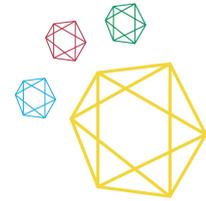


Newsletter

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diamonds.

Improving diabetes outcomes for people with severe mental illness.

Improving Mental and Physical Health Globally...

IMPACT (Improving Outcomes in Mental and Physical Multi-morbidity and Developing Research Capacity) South Asia, is a three-year NIHR Global Health Research Programme (2018-2021) that aims to improve mental and physical multi-morbidity conditions among one of the world's most vulnerable populations living in Bangladesh, India and Pakistan, aligned with global and national priorities. The **IMPACT** multi-morbidity research involves two distinct study-populations- **A**) people with severe mental illnesses (SMI) and, **B**) people with common mental disorders (CMDs) comorbid with chronic non-communicable diseases (NCDs), both identified and approached through formal, government funded health settings.

The programme aims to carry out preliminary research (2018-19) on assessing prevalence and management of multi-morbidity in the study countries and to build appropriate research capacity by establishing the world-class regional research hubs for informing evidence-based policy and practice on mental and physical multi-morbidity in Low and Middle Income countries (LMICs).

The preliminary research carried out with both groups are designed to inform principles for appropriate interventions broadly targeted to improve-the following: 1) long-term physical health conditions among population with SMI and, 2) depression/anxiety conditions among population with NCDs. The adapted behavioural and psychotherapeutic interventions involving both population groups are to be examined through process evaluation techniques during the feasibility phase of the research (2020-21).

The IMPACT South Asia group is committed to sustain research legacy in mental and physical multi-morbidity research beyond the programme's lifeline. It acknowledges the fact that doing so would help gain significant impacts around this important global public health agenda on mental and physical multi-morbidity through high-level policy changes in LMICs.

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Gerardo Zavala



Papiya Mazumdar

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Lu Han

Emerald Study in Final Stages

The **EMERALD** study is in the final stages and is due to finish on 30th November 2019. Our analysis of primary health care records alongside analysis of interviews with people with diabetes and mental illness, their supporters and healthcare professionals are all being wrapped up. The whole team is now working to bring our findings together and write them up for the end of study report and future dissemination.



emerald.

Understanding risk factors for diabetes and the experience of diabetes healthcare for people with severe mental illness.

Key Findings...

Some interesting and important findings are emerging from this work, with key themes from the qualitative research already identified: People's mental illness seems to have a much bigger impact on their life than their diabetes, meaning they often have to prioritise mental over physical health.



Jennie Lister

"It keeps going round and round, this illness keeps going the same thing and when am I going to get off the circle? [...] And you can't because it's mental, it's a mental thing [...] I mean it's not like a diet. I mean you can change your diet. You can't change your mental illness."

Diabetes and severe mental illness symptoms often overlap, and people can find it difficult to distinguish between the two. This can make managing diabetes very challenging.

"when I was poorly [...] it was trying to work out whether it was my diabetes or mental health. It was a mixture of both"

Diabetes and mental health are often linked and can affect each other. When people are struggling with their mental wellbeing, they can find it harder to look after their diabetes.

"But when you're having a real bad episode all that goes out the window. And you're not looking after yourself. You're not looking after your diabetes either."

The care that people most value is person-centred, considering all their conditions as well as their circumstances, wants and needs.

"She asked me in depth about the problems, the real problems and what was at the back of them. [...] And that was a big help. I knew she cared. I knew she was listening..."

These and other emerging themes will be integrated with the findings from the analysis of primary health care records to provide a comprehensive picture of the experiences of diabetes and diabetes healthcare for those with a severe mental illness.

We bid Farewell and all the best to...

Sue Bellass, who has taken up a research role at the University of Leeds. Sue has been working on the **Emerald study** for the past 2 years and since April 2019 has been managing the Diamonds Programme Grant project.

Sue will be greatly missed by the Diamonds Voice group as she has been an immense support in developing our public, patient engagement and involvement.



Sue Bellass

Diamonds Developments.....

