

LAUNCHING FELLOWSHIP IN PRIMARY HEALTH CARE 2020

Applications are invited for a 12-month launching fellowship from individuals with a strong academic record who wish to develop a career in primary care research. The goal of these fellowships is for the fellow to publish papers from their PhD and write grant applications to secure future funding (e.g. an NIHR fellowship). The fellowships must be taken up by March 2020.

The award may be based in any of the nine universities within the NIHR School for Primary Care Research: Bristol, Cambridge, Keele, Manchester, Newcastle, Nottingham, Oxford, Southampton and University College London. Details of the specific research training opportunities available at each university are described below.

Applicants must have experience of research in primary care or a closely related field of medicine. Applicants will have obtained their research doctorate or submitted their PhD or MD thesis for examination.

Remuneration for fellowships will depend on previous experience but most appointees will receive a salary of £30 000 - £38 000 per annum. The fellowship covers salary and some research and training costs. The host university is awarded a fixed sum for the fellowship.

All applicants must ensure that their proposed research project is compatible with the NIHR remit: <https://www.nihr.ac.uk/documents/academy-nihr-remit-for-personal-awards/21380>

The fellowship award will not usually be based around a specified single project but will involve attachment to a research group involved in a programme of research. The awards are open to all disciplines relevant to primary care research, clinical non-medical and non-clinical, although the individual universities vary in the disciplinary opportunities they offer.

HOW TO MAKE AN APPLICATION

Potential applicants are strongly encouraged to contact the university they would like to host the award to discuss their application. Contact details for each university (and in some cases for each subject area offered) are given below.

Interested individuals should complete a standard application form (SAF) and email it to the School's Senior Scientific Manager, Dr Georgina Fletcher at: nihrsprc@phc.ox.ac.uk

- Please state **Launching Fellowship 2020** as the subject of the email
- Please label the SAF file with the convention: Surname_SAF_LF20
- No other documents should be submitted as part of the application
- Applications must be received by **12 noon** on 23 January 2020.

Applicants to submit Standard Application Form	12 noon Thursday 23 January 2020
Shortlisted candidates invited to interview	Late February
Interviews	TBC early March
Announcement of Awards	Mid-March
Start of fellowships	From 1 April 2020
End of fellowships	31 March 2021 at the very latest

Dr Georgina Fletcher
Senior Scientific Manager

DETAILS OF TRAINING OPPORTUNITIES AT EACH UNIVERSITY

UNIVERSITY OF BRISTOL

The Centre for Academic Primary Care (CAPC) at the University of Bristol (www.bris.ac.uk/primaryhealthcare) is one of the largest and most productive centres for primary care research in the UK. It aims to provide high quality evidence to address some of the most important health challenges relating to NHS primary care, including the use (and misuse) of antibiotics, managing multimorbidity, reducing avoidable hospital admissions, improving mental health, helping victims of domestic violence, enabling early cancer diagnosis, and assessing the role of telehealth. CAPC members use qualitative and quantitative research methods and publish their research in high impact journals such as the Lancet, the BMJ, Annals of Family Medicine and the BJGP. CAPC was ranked 4th overall in the most recent Research Excellence Framework in its Unit of Assessment.

CAPC is a friendly and thriving centre including academic GPs and nurses, statisticians, social scientists, health economists and support staff. We are based within the Bristol Medical School, in the Department of Population Health Sciences, which has an international reputation for its research. CAPC offers excellent training opportunities for academic GPs including an internationally recognised programme of short courses offered within the Bristol Medical School. These cover a range of health services research and epidemiological methods, as well as generic and specific research skills. We have an outstanding track record of helping academic GPs in post CCT bridging fellowships to obtain prestigious externally funded research PhD awards.

CAPC's research sits within three broad themes:

Management of disease: Diagnosis and management of illness mainly treated in primary care, with a focus on: cancer, cardiovascular disease, childhood health, depression and anxiety, domestic violence, eczema, infection.

Organisation and delivery of care: The role of primary care within the health care system, with a focus on: commissioning and quality, service delivery, avoidable hospital admissions, multimorbidity and long term conditions, prescribing, new technology and complementary therapies.

Methodology: Methodological research that aims to improve the design and conduct of randomised controlled trials and conducted in collaboration with the MRC ConDuCT-II Hub for Trials Methodology Research and the Bristol Randomised Trials Collaboration (BRTC). We can offer support in methods such as conversation analysis, ethnography, meta-synthesis and analysis of large primary care data sets, to answer complex research questions aimed at improving the content and delivery of health care. CAPC's research aims to impact primary care practice and health policy, leading to benefits for patients. Aided by our Knowledge Mobilisation team, we seek to generate knowledge that is accessible and useful to academics, commissioners, clinicians, service providers, the voluntary sector and the public. We involve patients and the public in our research at all stages.

