

# Research NEWS March 2018

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## This Issue:

Issue N<sup>o</sup> 13

- Page 1 The New Professional development Centre is Open
- Page 2 Beyond Advanced Communication Skills (BACS)
- Page 3 60 seconds with ..... Rachel Plummer
- Page 4 Alison Pilsworth MSc MA Prize
- Page 5 TONIC Study -The Trajectories of Outcome in Neurological Conditions
- Page 5 Welcome to the New Kid on the Block, Emma Bowler
- Page 6 LOROS at Hospice UK
- Page 7 A Medical Students Journey into Palliative Care, Lucy Taylor
- Page 8 Dates for your diary
- Page 8 LOROS Bursaries
- Page 8 Another chance to see Dr Charlotte Small's VR Presentation

## The New Professional Development Centre Is Open

companies and local community groups with a professional, reliable and convenient meeting and conferencing venue for hire. With five high quality meeting and conferencing rooms at competitive rates starting from £60 for a half day and from £100 for a full day the LPDC is open Monday to Friday from 8.30am to 5pm. With state of the art audio-visual equipment and a clinical skills suite, along with a café offering a range of deli style food and beverages the centre which is close to the M1 and Leicester City Centre is an excellent bespoke facility.

We are delighted that our new LOROS Professional Development Centre was officially opened on 9<sup>th</sup> October 2017 by Baroness Finlay a member of the House of Lords and Professor of Palliative Medicine in Cardiff.

The centre for education, training and research, was designed to provide support for palliative and end of life care staff here at LOROS and across Leicester, Leicestershire and Rutland. It also provides health and social care staff, local businesses, charities, events management

The LPDC Events team can be contacted on (0116) 2318455 or by emailing [venuehire@loros.co.uk](mailto:venuehire@loros.co.uk)

**loros.co.uk**

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**LOROS**

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you  
and your family



## Beyond Advanced Communications Skills (BACS) Research making a difference

In October 2017, 30 palliative care doctors attended a 3 day workshop to extend their communication skills and to learn about new communication training resources based on research undertaken at LOROS, and called 'Real Talk'. The workshop aim was to provide a safe and stimulating environment for learning about, sharing and exploring approaches to communication in palliative medicine course attendees all agreed to be evaluation participants to allow us to examine the impact of this unique course developed by Professor Faull and a team from Nottingham and Loughborough Universities.



*Real Talk* is a novel training resource incorporating research findings and clips from the VERDIS research project lead by Professor Ruth Parry at LOROS where consultations between doctors and patients were videoed and analyzed using conversation analysis. VERDIS stands for video-based communication research and training in decision-making and empathy in supportive and palliative care.

The workshop was subsidized by a competitive grant from the University of Nottingham to support innovation and Impact of research. It was a huge success and there is demand for more. Here is some of the feedback from the participants:

*Really important to have some of the theory and evidence presented in papers. We are so often teaching but not using evidence as the basis.*

*I expected to improve my communication skill which I have. I have also learned strategies and have improved tools for education of others as well*

*Exceeded expectations – I had not expected the 'Train the Trainer' aspect*

*Not a "how to communicate" set of video resources, but a subset of techniques to enhance teaching communication skills.*

You can find more information about the [VERDIS project](#) and about Real Talk by contacting [research@loros.co.uk](mailto:research@loros.co.uk)



Dr Chris Farnham (London) and Dr Fiona Rawlinson (Cardiff) attending the course at the LOROS Professional Development Centre

The VERDIS work at LOROS video recorded and analysed 37 consultations involving 37 patients, 17 accompanying family members, friends, and 5 doctors. *Real Talk* currently includes resources to support health care professionals in learning about *Broaching Dying* and responding to patients' *How long have I got? questions*. We have been working with the VERDIS team to extend this work and have just completed recording 48 therapist-patient consultations at LOROS. A huge thank you to all the patients, friends and families who have been so very generous in allowing their consultations to be recorded and used to educate health and social care professionals.



