

**OUR RESEARCH
THEMES:**

**Patient & Public
Involvement**

Experience of Health Care

**Person Reported
Outcomes**

**Translating Knowledge into
Practice**

This newsletter presents selected highlights of our research. For details of the full programme please see our website.

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Website address:

[http://
www2.warwick.ac.uk/
fac/med/research/
hscience/wrn](http://www2.warwick.ac.uk/fac/med/research/hscience/wrn)



Warwick Research in Nursing

I am very pleased to welcome you to our new newsletter. With a change in funding we now have a new name *Warwick Research in Nursing* but still have our same four core

research themes and our focus on understanding and improving care. Look out for our newsletter every 6 months.
Professor Kate Seers

International Council of Nurses

Professor Kate Seers was invited to speak at ICN Congress on nursing innovation and research. More than 8,000 delegates from 134 countries attended the Congress in Barcelona at the end of May.

In the picture L to R: Dr Patricia Grady, Director of National Institute of Nursing Research in the US; Dr JR Garido, (Spain), Javier Soldevilla, (Chair), Dr NF Padres, (Spain) and Professor Kate Seers.



Chronic Pain

Improving the wellbeing of people with opioid treated chronic pain (i-wotch)

Strong opioids are increasingly being prescribed for chronic non-malignant pain, but there is limited data on their effectiveness long term. The I-WOTCH study delivers a support programme that aims to improve the everyday functioning for people living with chronic (long-term) pain and reduce their opioid (strong morphine-like painkillers) use.

Kirstie Haywood is a co-applicant advising on outcomes and Kate Seers is a co-applicant leading the process evaluation work-package. The Chief Investigator is Dr. Harbinder Sandhu from the Clinical Trials Unit at Warwick University. The study is a randomised controlled trial, with the intervention compared to usual care plus a opioid information booklet and a relaxation CD. The purpose is to find out which

treatment is best at helping people to live with their pain and reduce their use of opioids.

This trial will help us identify which treatment is more effective. It will measure the everyday functioning and opioid use of all the people in the trial at different time points. We hope that the results of this study will be used to help patients with chronic long-term pain in the future.

For more information see: [https://
www2.warwick.ac.uk/fac/med/research/
hscience/ctu/trials/iwotch/](https://www2.warwick.ac.uk/fac/med/research/hscience/ctu/trials/iwotch/)

This study is funded by the NIHR Health Technology Assessment (grant 14/224/04).

Contact: Kate Seers

Support for People with Chronic Pain

A new film *Struggling to support people to live a valued life with chronic pain* is about healthcare professionals' experiences of treating adults with chronic non-malignant pain. It was made to disseminate the findings of a study by Fran Toye, Kate Seers and Karen Barker. It was "highly commended" at the Event and Visual Communication Association (EVCOM) Clarion Awards in the category *Education and Training* (<http://www.evcom.org.uk/news/our-news/winners-revealed-at-the-evcom-clarion-awards-in-association-with-drp/>).

This film was made by Red Balloon. The findings are from a Qualitative Evidence Synthesis by Toye, Seers and Barker and funded by the NIHR, Health Services and Development Research programme (Project 14/198/07). <https://www.youtube.com/watch?v=477yTlPg10o>



This is a companion film to one focusing on patients' experiences of chronic pain *Struggling to be me with chronic pain* which has had over 26,000 views. <https://www.youtube.com/watch?v=FPpu7dXJFRl>



Contact: Kate Seers

Award for Presentation



Hannah Andrews

Hannah Andrews, an experienced mental health nurse, who is also a PhD student with Warwick Research in Nursing won an award for her presentation at the Post Graduate Research Symposium. She presented her findings on her research on self compassion in healthcare work. Hannah is pictured in the Medical School grounds with her award. The day provided a fascinating insight into the vast array of post graduate research activity in Warwick Medical School.

Warwick Research in Nursing, within the Division of Health Sciences, Warwick Medical School at the University of Warwick, provides a vibrant student research community.

If you are interested in undertaking a PhD, part time or full time, please contact: Professor Kate Seers.

Barbers' Company Scholarships

Barbers' Company Clinical Nursing Scholarship 2017

The awards for the 2017 Barbers' Company Clinical Nursing Scholarship were made on the 12th April following interviews at the Barbers' Hall in London.

Professor Kate Seers chaired the interviews of the short-listed applicants along with Prof Claire Hale and Mr Jeremy Bolton. The overall standard of applications for the scholarship from nurses and midwives

in clinical practice was extremely high and in the end the £10,000 award was shared between six applicants. The courses taken by the scholars included MSc in Advanced Practice, MSc in Cancer Care, War and Psychiatry MSc and PhD in Health Sciences.

