primary Care Research) and Dundee, in partnership with the Royal College of General Practitioners and Bristol Clinical Commissioning Group.

The project is funded by the NIHR Evaluation, Trials and Studies Co-ordinating Centre, Health Services and Delivery Research (NETSCC HS&DR).

Project lead: Chris Salisbury, School of Social and Community Medicine, University of Bristol.

Not yet five months into the year and the School has already seen some noteworthy prizes awarded to SPCR researchers and trainees. At the South West Society for Academic Primary Care (SAPC) conference, Sam Watts, University of Southampton, received the Young Researcher of the Year award for his feasibility study on the design and evaluation of a psychological support intervention for managing distress in prostate cancer.

One of two Best Poster prizes was awarded to trainee Alison Gregory, University of Bristol, for her presentation on the impact of domestic violence on the survivor’s social network. Alison’s doctorate research explores the health and well-being implications for friends and family members of domestic violence survivors. Alison has since presented her work at the Annual Conference of the European Network on Gender and Violence in Malta.

As well as addressing an audience with her doctoral study on Chinese herbal medicine and polycystic ovary syndrome, doctoral student Lily Lai from the University of Southampton kept the School informed of the highlights with regular tweets.

“"As a PhD student, I found it particularly helpful to discuss my research areas with fellow primary care researchers and to see the clear impact that funding from the School was demonstrating in the wider research community. Next year’s SW SAPC will be held in Birmingham and will be, I am sure, yet another great opportunity for SPCR to showcase their work to the community!”

Trevor Hill’s poster ‘Antidepressants and risk of epilepsy and seizures’ won Best Poster Prize at the Trent Regional SAPC in March. Topics covered at the conference ranged from childhood injuries, diabetes to alcohol misuse, continuity of care and the experiences of older people who access emergency services. The SPCR funded study is led by Dr Carol Coupland and both researchers are from the University of Nottingham’s School of Medicine.

Fellowship holder Helen Atherton, University of Oxford, received the Yvonne Carter Award for Outstanding New Researcher from the Royal College of General Practitioners (RCGP). The award will be presented to Helen at the SAPC Annual Scientific Meeting in Edinburgh in July this year where she will introduce her work on the use of information and communication technologies for service delivery to the conference audience.

OxWATCH in the news

A groundbreaking new study focussing on women’s health and funded by the School received media coverage on BBC Oxford TV, on 2 April 2014.

The OxWATCH study will investigate how the lifestyle and well-being of young Oxfordshire women affects their health later in life, particularly after the birth of their first child. The study is part of the Oxford Safer Pregnancy Research Alliance (Osprea), a collaboration between Oxford University Hospitals NHS Trust and the University of Oxford. For further information on the project, or if you would like to sign up, please visit the OxWATCH website. The study co-ordinator, Sian Harrison, is based in the Nuffield Department of Primary Care Health Sciences, University of Oxford.
Predicting the risk of dementia in general practice

Kate Walters, UCL

Dementia research is a global priority, with increasing numbers of people affected and huge associated health and social costs. UK government policy advocates a more ‘timely’ diagnosis for dementia and there is increasing research into dementia prevention. Our study used information from the anonymous general practice (GP) records of 1.3 million people over 60 years old in the UK to identify which factors are associated with an increased risk of dementia. We used this to develop and test a new risk score, to predict people’s individual risk of being newly recorded with dementia within the next five years.

We were able to develop a robust five-year risk score for dementia for those aged 60-79 years using this routinely collected data, but not for those aged 80 and over. Some of the people identified as ‘high risk’ in our study might already be developing early dementia.

Our work suggests that GP data could be used to identify people aged 60-79 years at greater or lesser risk of dementia. This risk score needs to be tested further in other populations. If it still performs well, it could be used by researchers to identify people who could be invited to take part in prevention research. It could also be used to improve timely diagnosis of dementia in general practice.

Co-investigators: Sarah Hardoon, Irene Petersen, Steve Iliffe, Rumana Omar, Irwin Nazareth and Greta Rait.
Recent Publications


Dealing with family history of breast cancer: something new, something old. Qureshi N, O’Flynn N, Evans G. BJGP.


The need for increased harmonisation of clinical trials and economic evaluations. Gheorghe A, Kyte D, Edwards P. BMJ.

Electronic medical records: the way forward for primary care research? Muller S. Family Practice.


Creating an academic environment

Reading groups are a common feature of post-graduate academia. Appreciated for their capacity to build on the knowledge sharing process, they provide a much valued supportive and constructive academic environment. The University College London (UCL) Research Department of Primary Care and Population Health postgraduate journal club is no exception. According to the new organiser, NIHR SPCR trainee Kethakie Sumathipala, the success of the group relies in part on its ability to continually shape itself to the needs and priorities of its members.

Through consensus the club decided that the meetings would not only include the customary critical appraisal of journal articles; in order to add variety they would also include possibilities for: the discussion of research from a lay perspective, focusing on the topics, rather than the methods; discussion of how accurately research that has been picked up by the media has been interpreted from original source; presenting of students’ own research papers; receiving feedback on practice presentations or seminars.