In this feature we speak to Rachel Plummer the new Palliative Care Research Nurse at University Hospitals Leicester



*What my role aims to do:*

To support and Promote research within the Palliative Care remit at the UHL and build on relationships linked with the organisation. Introduce research to patients and health care professionals, increasing awareness to both the general public and staff,

encourage involvement/participation where possible.

*Best job:*

Diabetes Research Nurse: Learning so many new skills, being promoted, managing the nursing team, feeling valued and listened to.

*Worst job:*

All my jobs have been enjoyable so far, I cannot honestly answer this work wise.

Worst job otherwise is putting the dustbins out

*Favourite place to live:*

No preference as long as family and friends are not too far away. Preference would be to have some greenery around me, not be surrounded by tower blocks! Leicestershire has so many beautiful areas and it's central to most places. Quite happy here.

*Motto or Personal Mantra:*

Don't ask others to do anything you wouldn't do yourself.

*I'm happiest when:*

I'm in the sunshine, with family and friends, looking onto the glistening sea, watching paragliders land, whilst chilling with a cold drink.

*What I fear most:*

My parents tell me it should be getting old! Although I have to say it's spiders in the bedroom, (If I fall asleep with my mouth open will I swallow one!)

## 60 Seconds With...

*I'm proudest of:*

My children: now adults! The most important job I've done so far, guiding them through life.

*Favourite sports or pastimes:*

Circuits/clubbercise

Travelling around Asia

*The Top 3 Highlights of my Life:*

1 Passing my nurses training as a mature student.

2 Having children, watching them grow into independent adults.

3 My supportive husband.

*People would be surprised to know:*

When I turned 40 years old, almost overnight I immediately became interested in gardening! I drew a design one Friday night over a bottle of wine shared with my friend. The next day I dug my garden up, much to the surprise of my husband and recreated the space to roughly how it is now. It's an ever evolving space that continues to grow.

*If I could do it all over again, I would:*

Definitely. I'm quite content with my past which will naturally lead me through to the future.

*Pet peeves:*

Slapping your lips when you're eating

Drivers driving much slower than suggested speed limit.

*Favourite song, movie, book, or comedian:*

Song: What a Wonderful World-Louis Armstrong

Movie: Holiday

Favourite book/comedian, too much choice.

*Favourite Vehicle;*

A vehicle I hold fond memories of was a refurbished double decker red bus. My colleagues and I used to screen patients for diabetes throughout the county on this bus.

*Before I die, I would like to:*

Retire!

Travel further.

Have/spend time with grandchildren.



# Alison Pilsworth

## Congratulations to Alison for achieving her MSc MS Prize.

Alison pictured here at the masters award ceremony at DeMontfort University with Professor Christina Faull and Professor Jane Brown at Demontfort University

Recently I submitted an abstract of the work I had undertaken for my masters degree to the Royal Society of Medicine Palliative Care Section meeting Evidence and Impact. This brought together people who had undertaken masters from across the UK.

My abstract was accepted for a poster presentation and then unexpectedly a few days prior to the meeting, I was asked to give an oral presentation (VERY SCARY at the RSM)! I then learnt that was because I was to be awarded the prize for the poster presentation. This was both a shock and an honour for both myself and the Research Team at LOROS.

I would like to take this opportunity to thank the staff on both the day ward and inpatient unit.



John Knight, CEO LOROS said 'Congratulations Alison on having your poster accepted, well done and thank you for once again promoting LOROS and the work you and the wider team undertake'.

Christina Faull Research lead for LOROS said ' This prize is richly derived Ali for your high quality masters research and for the emphasis the work has on improving care for patients. Very well done'.

Alison is a practice educator, joining LOROS after working as a clinical nurse specialist in heart failure. She is passionate about enabling staff to have effective compassionate conversations with patients and facilitates communication skills courses. She is also the project manager for work funded by Hospice UK to improve the care of patients with advanced heart failure.



