

Salford R+D Newsletter

Issue 17, October 2015



Young patients help lead fresh approach to skin conditions

Leading research: Pauline Nelson and Christine Bundy

Young people with severe acne, atopic eczema and psoriasis are working with scientists to find out how they can stop these conditions having a major impact on their lives.

About one in five young people in the UK will develop atopic dermatitis (also known as eczema) by the age of 20. It causes itchy, red, dry and cracked skin. Psoriasis, an immune-related condition that causes flaky, scaly and itchy skin patches, affects up to 1.8 million people in the UK, around a quarter first becoming affected before the age of 18. Up to 20 per cent of young people experience moderate to severe levels of acne, with about two thirds still having acne in early adulthood.

These skin conditions can have huge psychological effects on young people, who can be bullied or teased because of their skin and may feel so self-conscious that it limits their social life, education and career. Skin conditions have been linked to feeling low, unhealthy lifestyles and even self-harm.

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Salford R+D is an integrated service overseeing research and development on behalf of Salford Royal NHS Foundation Trust and NHS Salford Clinical Commissioning Group.

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But an innovative new piece of research, funded by the National Institute for Health Research (NIHR) and led by experts from Salford Royal NHS Foundation Trust and The University of Manchester, will look at how patients can feel happier in their skin by building up their resilience.

The £240,000 three-year study has been developed from work with a group of young patients who told scientists that they wanted research into the psychological aspects of their skin condition, alongside improved treatments.

One of those involved is 25-year-old Sarah Fletcher, who was also one of the co-applicants for the Research for Patient Benefit programme grant from the NIHR.

Sarah said: *"I am so happy that funding has been given to this project. I know myself how much of a dramatic effect living with a skin condition has on a young*



Sarah Fletcher

person's life and I feel this is a great step in improving the services available, not only for the visible effects but also more importantly the psychological effects. I'm very excited to see the difference this funding can make to young people's experiences in the future."

Principal Investigator for the study, Dr Chris Bundy, said: *"Skin conditions like these can have a negative impact that continues throughout life. We know from previous work with young people that they want to cope better with their skin conditions and the impact they have on their lives and this innovative real world research will help us develop our services to do that.*

"We will gather information about what concerns them and their views on what sort of support they want from dermatology services. That will help us design the service to suit their needs, which we'll test on young people attending Dr Tim Clayton's specialist clinic at Salford Royal and then evaluate how it's worked for them and the best way to take it forward.

"At that stage, psychologists will deliver the service but ultimately we want doctors and specialist nurses trained to work with patients in this way."

Lead BRISC* Researcher Dr Pauline Nelson added: *"Our group of young expert skin patients will continue to work alongside us throughout the project, ensuring that the research we carry out is relevant to the young people using skin services."*

Manchester and Salford Dermatology is a world leader in research into major skin disease - the team led by Professor Christopher Griffiths runs probably the most comprehensive psoriasis research programme in the world and the University's Dermatopharmacology Unit, based at Salford Royal, is one of Europe's leading dermatology clinical trial units.

The skin experts based there have a track record in innovative approaches – including the Psoriasis Shout Out®, an initiative which aims to raise awareness of the condition and to bring patients together with professionals working in the field of psoriasis management and research.

*BRISC: Building resilience to improve the life course and prevent future impact of skin conditions on young people.

Skin expert given prestigious medal

Prof Christopher Griffiths (right) receives the medal from Dr David Eedy, President of the British Association of Dermatologists



Professor Christopher Griffiths, Consultant Dermatologist at Salford Royal and Professor of Dermatology at The University of Manchester, has been presented with the Sir Archibald Gray Medal in recognition of his outstanding services to dermatology.

Named after the British Association of Dermatologists founder, The Sir Archibald Gray Medal is awarded as the organisation's ultimate accolade bestowed on significant UK dermatologists.

It was presented to Professor Griffiths at the 95th Annual Meeting for the British Association of Dermatologists in July.

Prof Griffiths, who has long-standing research interests in all aspects of psoriasis, is also President of the European Dermatology Forum and co-founder of the International Psoriasis Council. In 2009 he received the lifetime achievement award from the American Skin Association.

