

### Research at Kingswinford medical practice

Research is absolutely crucial to delivery of evidence based healthcare, and forms the bedrock for the guidelines which clinical staff work from within the NHS both when you see your GP or practice nurse to if you undergo surgery or require emergency care. The NHS has a long and proud history of conducting research with many world firsts including dialysis, heart transplant, hip replacement, and IVF to name but a few.

We are keen to support this wonderful history and increase our research activity at Kingswinford Medical Practice, to not only improve evidence based healthcare outcomes but also provide our patients with the opportunity to contribute to medical research. We are delighted to be working with the National Institute for Research (NIHR) West Midlands and we are very fortunate to be hosting a RDN (Research Delivery Network) Research Nurse Kiera Sanghera. Kiera will be working within the practice supporting research studies as well as running research clinics at KMP.

You may notice posters in our waiting room, or text messages inviting you to participate in research studies. This is your personal choice and feel free to contact the study team on any texts or posters as you are never obliged to participate in research if you do not wish.

## National institute for health research



In 2006, the Department of Health set up the National Institute for Health Research (NIHR) to improve the health and wealth of the nation through research.

The NIHR Research Delivery Network was introduced to provide the infrastructure to the NHS to allow high quality research to be set up and delivered efficiently and effectively.

Kingswinford medical practice is a part of the network of local practices participating in research activities under the RDN West Midlands.

To find out more about the work of the NIHR Research Delivery Network go to their website: [National Institute for Health and Care Research | NIHR.](#)

## What is primary care research?

Research is the process of asking a question and finding the answer in a structured way. Any process of finding an answer to a question is a form of research, but a research project (known as a study) will often look for a new way of doing something, what different people do or think, or which option out of many is the best.



Primary care research primarily involves studies that look at:

- Healthier lifestyle promotion
- Management of long term illnesses (such as hypertension, or diabetes)
- The treatment of common conditions (such as tonsillitis)
- Diagnosis and prevention of disease)
- Prevention of future ill-health

## How does this affect me?

If we feel you would be a suitable participant for a study, you may be sent information via email, text, or through the post. Sometimes, a member of the team may approach you during a consultation to see if you may be interested in taking part in a study.

You would receive clear information about what the study would involve, and there will always be opportunities to ask questions and obtain further details.

Participation is entirely voluntary, and you can remove yourself from a study at any time, without any need for an explanation. You should never feel pressured or obligated to take part in a study, and the care that you are provided by the practice team will not be affected in any way if you choose not to participate.

Nobody from outside this practice will have access to your medical records or contact details without your consent.

## Meet the team

### Dr Lloyd Baron

Lloyd was brought up in the Dudley Borough before relocating to Liverpool and completing his first degree in Psychology and Neuroscience. His initial career was non-medical and he took up a post as a Researcher and Lecturer at the Centre for Public Health hosted by Liverpool John Moore's University. This work inspired Lloyd to pursue a clinical career and he returned to the Midlands and graduated from the University of Warwick Medical School. He completed junior doctor posts at Cannock Chase, Royal Stoke and Russell's Hall hospitals.



He is a current partner at Kingswinford Medical Practice, a Specialty Doctor within the substance misuse service based at Atlantic House in Lye as well as DIHC's Clinical Advisor for Health Inequalities.

### Kiera Sanghera

Kiera is our host research Nurse from the Research Delivery Network West Midlands. Upon qualifying as a Nurse at Portsmouth University, she moved back to the West Midlands and has worked in a variety of settings, including Critical Care, Elective Surgery, and both District, and Practice Nursing. Kiera is passionate about research in primary care, and is keen to promote research within our practice and across the wider area. If you take part in a study you may come into contact with Kiera as part of a research clinic.



## Steven Bryan

Steven is our research Coordinator. He has worked at Kingswinford Medical Practice for 16 years. He has worked within all departments in the Practice over his time at Kingswinford Medical Practice. His main role within the surgery now is long term conditions Co-ordinator, which is booking patients for reviews on a yearly basis. He is working as a research coordinator to help alongside Dr Baron and the research nurses in inviting patients and identifying patients who are eligible.

## Helpful links

Department of health - Research leaflet



Be a part of research



Patient Data and Research leaflet



## Study portfolio

### Current research studies



This study aims to determine the effectiveness of a combination inhaler versus standard care for symptom relief in mild asthma, the overall costs and savings of the two approaches, and health care providers and patient's perspectives of the new approach.



The coping treatment is a new coproduced treatment for GP's to use with young people aged 16-25 years to help them avoid future self-harm.



This study is investigating how GP practices in England have used risk prediction software since it was rolled out over the last decade, and what difference it has made, by interviewing staff members in our practice.



Our surgery is taking part in this research study for patients who have had a heart rhythm problem called atrial fibrillation (AF). The aim of this NHS study is to see whether patients who have had AF would benefit from receiving blood thinners earlier than they would usually receive.



METEOR2 is a study we are promoting at Kingswinford Medical practice for people who have had some meniscus (cushioning cartilage) removed from their knee, don't have diagnosed arthritis of the knee but still have pain more than 6 months afterwards. For more information please follow this link: [METEOR2 \(warwick.ac.uk\)](https://warwick.ac.uk/meteor2)

## Past research studies



This study is testing the effectiveness and cost-effectiveness of communication skills e-learning for practitioners on patients' musculoskeletal pain and enablement.



*The*  
**HANDS-ON**  
**ASTHMA**  
Study

The Hands-On Asthma study is looking at whether asthma symptoms may be triggered by other issues related to our interaction with the social and cultural aspects of the workplace (for example our mood, or culture of the workplace).



The aim of this project is to investigate whether a home-based exercise programme can reduce disease activity in patients with recently diagnosed type-1 diabetes (T1D).



The LOLIPOP 100k is looking into why diabetes and cardiovascular disease are 2-4 fold more common in UK South Asians than Europeans, as the reasons underlying this health disparity are not known. This will help to advance the understanding of metabolic, cardiovascular and other important chronic diseases in UK South Asians.



The ELSA Study (Early Surveillance for Autoimmune Diabetes) was the first part of a study designed to explore how feasible and acceptable a new system designed to identify children, who are at risk of type 1 diabetes. GP Practices across the West Midlands were asked to act as Participant Identification Centres (known as PIC sites). Kingswinford medical centre looked for eligible families to receive information about the study.





This research aims to help people with persistent pain, which means long-lasting pain due to a range of conditions, for example osteoarthritis and back pain, but not pain caused by cancer. PROMPTT involves pharmacists working in GP practices proactively reviewing patients with persistent pain who have been prescribed opioids and aims to support them to reduce opioids (where appropriate) and to live well with persistent pain.



The UK Home-Based Intervention Strategy (HIS-UK) is a behavioural change condom promotion intervention for young men designed to enhance enjoyment of condom protected intercourse, improve attitudes towards condoms, improve the correct and consistent use of condoms, and thereby reduce the risk of STIs.



We are a part of promoting Join Dementia Research, which is a nationwide service that allows people to register their interest in taking part in dementia research studies. People with dementia, their carers or those that provide support and anyone over 18 interested in research can sign up.



This research set out to describe the characteristics and healthcare use of older housebound people; explore clinician views on delivery of care to housebound people; and assess the feasibility of using a new network of healthcare professionals to deliver high quality research.



The aim of the General Practice Community Pharmacist Consultation Service (GP - CPCS) from the University of Warwick is for patients to have consultations in their community pharmacy for a range of minor illnesses to free up GP appointments for patients with serious conditions or more complex problems.