

January 2025

# NIHR | School for Primary Care Research

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Welcome to the January 2025 edition of the NIHR School for Primary Care Research (SPCR) newsletter. As we embark on a new year, we are pleased to share the latest updates on our research, events, and initiatives designed to advance the field of primary care. This issue highlights our impactful projects, upcoming webinars, and opportunities for professional development. Together, let us continue driving innovation, collaboration, and excellence in primary care research throughout 2025.

## SPCR News



### **Congratulations to Professor Elaine Hay on her MBE for Services to Medical Research**

Huge congratulations to Professor Elaine Hay, at Keele School of Medicine and SPCR researcher, on being awarded an MBE for services to medical research.

[Go to the full article](#)

## SPCR Bitesize Impact Showcases

The graphic features the NIHR School for Primary Care Research logo at the top left. The main text 'Bitesize Impact Showcases' is in large white font on a dark blue background. Below this, three sessions are listed with their dates and times. At the bottom, there is a graphic of three overlapping hexagons in teal, white, and red.

<b>Session 1</b> Monday, 24 February 2025; 12noon - 1pm
<b>Session 2</b> Wednesday, 26 February 2025; 12noon - 1pm
<b>Session 3</b> Thursday, 6 March 2025; 12noon - 1pm
<b>PPIE Fund Project</b> Wednesday, 12 March 2025; 11.30am - 1pm

Join us for a series of engaging webinars highlighting the successes and impact of our research. Each session will feature three 10-minute presentations from members, offering a concise and insightful overview of their work.

Following the presentations, there will be a live Q&A session chaired by a member of the SPCR Board, providing an opportunity for discussion and deeper insights.

These bitesize webinars are perfect for those looking to explore the real-world impact of research in a compact and accessible format. Don't miss this chance to learn, connect, and be inspired!

Register for each session:

**Session 1: Monday, 24 February 2025; 12noon – 1pm:**

1. Evaluating ethnic differences in PSA for detecting prostate cancer in primary care by Tanimola Martins, Senior Research Fellow at the University of Exeter.
2. Self-management interventions for chronic widespread pain including fibromyalgia: a systematic review and qualitative evidence synthesis by Adam Geraghty, Associate Professor of Psychology and Behavioural Medicine & Co-Director of the Primary Care Behavioural Science Group at the University of Southampton.
3. The Stoma Support Study: Helping young people with inflammatory bowel disease (IBD) who have had stoma surgery to deal with distress by Ben Saunders, Senior Lecturer in Health Research at Keele University.

[Register here](#)

**Session 2: Wednesday, 26 February 2025; 12noon – 1pm:**

1. Using NRT for smoking reduction in pregnancy by Sophie Orton, Senior Research Fellow in the Centre for Academic Primary Care at the University of Nottingham
2. Developing understandings of supporting endometriosis in and for primary care: our SPCR research story by Sharon Dixon, GP and NIHR doctoral research fellow and Abi McNiven Senior qualitative researcher, Medical Sociology and Health Experiences Research Group at Oxford University, Nuffield Department of Primary Care Health Sciences.
3. Self-management of multiple long-term conditions in people experiencing socioeconomic deprivation by Megan Armstrong, Associate Professor of Primary Care Research and an interest in supporting people experiencing socioeconomic deprivation particularly for multiple long-term conditions but also includes single conditions.

[Register here](#)

**Session 3: Thursday, 6 March 2025; 12noon – 1pm:**

1. Primary and community healthcare professionals experiences of domestic abuse (the PRESSURE study) by Sandi Dheensa, Research Fellow at University of Bristol.
2. Getting it write' in a new era of patient online access to primary care health records by and Getting it write' in a new era of patient online access to primary care health records by Brian McMillan, Clinical Senior Lecturer in Primary Care and Gail Davidge, Research Fellow at the University of Manchester.
- 3.

[Register here](#)

## Session 4: SPCR PPIE Fund - Project Showcase, Wednesday, 12 March 2025;

11.30am – 1pm:

This session will feature perspectives from both the researchers and public partners involved in these projects. Additional details about the individual projects being presented can be found below:

- Symptom Patterns and life with longer-Term COVID-19 in children and young people: cOproduction of long-Covid resources for children and young people (SPLaToon) Alice Faux-Nightingale, Keele University
- Bridging Gaps: Lived experience changing primary care services, Michelle Farr, University of Bristol
- Exploring approaches to reach and engage people with chronic high pain (CHIP), Sarah Harrison, Keele University
- The Creative Community Output Collective: exploring local communities experience during the covid-19 pandemic in Greater Manchester, Stephanie Gillibrand, University of Manchester
- Found poetry: a creative approach to explore the lived experiences of blood testing, Jessica Watson, University of Bristol

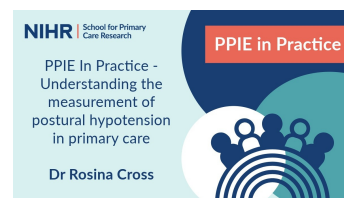
[Register here](#)

# SPCR Blog Posts

## PPIE in Practice - Understanding the measurement of postural hypotension in primary care

In our latest episode of Public Involvement in Practice, we speak to Dr Rosina Cross, NIHR SPCR Post-Doctoral Research Fellow at University of Exeter about public involvement in research exploring postural hypotension measurement in primary care settings.

