

# PharMed

*Inter-disciplinary Pharmacy based research with a focus on  
Medication use*

## Who are we?

The PharMed research team



### CHIEF INVESTIGATOR - Dr Ian Maidment

Ian is an Academic Clinical Pharmacist leading both MEDIATE & RESOLVE. Prior to moving to academia, he spent nearly 25 years in practice mainly within mental health services

### MEDIATE & RESOLVE RESEARCH ASSOCIATE - Dr Jo Howe

Jo is a healthcare researcher with a background in Neuropsychology. She successfully defended her PhD in April 2022!



### MEDIATE & RESOLVE RESEARCH ASSISTANT - Hafsah Habib

Hafsah is a pharmacy graduate who is new to realist research. Her current focuses are grey literature searching as well as the use of social media for dissemination



**Welcome to the second issue of our newsletter. This special edition of PharMed is dedicated to our RESOLVE research study and will be taken over by three RESOLVE co-applicants! We hope you enjoy.**

**RESOLVE: REalist Synthesis Of non-pharmacological interVENTions for antipsychotic-induced weight gain (RESOLVE) in people living with Severe Mental Illness (SMI)**

Many people who have a Severe Mental Illness (SMI) are on medication, called antipsychotics to manage their mental health (MH) symptoms. Antipsychotics, particularly the newer ones, can have debilitating side effects, such as significant weight gain. Up to 80% of people who have SMI, such as schizophrenia, are overweight or obese. Not only will an individual not look or feel how they used to but they can also develop a range of other physical health conditions such as diabetes. RESOLVE is a 2-year project which aims to understand how and why different non-pharmacological (not based around the use of medication) methods for weight loss work or don't work in certain circumstances or for certain groups.

## Meet the RESOLVE co-applicants



### Alex

Alex has experienced antipsychotic weight gain since she first became unwell with psychosis 15 years ago. She works in Patient and Public Involvement (PPI) and MH research which she finds rewarding and values this as she is helping shape MH services.

### Dan

Dan has worked in research for almost 20 years. He is passionate about helping people with lived experiences of particular situations and circumstances get their voices across in research projects.



### Justine

Justine experienced psychosis in her later years and has been in and out of secondary care for 30 years. She has been in the role of a peer support worker for the last 5 years. Justine is passionate about personal recovery and making services better for future generations.

## We put forward some questions for our co-applicants to obtain their views on participating in our research study. Here's what they had to say!

### What is it like as a service user?

Many service users have found services very varied over the years and difficult to navigate. The right support is not always available. However, service users find that it can sometimes take just one member of the team to deliver good quality care and make a difference.

### Why is RESOLVE an important project to you?

"Because not only does a service user have to come to terms with their SMI, secondary to that they often have to deal with weight gain. Both SMI and weight gain are stigmatising. The right support is needed so that people do not have to cope alone"

"There is often a trade-off between being mentally well and gaining weight. Once mentally well, weight gain often remains a problem that isn't addressed"

"The problem is often not acknowledged as there is no clear solution"

"There needs to be clear guidelines as to how a weight loss intervention works. So it can be standardised across health care services"

### What are your views on involving people with lived experience in this project?

"The PPI in this work requires people with experience of antipsychotic weight gain. This gives a voice to those who are affected by this antipsychotic weight gain"

"Attending the project meetings is inspiring. Who should have responsibility for weight management of the service user? Should it lie with the individual?"

### One of our ideas for the study:

Responsibility for weight gain should lie with one service team to prevent the service user being batted between primary and secondary care. The responsibility could be with secondary care as they are responsible for putting you on the medication and psychosis is their area of expertise

### What is your experience of PPI?

"It is interesting seeing the contrast between the service user group meetings and the academic group meetings and how one feeds into the other. Sharing lived experience in the service user group meeting can help you feel less alone and gives you courage to speak out. Patient and public involvement members who attend the academic group meeting are given a voice to speak out and share things the academics wouldn't necessarily know about. There is the opportunity to challenge the academic and clinical way of thinking"

## Feature: Working for McPin

The McPin Foundation is a small, London based, mental health research charity. The McPin Foundation exists to transform mental health research by putting the lived experience of people affected by MH problems at the heart of research methods and the research agenda.



"Working for McPin has been a delight! They are supportive and there is the opportunity to learn new things and develop your confidence. It allows the sharing of lived experience and coming to terms with one's own mental health"

**For more information please visit our website: [www.mcpin.org](http://www.mcpin.org)**

**Keep your eyes peeled for the next issue for updates on *MEDIATE* on *RESOLVE*. For regular updates follow us on twitter at [@PharMed\\_](https://twitter.com/PharMed_)**

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