### Alison's winning poster

The exploration of hospice nurses thoughts and feelings of extending their role in 'Do Not Attempt Cardiopulmonary Resuscitation' (DNACPR) discussions with patients and formal documentation of the outcome of that discussion.





**Naomi Seaton**  
**Research Nurse**

The TONIC study, which is one of the largest ever performed in the UK on quality of life in neurological conditions, is led by Professor Carolyn Young at the Walton Centre NHS Foundation Trust in Liverpool.

TONIC is a study that aims to use data collected from thousands of patients with MS and MND in the form of questionnaires, to develop a model of factors affecting quality of life in different neurological conditions.

## *The TONIC study: The Trajectories of Outcome in Neurological Conditions*

In November 2017 LOROS recruited the first patient to the TONIC study. Our patient with MND are enthusiastic about this first opportunity for them to become involved in research.

It also aims to examine the validity of the model over time, and test the validity of some existing generic measures.

By examining the factors that influence quality of life in patients with neurological conditions, it is hoped that the care and treatment of people with these conditions can be improved.

LOROS are actively recruiting patients with Motor Neurone Disease to the study from the MND clinics' day therapy unit, and through the community based MND specialist nurses.

The study has been well received by patients, and early indications of numbers of patients wishing to participate in the research are high.

The LOROS research team is involved in the collection of demographic information from the records of participants and details about their disability.

Later phases involve the completion of questionnaires over the course of five years in order to appreciate how quality of life changes over time for people with a neurological condition.

## *Welcome to the new kid on the block*

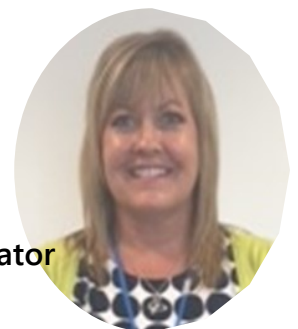
Emma has joined the LOROS team as the new Research Administrator and PA to Professor Faull. She comes with a broad range of transferable skills and experience having worked for most of her career at a private hospital in Leicester; initially as Catering and Support Services Manager, Project Manager and became the first Non-Clinical Operating Theatre Manager in the company before moving to a Duty Managers role and then on to be a GP Practice Manager and Interim Project Manager for East Leicestershire and Rutland CCG. She has extensive experience of Governance and regulatory compliance including Care Quality Commission

inspections, Health, Fire and Safety, development of new services and achieving and maintaining high level accreditations.

Emma says 'I have been fortunate to have been exposed to such amazing opportunities during my career whilst bringing up my children and have many highlights' she goes on to say 'LOROS has always been very close to my heart, the wonderful people working here provide truly excellent personal care to patients and their relatives during what can be a very difficult time'

I took the brave decision to change my career path, seeking a new opportunity and work life balance and I am delighted to have joined the

**Emma  
Bowler  
Research  
Administrator  
and PA to  
Professor  
Christina Faull**



Research Team and have not looked back. I am able to use the skills, knowledge and experience I have gained throughout my career to support the amazing work of the busy but small Research Team here at LOROS and work alongside some really wonderful people here at LOROS'.



# LOROS at Hospice UK

## Professor Christina Faull and Dr Zobia Islam

We had a strong presence at the Hospice UK conference in Liverpool (November 2017) with several members of clinical and non-clinical staff attending from across the Hospice. Our CEO delivered an exciting presentation about **Virtual Reality Transforming the Lives of Terminally ill Patients.**

Several members of staff presented posters. This included;

**The role of the Infection Prevention Nurse in the Hospice setting**

(Tammy Bale);

**Potential Challenges for Non-NHS Organisations Considering Participating in Clinical Trials;**

(Wendy Gamble);

**Thinking Ahead: Complexities of Resuscitation Decisions with Diverse Communities in Leicestershire,**

(Dr Zobia Islam, Wendy Gamble and Prof Christina Faull -1; Lucy Taylor and Dr Helen Eborall-2);

**A Hospice Leadership Pipeline**

(John Knight);