FURTHER INFORMATION:

Contact: Dr Alice Malpass a.malpass@bristol.ac.uk (Non-clinical) or Professor Debbie Sharp

debbie.sharp@bristol.ac.uk (Clinical) or visit www.bris.ac.uk/primaryhealthcare

UNIVERSITY OF CAMBRIDGE

The Primary Care Unit at the University of Cambridge is based within the Department of Public Health and Primary Care, one of Europe's premier university departments of population health sciences. The Primary Care Unit has more than doubled in size in the last five years, and currently numbers 179 people including academic GPs and nurses, social and behavioural scientists, statisticians, health economists and support staff. Our goal is to reduce the burden of ill health by identifying and targeting the behaviours that lead to chronic disease, by improving early detection of illness, and by improving the delivery of health services in community settings. We aim to achieve this by delivering research and education at the highest international standards of excellence. Our research is organised into five research groups: behaviour and health; cardiovascular disease and diabetes; cancer; health services research; and end of life care.

We offer an excellent training environment for clinical and non-clinical students, and have trained, or are training, 42 junior academic GPs through the NIHR Academic Clinical Fellowship Scheme. We have developed a bespoke Masters in Primary Care Research which we now deliver alongside the Masters in Public Health and Epidemiology. We work with other units and departments across the University of Cambridge that have complementary skills to our own, for example in conducting trials, measuring behaviour, statistics, development of innovative diagnostic tests and neuroscience. We also benefit from strategic partnerships nationally and internationally.

The voices of patients and service users are central in shaping our research at all stages: deciding the research questions, developing research proposals (including study design), phrasing of documents, monitoring research progress, supporting data analysis and interpretation and joint authorship of papers and conference presentations. We actively engage with the wider public through open meetings, presentations to support groups and engagement with the media.

Our research has had a major impact on primary care practice and health policy. It has influenced national and international guidelines on atrial fibrillation, heart failure, hypertension, diabetes, and end of life care. It has informed government policy (e.g. on alcohol use) and underpinned the way in which quality of care in general practice is now measured. Examples of key studies include the MoleMate study, which was a randomised trial of different ways for primary care to diagnose melanoma, and ADDITION-Cambridge, which was the first randomised trial of screening for type 2 diabetes.

Interested candidates are strongly recommended to contact us and discuss their interests before submitting an application.

FURTHER INFORMATION:

For research related queries you can contact Dr Fiona Walter: fmw22@medschl.cam.ac.uk

Or Frances Cater: pcupa@medschl.cam.ac.uk

For further information, please visit our website: <http://www.phpc.cam.ac.uk/pcu/>

<http://www.phpc.cam.ac.uk/pcu/education-and-training-overview/opportunities-for-phd-students/>

KEELE UNIVERSITY

The School for Primary, Community, and Social Care (SPCSC) delivers internationally renowned research programmes in musculoskeletal disorders, mental health, cardiovascular epidemiology, and multimorbidity in primary care. This work is underpinned by several existing and ongoing high-quality observational cohorts and randomised clinical trials and use of (linked) electronic health records. The School hosts the Primary Care Centre of Excellence Versus Arthritis, and an NIHR accredited Clinical Trials Unit

Current NIHR, Wellcome and Arthritis Research UK grants to the Centre amount to over £25 million. The School forms a strong collaboration between academics from professional backgrounds including general practice, clinical rheumatology, psychiatry, physiotherapy, psychology, epidemiology, statistics, health economics, pharmacy, social sciences, and health services research. Our main clinical partners include the North Staffordshire Primary Care Research Consortium and the Midlands Partnership Foundation Trust.

We aim to provide a robust evidence base to underpin improvement in the content and delivery of primary, community, and social care for people with musculoskeletal conditions, mental health problems, or multimorbidity. Our multidisciplinary teams value quality and innovation of our research, which incorporates a wide range of qualitative and quantitative research methods. We offer a range of international courses highlighting our areas of expertise (including evidence synthesis, prognosis research, trials, and IPD meta-analysis).

We aim to achieve a measurable beneficial impact on the health and care of individuals with target conditions, their families, and the population. Our designated Impact Accelerator Unit works together with research teams to push the pace of translating research findings into tangible benefits for patients, clinicians, and the NHS.

Our research priorities have arisen from wide ranging consultation with patients, clinical partners and other stakeholders. We have set ourselves the challenge of providing the underpinning, multidisciplinary research needed to achieve three linked shifts in the landscape of primary care:

- From a reactive approach treating episodes as they present to proactive case finding and preventative strategies
- From a one size fits all approach to research to answering the question who does best with what?

- From a traditional paternalistic model of care to putting patients firmly in the driving seat empowering them to maintain health, well-being, and independence.

FURTHER INFORMATION:

Contact Professor Christian Mallen: c.d.mallen@keele.ac.uk

Or Professor Danielle van der Windt: d.van.der.windt@keele.ac.uk

Or visit our website: <http://www.keele.ac.uk/pcsc/>

UNIVERSITY OF MANCHESTER

The University of Manchester is the largest, single-site university in the UK. The Centre for Primary Care is a member of the NIHR School for Primary Care Research.