The scholarship is available annually and applications for 2018 will be open from 1 December 2017, closing on 28 February 2018. For more details see the WRiN website.



Prof Kate Seers, Prof Claire Hale and Mr Jeremy Bolton

Selected Publications

Tierney, Stephanie, Seers, Kate, Reeve, Joanne L., **Tutton, Elizabeth.** 2017. Appraising the situation : a framework for understanding compassionate care. *Journal of Compassionate Health Care*, 4 (1), <http://dx.doi.org/10.1186/s40639-016-0030-y>

Toye, Francine, **Seers, Kate,** Hannink, Erin, Barker, Karen. 2017. A mega-ethnography of eleven qualitative evidence syntheses exploring the experience of living with chronic non-malignant pain. *BMC Medical Research Methodology*, 17 (1) <http://dx.doi.org/10.1186/s12874-017-0392-7>

Staniszewska, Sophie, Brett, J., Simera, I., **Seers, Kate,** Mockford, Carole, Goodlad, S., Altman, D. G., Moher, D., Barber, R., Denegri, S., Entwistle, A., Littlejohns, P., Morris, C., Suleman, Rashida, Thomas, V., Tysall, C.. 2017. GRIPP2 reporting checklists : tools to improve reporting of patient and public involvement in research. *BMJ*, 358, <http://dx.doi.org/10.1136/bmj.j3453>

Parslow, Roxanne M., Shaw, Alison, **Haywood, Kirstie L.,** Crawley, Esther. 2017. Important factors to consider when treating children with chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME) : perspectives of health professionals from specialist services. *BMC Pediatrics*, 17 (1) <https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-017-0799-7>

Assessment of older people



Hanneke Wiltjer

“Making your way through”- The navigating process of assessing older people

In 2012 I started a PhD, supervised by Prof. Kate Seers and Dr. Liz Tutton, aiming to explore the

assessment process on a ward for older people. I have used a constructivist Grounded Theory and have collected data via interviews and observation session with professionals and patients, a focus group with professionals, and reviews of patients’ medical and nursing notes. I have recently submitted my thesis and passed subject to minor corrections. A brief overview of the findings are presented.

‘The core category of ‘Navigating’ was conveyed through three themes: ‘Containing complexity’, ‘Networking’, and ‘Situating the process’. Navigating means each assessment can be undertaken differently, as it is a complex, flexible, and social process, which is dependent on the context in which it takes place. Within navigating assessment, professionals used different ways of working, including visible and invisible, as well as formal and

informal ways of working. These findings differ from the advocated ‘gold standard’ which focuses on a standardised and formalised assessment process.

The data also provided insight into the role of the registered nurse and the role of the patient within the navigating process. Registered nurses were found at the centre of the multi-disciplinary networking system, focusing most their time on gathering and sharing information. They described their activities as ‘chasing’ rather than coordinating care.

Patients seemed to have a passive role within the navigating process. They expressed different preferences regarding decision-making in relation to their care and treatment, but these were not always facilitated on the ward.

Contact: Hanneke Wiltjer

Compassion

What role should medical education play in supporting compassionate care?

Stephanie Tierney and two medical students, Sophie Perry and Cameron-Tosh Ozer, presented at a Royal College of General Practitioners Symposium. They described some research they had conducted that aimed to understand the meaning of compassionate care and self-compassion from the perspective of trainee doctors. Findings were based on data from four focus groups, involving 31 medical students in total.

Participants talked about compassion towards self and others being more than an innate trait, stating that it was

affected by a range of interpersonal influences (role models in practice, lecturers, patients, peers) and external factors (the medical school culture and that of the wider NHS).

Self-compassion in particular appeared to be difficult for medical students because it could be seen as showing weakness, which was regarded by participants as being at odds with the competitive nature of their training. Consequently, self-compassion tended to only be considered when students reached a crisis point associated with their studies or their personal circumstances.



Sophie Perry, Cameron-Tosh Ozer
Stephanie Tierney

Seeing role models within clinical placements who practiced and exhibited compassion towards self and others (e.g. patients and colleagues) was regarded as important by participants.

Contact: Stephanie Tierney

RCN International Nursing Research Conference



Sophie Staniszevska, Stephanie Tierney, Kate Seers, Liz Tutton, Kirstie Haywood

Papers were presented on behalf of research teams by: Liz Tutton, Understanding informal carers' experiences of caring for older people with a hip fracture: a systematic; Stephanie Tierney, Flow of compassion in healthcare: moving beyond an individual towards a systemic focus; Nathan Pearson, Quality and acceptability of patient reported

outcome measures (PROMS) used to assess fatigue in Axial Spondyloarthropathies (AxSpa): a systematic review; and Hanneke Wiltjer, Exploring the assessment process on a ward for older people: a constructivist grounded theory.

Contact: Liz Tutton

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