**Creating Opportunities to Extend Patient and Carer Involvement in Hospice Work**

(Veronica Mickleburgh);

**Embedding the Care Certificate into Clinical Apprenticeships**

(Donna Walker);

**Working collaboratively to reduce the incidence of Pressure ulcers in the Hospice setting**

(Sally Newman);

**Hospice nurses thoughts and feelings of 'DNACPR' discussions with patients**

(Ali Pilsworth);

**Describing Anticipatory Medicine use in the Community at the End of Life; A Thematic Analysis of Anticipatory Medicine use in the Community at End of Life**

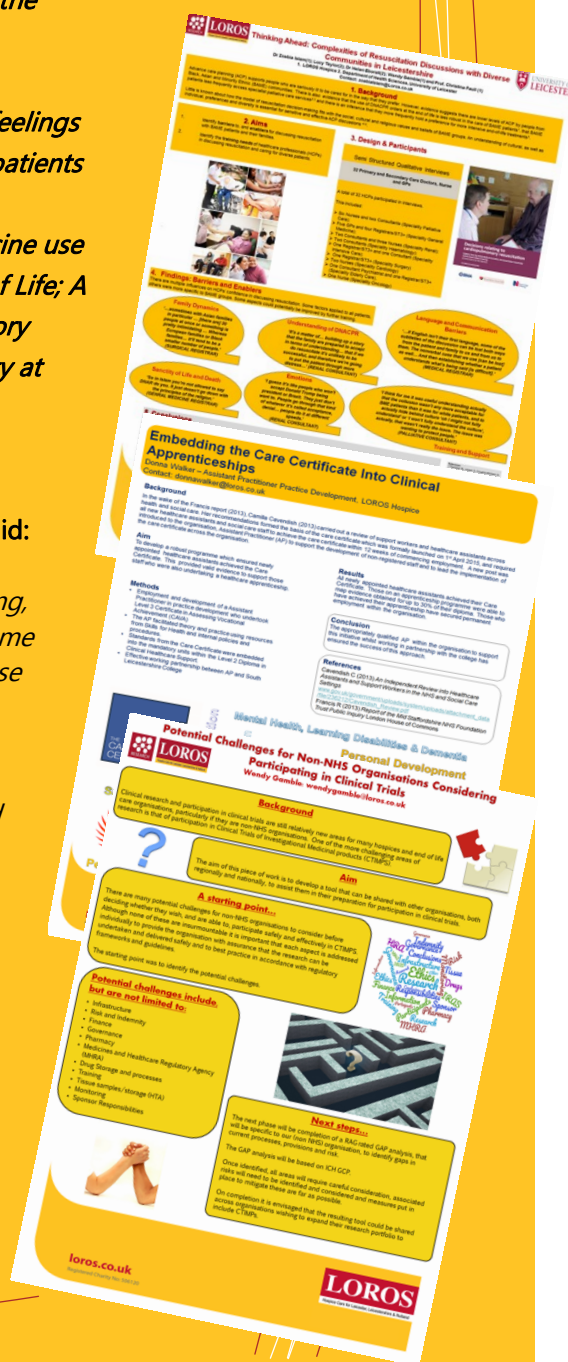
(ED Rainbow)



Dr Zobia Islam

A speaker from the conference said:

*I found the conference interesting, informative and inspiring with some excellent speakers across a diverse range of topics, there really was something for everyone. It was good to meet colleagues from other UK hospices and great to see LOROS recognised as a valued contributor to some very important research nationally as well as the research that we're doing locally.'*



# A medical student's journey into palliative care

**Lucy Taylor** is a fourth-year medical student at the University of Leicester. Her winning entry for the Royal Society of Medicine Palliative Care Section's essay prize on the future of palliative care was published in the September/October issue of the *European Journal of Palliative Care*.



**Lucy Taylor**  
**Fourth year Medical Student**

When I saw the topic of the Royal Society of Medicine Palliative Care Section's essay prize: the future of palliative care, I immediately wanted to enter. It was a great excuse to spend time developing the thoughts I'd gathered through my experiences and try to come up with some practical solutions.