(<http://research.bmh.manchester.ac.uk/primarycare/>)

Capacity building is critical to our Centre, and we are keen to support those interested in either qualitative or quantitative research methodologies. Applicants will work within one or more of our research themes (Health organisation, policy and economics (HOPE), Quality and safety, Person-centred care and complex health needs, Health in a wider context), enabling them to develop their own projects and benefit from the support of other researchers working in the same area. Our aim is to train future research leaders by providing multidisciplinary training and career development opportunities.

Health organisation, policy and economics (HOPE)

Led by: [Professor Kath Checkland](#) and [Professor Matt Sutton](#).

This interdisciplinary theme focuses upon research which investigates the supply, organisation, management and financing of health and social care services. Our expertise encompasses rigorous econometric analysis and a wide range of qualitative social scientific methods, including particular experience in the use of ethnographic approaches to understand organisational processes. We use mixed methods to study the important challenges facing health and care systems, including:

- care organisation, delivery and integration;
- payment and incentive systems;
- determinants of health and health inequalities;
- working conditions and labour supply.

We aim to inform the development of future health and care policy, and communicate our findings to government, policy-makers, practitioners and academics.

Quality and safety

Led by [Professor Stephen Campbell](#) and [Dr Maria Panagioti](#).

This theme focuses on conducting innovative, needs-driven and applied research to improve quality of care and patient safety in primary care, particularly in general practice and community pharmacy as well as the interface of hospital and social care. We are an interdisciplinary team of researchers and clinicians in primary care, pharmacy, mental health, informatics, epidemiology and statistics. We develop and test the mechanisms for high quality, safer primary care systems, which are integrated with hospital and community settings. Our aims are to:

- Work together with patients, carers, members of the public and healthcare providers using a co-design and learning approach that takes a shared responsibility approach to better quality of care and making health and care safer
- Develop ground-breaking digital and behavioural interventions to facilitate effective communication between patients, healthcare providers and healthcare systems creating cycles of continuous safety improvement.
- Create evidence-based strategies to reduce common sources of patient safety problems (e.g. medication and prescribing) and improve safety in marginalised groups of patients.

Person-centred care and complex health needs

Led by [Professor Caroline Sanders](#) and [Dr Thomas Blakeman](#).

We focus on ensuring patient and professional experience is at the centre of research to address health and healthcare needs. We have particular expertise in self-management, multimorbidity, mental health and health technology assessment.

Our aims are:

- To conduct high quality research into the delivery, effectiveness and experience of care for patients with long-term conditions.
- To have a demonstrable impact on the delivery of care for long-term conditions nationally and internationally.

To achieve this, we:

- Develop evidence-based interventions grounded in an in-depth understanding of everyday lives and practices to manage health and illness, and the interface with routine clinical practice.
- Navigate the challenge of maximising the utility of technologies/interventions while minimising treatment burden for patients and unnecessary clinician workload.
- Support system resilience through collaboration across the interfaces of care and through partnership with patients, carers and members of the public.

Health in a wider context

Led by [Professor Evan Kontopantelis](#) and [Dr Luke Munford](#).

We focus on how the wider context impacts on health and on health and care policy. Wider influences are important in shaping patterns of health and in designing efficient and equitable health and care systems. There is a major challenge in understanding the relationships between the

health and social care system and population health in different contexts. Little is known about the boundaries between the formal care system, community assets, informal care in families, and individual health behaviours. The wealth of data routinely collected across both primary and secondary care is vastly underutilised. These datasets can be linked to others to provide clear geographical snapshots of service quality, disease burden, finances and socioeconomic deprivation, and identify regional differences. It can then be used to address a range of primary care research questions.

FURTHER INFORMATION:

Health organisation, policy and economics (HOPE):

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Quality and safety:

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Person-centred care and complex health needs:

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Health in a wider context:

e.kontopantelis@manchester.ac.uk

luke.munford@manchester.ac.uk

Or visit our website:

<http://www.population-health.manchester.ac.uk/primarycare>

NEWCASTLE UNIVERSITY

Newcastle University is home to a growing and dynamic group of primary care researchers within the Population Health Sciences Institute. The primary care research team includes general practitioners, dentists, dieticians, epidemiologists, nurses, psychologists, public health practitioners and social scientists. There is a breadth of expertise focused on addressing some of the most important questions in health care today. Ageing research is a particular strength, but there are opportunities for the students to work with academics on a range of other topics. (For further information see <https://www.ncl.ac.uk/medical-sciences/research/institutes/health-sciences/> and <https://research.ncl.ac.uk/napcr/>) The Institute is a member of both the NIHR School for Public Health Research and the School for Primary Care Research, home to members of three NIHR Department of Health and Social Care Policy Research Units (Older People and Frailty, Behavioural Science and Public Health) and lead for the North East and North Cumbria Applied Research Collaboration.

