

PharMED

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

Welcome to the sixth issue of our newsletter! In this issue we introduce Nesrein Hamed and also update you on the progress of current and previous projects. We hope you enjoy!

Introducing Nesrein: From Pharmacy practice to PhD

Nesrein is a newly qualified pharmacist, with hands-on experience in the primary care setting. Nesrein is currently doing her PhD at Aston University. Her transition from pharmacy practice to research is driven by a commitment to address complex healthcare challenges, particularly within ethnic minority communities.



Nesrein's project: Medicine optimisation among older people from ethnic minority communities (EMCs) (aged 60 years and above) with polypharmacy (regular use of multiple medications) in primary care and how it built on the MEMORABLE study

Nesrein's research builds on the MEMORABLE project, led by Professor Ian Maidment ([Medication management in older people: the MEMORABLE realist synthesis \(nhr.ac.uk\)](#)). MEMORABLE used a new approach called a "realist synthesis" to understand medication management for older adults. One of the key findings was that older adults, particularly from ethnic minority communities, struggle with their medications. Further in-depth research in these communities was needed, forming the focus for Nesrein's PhD.

The overall aim of Nesrein's PhD is to identify and understand the existing challenges and barriers faced by older ethnic minority patients by engaging directly with patients, healthcare providers, and family carers to understand the current practice of medicine optimisation.

Planned Methods:

1- Looking into What's Already Known (Realist Review)

Firstly, Nesrein will look into existing studies and reports using a "realist approach." This approach has been used before to understand complicated issues like medication management. She will gather information from various sources about how older adults from ethnic minority communities are supported in handling their medications. From this, she aims to find out what works well, for whom, when this works, and why some approaches might be more successful than others.

2- Talking to People (Interviews)

Next, she'll talk to the older adults themselves, their family carers, and the healthcare professionals who work with them. She wants to hear directly from older adults and family carers about what makes managing medications and talking to their healthcare provider easier or more challenging.

She will ask them about their experiences and what support they think could help them to handle their medications better.

She will then bring together everything that has been learned from the studies and the interviews and will share the findings and recommendations with the patients themselves, healthcare workers, and policy makers.

Current stage

As Nesrein approaches the end of her first year, she is in the process of finalising the realist review. She has successfully published the review protocol to PROSPERO, under registration number:

CRD42023432204

(crd.york.ac.uk/PROSPERO/display_record.php?RecordID=432204).

The protocol has also recently been submitted to a journal.

MEDIATE: MEDication optimisATIOn in severE mental illness Study update!

**Great news - the MEDIATE study has been published in
BMJQS - access here: <https://bit.ly/41bBJuW>**

As a reminder, MEDIATE is one of our recent National Institute for Health Research (NIHR) funded projects.

We used published literature and two stakeholder groups to answer the question:

*What works for whom and in what circumstances to
optimise medication use with people living with SMI in the
community.*

We hope you enjoy reading!

An update on RESOLVE

As a reminder, RESOLVE (REalist Synthesis Of non-pharmacological interVENTions for antipsychotic-induced weight gain (RESOLVE) in people living with Severe Mental Illness (SMI)) looks to understand how we can limit and manage weight gain associated with antipsychotics in people with severe mental illness.

This is a two part project consisting of a review and an evaluation. The review involves us looking at secondary data i.e. into the literature to see what has already been found. The evaluation involves us collecting our own data via interviews with healthcare professionals (HCPs), service users (SUs) and carers to obtain their views on the topic (known as primary data).

We have recently submitted the review to a peer reviewed journal and have now progressed to the evaluation stage. So far we have conducted 49 interviews (31 HCPs, 7 carers and 11 SUs) and are in the process of data analysis.

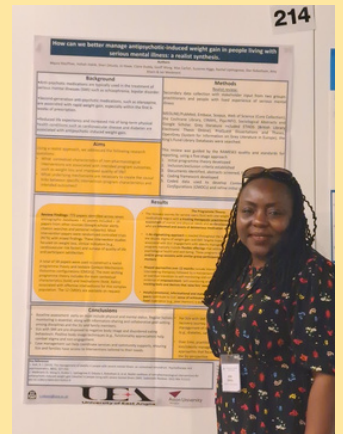
We have also been busy sharing our work!

5th April 2024 - RESOLVE co-applicant Sheri Oduola took a poster to the **Schizophrenia International Research Society** in Florence (See right)

12th May 2024 - Co-applicant Amy Ahern and Lived Experience Group (LEG) member Alex Kenny presented at the **31st European Congress on Obesity** in Venice

15th May 2024 - Two posters were presented at the **Society for Academic Primary Care conference** at Keele University. One was presented by Hafsa Habib (Research Assistant on RESOLVE) and one was presented by LEG members Annabel Walsh and Julian Harrison from The McPin Foundation. We're delighted to share that Annabel and Julian won the prize for Best Poster Presentation!

September 2024 - Chief Investigator of RESOLVE, Professor Ian Maidment, will be taking a poster on RESOLVE to the **FIP World Congress of Pharmacy and Pharmaceutical Sciences** in Capetown, South Africa



An update on RESOLVE 2

As a reminder, RESOLVE 2 is a follow on project from RESOLVE. RESOLVE 2 aims to explore how and why social care practitioners (SCP) engage (or not) with research activity.

Recruitment has been successfully completed with 18 social care practitioners taking part in the study. The study protocol has recently been accepted for publication in INQUIRY: an open-access SAGE Journal. Some preliminary findings from the interviews with SCPs include: the lack of knowledge and subsequent confidence in carrying out research, time constraints at work, hierarchy in the work place acting as a barrier to research opportunities, and the perceived lack of support in research activity and training. The next steps are to analyse the interviews and disseminate findings in a social care journal.

The PharMED Research team



CHIEF INVESTIGATOR
Professor Ian Maidment

Academic Clinical Pharmacist leading both MEDIATE & RESOLVE



MEDIATE & RESOLVE RESEARCH ASSOCIATE
Dr Jo Howe

Chartered Psychologist with a background in healthcare research and realist methods



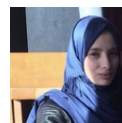
MEDIATE & RESOLVE RESEARCH ASSISTANT
Hafsa Habib

Pharmacy graduate currently focusing on how antipsychotic medications are discussed online



RESOLVE 2 RESEARCH ASSOCIATE
Dr Gurkiran Birdi

Healthcare researcher with a background in Health Psychology



PhD STUDENT
Nesrein Hamed

Pharmacist undertaking a PhD involving exploring medicines optimisation in ethnic minority elders

Keep your eyes peeled for the next issue for updates on our work. For regular updates follow us on twitter at @PharMED_

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