During my second year at medical school, I began to seriously consider palliative care as a specialty, and I realised the importance of gaining as much exposure as possible. The simplest way I manage this is by proactively identifying and shadowing the palliative care input in each clinical rotation.

I also arranged an extracurricular placement at LOROS Hospice during a university holiday and later worked there as a bank healthcare assistant. Through this, I gained exposure to hospice care from a perspective that I won't be able to experience later in my career. One afternoon, a group of primary school children arrived at Day Therapy.

I observed the arts and crafts project that they were participating in with some of the

patients, and listened to their conversations. The inquisitive questioning from the children, who were old enough to be sensitive but hadn't yet developed a taboo about these discussions, led to death and dying being discussed openly.

Having experienced the difficulty of having these conversations within my own family, I was mindful that the patients might not have been able to verbalise what they were telling the children before this encounter.

The therapeutic effect of the afternoon on the patients was obvious. Imagining the children going home and talking to their parents about the new friends they'd made at the hospice, I hoped that hospices would seem less daunting to the whole family, and maybe it would even prompt further discussions about death.

Leicester University offers a Medical Research iBSc, in which students undertake a year of research.

I contacted Professor Christina Faull at LOROS Hospice, who kindly offered to supervise my

involvement in her research into discussing DNACPR (Do Not Attempt Cardiopulmonary Resuscitation) orders with people from minority ethnic communities. During that year, I spoke to many healthcare professionals, researchers, patients and relatives about the importance of palliative care, the challenges it faces, and attended conferences where the future of palliative care was the focus of conversation.

I also work in my spare time on the administration side of the University Hospitals of Leicester's Medical Examiner process. A senior consultant reviews the care of every patient who dies within the Trust and speaks to their relatives to ascertain whether anything could have been improved or learned from. This gives me an insight into the issues concerning palliative care in my local area.

Winning the prize was unexpected, but this, and getting my essay published in the journal, has encouraged me that although I am inexperienced, I am thinking along the right lines!



# Dates for the Dairy



Annual LOROS Lecture <i>Patients and Researchers in Partnership</i>	6.00pm to 7.00pm Refreshments from 5.30pm	26th April 2018	LOROS Professional Development Centre
Dying Matters Awareness Week	All week	14th May to 20th May 2018	Event locations to be confirmed
East Midlands Research and Audit	1.30pm to 5.30pm Lunch at 1.00pm	18th September 2018	LOROS Professional Development Centre

## Is this the year that you want to get involved in research?

We can support you through a bursary of up to £1,000

### You might want

- To attend a conference
- To go on a research training course
- Funding to backfill your time so that you can develop an idea or project
- Fees for a research qualification (e.g. MSc dissertation; OU module)



### What you need to do:

- Discuss your ideas with your Line Manager and Christina Faull or Zoebia Islam
- Write a short application of no more than 1,000 words describing the purpose of the bursary. We want to know the value of the intended work; how it will improve your practice and the impact it will have on LOROS and the care of patients and families.
- The application will need to be supported, in writing, by your Line Manager and Head of Department.

Send your application by email together with the supporting statements to: [research@loros.co.uk](mailto:research@loros.co.uk)



## USING VIRTUAL REALITY TO ENHANCE PATIENT WELLBEING AND CARE

If you missed Dr Charlotte Small's excellent presentation, you can come along and watch the video recording and view the presentation.

**Dr Charlotte Small, is a Trainee in Anaesthetics and Pain Medicine in Birmingham and the Chief Investigator for the Restorative Virtual Environments for Rehabilitation Research Programme (REVERE) A Defence Medical Services-funded series**

REVERE programme is investigating the feasibility of exploiting interactive technologies to enhance patients experience and performance during early rehab on the ICU, including pain management, sleep and psychological well-being, post-operative breathing exercises and treatment of ICU acquired weakness.

**Don't miss out—Email Emma Bowler or call extension 8498 to register your interest**