Newcastle University has a number of research strengths, but it is known across the world as a centre of excellence in ageing research. Primary care researchers play leading roles in the National Innovation Centre for Ageing, the Alzheimer's Society Centre of Excellence in Dementia, NIHR

Dementia Prevention and Enhanced Care (DePEC) an NIHR Global Health Research Group and the Department of Health and Social Care Policy Research Unit on Older People and Frailty. Applicants who are interested in ageing and end of life research will be particularly welcome, but those with other interests should not be deterred from applying. For example, current early career researchers are developing their interests in liver disease, social prescribing, spiritual health, and yoga interventions. Socioeconomic inequalities is a cross cutting area of interest in all our work.

Management of age-related illness

Dementia is a priority area for our research. The Prime Minister's Dementia Challenge highlighted the importance of more timely diagnosis and post diagnostic support and national guidance is in place to support referral for a secondary care assessment. The role of the GP and primary care in promoting risk reduction interventions and ensuring early diagnosis and intervention are key areas of our work.

Multiple conditions and end of life care

Managing long-term conditions and supporting individuals to live independently for as long as possible is central to primary care policy. Our work with the Newcastle 85+ study showed that multi-morbidity is the norm in old age; frailty and geriatric syndromes add further challenges. Our ongoing and future work looks to improve primary care management for multi-morbidity, and minimise the adverse consequences of polypharmacy. End of life care, care homes and family carers are particular interests.

Healthy lifestyles in older age

Primary care has a central role in promoting life-style change to deliver direct patient and public benefit, extending healthy life years and delaying the onset of age-related morbidities. Our work in Newcastle has a focus on the management and consequences of obesity and alcohol consumption.

Shared decision making

Engagement of patients in shared decision making and support for self-management is a cornerstone of UK policy for enhancing patient experience and outcomes. In Newcastle, we have a programme of research on developing and implementing SDM and supported self-management in primary care.

In addition, to these areas we are active in research into health literacy, and a number of other areas such as loneliness and health at older ages.

FURTHER INFORMATION:

Contact Professor Barbara Hanratty: Barbara.Hanratty@newcastle.ac.uk

Or visit our website: <http://www.ncl.ac.uk/ihs/> and <https://research.ncl.ac.uk/napcr/>

UNIVERSITY OF NOTTINGHAM

We are one of the foremost primary care centres in the UK, with 82% of our research judged as world-leading or internationally excellent in the 2014 Research Excellence Framework. We are a multi-disciplinary unit of over 130 people, including practicing GPs, other health professionals, psychologists, statisticians, research and support staff. Our main research groups' available opportunities are in the following fields:

Primary Care Stratified Medicine (PRISM) research group

We aim to better identify people, or groups of people at risk of disease, and their response to specific interventions or treatments. This includes the prevention and care of major health problems, such as cancer and cardiovascular disease, and common inherited disorders. This is achieved through application of emerging techniques in data science and advances in genomics, combined with "translational" health service research, leading to better-targeted and effective primary healthcare.

For further information see:

<https://www.nottingham.ac.uk/research/groups/primarycarestratifiedmedicine/index.aspx> or contact: Professors Nadeem Qureshi nadeem.qureshi@nottingham.ac.uk or Joe Kai joe.kai@nottingham.ac.uk.

Bio-behavioural approaches to optimising health and healthcare

Medicine and healthcare typically examine the biological processes that give rise to and maintain disease; and focus on these when considering treatment. Our group examines psychological and behavioural influences and how they interact with these biological processes to affect disease and treatment outcomes. Our main areas of research at the present time are as follows and we would welcome applications from people interested in any of these areas:

- Developing and evaluating non-pharmacological interventions (e.g., interventions focussed on improving physical activity, mood etc.) to improve vaccine effectiveness
- Developing lifestyle interventions to reduce stress and improve fertility in couples trying to conceive
- Development of complex interventions to promote wound healing and reduce risk of recurrence in chronic wounds (e.g., diabetic foot ulcers, venous leg ulcers)
- Developing lifestyle interventions (e.g., exercise) for prevention and management of chronic disease.
- Development of interventions to optimise motivation and adherence to health-related behaviours.

If you have an interest in any of these areas please look at our website:

<https://www.nottingham.ac.uk/research/groups/biobehaviouralhealth/index.aspx>

and/or if you would like to discuss possible projects please contact Professor Kavita Vedhara: Kavita.vedhara@nottingham.ac.uk

Primary Care Epidemiology

Our research focusses on studying the epidemiology of diseases (e.g. heart disease, diabetes, cancer, dementia and depression) and evaluating the drug safety of commonly prescribed drugs (including antidepressants, statins, oral contraceptives, and diabetes drugs) using a range of study designs. We have developed and validated risk prediction models for identifying people at high risk of disease for intervention, these include the QRisk model for predicting risk of cardiovascular disease over 10 years, and the QDiabetes and QCancer models.

The group makes extensive use of two largest of its kind worldwide databases – QRESEARCH and CPRD, containing a wealth of longitudinal data from patients in over 2000 UK practices linked to secondary care data and mortality data.

For further information see:

<http://www.nottingham.ac.uk/research/groups/primarycareepidemiology/index.aspx> or contact: Professor Carol Coupland carol.coupland@nottingham.ac.uk or Dr Yana Vinogradova yana.vinogradova@nottingham.ac.uk .