National award marks stroke specialist's pioneering work

Key role in transformation of stroke services:
Prof Pippa Tyrrell



Leading stroke specialist Professor Pippa Tyrrell has been given a national Life After Stroke Special Recognition Award for her pioneering work to transform the quality of stroke care in the UK.

Prof Tyrrell is honorary stroke consultant at Salford Royal and Professor of Stroke Medicine at The University of Manchester and in 1995 was the first specialist stroke physician to be appointed in Manchester.

She played a key part in transforming stroke services in Greater Manchester, enabling stroke patients to access the 'gold standard' of care within the vital first few hours after a stroke. Stroke patients were previously admitted to district stroke centres at their local hospital, with limited access to emergency treatment. Now, all emergency treatment is centralised at Salford Royal, Stepping Hill and Fairfield, giving patients 24/7 access to emergency 'clot-busting' thrombolysis and brain scans. Her research has also led to changes in national guidelines for the use of early, intensive communication therapy after stroke.

Prof Tyrrell said: *"I'm truly honoured to receive this award. When I became a consultant 20 years ago, treatment for stroke was virtually non-existent. Thanks to organisations like the Stroke Association, who have championed new and better ways of treating stroke, all stroke patients in the UK can now expect to receive a much higher level of care. By continuing to invest in world-class research, we will, one day, conquer stroke."*

Prof Tyrrell is a member of the Stroke Association's Scientific Committee and Chair of the charity's Research Awards Pool. She also set up the stroke speciality training programme for doctors in the North West.

Chris Larkin, North West Regional Director for the Stroke Association, said: *"Pippa's compassion and dedication to helping others is an example to us all. Not only has Pippa revolutionised the treatment and care for stroke patients, but through her teaching and mentoring, she's inspiring the next generation of stroke specialists."*

Jon Barrick, Chief Executive of the Stroke Association, said: *"Pippa's been blazing a trail in stroke research and care for many years. Her energy, enthusiasm and commitment to improving the lives of others knows no bounds. Her life-saving work has been responsible for transforming the lives of stroke patients up and down the country. She is undoubtedly one of the most inspirational, yet down to earth, stroke experts we have the privilege of working with."*

The Stroke Association's Life After Stroke Awards recognise the courage shown by stroke survivors and carers, as well as the great work and commitment shown by health professionals, groups and supporter organisations.



Second Research Week spreads message to community

Fancy dress: The Help BEAT Diabetes team at the Alice in Wonderland themed Love Eccles Festival

Hundreds of Salford people found out more about how research improves care and treatment in the NHS during Salford's second Research Week.

The week of events organised by the Engagement and Communications team for the R+D department at Salford Royal included three 'research roadshows' where members of the public could drop by and have a chat about some of the ground-breaking studies going on in the city.

More than 500 research projects are currently taking place within the NHS in Salford, with internationally renowned research in areas such as diabetes, kidney disease, stroke, skin health and dementia.

Local people who went along to the Love Eccles Festival were able to meet staff from the Help BEAT Diabetes team and from Salford's Citizen Scientist project, which provides information on research studies that could be relevant to them.

Dozens of people signed up to receive regular updates from both projects, both at the Festival and at a second roadshow in Salford Shopping Centre where they were joined by colleagues from NHS Salford Clinical Commissioning Group and skin researchers from The University of Manchester as well as staff

from the Clinical Research Network Greater Manchester and the Collaboration for Leadership in Applied Health Research and Care (CLAHRC). Research staff also had a stall in Hope Building at Salford Royal, where patients and visitors could share their views.

The week saw the fourth annual Salford Research Conference for NHS staff, which celebrated some of the success stories of research in Salford and looked at how innovation and creativity can be encouraged in the NHS (see pages 6-7).

Events for R+D staff included a drop-in session at Summerfield House so staff could get to know one another and explore opportunities for joint work, combined with a bake sale which raised £75 for Alzheimer's Research UK - September was World Alzheimer's Month.

