

Programme



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South West Pharmacy Research Network

Innovation Day

18th October 2023

Albemarle Centre, Taunton

The South West Pharmacy Research Network are very grateful to Bristol, North Somerset and South Gloucestershire Integrated Care Board for supporting this event through a Research Capability Funding award

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Foreword

About a year ago, a group of pharmacy professionals and researchers from across the south west met for the first time, to discuss what we could do together to increase the amount of pharmacy research in our region. We were aware of both a lot of practitioners who were keen to get involved in research, and of researchers interested in pharmacy who found it difficult to find research sites and pharmacy professionals to support and advise them.

From this seed, the [South West Pharmacy Research Network](#) has begun to grow. We now have a mailing list of over 200 people and regular newsletters, journal clubs and webinars. The resources on our MS Teams site are growing steadily and network members are beginning to use it to interact with each other – something I encourage you all to do more often!

But I wouldn't have believed you if you'd told me a year ago that in October 2023 we would hold our first in-person meeting, with nearly 50 delegates from Bristol, Cornwall, Devon, Dorset, Gloucestershire, Somerset, Wiltshire and even Oxfordshire and Kent (I think)! The network has developed a long way in this time, and we should all be proud of this and celebrate it today.

The programme for our first Innovation Day subscribes to the same 'Reithian Principles' as the BBC, with a promise to inform, education and entertain you. But I also hope we can add a fourth principle – to inspire you to take at least one more small step to get more involved in pharmacy research. If everyone here today does this, we will begin to make things happen!

My one piece of advice to get the most out of today is to take advantage of meeting face-to-face and try to talk to everyone here today. That way, when you have a question or you need a collaborator, you may just know the person to ask. Fundamentally, this is the point of the network.

Of course, all of this would not be possible without contributions from a lot of people, and I am very grateful to all of them. With apologies to anyone I miss out, the Innovation Day would not have been possible without:

- Charley Hobson-Merrett, Chrissie Minnis, Anneka Mitchell and Mandy Slatter, who organised the programme.
- Ilhem Berrou, who led the funding application to BNSSG and is now managing this money.
- All of today's speakers and chairs.
- Everyone who has contributed a poster.
- Helen Ireland and Ellen Williams, who have organised the poster competition.
- Jenny Scott, who will later ask you to complete a feedback survey.

Thank you to all of you.

While I'm doing thank yous, now is also the ideal time to acknowledge the people who have helped the wider network develop over the past year. Once again with apologies to anyone I miss out, the South West Pharmacy Research Network would not be where it is today without the contributions of:

- Anthony Sinclair, who had the first spark of an idea for the network and then developed it with Jenny Scott.
- Sarah Jones, who organises the journal club which was our first regular activity.
- Ola Howell, Helen McDonald, Antia McGrogan, Anneka Mitchell, Jenny Scott and Simon Strange who have all led a journal club meeting.
- Our steering group members (listed later in this programme), who provide advice and make all sorts of things happen.

Once again, thank you to all of you.

Finally, the network will only carry on developing if people continue to commit some time to it. The more people who do this, the less any individual needs to do. So, if you value the network and its activities, please do consider volunteering to help. Every contribution is very welcome, however large or small – please just get in touch with me (M.D.Jones@bath.ac.uk).

So, have a great day – I hope it informs, educates, entertains, and above all inspires you.

Matthew Jones, University of Bath
October 2023

Programme

09:30	Registration, refreshments, networking and posters	The Loft
10:00	Welcome and scene setting – Matthew Jones (University of Bath)	The Loft
10:05	<p>Research Journeys Chair: Anthony Sinclair (Livewell Southwest) Pharmacy professionals at different stages of their research journey will give brief talks on what they are currently doing and how they got there. This will be followed by a panel Q&A session in response to question from other delegates.</p> <p>Panel members:</p> <ul style="list-style-type: none"> • Starting out – Chrissie Minnis (NHS England) and Martin Sale (Dorset Healthcare University NHS Foundation Trust) • Pre-PhD/internship stage – Mandy Slatter (Royal United Hospital Bath) and Yasmin Elmasry (University Hospitals Plymouth NHS Trust) • PhD stage – Tom Kallis (East Cornwall PCN and University of Bath) and Neil Powell (Royal Cornwall Hospital) • After PhD stage – Anneka Mitchell (University Hospitals Plymouth NHS Trust) • Experienced clinical academic – Jenny Scott (University of Bristol) 	The Loft
11.15	Refreshments, networking and posters	The Loft
11:45	Parallel workshops (choose one to attend)	
	<p>Workshop 1 – How to plan implementation, dissemination and publication of clinical audit, improvement and research activity Chairs: Charley Hobson-Merrett (University of Plymouth) and Elizabeth Beech (NHS England)</p> <p>This session will begin with real life experiences of how to plan and disseminate the results of audits, service improvements, and research activities from Elizabeth and Charley. Delegates will then be invited to share their own experiences, and to ask questions about how they might approach designing and disseminating the results of their own research. Charley, Elizabeth and session attendees will work together to discuss possible solutions to questions raised in the workshop.</p>	The Training Suite

