

PharMED

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

Welcome to the eighth issue of our newsletter! In this issue we'll catch you up on recent events and project progress!

The RESOLVE Project: *Working to implement our learning – our event at Conference Aston*

This segment of the newsletter will focus on our recent event at Conference Aston linked to the RESOLVE research project.

As a reminder, RESOLVE [REalist Synthesis Of non-pharmacological interVENTions for antipsychotic-induced weight gain (RESOLVE) in people living with Severe Mental Illness (SMI)] is a 39-month long NIHR funded project that looks to understand how we can limit and manage weight gain associated with antipsychotics in people with severe mental illness. To understand this, we have reviewed the existing literature alongside conducting interviews with healthcare professionals, carers and service users.

As the RESOLVE project is now coming to an end, we have been looking into what we can do to implement our learning. This has involved us looking into developing a new preventative antipsychotic weight management pathway.

We recently held an event at Conference Aston where we brought together researchers, healthcare professionals from various NHS Trusts across the UK and people with lived experience of SMI to brainstorm this. We delved into what already exists, what could be changed and how we could do this. We also provided a platform for attendees to discuss QI project ideas and how we could support them in developing these.

This was a full day event which included fantastic presentations from key people working in this space, networking, discussions as well as lunch!

Presentations delivered on the day included the following:

Dr Annie Walsh: *Preventative Antipsychotic Pathway - The Lived Experience Perspective*

Dr Dawn Price: *Choice and Medication*

Kath Paterson: *The Evidence Base for Dietetic interventions*

Craig Fenton: *The PAIL (Physical Activity & Improved Lifestyle) Project*

Professor Saeed Farooq: *The iSWITCHED Study: Practical Resources for Reviewing and Switching Antipsychotics: Integrating Physical Health from Research to Practice*

Ita Fitzgerald: *Pharmacological management of antipsychotic-induced weight gain, what are we 'weighting' for*

Dr Susanna Mills: *Study Design and QI projects*

Sarah Davies: *The SHAPE study - Overview, Outcome Measures & Funding*

Craig Fenton: *Outcome Measures & Funding*

Professor Ian Maidment (Chief investigator of RESOLVE) also delivered a great presentation focusing on research priorities, which included attendees sharing their own ideas for future projects.

We look forward to collaborating with NHS Trusts and other organisations and seeing what the future holds for the development of strategies and pathways for preventing weight gain associated with antipsychotics. We will keep you posted on our progress with this in further newsletter issues!



The RESOLVE team at Conference Aston

UPDATE – Some key findings from the RESOLVE research study

As mentioned in the article above, the RESOLVE research study is now coming to an end and we are in the process of writing up the final papers.

A few key findings

- *There are a lack of weight management interventions that currently exist*
- *Service users would like to receive information on the side effects that they may experience when they take antipsychotic medications early on in their treatment journey so they can be prepared to deal with them*
- *A small steps approach should be taken when designing weight management interventions as service users are more likely to engage*
- *The right support is essential for service users when looking to manage their weight gain*
- *Carers of those with severe mental illness need support too*
- *Group interventions can provide service users with a sense of belonging as well as a safe space where they are not judged*

Developing guidance to help researchers include more diversity in their work

Research Assistant Hafsa Habib led on a project working to develop guidance for researchers to include more diversity in their work.

The project looked into gathering the perspectives of different communities in Birmingham on what barriers they've experienced when it comes to participating in research and what helpful steps researchers can take to overcome these when conducting their work.

This project was conducted in collaboration with the BCHC (Birmingham Community Healthcare NHS Foundation Trust) Community Connexions programme. Community Connexions highlight the lived experiences of communities in Birmingham with regards to their healthcare needs. Services can then be adapted to work better for the populations that they aim to serve (<https://www.bhamcommunity.nhs.uk/community-connexions/>).

The guidance was produced in collaboration with community members from various organisations linked to BCHC and with staff employed by BCHC. This was done via a series of online meetings. Ideas were discussed, and a draft was put together. This draft was progressively refined to create a document that reflected community member perspectives.

For more details on how the work was conducted and to see a copy of guidance produced, have a read of this blog on the Society for Academic Primary Care website: (<https://www.spcr.nihr.ac.uk/news/blog/diverse-communities-in-research-guidance>)

The PharMED team



PROFESSOR IAN MAIDMENT
Chief Investigator

Academic Clinical Pharmacist leading on the RESOLVE project



DR JO HOWE
Research Associate

Chartered Psychologist with a background in healthcare research and realist methods currently working on the RESOLVE project



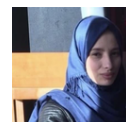
HAFAH HABIB
Research Assistant

Pharmacist working in research and academia, currently working on the RESOLVE project



DR GURKIRAN BIRDI
RESOLVE 2 Research Associate

Healthcare researcher with a background in Health Psychology



NESREIN HAMED
PhD Student

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



RUMANVEER DULEY
PhD Student

Pharmacist undertaking a PhD exploring the potential role of community pharmacy in the prevention of cardiovascular disease in minority ethnic groups



DR OLA AMR
Research Associate

Realist researcher working on the INTEGRATE project focusing on Independent Prescribing in Community Pharmacy

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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