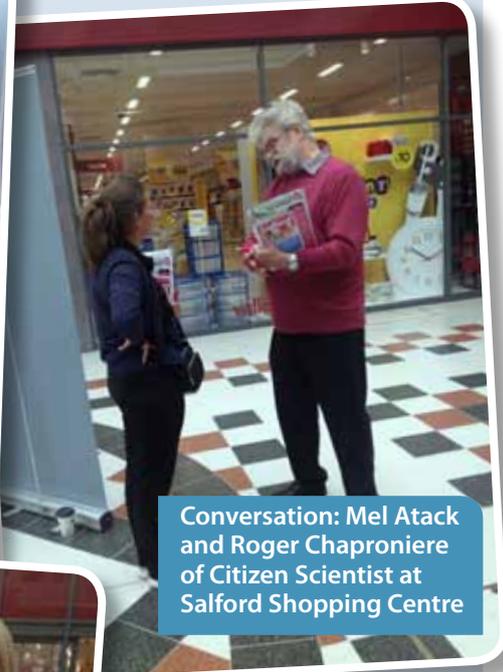
Director of Salford R+D Professor Bill Ollier said: *"Research and innovation are hugely important to our ambition to make Salford one of the healthiest places to live and one of the safest and best places to receive medical care. We are delighted so many people came along to find out more and to hear about some of the ways they can get involved."*



Busy day: The stands in Salford Shopping Centre



Working with partners: Philip Hammond with the Greater Manchester PSTRC banner



Conversation: Mel Atack and Roger Chaponiere of Citizen Scientist at Salford Shopping Centre



Photo wall: Prof Bill Ollier



Why we do research: The week was a chance for more people to join the campaign, including Oliver Wadsworth from the cancer research team



Conference puts spotlight on success and innovation

Innovation panel: Seamus McGirr, Tudor Rickards, Oz Khan and Melanie Ogden take questions from the audience

“Research is absolutely vital to what we do in Salford Royal - what makes us different here is that the research we do is translated into clinical practice and better outcomes for patients.”

“Our research has got that connectivity with making things better for patients. I would like to take this forward so every patient in Salford is a research opportunity.”

That was the message from Salford Royal’s Executive Medical Director Dr Chris Brookes as he introduced the Trust’s fourth annual Research Day.

This year’s event showcased work from some of Salford R+D’s past Research Award winners with presentations from:

- **Sorrel Burden** - new techniques for evaluating body composition in colorectal cancer patients.
- **Graham Dinsdale** - mobile phone technology in the diagnosis and assessment of Raynaud’s disease.
- **Xiaoyan Pan** - the role of selenium deficiency in systemic sclerosis.
- **Jennifer Thompson** - developing a research register for genetic frontotemporal dementia.

Keynote speakers included Ruth Boaden, Director of the NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC), who described the four stages of the research pipeline for turning studies into practice: invention, evaluation, adoption and diffusion.

Prof Boaden emphasised the importance of context in how research is taken into practice as well as the need to get different networks on board - experts and peers who are key influencers and commissioners as well as researchers and practitioners.

The afternoon’s speakers all focused on creativity and innovation in healthcare with Melanie Ogden, Deputy Director of Innovation at NHS England, saying:

“We need to adopt successful innovations at scale and at speed across the NHS. Some fantastic stuff is happening but we need to share it and harness new approaches. The end game is to make innovation everyone’s business.”

Tudor Rickards, Professor of Creativity and Organisational Change at Manchester Business School, spoke of the power of positive psychology in creative leadership and of the need for a positive climate to encourage creativity in teams.

He urged delegates to think about what is desirable and then how it can be brought about, rather than simply aiming for what is achievable. He also explained the 'yes and ...' principle, avoiding being critical too early but feeding in small advances along the way to make progress.

Seamus McGirr, Director of Clinical Development and Director of Nursing, Greater Manchester Academic Health Science Network (GMAHSN), looked at using advanced systems understanding to support organisational redesign. He said that healthcare systems injure more patients through poor process than through poor medicine and that often there is too much focus on population behaviour rather than our own structures.

Rounding off the conference, Salford Royal's Deputy Director of Corporate Strategy Oz Khan said the Trust is working on bringing structure into innovation, both in commercialisation and systems, through the SPARK programme.