Injury Epidemiology and Prevention

The research group specialises in the epidemiology and prevention of injuries in all age groups, including:

- preventing falls in older people,
- preventing injuries in childhood,
- measuring the long term impact of injuries and
- evaluating interventions in primary care and community settings.

They achieve this through conducting randomised controlled trials, systematic reviews, case-control and cohort studies and epidemiological studies using large primary and secondary care databases.

For further information see:

<http://www.nottingham.ac.uk/research/groups/injuryresearch/index.aspx> or contact: Professor Denise Kendrick denise.kendrick@nottingham.ac.uk or Dr Elizabeth Orton Elizabeth.orton@nottingham.ac.uk

Medication safety and effective health care

Our group conducts research on the safe and effective use of medicines. This includes investigating the prevalence, nature and causes of medication errors in general practice; evaluating patient safety

initiatives; undertaking epidemiological work to assess the benefits and harms of medicines used in primary care; and assessing the safety of primary care organisations. The group seeks to influence policy and practice so that effective interventions to improve patient safety are rolled out across the health service. For further information see:

<http://www.nottingham.ac.uk/research/groups/medicinesafetysafeeffectivehealthcare/index.aspx> or contact Professor Tony Avery tony.avery@nottingham.ac.uk

Smoking in pregnancy

With strong, active international research collaborations Nottingham's Smoking in Pregnancy Group leads research into pharmaceutical, digital and counselling interventions for smoking cessation in pregnancy. We also investigate use of e-cigarettes (vaping) in pregnancy, including how vaping could be effective for preventing relapse to smoking in the postpartum. We comprise health psychologists, applied researchers and statisticians so, any fellow working within our group will benefit from effective multidisciplinary supervision. We welcome independent colleagues who propose their own research questions within our broad area of expertise but are also very experienced at helping junior clinical academics to develop ideas. For further information see:

www.nottingham.ac.uk/go/SmokinginPregnancy or contact: Professor Tim Coleman: tim.coleman@nottingham.ac.uk or Dr Sue Cooper: sue.cooper@nottingham.ac.uk.

Medical Education

The Primary Care Education Unit, at the University Of Nottingham School Of Medicine, delivers teaching to all five years of the undergraduate medical curriculum. The team has a proven track record in conducting medical education research, including projects commissioned by the Royal College of General Practitioners, Health Education East & West Midlands and projects funded by the School for Primary Care Research. Our research themes include methods of teaching delivery and assessment, professionalism education and promoting careers in primary care. We have broad expertise in both quantitative and qualitative research methodologies within medical education. Examples of projects include:

- Developing a situational judgement test for the summative assessment of professionalism
- Evaluation of the utility of smart device technology in undergraduate medical education
- The role of placement activity in influencing career choices
- Exploring the benefits of early clinical exposure to primary care

The aim of the research team is to enhance the evidence base of primary care education and to innovate the delivery of high quality teaching. For further information contact: Dr Richard Knox: richard.knox@nottingham.ac.uk or Dr Jaspal Taggar Jaspal.taggar@nottingham.ac.uk

FURTHER INFORMATION:

Initial enquiries for the opportunities available at the University of Nottingham should be directed to: Pam Pepper, pamela.pepper@nottingham.ac.uk

Queries regarding relevant postgraduate qualifications/experience may be directed to the appropriate research area contact. Website for further information:

<http://www.nottingham.ac.uk/medicine/about/primarycare/index.aspx>

UNIVERSITY OF OXFORD

The Nuffield Department of Primary Care Health Sciences at the University of Oxford is a well-established department conducting high impact multi-disciplinary research. This was recognised by the recent Research Excellence Framework, where Oxford was ranked top for the quality of our research, its infrastructure, and the impact we make on the world. We are able to do this because we are well supported by genuinely helpful research infrastructure and have an excellent training programme for clinicians and other scientists from a wide range of backgrounds. This inter-disciplinary department is home to clinicians, clinical epidemiologists, medical statisticians, social scientists and psychologists, working collaboratively on programmes to improve health and healthcare. Being a large department means we work hard at being a friendly one and are confident that we succeed. We also ensure our department has progressive employment policies that value the careers of all our team and we are proud that we hold an Athena Swan silver award and are working towards gold.

We aim to develop the careers of our early and mid-career scientists and to provide opportunities to form productive collaborations and develop high level content and methodological expertise, which will enable all our team to grow their careers as scientists in applied health research.

The themes of our research include:

- Cardiovascular and metabolic conditions
- Health behaviours
- Infections and acute care
- Patient experiences and social science as applied to healthcare
- Research methods/Evidence-based medicine

Much of our work takes a global perspective and is truly cross-cutting. We also have access to skills in big data, health policy development, digital interventions, and an in-house UKCRC registered NIHR clinical trials unit.