	<p>Workshop 2 - Collaboration – how to build networks, find collaborators and build up larger projects Chairs: Stuart Spicer (University of Plymouth, PenARC) & Ilhem Berrou (UWE)</p> <p>This session will begin with some information and signposting to help delegates find collaborators. Delegates will then be able to use this information to develop a collaboration plan for a project they would like to undertake and refine this through discussion with others present in the session.</p>	The Loft
12:45	Lunch (provided), networking and posters	The Café The Loft
14:00	Parallel workshops (choose one to attend)	
	<p>Workshop 3 – How research benefits individuals, organisations and workforces Chair: Chrissie Minnis (NHS England)</p> <p>Panel members:</p> <ul style="list-style-type: none"> • Uzo Ibechukwu (Royal United Hospital Bath) • Ralph Hammond (University of Plymouth) <p>This session is about exploring ways to promote research engagement, why organisations should support research as part of their core service delivery alongside the personal benefits to the individual in application of research into practice and improve healthcare outcomes for the patients we all care for. Delegates will be asked to take part in an interactive “design thinking” session to explore how might we all get more engaged and involved in research across the south west.</p>	The Loft
	<p>Workshop 4 – Planning a new project Chair: Anneka Mitchell (University Hospitals Plymouth NHS Trust)</p> <p>Panel members:</p> <ul style="list-style-type: none"> • Ilhem Berrou (UWE) • Matthew Jones (University of Bath) • Anita McGrogan (University of Bath) • Jenny Scott (University of Bristol) <p>A chance to ask a range of experienced researchers questions to help you plan a new research, service evaluation, audit or QI project.</p>	The Training Suite
15:00	Refreshments, networking and posters	The Loft
15:30	Summary of workshops, prize presentation and next steps	The Loft
16:00	End of day	

Venue information

Please see the Albemarle Centre Visitor Welcome Pack that has been sent to all delegates for details of travel, access, facilities, fire evacuation and safety, and smoking and vaping.

We will be using three rooms during the day:

- The Loft can be found upstairs – turn right from the main entrance to find the stairs or ask staff for directions to the lift.
- The Training Suite is downstairs, opposite the main entrance.
- The Café is downstairs, at the back of the building. If you'd like some fresh air, it opens into a small garden area.

Food and drink

Tea, coffee, water and biscuits will be available throughout the day in The Loft. A sandwich lunch will be available in The Café.

Society for Academic Primary Care

We are delighted that Debbie McCahon (University of Bristol) will be a delegate at the Innovation Day. Debbie is the [Society for Academic Primary Care's](#) (SAPC) Ambassador for Bristol and will have a stand in the The Loft during the day where you can find out more about the society and how to join.

Recording of sessions

Please be aware that audio and video recordings of the various sessions and workshops will be made. These will later be shared with the wider South West Pharmacy Research Network via our MS Teams site (i.e. not publicly available).

Posters

During the day, the delegates' posters will be displayed on a number of screens around the Albemarle Centre. They will also be shared with all delegates and members of the network after the event. These posters describes many types of project – research, audit, service evaluation and quality improvement – and may describe final results or projects that are still underway.

Please do take time to look at them all and then find some of the authors to discuss their work further. Having worked hard on the project and poster, there is nothing more encouraging than someone else taking an interest!

Poster prizes

During the day, a few judges will view all the posters and decide on first and second place winners in the following categories:

- Best poster from an early career researcher (lead author does not have a PhD)
- Best poster from a more experienced researcher (lead author has a PhD)
- Most visually attractive poster

We will also be asking all delegates to vote for their favourite posters, to decide the winners of the delegates' choice prizes. Please look out for QR codes around the venue that will take you to the voting form and make sure you vote by the end of lunch.

Social media

If you're a social media user, please help us publicise the network by sharing news of the day using the hashtag #SWPRN.

Contributors' biographies

Elizabeth Beech, NHS England

Elizabeth Beech MBE | Regional Antimicrobial Stewardship Lead
South West Region NHS | England and NHS Improvement

Elizabeth.beech@nhs.net



Hello, my name is Elizabeth Beech. I currently work as the Regional Antimicrobial Stewardship Lead South West Region, NHS England and NHS Improvement. Between 2014-2020 I worked as an NHS National Project Lead supporting implementation of the UK national plan for Antimicrobial Resistance (AMR) in humans in the England, and the associated ambitions within the NHS Long Term Plan. This involved collaboration with a wide range of organisations, and delivered successful, and sustained national improvement.