He called for innovations that:

- Deliver better care at lower cost.
- Deliver highly reliable care and reduce variation.
- Are fast followers, picking up best innovations from elsewhere.
- Have commercial opportunities.
- Lead digital transformation.
- Support our key products, services and assets.

More information about the programme and how you can submit your innovative ideas are available at www.salfordspark.net.

Francine Jury, Citizen Scientist Project Manager, led on organising the conference. She said: *"We had a really inspiring day and we are very grateful to all our speakers for their insights into the innovations that are already going on in Salford and for their encouragement of new ideas."*



www.salfordspark.net



Film captures why we care

Why we do research: A still from the film

Research changes lives - here in Salford it involves hundreds of members of staff and more than 7,500 patients and healthy volunteers each year.

As part of the Salford R+D team's campaign to promote research and how it improves patient care, we've released a short film that can now be seen on the video wall in Hope Building at Salford Royal, as well as on the website www.salfordresearch.org.uk.

The film was inspired by the popular [#whywedoresearch](https://twitter.com/whywedoresearch) campaign, which uses short quotes from staff, patients and the public, along with photos, to promote research on Twitter.

It features some facts and figures about research in Salford as well as 11 personal messages of support.

Those who took part in the film include patient John Crompton and his wife Jean as well as Executive Medical Director Dr Chris Brookes, R+D Director Bill Ollier and Barnes Clinical Research Facility team manager Anne Keen.

The [#whywedoresearch](https://twitter.com/whywedoresearch) campaign is continuing - more than 150 people have posed for photos on our Twitter feed [@SalfordRD](https://twitter.com/SalfordRD) with their reasons for supporting or taking part in research.



R+D update

The five year plan for Research and Development at Salford Royal

The five year plan for Salford Royal Research and Development has now been completed. The strategy has been developed in consultation with key partners, a wider range of stakeholders and has patient and staff at its centre.

The aim of the strategy is **Enabling Research: Improving Care.**

Dr Chris Brookes, Salford Royal's Executive Lead for R+D, said: *"Research and development in the NHS has to be focussed on improving the care and outcomes of our patients and the services we provide. The new plan for R+D has five priorities, that combined will ensure that we are able to extend the work we do here and build for the future."*



Work is now underway to develop an implementation plan and the strategy will be officially launched later in the year, when further details will be available on the R+ D website.

Research in the news

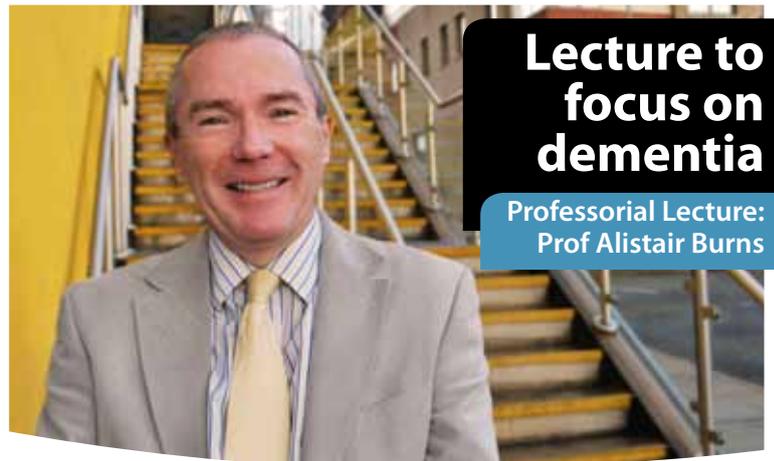
Media coverage:
The MEN report about critical care research

As part of the R+D Strategy, we are working on engaging more effectively with patients, the public and carers to improve participation in and contribution to the development of research.



One way we can help this is through media coverage of our work and this summer has seen a number of articles in the local media.

There were reports before and after Research Week in the Manchester Weekly News, a piece about Dr Paul Dark and colleagues' research in critical care in the Manchester Evening News and Katherine Grady and Amy Barratt were interviewed about diabetes research and the Help BEAT Diabetes campaign for local TV station That's Manchester.