FURTHER INFORMATION:

Cardiovascular and metabolic conditions richard.mcmanus@phc.ox.ac.uk
andrew.farmer@phc.ox.ac.uk richard.hobbs@phc.ox.ac.uk

Health behaviours paul.aveyard@phc.ox.ac.uk or susan.jebb@phc.ox.ac.uk

Infections and acute care christopher.butler@phc.ox.ac.uk or anthony.harnden@phc.ox.ac.uk

Patient experiences sue.ziebland@phc.ox.ac.uk or **Social science** in healthcare and policy research trish.greenhalgh@phc.ox.ac.uk or catherine.pope@phc.ox.ac.uk

Research methods/Evidence-based medicine/epidemiology carl.heneghan@phc.ox.ac.uk, julia.hippisley-cox@phc.ox.ac.uk rafael.perera@phc.ox.ac.uk simon.delusignan@phc.ox.ac.uk

Digital health john.powell@phc.ox.ac.uk

UNIVERSITY OF SOUTHAMPTON

The Southampton Primary Medical Care group is one of the world's leading primary care groups, a thriving department offering an excellent spectrum of expertise in methodologies and a remarkable range of topic areas. We are located on the South Coast with the New Forest and the Sea on our doorstep and easy access to Winchester, Salisbury, London and the South West. We doubled in size between the 2008 Research Assessment Exercise and the 2014 Research Excellence Framework assessment, in which 87% of our research was rated as 'internationally excellent' or 'world-leading'. In the Public Health, Health Services Research and Primary Care unit of assessment, which included not only primary care but all the major public health departments, we were ranked 3rd highest for the quality of our research outputs out of 32 institutions.

The group is part of the School of Primary Care, Population Sciences and Medical Education in the Faculty of Medicine, giving us very close links with Public Health with shared interests in kidney disease, liver disease and alcohol misuse.

We have particularly strong links with the world famous Health Psychology group, and a very strong track-record of developing effective behavioural interventions for both patients and clinicians that really make a difference to patient care. We also collaborate with highly rated groups in secondary care medicine (particularly through the Southampton NIHR Biomedical Research Centres in Nutrition, and in Respiratory Medicine), the Faculty of Health Sciences, Southampton Statistical Sciences Research Institute, and Computing Sciences within the University. Thus PhD students and post-doctoral research fellows may be co-supervised by clinical academics in primary medical care and scientists in these disciplines. They will also be supported to develop national and international links, through our extensive existing fruitful collaborations, where appropriate.

We are engaged in providing evidence to inform new approaches to major challenges in primary care, including addressing major issues affecting population health:

- ***The danger of antimicrobial resistance: can we target antibiotic prescription those who really need them, find alternatives to antibiotics, and provide practical ways to improve appropriate antibiotic prescribing?*** This theme led by Professors Paul Little, Michael Moore, Nick Francis and Geraldine Leydon: we are providing evidence for better antibiotic use and alternative treatments to reduce the major public health threat of antibiotic resistance and save NHS resources. Recent and current studies include: the further development and implementation trial of very successful internet based modules to change GP prescribing behaviour (the GRACE INTRO intervention); auto-inflation for otitis media with effusion in school age children; qualitative work on GP views of delayed antibiotic prescribing; the ARTIC-PC multicentre HTA trial to assess antibiotics for childhood chest infections;

the R-GNOSIS consortium in urinary infection (with Utrecht); herbal medicines for symptom relief and an HTA bid for a trial of antifungals in cellulitis. Current qualitative work seeks to identify key communication practices in GP consultations when patients and their GPs discuss the need or otherwise for antibiotic medication (ANCAP) with the aim to improve prescribing behaviour through a communication intervention. Qualitative work has compared GP and nurse practitioner perspectives on the challenges of prescribing antibiotics out of hours (UNITE).