The **DIAMONDS QUEST** study, which explored how people with severe mental illness (SMI) as well as long-term physical conditions for example diabetes, COPD or a heart condition manage their illnesses is coming to an end. We have conducted interviews and group discussions with service users, their informal carers and healthcare providers from NHS mental health trusts and GP practices across the UK. We are currently, in the process of interpreting and making meaning of the interviews and group discussions. However, we have developed an animation highlighting some of the findings from the interviews and group discussions, around the difficulties of managing severe mental illness and long term physical health conditions. We have also been conducting a study of existing research and have identified over 140 papers. From the existing research, we were able to identify what helps and prevents people with SMI from managing their condition. We have since held sessions with experts including service users, their informal carers and healthcare providers to select the enablers and barriers that are most important. At the moment, we have collaborated with two organisations, mHabitat and HMA to run about five workshops till January 2020 with service users, informal carers and healthcare providers to design the intervention and will be asking them how much they like it and how suitable it is for them.



Abisola Balogun



Ben Young

Introducing...



Jen Brown: 'I am the new **DIAMONDS** Programme Manager. I'm delighted to join the **DIAMONDS** team in December 2019. It's an exciting time for the project as we prepare for the next milestones and get the first part of the trial underway. I studied Psychology in Germany and Scotland before moving to York in 2011 to take up my current job as a Research Fellow at the University. My experience managing not just research projects but also life with two little girls stands me in good stead to tackle the challenges **DIAMONDS** will no doubt have in store for me. I can't wait to get stuck in.'

The **IMPACT** UK Team



Anthonia James: 'I am the Programme Manager for **IMPACT**. My expertise lies in programme management and the application of this knowledge to successfully manage the strategic elements of a programme of research, such as monitoring and evaluating impact and developing capacity. I have worked for 20 years in research project management, including: managing a research network to build the capacity of primary care researchers across the UK Yorkshire region; managing several large EU funded projects; Non-academic lead for two successful International Research Consortia at the Nuffield Centre for International Health and Development, and my current role alongside **IMPACT** as Operations Director of the N8 AgriFood programme.



Papiya Mazumdar: 'I have over a decade's post-doctoral experience in population health and health-system research in India, working with a number of government and private institutions. I am working closely with the **IMPACT's** research theme on depression comorbidity within chronic physical-health conditions. I am involved in the **IMPACT's** research capacity building activities - both as a beneficiary of the delivered agenda and also helping the team coordinate various activities carried out to build research skills across the partnering institutes'.



Gerardo Zavala. 'I have a PhD in public health epidemiology, focusing on the co-morbidity of infectious diseases and nutrition in Mexico and Cuba. My research interests are in public health epidemiology in developing countries and the influence of nutrition in physical and mental health. I am a research fellow within the **IMPACT** programme working on the comorbidity of mental and physical health in South-Asia'.



diamonds voice.

Putting the public voice at the heart of DIAMONDS research

Annual September Celebration 2019 in Leeds – Working Together

We were encouraged to hear some of the latest findings and developments of the Diamonds programme at our Annual Celebration in St Georges Centre, Leeds. This year we decided to have more time so we could include table discussions. It was well represented from the different NHS Research and Development staff across West Yorkshire as well as by Diamonds Voice and Research Team members.



Join our group!

We are always looking for new members to join.

Diamonds Voice.

If you want to know more and have 'lived experience' of a Severe Mental Illness and a long-term health condition i.e. Diabetes, heart or a respiratory condition then....

Contact Angie Ross for more details:

Tel: 07588329185

Email:

ppihealthresearch@gmail.com

Grounded Research (RDASH) Conference 20th November 2019



Recently, members of Diamonds Voice supported the Rotherham, Doncaster and South Humberside NHS Foundation Trust Research Conference with our exhibition stall, where over 109 clinical and research staff attended. We were able to raise the profile of Diamonds and engage senior members of the Trust. Here Gary and Irina talk to CEO Kathryn Singh about their experiences of working with Diamonds.

Ways to get Involved...

Diamonds Voice Meetings: We meet 3-4 times a year in Bradford or Leeds. We provide input into all aspects of the Diabetes research programme. During the meetings researchers give us an update of the progress of research and we undertake research activities.

Forthcoming Research Events : CLEAR CONFERENCE 2020 :

Bradford District Care NHS Foundation Trust on 16th June 2020 at Bradford Football Stadium.

For more information,
visit us online:

www.diamonds.nihr.ac.uk



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