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| Host department: QMUL |
| Project Title:  |
| Enhancing palliative care management in Primary care |
| Proposed supervisory team:  |
| Dr Megan Armstrong (QMUL) Lecturer in Mental Health Research Methods with expertise in addressing health inequalities for people experiencing socioeconomic deprivation, palliative care, and conducting mixed methods. Dr Nathan Davies (UCL) Associate Professor of Ageing and Applied Health Research and head of the Centre of Ageing with an extensive record of high impact research in palliative care and developing interventions on decision making and inclusion which have been implemented within NHS and social care services.Professor Steph Taylor (QMUL) Professor of Public Health and Primary Care with expertise in complex interventions for chronic conditions directed at improving quality of life and reducing morbidity.Professor Claudia Cooper (QMUL) Professor of Psychological Medicine, lead for the Centre for Psychiatry and Mental Health and is a consultant old age psychiatrist in East London NHS Foundation Trust.  |
| Potential for cross consortium networking and educational opportunities: |
| There are excellent opportunities for collaboration and learning including:* Leading multidisciplinary centres (QMUL & UCL) conducting world leading primary care research.
* NIHR School for Primary Care Research (national links).
* Links with palliative care organisations.
* A network of Voluntary Sector and Community Organisations (VSCOs) aiming to address health inequalities.
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| Project description: |
| Introduction:Palliative care plays a crucial role in improving the quality of life for individuals with life-limiting illnesses and their families. Integrating palliative care into primary care settings is essential to ensure timely and holistic support for patients facing advanced or terminal conditions. This project aims to explore strategies to enhance the management of palliative care conditions in primary care, focusing on improving symptom management, facilitating effective communication, and promoting caregiver support.Objectives:1. Explore the challenges to palliative care management in primary care faced by healthcare providers and patients.
2. Investigate strategies to enhance symptom management in primary care for patients with palliative care needs, focusing on pain management, symptom assessment, and medication optimisation.
3. Explore mechanisms to improve caregiver support in primary care, including identifying caregiver needs, providing education and training, and establishing support networks.
4. Develop evidence-based guidelines and recommendations for primary care providers to optimise palliative care management, encompassing symptom management, integrated care, and caregiver support.

Methodology:This research will incorporate a mixed-methods approach, combining quantitative and qualitative data collection methods, as well as conducting a systematic review. Expected Outcomes:This research aims to contribute to the knowledge and practice of palliative care management in primary care by providing evidence-based recommendations that can enhance symptom management, integrated care, and caregiver support. The findings will help develop guidelines and interventions tailored to primary care settings, resulting in improved patient experience, increased caregiver satisfaction, and better coordination of care for individuals with palliative care needs |
| Indicative project costs:  |
| See FAQs  |
| Training and development provision by host: |
| *Formal training:* A wealth of training opportunities exist for PhD candidates at QMUL. Details of training can be accessed: <https://www.qmul.ac.uk/doctoralcollege/phd-students/training/>. Training specific to the candidate needs and professional development will be identified, this may include for example, training in undertaking systematic reviews and qualitative research methods.  |
| *Informal training:* Successful candidates will be encouraged and supported to take up informal training opportunities such as attendance at workshops and seminars across the University and school.  |
| *PPIE*: The supervisory team have established PPIE networks which can be drawn upon to provide input into the PhD, and the candidate will also be encouraged and supported to establish new links. There are many PPIE training opportunities at QMUL: <https://www.qmul.ac.uk/publicengagement/support/training/>  |