I joined the NHS in 1983 after graduating as a pharmacist from Aston University, and have not yet left, although I did take an 8 year break that involved small children, school art, and 10 Downing Street. To date I have been employed by 11 NHS organisations, mostly in new jobs which is fun, and have collaborated with many health and care organisations to improve safe patient care. I also work with universities; early in my career teaching a Clinical Pharmacy Masters while researching clinical pharmacy practice at a PhD level, and more recently supporting AMR related research. For a few years I juggled 3 jobs simultaneously and discovered this is not a healthy sustainable way to work. I am passionate about data for improvement and am an active member of the Health Foundation Q community; currently this involves journeying the new 9 month Network Weaver programme. I continue to improve my boat rocking skills thanks to The School for Change Agents and recently signed up to Be More Pirate. I tend to say Yes before I read the small print.

This what I look like, this is what I feel like, this is how work and this is my favourite cartoon



Ilhem Berrou, UWE

Ilhem is a primary care pharmacist specialising in the management of long-term conditions. She is also a senior lecturer in independent prescribing at the University of the West of England. Ilhem's research focuses on innovation adoption in healthcare. It explores how patients, healthcare professionals and healthcare organisations adopt innovations, how they are implemented, and how these innovations can bring about the improvements needed.

Ilhem is currently working on a UKRI-funded project to explore the feasibility of community-based health education, screening and prevention clinics. You can read more about it [here](#). Please [get in touch](#) with her if you would like to know more or discuss potential collaborations.

Charley Hobson-Merrett, University of Plymouth

Charley is a research fellow at the University of Plymouth. She has experience in service evaluations, randomised controlled trials, and uses primarily qualitative methods. She works in mental health research, and has undertaken research looking at how to live well whilst taking antipsychotic medication.

Yasmin Elmasry, University Hospitals Plymouth NHS Trust

Yasmin graduated from University of Reading in 2017 and completed her pre-registration year at Royal Berkshire Hospital. She has been a pharmacist at University Hospitals Plymouth for over five years and is currently an advanced specialist pharmacist for antimicrobial stewardship and OPAT. Her research interests include antimicrobial resistance and appropriate use of OPAT services.

Uzoma Ibechukwu, Royal United Hospitals Bath NHS Trust

Uzo is the Director of Pharmacy at Royal United Hospitals Bath NHS Foundation Trust, and is also the BSW system workforce lead for Pharmacy. Uzo has worked in a number of roles and sectors across pharmacy and wider healthcare. Key interests are in embedding Quality Improvement, research and inclusivity in frontline practice and leadership. His mantra is 'If you are the smartest in the room, you are doing leadership wrong'. Uzo is dedicated to addressing all forms of discrimination in healthcare which is key to providing the best care for our patients, and was shortlisted for the 'Leader of the Year' award in the RUH in 2023.

Matthew Jones, University of Bath

Matthew is Senior Lecturer in Medicines Safety, Medicines Information and Clinical Pharmaceutics in the Department of Life Sciences at the University of Bath. His research career began with a PhD in respiratory drug delivery at the University of Bath, which was followed by similar work at UCL School of Pharmacy. He then worked as a medicines information pharmacist for before moving to his current post. Consequently, his current research considers medicines information and medicines safety, and particularly the links between them, in addition to respiratory drug delivery.

Anita McGrogan, University of Bath

Anita McGrogan is a statistician and epidemiologist with research interests in medication utilisation and safety in vulnerable populations. Her research includes work using Big Data from anonymised healthcare records such as the [Clinical Practice Research Datalink \(CPRD\)](#) which gives large populations for research studies. Current projects include evaluating medication safety in pregnancy, comorbidities and fall inducing medication use in people with dementia and epidemiology and progression of systemic lupus erythematosus.

Chrissie Minnis, NHS England South West

Chrissie currently supports the NHS England South West regional pharmacy team, screening and immunisation services and COVID medicines decision unit integration workstream for our south west patients. She was involved in the UK Vaccine Taskforce studies working in partnership with the Wessex vaccine network as pharmacy clinical trials manager. As severe asthma lead pharmacist she completed her Independent Prescribing qualification in anti-IL5 therapies in 2021 at Reading University.

With a keen interest in research delivery Chrissie was also local PHU research facilitator on the Edrone project. Passionate about quality improvement and exploring new ways of working Chrissie is currently leading the QI approaches to improve patient experience through our COVID-19 vaccination sites.