- ***The imperative to improve self-management for chronic diseases and multi-morbidity: can we more effectively support self-management, including using digital technology?*** This theme is led by Professors Paul Little, Michael Moore, Mike Thomas, Hazel Everitt and Associate Professor Miriam Santer and Professor Lucy Yardley in Health Psychology, and crosses a remarkable range of content areas. We have successfully developed and trialled the POWeR intervention to help primary care teams tackle major public health threat of the obesity 'epidemic' and we currently have work streams developing and testing internet interventions which address issues surrounding lifestyle, mental health, supported self-management, and/or better medication management for a very wide range of conditions including: emotional distress, cancer-related distress and cancer survivorship, low back pain, chronic dizziness, asthma, COPD, respiratory infection, IBS, eczema, hypertension, and weight management, and are extending them to the whole population for health promotion and the prevention of obesity, and alcohol problems.
- ***Mental health: Can we improve the assessment and management of mental health problems in primary care?*** This theme is led by Professors Tony Kendrick, Michael Moore and Hazel Everitt. We are providing evidence to support self-help for distress to reduce the demands on primary care, improve the targeting of drug and psychological treatments for depression, anxiety and insomnia to the people who really need them. Recent work includes: a Cochrane systematic review of patient reported outcome measures in depression; a Cochrane systematic review of Antidepressants for Insomnia; analysis of CPRD data to determine the effects of NICE guidelines; the economic recession, and the QOF on diagnosis and treatment of depression since 2003; the PROMDEP trial of PROMs in depression and the recently funded REDUCE NIHR Programme grant on cessation of long-term antidepressants.
- ***Integrative medicine: can we show was complementary and alternative approaches really work to empower patients effectively?*** This theme is led by Professors Michael Moore and Paul Little: we are developing evidence for novel treatments that give patients more choice, and do not involve the risks of medication, including herbal medicines, mindfulness meditation, the Alexander Technique, and acupuncture. Current work includes trials of Pelargonium for chest infections, Uva ursi in acute UTI, and work on the placebo and non-specific therapeutic effects in consultations for pain, aiming to reduce the use of anti-inflammatories.
- ***Lung disease: are drugs the only way to help people with major lung problems?- improving the assessment and management of respiratory disorders.*** This theme is led by Professors Mike Thomas, and Tony Kendrick: we are developing self-help and non-drug, psychologically based symptom management strategies in both COPD and asthma, in partnership with Asthma UK, which can increase patients' self-reliance and help reduce the demands on primary care. We are using routine record data to explore variations in outcome in asthma and COPD, and exploring independent determinates of health related quality of life in people with COPD, such as anxiety, in SPCR funded research with Birmingham. We aim to evaluate psychological interventions for COPD,

develop non-pharmacological approaches for asthma, and identify whether biomarkers can predict progression with the Respiratory Biomedical Research Centre.

- ***Better patient-centred care for cancer: can we more appropriately identify individuals with cancer, and empower patients who have had treatment?*** This theme is led by Professors Paul Little and Geraldine Leydon: we aim to further develop evidence for best practice in the early detection of cancer in general practice, building on the 20,000 patient CANDID cohort and in the longer-term support of survivors of cancer, working with Macmillan Cancer Support. SPEAK (SPecialist cAncer helpline) studies on Macmillan's Cancer Helpline, and the PROACTIVE intervention designed to diminish anxiety in prostate cancer patients on active surveillance, CATRIC seeks to analyse how GPs communicate with patients presenting with symptoms that may indicate cancer, The major CLASP Programme is developing a complex internet-supported intervention for lifestyle change and the management of distress among cancer survivors. .
- ***The centrality of communication in the consultation: can we communicate better with patients, and will it improve outcomes?*** This theme is led by Professors Paul Little, Geraldine Leydon and Hazel Everitt: we aim to provide evidence to enhance health care communication and improve patient outcomes. Current work includes developing tools to enhance empathy and positive messages within the consultation (EMPATHICA). Recent work identified key challenges associated with managing patients who attend with multiple concerns (EPAC study (Elicitation of PATients' Concerns) in general practice consultations, and trialled a new communication technique to encourage early agenda setting in the GP consultation (SoCs). Qualitative work continues to explore prescribing practice in general practice consultations through in-depth analysis of video recorded consultations (AN-CAP above)

Prof Hazel Everitt is our lead for postgraduate development within the group, our liaison with the SPCR and internally with the University's postgraduate and postdoctoral organisations. All our PhD supervisors attend the University supervisor training and the Faculty Graduate School provides generic training (in ethics, presentations, statistics, Good Clinical Practice, etc.). Many of our PhD students have completed an MSc involving research methods, and training is individualised, depending on the needs of the PhD. This often involves specific specialist courses outside the department funded by our internal reserves. The SPCR meetings provide an excellent environment for PhD fellows to learn what happens in other departments, to meet colleagues in a non-threatening academic environment, and be mentored. We have a PhD support group and an annual Primary Care and Population Sciences conference for PhD students to receive feedback from all the senior academics. Our postgraduate students also have an annual formal assessment with an invited internal adviser from outside the supervisory team. Supervision and mentoring are judged to be excellent and students have many opportunities for presenting their research findings at conferences and for co-authorship on peer reviewed publications, and good support for new research ideas. As well as offer academic excellence our Academic Unit provides a vibrant and friendly culture for PhD students. We eagerly await new doctoral candidates so please email to enquire about any of the themes above. It is also possible to discuss your ideas and how they might fit in with our Unit research strategy.

FURTHER INFORMATION: Contact: Hazel Everitt hae1@soton.ac.uk

<https://www.southampton.ac.uk/primarycare/about/index.page>

UNIVERSITY COLLEGE LONDON

The Research Department of Primary Care and Population Health at UCL is part of the Institute of Epidemiology and Health Care and is headed by Dr Fiona Stevenson. Our goals are to:

- Undertake excellent research that is clinically relevant and impacts on health and wellbeing;
- Provide excellent teaching in primary care, population health and research methods;
- Strengthen the discipline of primary care through leadership in research, teaching and clinical practice;
- Work in partnership with service users, practitioners, policy makers and other stakeholders to increase the impact of our research, teaching and innovation on health and health care systems;
- Foster professional development to enable each individual to reach their full potential.