Lecture to focus on dementia

Professorial Lecture:
Prof Alistair Burns

Professor Alistair Burns CBE, NHS England's National Clinical Director for Dementia, will give Salford R+D's seventh Professorial Lecture on Wednesday 16 December.

He is Professor of Old Age Psychiatry and Vice Dean for Clinical Affairs at The University of Manchester, as well as Honorary Consultant Old Age Psychiatrist in the Manchester Mental Health and Social Care Trust. Prof Burns also works with Salford Royal, providing a focal point for dementia research in the Trust, advising and collaborating to make the best of the research that's already taking place and any opportunities that occur.

The lecture is in Humphrey Booth Lecture Theatre, Mayo Building, Salford Royal from noon-1.30pm. To book see:

 <https://professoriallecture161215.eventbrite.co.uk>

Unstoppable force meets immovable object

Evaluating change in healthcare: Prof Peter Bower

The NHS - now 67 years old - is changing at pace. The growing demands on its services and the needs of its patients mean the NHS must look at new ways of delivering care.

The recent Five Year Forward View of the NHS recognised that England is too diverse for a 'one size fits all' care model and that in future different local health communities will be choosing from a number of care delivery systems.

The Salford Integrated Care Programme (SICP) linking health and social care is one of these - it's being seen as an innovative project to provide more 'joined up' services for older people with long-term conditions.

It involves several organisations and multiple interventions, including better access to community resources to help people manage their health; an integrated contact centre to assist people to navigate the system and get the right support; and multi-disciplinary teams to make sure different services work together to help people with the greatest needs.

The way that the programme can be evaluated was the topic of Salford R+D's latest seminar by Professor Peter Bower, from The University of Manchester's Centre for Primary Care.

He is Principal Chief Investigator for CLASSIC, an NIHR-funded research study to investigate whether SICP is a success and why.

Prof Bower highlighted the difficulty of using traditional research methods – highly specific, controlled and slow - when the pressure is on to deliver change quickly across many organisations

CLASSIC combines analysis of routine data with qualitative studies of patients and professionals.

It also uses the cohort multiple randomised controlled trial design (CmRCT). In this design, more than 4,000 older people have been assessed at baseline, and asked about their health and experience of services - to help measure the effects of the SICP changes on their quality of life and outcomes.

This large cohort also gives the research team a platform to use smaller embedded trials to look at different parts of the programme - such as phone coaching to support people to manage their own long-term conditions.

A traditional RCT would recruit patients by getting them interested in participating in a research study, but then would have to deny the new treatment or intervention to the control group, potentially alienating them from research. But in the CmRCT, a random selection of the cohort is offered the intervention while the controls receive usual care.

The seminar's tongue-in-cheek title was 'Unstoppable force meets immovable object: The challenges of evaluating large scale health service change' but Prof Bower said the research community is developing new methods to evaluate the changes that are happening. He added: *"Both sides are moving - we can't expect service change to wait for years while research is carried out but it is critical that we develop more flexible methods to evaluate change and ensure that it improves care, improves patient experience and is cost effective."*

New professorships awarded

Salford R+D Statistics Lead Andy Vail and Consultant Geriatrician Neil Pendleton have been awarded Professorships by The University of Manchester.

Prof Vail is also Centre Lead for Biostatistics in the Institute of Population Health, an Associate Director of the NIHR Research Design Service North West and an Editor of the Cochrane Gynaecology and Fertility Group.

Since joining Salford Royal in 1999, he has worked with clinical and translational researchers to disseminate good statistical practice and research methods, as well as overseeing a programme of courses for Trust staff. His most successful clinical collaborations have been in the fields of stroke, dermatology and rheumatology.



Prof Andy Vail



Prof Neil Pendleton

Prof Pendleton is co-director of the Manchester Institute for Collaborative Research on Ageing (MICRA). He is Principal Investigator in The University of Manchester Longitudinal Study of Cognition in Normal Healthy Old Age, capturing over 25 years a picture of cognitive performance in more than 6,000 adults. His research covers a wide spectrum of ageing areas including biomedicine, genetics, epidemiology, cognitive psychological and social sciences. He leads the age and ageing theme in NIHR Clinical Research Network: Greater Manchester.