Anneka Mitchell, University Hospitals Plymouth NHS Trust

Anneka is the Lead Pharmacist for healthcare of older people, frailty and medicine at University Hospitals Plymouth NHS Trust, and also works as a Clinical Academic Fellow at the Research Institute for the Care of Older People (RICE) in Bath. She was awarded a Dunhill Medical Trust Research Fellowship in 2017 to fund her PhD which evaluated the safety and effectiveness of anticoagulation for older people with atrial fibrillation. Her current research interests are focussed on medication use in older people at risk of falls, polypharmacy, and deprescribing.

Neil Powell, Royal Cornwall Hospital NHS Trust

Neil is a Consultant Antimicrobial Pharmacist and Associate Director of Antimicrobial Stewardship at the Royal Cornwall Hospital NHS Trust. In this role he has responsibilities for the delivery of the antimicrobial stewardship programme of work across the Trust. Neil is also a NIHR/HEE funded doctoral fellow investigating the implementation of penicillin allergy de-labelling interventions delivered by non-allergy specialists.

Martin Sale, Dorset HealthCare University NHS Foundation Trust

Martin is an experienced prescribing pharmacist who has worked across a range of specialities in recent years, always trying to develop his roles and design/contribute to quality improvement projects. Currently he works as Clinical Lead for the newly formed Integrated Vaccination Service at Dorset HealthCare University NHS Foundation Trust. He started the role in the midst of COVID and is now trying to develop a service that has a reach into a variety of vaccines. He feels strongly about the health benefits of a wide and inclusive vaccination strategy and now feels at a point where I'm ready to take his next steps into research, and would value hearing the experiences and insights of everyone here today!

Jenny Scott, University of Bristol

Jenny Scott is an academic pharmacist at the Centre for Academic Primary Care, Bristol Medical School. She also works clinically as a pharmacist prescriber in a community drug and alcohol service. She did her undergraduate and PhD degrees at the Robert Gordon University in Aberdeen and has practice experience in community and hospital pharmacy. Her research interests are around improving healthcare for marginalised groups, particularly people who experience drug dependence and the reduction of drug related harm through effective pharmaceutical care. She works in cross disciplinary teams, currently funded by NIHR, EPSRC and MRC.

Anthony Sinclair, Livewell Southwest

Anthony Sinclair a former Chief Pharmacist at a specialist children's hospital where he helped to develop a research culture including the creation of an academic practice unit with Aston University. A former member of various committees both national and international, including the Scientific Committee of EAHP and has presented at conferences across Europe and the UK. He is a published author on several papers and book chapters and has a research interest in both safety and process efficiency. He currently works at Livewell Southwest.

Mandy Slatter, Royal United Hospitals Bath NHS Trust

Mandy Slatter is Pharmacy Practice Research Lead at RUH, Bath. She has previously held NIHR internship funding and is currently applying for pre-doctoral bridging funding. Her research interests include antimicrobial resistance with a focus on management of urinary tract infection in the Emergency Department – particularly diagnostic stewardship.

Stuart Spicer, University of Plymouth

Stuart is a researcher in applied healthcare at the University of Plymouth. His current role is Research Fellow at PenARC (NIHR Applied Research Collaboration South West Peninsula), and he is also part of the Community & Primary Care Research Group. He is currently involved in several research projects, predominantly within mental health, chronic pain, frailty and dementia. His previous research background is in applied and cognitive psychology, including research into problem gambling.

He has an interest in the relationship between the overprescribing of medication prescribed for pain and mental health conditions (e.g. opioids and antidepressants) and socio-economic inequality; and how to support individuals to safely reduce unnecessary medication. He is currently working within PenARC to develop a wider research programme in this area. This involves collaborating with researchers at other organisations, as well as local PCN's, PPI groups, lived experience experts, community groups, and the Academic Health Science Network. The goal is to develop a model of

enhanced primary healthcare provision for individuals in communities with high levels of deprivation, who are being overprescribed medication for pain and psychological distress.

South West Pharmacy Research Network steering group

The network would not exist without the hard work of our steering group, who are drawn from as many sectors of the profession as we can manage. Thank you to all of them. Do get in touch if you would like to join the group.

- David Bearman - Devon Local Pharmaceutical Council and South West Clinical Research Network
- Ilhem Berrou - UWE and primary care pharmacist
- Victoria DiMartino - Pharmacy Workforce Development South
- Ola Howell - West of England Academic Health Science Network
- Uzo Ibechukwu - Royal United Hospitals Bath NHS Foundation Trust
- Matthew Jones - University of Bath
- Sarah Jones - University of Bath
- Chrissie Minnis - NHS England - South West
- Anneka Mitchell - University Hospitals Plymouth NHS Trust
- Tim Rendell - Swindon and Wiltshire Local Pharmaceutical Committee and Day Lewis PLC
- Tim Rennie - University of Bath
- Jenny Scott - University of Bristol
- Anthony Sinclair- Livewell Southwest
- Ellen Williams - Pharmacy Workforce Development South