An overarching aim is to share and inspire. “We know a lot about our own areas of research but in a department with so many varied areas of research, it is important to be aware of each other’s... that may be something which in the future will generate new ideas and possibly collaborations.... It is also a good excuse to get together to chat over some tea and cake, of course,” said Kethakie.

Below: NIHR SPCR UCL trainees pictured at a journal club meeting in January 2014: Lorna Hobbs, Sonia Coton, Kethakie Sumathipala, Rosa Lau, Hilary Davies and Janice Atkins.
To encourage and promote opportunities for Patient and Public Involvement (PPI) in primary care research, a new collaboration has formed between seven stakeholder organisations. The group aims to build the evidence base, strengthen capacity and influence policy by sharing knowledge and encouraging researchers to actively involve the public in the research process.

PPI has always been integral to the School’s research and research capacity development activities. Involvement is reaffirmed by the School’s commitment to building PPI into all stages of the research process – from including patients in the early stages of proposal development to raising public awareness through the dissemination of results. In 2008, the School supported the initiation of PRIMER at the University of Manchester which continues to strengthen the relationship between researchers and the public. PRIMER held a Patient Hack Day in April where participants discussed future research ideas and revised methods for improved involvement.

To highlight opportunities for PPI across primary care research, a collection of case studies are being collated by the stakeholder group, to be circulated at public events. The stakeholder group includes the National Institute for Health Research School for Primary Care Research (NIHR SPCR), Society for Academic Primary Care (SAPC), NIHR INVOLVE, Primary Care Research in Manchester Engagement Resource (PRIMER), NIHR Research Design Services (RDS) and Clinical Research Network, and National Association for Patient Participation (N.A.P.P.).

No matter how complicated the research, or how brilliant the researcher, patients and the public always offer unique, invaluable insights. Their advice when designing, implementing and evaluating research invariably makes studies more effective, more credible and often more cost efficient as well.”

Professor Dame Sally C Davies
FRS FMedSci
Chief Medical Officer and Chief Scientific Adviser

profile: Christian Mallen

Christian is the School for Primary Care Research Training Lead based in Primary Care and Health Sciences at Keele University. His enthusiasm for the role is infectious but conceals a more considered appreciation of the task at hand.

How does your role as Training Lead motivate you?
My role is one of the most exciting parts of my job. It gives me the opportunity to really influence and shape the future of academic primary care research. A key part of my role has been in identifying ‘gaps’ in capacity and in identifying solutions to address these potential pinch-points.

How do trainees challenge you to think differently?
Trainees always challenge convention – which is great and always welcome. It is easy to become set in your ways as a researcher and the more senior you get the less time you have for reading about novel methodologies, especially in areas other than your own.

How has your interest in capacity building and leadership developed?
I’ve always been interested in capacity building. Developing a strong multi-disciplinary group of researchers is essential to the survival of academic primary care and to the credibility of our discipline. I have been Keele lead for the NIHR Integrated Academic Training Scheme for many years. This acted as a way into taking a more strategic role of academic capacity building in general practice on a national level. Whilst I think we have been hugely successful over the past decade we still have much to achieve and the NIHR SPCR is absolutely critical in developing our future primary care research leaders.

As Training Lead what do you most look forward to during the year?
Without doubt the annual trainees’ meeting is one of my favourite times of the year. I always leave feeling really enthused and very positive about the future of academic primary care. I’m not alone in feeling like this – all the leads get a real buzz from this event. Not only do we get to see cutting edge research but we also get to meet a really dynamic group of trainees who make you remember why this is all so important.

What is the focus of your research?
Improving the diagnosis and management of common musculoskeletal disorders, particularly osteo- and rheumatoid arthritis, gout and polymyalgia rheumatica. I lead the Keele component of the West Midlands Collaboration for Leadership in Applied Health Research and Care (CLAHRC) and am principal investigator on a number of large cohorts and randomised clinical trials.

“...
Prioritising Patient and Public Involvement

Understanding the meanings, costs and consequences of patient and public involvement (PPI) in Primary Care Research

Clare Jinks, Sarah McLachlan, Keele University

Patient and public involvement (PPI) in research is viewed as good practice and is required by a number of funding bodies. However, there is little information available on the costs and consequences of PPI for those involved.

We will explore the costs (financial and non-financial) and consequences of PPI in research conducted within the School. The project consists of five components: 1) analysis of documents containing information about PPI within the NIHR SPCR; 2) an electronic survey for researchers; 3) a postal survey for patients; 4) observation of research meetings with PPI, and; 5) an exploratory willingness to pay for a survey to determine how much people on funding panels are prepared to pay for PPI. Patients with experience of PPI were involved from the inception of the project and advised on the research question, funding application, study documents, recruitment methods and consent procedure.