European prize for outstanding research

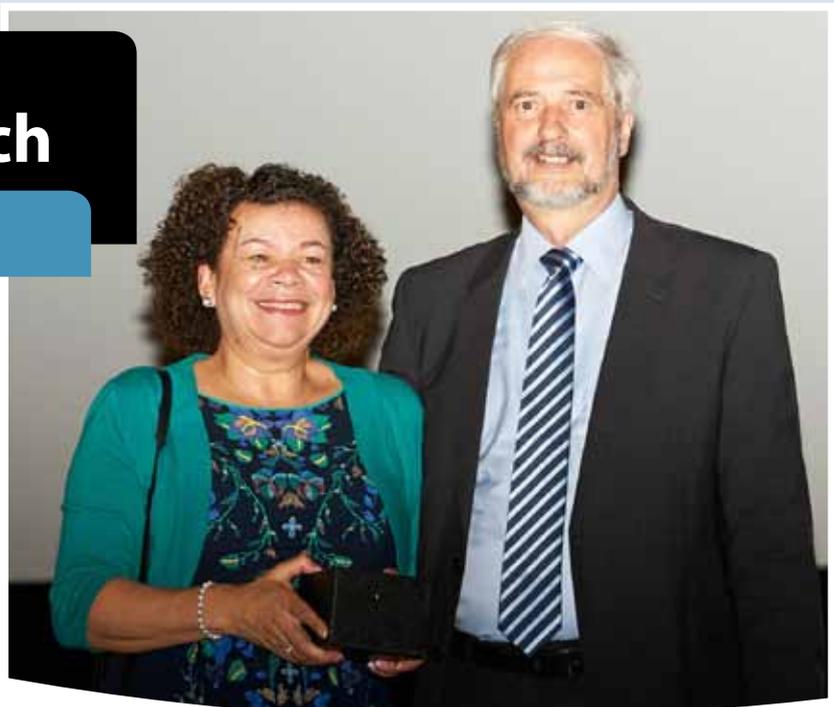
ORCA prize 2015: Prof Cynthia Pine with Prof Andreas Schulte, President of ORCA

The European Organisation for Caries Research (ORCA) has awarded the 2015 ORCA Prize to Professor Cynthia Pine CBE, Consultant at Salford Royal and Academic Lead for Dental Public Health at Queen Mary University of London. The prestigious prize has been given in recognition of her outstanding contributions to dental caries research.

After the presentation of the award, Prof Pine gave the ORCA Prize lecture to delegates from 24 countries.

As a Consultant in Dental Public Health at Salford Royal, Prof Pine has led two randomised clinical trials funded through the NIHR Research for Patient Benefit programme in the last five years.

The BrightSmiles study involved more than 400 families with children aged 12 months of age and tested the effects on tooth decay of three treatments - usual care; application of fluoride varnish every six months and usual care; or a tailored prevention programme aiming to support families with twice daily toothbrushing with fluoride toothpaste and controlling sugary foods and drinks, especially at bedtime.



The ongoing Dental RECUR study is working to check whether we can reduce the re-occurrence of tooth decay in children who have already had a primary (baby) tooth taken out before the age of seven.

She is also Principal Investigator for the trial Bedtime Brush and Read Together To Sleep (BBaRTS) which uses a unique storybook approach to support behaviour change. This is being carried out in the south of England and Scotland.



Diabetes is a huge and growing health challenge. The number of people living with diabetes in Greater Manchester has risen by almost 60 per cent over the last decade to about 180,000 (more than 12,000 in Salford alone).

Nationally, about six per cent of the population has diabetes and that figure is expected to almost double by 2035.

If not well managed, diabetes can be serious, causing complications including heart disease, stroke, blindness and kidney failure - and it's estimated treating these complications takes up 10 per cent of the total NHS budget.

Research helps to bring about improvements in prevention, treatment and care but it can only take place with the help of people who have the condition - and that's where the Help BEAT Diabetes campaign comes in.

