Prioritising partnerships

Trainees were put on the spot this year with a slight change to the usual programme format at the SPCR’s Annual Trainees’ Event on 18 September. Over 50 trainees presented three minute elevator pitches instead of poster presentations, by all accounts a much more intense but rewarding experience. These were followed by engaging and inspirational guest talks from members of the NIHR Trainee Co-ordinating Centre, department colleagues and senior members of the School.

The editor of the BGJP, Professor Roger Jones, completed the programme the following morning with a ‘Writing for publication’ presentation at the Blavatnik School of Government. This was the venue for the 2017 SPCR research showcase which started soon after under the banner ‘Working better together’. Research presented demonstrated the School’s passion for strengthening the evidence base in primary care through partnership and collaboration. Trainees were also visible presenting parallel orals and posters - evidence of the School’s dedication to producing a high calibre training and capacity programme within primary care.

Presentations highlighted impact across a range of topics with plenaries: Using alternative treatments for UTIs by Professor Michael Moore; prediction models to estimate risk of hip replacement in primary care by Dr Dahai Yu; the risk of fracture among patients with gout by Dr Alyshah Abdul Sultan; and promoting anticoagulation with an automated software system by Dr Tim Holt.

The packed programme ensured plenty of time for movement between parallel oral themes allowing delegates to flavour the variety research on offer. We would like to congratulate the poster prize winners Katherine Tucker, Rebecca Morris and Shula Baker, and thank all those who attended, presented and in particular those who volunteered to chair sessions.

Tweets on storify: #spcrtrain17 and #spcr17
poster prize winners

1\textsuperscript{st} Dr Katherine Tucker, Oxford (pictured left with Dr Hazel Everitt)

2\textsuperscript{nd} Dr Rebecca Morris, Manchester (pictured below with Dr Rebecca Hays)

3\textsuperscript{rd} Dr Shula Baker, Keele
£1.8 million funding for ambitious programme of systematic reviews

A collaboration of nine member departments of the NIHR School of Primary Care Research has been awarded £1.8 million to undertake, develop the methods, and build capacity in systematic reviews covering priority areas in primary care. This ambitious research program aims to deliver twenty high-quality reviews in urgent care interface; end-of-life care and bereavement; assessment of new drugs and technologies in chronic disease patients using unpublished data sources; and health service redesign in primary care.

The group will be directed by Professor Carl Heneghan, Professor of Evidence Based Medicine and Director of the Centre for Evidence Based Medicine in Oxford University’s Nuffield Department of Primary Care Health Sciences and involves several members of the department across different research groups.

Professor Heneghan said: “The results of these reviews have the potential for significant impact on patient care within the NHS and will inform future research and the design of services.”

In addition, the ESWG will support capacity development by providing training across the school in evidence synthesis, and the more complex methods needed for evidence synthesis. Sophie Park, GP and Associate Professor in Primary Care at UCL’s department of Primary Care and Population Health, and newly appointed co-chair of the ESWG training group said, “My participation in the ESWG has facilitated dedicating a substantial part of my academic working week to developing my expertise, experience and colleague network in evidence synthesis. I am also excited at the opportunities this collaboration presents for sharing and utilising knowledge about evidence synthesis across the School and encouraging trainees to enjoy and engage in this field of research.”

Find out more on the ESWG website

Study finds being in a good mood for your flu jab boosts its effectiveness

New research published by SPCR trainee Kieran Ayling at the University of Nottingham has found evidence that being in a positive mood on the day of your flu jab can increase its protective effect.

Flu vaccination is estimated to only be effective in 17-53% of older adults compared to 70-90% of younger people. With the onset of winter and so-called ‘flu season’, the research is likely to be of interest to everyone having their autumn flu jab.

This new Nottingham-based study is the first to examine several psychological and behavioural factors that have been shown to affect how well vaccinations work. The researchers set out to understand which factor, or combination of factors has the greatest impact on the ability of vaccinations to protect against disease. Read more.
The Royal College of General Practitioners 2016 Research Paper of the Year Awards took place on Tuesday 19 September 2017. Congratulations to SPCR researchers from the Universities of Bristol, Keele and Oxford who were authors on two winning publications in their categories.

The 2016 awards received 87 nominations of papers, reporting a variety of methodologies, from a wide range of journals. There are six categories and each category has a panel of assessors from various organisations with an interest in primary care research, who judge the papers.

Drs Sarah Muller, Sam Hider (pictured right), Toby Helliwell and Prof Christian Mallen (Keele) et al., were winners in the category ‘Endocrinology, Gastroenterology, Musculoskeletal & Trauma, and Dermatology’ for their paper ‘Characterising those with incident polymyalgia rheumatica in primary care: results from the PMR cohort study’, published in Arthritis Research & Therapy Read the news.

Professors Alastair Hay (Bristol), Paul Little (Southampton) and Chris Butler (Oxford), et al., won the Children, Reproduction, Genetics, Infections category with their paper: ‘Improving the Diagnosis and Treatment of Urinary Tract Infection in Young Children in Primary Care: Results from the DUTY Prospective Diagnostic Cohort Study’ published in the Annals of family medicine. Read the news.

RAND publishes Futures of Health Report

The NIHR commissioned RAND Europe to carry out the Future of Health survey — to invite views on what health challenges in England will be like in 20-30 years’ time, and how they will differ from today. The purpose of this project is to inform the NIHR’s strategic thinking, and ensure the NIHR’s view of future health and healthcare (including social care and public health) incorporates diverse perspectives from a broad range of experts from around the country, including those of patient and public representatives, through INVOLVE and National Voices. Read more.