In order to do this we:

- Encourage all phases of clinical research including epidemiology, qualitative fieldwork, intervention development and evaluation, implementation and translational research, as well as methodological research;
- Encourage multi-disciplinary working, bringing together clinicians and scientists with a wide range of methodological skills and epistemologies;
- Foster excellent communication within the Department, across workgroups and disciplines, and with local, national and international colleagues and organisations.
- Foster a learning environment where students, researchers, teachers and professional service staff are supported in learning and continuing professional development;
- Invest in the career development of all of our staff;
- Promote an open, friendly and inclusive working environment.

In the 2014 REF UCL submitted 159.75 FTE staff to UoA 2 (Public Health, Health Services and Primary Care) with 46% of the total submission rated as 4*. We have strong collaborations internationally, nationally and within UCL. In addition to being part of the Institute of Epidemiology and Health Care we have links with the UCL Institute of Digital Health (<https://www.ucl.ac.uk/digital-health>), the Institute of Clinical Trials and Methodology (<http://www.ucl.ac.uk/ictm>), the Centre for Behaviour Change (<http://www.ucl.ac.uk/behaviour-change>)

We are able to offer studentships and fellowships based in one or more of the following research units. Interested candidates are strongly urged to contact proposed supervisors to discuss their proposed programme of research before submitting an application.

British Regional Heart Study

The Cardiovascular Epidemiology Group includes major longitudinal research on risk factors for cardiovascular disease, in particular the British Regional Heart Study (BRHS) of over 7000 men recruited through general practice. The BRHS is a unique cohort with over 35 years of follow-up allows investigations on prevention and prediction of a range of chronic diseases from middle to older ages. The successful candidate will work within a team principally of statisticians and epidemiologists, with strong links to collaborators who are applied methodologists and experts in primary care. The projects will suit a candidate with a background in medical statistics or epidemiology and experience in analysing large datasets. Contact Goya Wannamethee: g.wannamethee@ucl.ac.uk

Centre for Ageing Population Studies

The Centre for Ageing Population Studies undertakes a broad range of research in ageing including the epidemiology of age-related conditions and the development and testing of complex interventions for older people in primary care and community settings. Particular areas of interest are neuro-degenerative diseases (dementia, Parkinson's disease), frailty, multi-morbidity, mental health, health promotion in older people (exercise and nutrition), loneliness and end of life care. We are a multi-disciplinary group and can support research using quantitative (eg analysis of large datasets, clinical trials) and qualitative methodologies. Contact Kate Walters: k.walters@ucl.ac.uk

eHealth Unit

The eHealth Unit focuses on the use of new technologies, such as the internet and mobile phones, to improve health and health care. Areas of interest include using the internet to deliver self-management programmes for patients with long term conditions (e.g. diabetes, heart disease) and for health promotion (e.g. alcohol, sexual health). The unit also undertakes research on implementation of new technologies in the NHS and has a research stream which uses a range of qualitative methods to understand the impact of new technologies on health care professional – patient interactions. Contact Elizabeth Murray: Elizabeth.murray@ucl.ac.uk or Fiona Stevenson f.stevenson@ucl.ac.uk

Clinical Epidemiology & Electronic Health Records Research

Areas of interest include epidemiological and methodological research on drug safety and risk communication - for example on medicines prescribed in pregnancy, diabetes and mental health.

For further details of our work please see our website <http://www.ucl.ac.uk/pcph/research-groups-themes/thin-pub/>. Projects with this group would suit applicants with epidemiological/statistical background and some experience in handling large datasets. Contact Irene Petersen: i.petersen@ucl.ac.uk

Infections

The Infections in Primary Care group conducts research in sexually transmitted infections (STIs) and other common infections in primary care. Our projects include epidemiological research (including working with electronic health records), trials and qualitative research. We have excellent links with Public Health England and are part of the NIHR Public Health Research Unit (HPRU) in Blood Borne Viruses and STIs at UCL. PhD fellows would have the opportunity to join the HPRU Academy. Contact Greta Rait: g.rait@ucl.ac.uk

Mental Health

The Primary Care Mental Health Research group offers studentship or fellowship opportunities on a range of topics in mental health (including severe mental illness / psychosis, common mental disorders such as anxiety and depression, medically unexplained symptoms and somatisation) and using a variety of methodologies including both quantitative and qualitative research.

Contact Irwin Nazareth i.nazareth@ucl.ac.uk

The Department and Institute also contribute to a wide range of undergraduate and postgraduate teaching programmes at UCL, so postgraduate students and fellows have the opportunity to undertake some teaching related to their interests, background and skills. Time commitment for teaching is negotiated with supervisors on an individual basis. UCL supports training and accreditation for all staff involved in teaching. See <https://www.ucl.ac.uk/teaching-learning/arena>
Candidates interested in educational research should contact Sophie Park: Sophie.park@ucl.ac.uk

FURTHER INFORMATION:

Full details of the application process are available on our website at:
<http://www.ucl.ac.uk/pcph/postgrad/fellowships>