The project will identify the range of PPI activities taking place within the NIHR SPCR, and data gathered will be used to produce a framework of the various costs and consequences of PPI in primary care research. Survey results will also be compared against principles and indicators of good PPI practice. Findings will feed into the development of recommendations for improving PPI.

Patient and student participation in general practice undergraduate medical education

Sophie Park, Nada Khan, UCL

Many questions remain concerning the advantages and disadvantages for students’ learning in general practice and what this means for patients involved in teaching. We systematically identified, and synthesised empirical research evidence about delivering undergraduate medical education in the UK general practice setting.

One of the outputs from the review was a meta-ethnography of qualitative research looking at the patient and student experience of taking part in general practice medical education. We are now conducting a project to take the findings of the review into the empirical field through user participation.

We intend to take the findings of the meta-ethnography to patient and student focus groups and discuss the findings, their potential meanings, and ways of using these findings in practice. Secondly, we will conduct in-depth interviews with patients to explore key concepts emerging from the meta-ethnography and focus groups. These will include exploration of the nature of these patients’ identity and knowledge, developing the theoretical concept of ‘the good patient.’

This project seeks to directly translate and develop findings from the meta-ethnography, and through this study, we hope to facilitate an exchange of perspectives between participants and the empirical literature. We anticipate that this will facilitate contemporary service users’ involvement in the interpretation and development of relevant research findings and inform recommendations for future policy and practice.

Developing a new intervention for patients with severe Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

Clare McDermott, Sarah Frossell, University of Southampton

Severe Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) can result in patients becoming housebound, wheelchair or bedbound. There is currently little evidence based treatment available for this severely disabled patient group.

We set out to answer the question ‘How can the experiences of patients who have recovered or substantially improved from CFS/ME be used as a resource to help current CFS/ME patients?’

A series of development groups met in half day workshops with the goal of understanding and modelling the key elements and skills required for recovery from CFS/ME, drawing on the lived experience of patients.

Group sessions were facilitated using the conceptual model of ‘modelling success’ from neuro-linguistic programming. Within the groups, all members acted as equal peers, contributing individual insights and experience to the process. Group members identified key recovery skills, and how best to communicate these in ways which are meaningful to those with CFS/ME. Barriers to effective communication were identified and creative ways of addressing these issues were discussed.

Insights generated by this development group have been used to devise and refine a community based intervention for patients with severe CFS/ME. This intervention is the subject of an NIHR funded feasibility study which is currently recruiting patients in Dorset and Oxford.
Upcoming events

NIHR SPCR current opportunities

Developing your Post-doctoral Career: Attracting health research funding

The fifth NIHR Infrastructure Experimental Medicine Research Training Camp will be held in Berkhamsted, Hertfordshire from 9-11 July 2014. Speakers to include Professor Beate Kampmann, Imperial College London, and Dr Haleema Shakur, London School of Hygiene and Tropical Medicine.

contact us

Georgina Fletcher  
Senior Scientific Manager  
georgina.fletcher@phc.ox.ac.uk  
(01865) 617879

Kate Farrington  
Communications Officer  
katie.farrington@phc.ox.ac.uk  
(01865) 617188

General enquiries  
nihrspcr@phc.ox.ac.uk

www.spcr.nihr.ac.uk  
@NIHRSPCR

www.spcr.nihr.ac.uk/index.php/conf2014  
University of Edinburgh  
9-11 July

www.spcr.nihr.ac.uk/events/te  
St Anne’s College, University of Oxford  
25 September

www.spcr.nihr.ac.uk/events/spcr-showcase  
Mathematical Institute, University of Oxford  
26 September

www.nihrttc.nhs.uk/conference/  
Queens Hotel, Leeds  
10-11 November

www.invo.org.uk/news/conference/  
National exhibition centre, Birmingham  
25-26 November

ACC, Liverpool  
2-4 October

NIHR funding opportunities

NIHR Evaluation, Trials and Studies Co-ordinating Centre (NETSCC)

• Efficacy and Mechanism Evaluation (EME) Programme.
• Health Service and Delivery Research (HS&DR) Programme.
• Health Technology Assessment (HTA) Programme.
• Public Health Research (PHR) Programme.

Find out more: www.nets.nihr.ac.uk/funding

NIHR Trainees Co-ordinating Centre (TCC)

• NIHR Fellowships (Doctoral, Post-Doctoral, Career Development, Senior Research, Translational Research).
• NIHR Integrated Academic Training (ACF, CL, IPF and Clinician Scientist Schemes).
• NIHR Research Professorships.
• NIHR Research Methods.
• NIHR Health Education England (HEE) Clinical Academic Training for nurses and midwives (Doctoral, Clinical Lecturer, Senior Clinical Lecturer).
• NIHR Health Education England (HEE) Healthcare Science Research Fellowships (Doctoral, Post-Doctoral, Senior Clinical Lecturer).
• NIHR Clinical Trials Fellowships.
• NIHR Knowledge Mobilisation Research Fellowships.

Find out more about our awards and the funding available from NIHR TCC: www.nihrtcc.nhs.uk