This campaign, supported by the NIHR Clinical Research Network: Greater Manchester and hosted by Salford Royal, highlights the benefits of taking part in research and encourages those living with diabetes to register so they can be kept in touch with a wide range of NHS research opportunities.

More than 3,300 people have already signed up for information in the four years the project has been developing.

Katherine Grady, Help BEAT Diabetes Programme Development Manager, said: *"People with diabetes play a vital role in all aspects of research. There are lots of ways to get involved from simple questionnaires about living with diabetes to clinical trials of new treatments."*

"When you join you will be asked to provide some basic information such as your contact details and type of diabetes you have. We explain the different types of research available and see which you are interested in. We then use this information to let you know about research going on in your area."

"In the last year, about 850 people have contacted researchers to express an interest in one or more of the 11 studies we've promoted. Our experience is that patients find taking part in research is a really positive experience - they can see how valuable it is to the NHS and to people like them."

Among the studies people with diabetes can get involved in at present is Diabetes Alliance for Research in England (DARE) which is collecting blood samples to help research into the role of environmental and genetic influences in diabetes and its complications.

There are more details of this and other research projects on:

 www.researchforthefuture.nihr.ac.uk

If you are over 18 and interested in joining the campaign, you can sign up online at:

 <https://helpbeatdiabetes.srft.nhs.uk>

or telephone **0161 212 5574** or text **research** and **your name** to **81400** (standard text rate).

A health advisor will then telephone you to confirm your registration.

- The project team is now also starting to put together a similar database for people with respiratory conditions.

History of health

Sir John Charnley (1911-1982)

The pioneer of hip joint replacement surgery



John Charnley should be remembered and revered as being the person who introduced one of the most important surgical interventions in the history of medicine.

Until he perfected the 'Charnley' artificial hip joint and the surgical procedures for conducting total hip arthroplasty on patients with degenerative hip conditions, their lives were consigned to one of intense pain and increasing immobility. In terms of Quality Added Life Years (QALYs) this innovation is one of the highest scoring interventions in medicine.

Picture courtesy of The John Charnley Trust

Charnley's legacy is that each year many millions of arthroplasties are now conducted worldwide and his work paved the way for the development of other joint replacement surgery. His decision to conduct his research and pioneering surgery at Wrightington Hospital (then a little known TB and fever hospital near Wigan) has made it an internationally recognised centre for joint replacement surgery.

His achievements are all the more impressive in that he conducted much of his research single handed, at times supported out of his own pocket and often in the face of much doubt from his peers. When he applied to the Empire Rheumatism Council to fund his research, he was turned down, with referees commenting that such procedures would never work! He also experimented on himself on some occasions, one of which resulted in him being hospitalised.

He was awarded the Lister Medal in 1975 for his contribution to surgery and knighted in 1977. I cannot but feel that his achievements warranted greater international recognition.

John Charnley was born in Bury in 1911. His father ran a chemist shop and his mother worked as a nurse at Crumpsall Hospital. He studied medicine at the Victoria University of Manchester, graduating in 1935. He embarked on a surgical career and completed his first surgical year at Manchester Royal Infirmary in 1936. He then was appointed as Resident Surgical Officer at Salford Royal Hospital where he performed general surgery for nearly two years. Charnley's interests in research developed at this time and he left Salford to pursue research at Kings College London.

His return to Manchester Royal Infirmary was cut short by WWII. He joined the Royal Army Medical Corps in 1940 where his interest in orthopaedic surgery developed further. He was involved in the Dunkirk evacuation and was later posted to Egypt where he worked with the orthopaedic surgeon Dudley Buxton. His interest in orthopaedics continued and he was put in charge of an orthopaedic centre and promoted to Major. After spending time back at the MRI, in 1958 Charnley moved to Wrightington Hospital to set up his own orthopaedic centre. One explanation given for this move was that appropriate research facilities were not available in the MRI or the University. Charnley had a strong personality and was totally focused on his clinical research and a more likely reason for relocation may have been his desire to avoid bureaucracy!

Bill Ollier