The Health Foundation have developed a toolkit for researchers to help increase influence and impact in health and health care.

Communicating your research
Section 1: Planning for impact
Section 2: Communicating your research results
Section 3: Extending influence and widening impact
Section 4: Glossary of terms
Cancer survivors who quit smoking sooner can live longer

Lung cancer survivors who quit smoking within a year of diagnosis will live for longer than those who continue to smoke, according to new research led by the Universities of Oxford and Birmingham. The findings also revealed that general practitioners are comparatively less likely to intervene and offer stop-smoking support to cancer patients, than they are to people diagnosed with coronary heart disease. This juxtaposition has resulted in lower quit rates among cancer patients. The study, conducted in collaboration with the University of Nottingham and funded by the School, calls for better support for cancer patients who need help to quit smoking in the first year following diagnosis. Read more.

Edinburgh show highlights stress among GPs

PreScribed (a life written for me) was performed in Edinburgh during the festival at the end of August. It explored the alarming statistic that one in five practising GPs suffer from chronic stress and anxiety. The show draws on School funded research by Dr Ruth Riley (Lecturer, University of Birmingham, previously University of Bristol) into barriers to help-seeking and facilitators to support for the estimated 13,000 UK GPs living with mental ill health. The project “Improving access to support” was led by Ruth with research carried out by Dr Johanna Spiers at the University of Bristol. Prescribed (a life written for me) is written by Viv Gordon and performed alongside Mandy Redmond. It tells the story of a GP nearing breaking point whilst working within the struggling NHS. This emotive show from performance artist Viv Gordon, who has lived experience of mental health, uses verbatim text from anonymised research interview transcripts, creating a powerful account of the one in five GPs who are currently suffering with chronic stress and anxiety. The show is commissioned and co-produced by the Elizabeth Blackwell Institute at the University of Bristol. Read an editorial published in BJGP: Who cares for the clinicians? The mental health crisis in the GP workforce. Johanna Spiers, Marta Buszewicz, Carolyn Chew-Graham, Clare Gerada, David Kessler, Nick Leggett, Chris Manning, Anna Taylor, Gail Thornton, Ruth Riley.
Eight priorities identified for tobacco control research

A new set of research priorities to support tobacco control will help ensure future research provides the greatest benefit to public health and value for money, according to an international group led by Oxford University researchers and funded by the School for Primary Care Research. Read more.

NIHR launches new guides on clinical academic careers

Two exciting new guides to support healthcare professionals to develop clinical academic careers were launched on 12 September.

The guides have been developed with Health Education England (HEE) to provide information on the various awards available through our two organisations, how to apply for awards, and how the awards work in practice should applicants be successful.

The guides also include case studies from award holders who talk about their experiences and the impact holding an NIHR or HEE award has had on their career.

There are two guides available:

- The NIHR Integrated Academic Training programme for doctors and dentists
- The HEE/NIHR Integrated Clinical Academic (ICA) programme for non-medical healthcare professionals, including nurses, midwives, allied health professionals and healthcare scientists.

To access the guides please see the NIHR website.

SPARC

A new scheme called the NIHR Infrastructure Short Placement Awards for Research Collaboration (SPARC) will replace the IDTE (Infrastructure Doctoral Research Training Exchange Scheme) this year, launched on 3 October 2017.

Any trainee who is fully or partly funded is eligible to apply - this includes candidates undertaking doctoral studies or those who are post-docs.

What can you apply for? You can apply for up to £5000 to spend time in another part of the NIHR learning a specific skill or technique that would enhance your training experience.

You may use the funds to support the costs of travel, accommodation and subsistence at your chosen host institute.

Key dates: The scheme will be launched at the Training Forum on 3 October. Deadline for applications is 5 December.

NIHR Funding and support roundup

September 2017
Dates for your diary

**NIHR Trainees’ meeting**
14-15 November 2017
Queen’s Hotel, Leeds

**RCGP Annual Primary Care Conference & Exhibition**
12 - 14 October
ACC Liverpool

**GP ACF conference**
12 - 13 April 2018
Lady Margaret Hall, University of Oxford

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Blogs

**Going up: How to give an elevator pitch**
Nadine Mizra, Manchester

**Using an online discussion forum for public engagement with older adults**
Dapo Ogunbayo, Newcastle

**BMJ publishes guidance for reporting involvement of patients and the public.**

**Multimorbidity could cause a healthcare crisis - here’s what we can do about it**
Chris Salisbury, Bristol

**A blood pressure reading a day shouldn’t keep the patient away**
Kath Tucker, Oxford

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If you missed picking up a copy of the Induction for SPCR trainees book or SPCR Training and Development Programme at the event this year, please find electronic copies [here](#).

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**FR16 working groups**

To facilitate continued and new collaborations across the School, we will be supporting working groups for funding round 16. Please see details of each working group on the [website](#).

**AGEING AND THE HEALTH AND CARE OF OLDER PEOPLE**: BRIEF BEHAVIOURAL AND PSYCHOLOGICAL INTERVENTIONS ... CONVERSATION ANALYSIS ... DIGITAL HEALTH ... MINDFULNESS ... PALLIATIVE AND END OF LIFE CARE ... INCREASING THE EVIDENCE BASE FOR GENERAL PRACTICE BASED PHARMACISTS ... PATIENT AND PUBLIC INVOLVEMENT ... INVOLVING PATIENTS AND FAMILIES IN IMPROVING THE QUALITY & SAFETY OF HEALTHCARE ... MENTAL HEALTH ... IMPROVING DRUG SAFETY USING BIG DATA ANALYTICS AND MACHINE LEARNING ... HEALTH AND WORK