

PharMED

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

Who are we?

The PharMED research team



CHIEF INVESTIGATOR - Professor 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 - Hafsa Habib

Hafsa is a pharmacy graduate who is new to realist research. Her current focuses are the use of social media in severe mental illness as well as the use of social media for dissemination

Welcome to the fourth issue of our newsletter!

This issue of PharMED is dedicated to introducing some new and old faces, sharing our final Lived Experience Group workshop for MEDIATE and introducing a new project - RESOLVE 2!

Welcome back Dr Gurkiran Birdi and Welcome Nesrein Hamed



RESOLVE RESEARCH ASSOCIATE Dr Gurkiran Birdi

We are thrilled to welcome back Gurkiran to the PharMED team. Dr Gurkiran Birdi is a healthcare researcher with a background in Health Psychology. Her PhD explored atopic dermatitis and its impact on quality of life and mental wellbeing in adults (completed in 2020).



PhD STUDENT Nesrein Hamed

We are excited to introduce Nesrein who has recently joined the PharMED team. Nesrein started her PhD in April 2023. The general aim of her research is to explore the challenges related to medicines optimisation in ethnic minority elders in primary care settings using realist evaluation. This project builds on the NIHR-funded MEMORABLE study: <https://bit.ly/3wt1h9R> Before commencing her PhD studies, Nesrein completed her Master of Pharmacy at University of Bradford and then qualified as a Pharmacist with the GPhC.

Meeting the MEDIATE LEG!

As a reminder, MEDIATE is a National Institute for Health Research (NIHR) funded project which investigated how medication can be best optimised (safely getting the right drug at the right dose to the individual at the right time) for people living with severe mental illness (SMI).

We were very excited to finally invite our Lived Experience Group (LEG) members to take part in a one-day workshop on Aston University campus. Members of this group have all lived with and taken medication for SMI and have been an integral part of the MEDIATE project since January 2022. Meeting in person after only communicating online was a great way to end the project!

The first part of the workshop allowed LEG members the opportunity to discuss their involvement in MEDIATE with the research team.



Prof. Ian Maidment, Dr Jo Howe and Hafsa Habib are joined by a few of the LEG members

“Although this group was formed to help us as researchers, we became aware that involvement in the group has also helped group members. They enjoyed linking with their peers, despite having had different lives and journeys, they discovered shared experiences, which helped them feel less isolated. Importantly some members said that their involvement in our research improved their self-confidence and helped them to speak about their medication concerns with their healthcare team.”

Dr Jo Howe

The second part of the workshop gave the group ability to gauge opinions on three separate research projects currently being planned by the MEDIATE research team. The group gave useful insights to help shape future project proposals.

“It is vital that the people who this research affects are actively involved in the process. We aimed to do this in MEDIATE and working with this group has really helped inform the research. For example, any guidance or outputs we produce are centred on real world experience and are therefore much more likely to have an impact.”

Professor Ian Maidment

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

We are holding research interviews with those who have direct experience of living with or caring for someone who has experienced weight gain due to antipsychotic medication. To be able to understand the experiences of people from diverse backgrounds, we are interested in speaking to family carers and service users from non-white British backgrounds. If you would like to take part in our work, please email j.howe1@aston.ac.uk. We will offer a £30 gift voucher for participation!

RESOLVE 2

STUDY OVERVIEW

RESOLVE 2 aims to explore how and why social care practitioners (SCP) engage (or not) with research activity. It follows on from RESOLVE, a project which explores the role of non-pharmacological interventions in reducing weight gain caused by antipsychotic medication. RESOLVE 2 explores facilitators and barriers to research engagement by and with SCPs and using RESOLVE as an exemplar, we want to understand how researchers can ensure that relevant healthcare research is taken up and utilised by SCPs. We will use a method called "realist evaluation" to find out 'what works for whom, when, how and why?' and interview up to 20 SCPs working with people living with SMI who are treated with antipsychotics. We will analyse the data from the interviews to build an in depth understanding of the evident research engagement gap among SCPs. We will then develop evidence-based guidelines to promote research engagement for use by researchers and SCPs themselves.

WHERE ARE WE AND WHAT ARE THE NEXT STEPS?

Currently, we are in the process of getting ethical approval from the Health Research Authority (HRA); our next steps are to publish the study protocol in an academic journal and commence recruitment following ethical approval.

Keep your eyes peeled for the next issue for updates on MEDIATE and RESOLVE. For regular updates follow us on twitter at @PharMED_

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