[Find out more](#)



# Publications

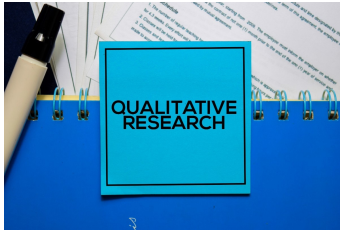


**Involving People With Lived Experience in Electronic Health Record Database Studies Reflections and Learning From the CHOOSE Study.** Pearl Mok et al writes for *Health Expectations*.

SPCR funding project reference: [566](#)



**Biomarkers Suitable for Early Detection of Intrathoracic Cancers in Primary Care: A Systematic Review.** Richard Neal et al writes for *Cancer Epidemiology, Biomarkers & Prevention*.  
SPCR funding project reference: [577](#)



**Defining Mental Health Conditions Within Primary Care Data: A Validation Study With a Mixed Qualitative and Quantitative Approach.** Christina Avgerinou et al writes for *Journal of Evaluation in Clinical Practice*.  
SPCR funding project reference: [634](#)



**Service delivery and the role of clinical pharmacists in UK primary care for older people, including people with dementia: a scoping review.** Nathan Davies et al writes for *BMC Primary Health*.  
SPCR funding project reference: [575](#)



**Improving the timeliness and equity of preschool childhood vaccinations: Mixed methods evaluation of a quality improvement programme in primary care.** Milena Marszalek et al writes for *Science Direct Vaccine*.  
SPCR funding project reference: [664](#)



**Temporal trends and practice variation of paediatric diagnostic tests in primary care: retrospective analysis of 14 million tests.** Elizabeth T Thomas et al writes for *National Library of Medicine*.  
SPCR funding project reference: [624](#)

# NIHR Three Schools' Mental Health Updates

NIHR Three Research Schools Early Career Researcher Event

## Three Schools' Early Career Event 2024

Principal Hotel

Station Road, York, YO24 1AA

#ThreeSchoolsEarlyCareer



On Wednesday, 20th November 2024, early career researchers from across the NIHR Three Research Schools' gathered for an inspiring day of networking, thought-provoking sessions, and lively discussions.

[READ MORE](#)

## Publications

- [Defining Mental Health Conditions Within Primary Care Data: A Validation Study With a Mixed Qualitative and Quantitative Approach](#), Juan Carlos Bazo-Alvarez , Mental Health Fellow, writes for the Journal of Evaluation in Clinical Practice.
- [Risk of Parkinson's disease in people aged ≥50 years with new-onset anxiety: a retrospective cohort study in UK primary care](#). Juan Carlos Bazo-Alvarez , Mental Health Fellow, writes for British Journal of General Practice.
- [Editorial perspective: digital technology and the future of mental health treatment](#). Anna Price, Mental Health Fellow, writes for BMC Digital Health.
- [Experiences and impact of moral injury in prisons](#). Victoria Williamson and Danielle Lamb , Three NIHR Research Schools' Mental Health Commissioned Call Award Holders, writes for the European Journal of Psychotraumatology.
- [The role of Black-led community organisations in supporting Black mental health: a Black emancipatory action research project](#). Stephanie Ejegi-Memeh, Three NIHR Research Schools' Mental Health Career Development Award holder, writes for Ethnicity and Health.
- [The prevalence and determinants of health anxiety during the covid-19 pandemic: A systematic review and meta-analysis](#). Ruth Plackett, Mental Health Fellow, writes for BMC Mental Health.

## Mental Health Programme Online Seminars

- Entitled Living well with severe mental ill-health: learning from implementing physical health support in different regional contexts, Wednesday, 12 February 2025, 2pm to 3pm. [Find out more and how to register.](#)
- Beyond Tokenism: Meaningful Participation in Healthcare Innovation, Thursday, 20 February 2025, 11am to 12noon. [Find out more and how to register.](#)
- The Commercial Determinants of Mental Health, Thursday 6 March 2025, 10 to 11am. [Find out more and how to register.](#)
- Examining Access to Mental Health Services for Social Work-Experienced Young People, Thursday, 20 March 2025, 12pm to 1pm. [Find out more and how to register.](#)

## Three Schools' Funding Opportunities

## Second Call for Applications: NIHR Three Schools Prevention Research Programme – Pre-Application Support Fund

- The NIHR have just launched a second call for the NIHR Three Schools Prevention Research Programme Pre-Application Support Fund, aimed at supporting individuals in preparing strong applications for an NIHR Career Development funding award. You can find further details [here](#). **The deadline for applications is 4pm on Friday 28 February 2025.**



### Three Schools' Mental Health Programme Newsletters

Find out what's happening with the [Three Schools' Mental Health Programme](#). Sign up to the quarterly newsletter to receive automatic emails to your inbox.

[Subscribe to the Three Schools' newsletter here](#)

## Events

### NIHR Webinar | Agile working and staying flexible



[Register here](#)

**Thursday, 27 February 2025, 1pm to 2pm**

Agile working and staying flexible is essential for managers/leaders who work in the health and social care sector where change and uncertainty are the norm.

This webinar is open to anyone working in or supporting health and care research via NIHR, NHS, UK universities and other publicly funded organisations.

# Other

**Is the **real work** of general practice being acknowledged?**

**The Hidden Workload Study**

**We need your help to understand **all** the work that goes into providing safe care in general practice.**

Recruitment poster (v1.1)  
IRAS reference number: 336158  
JRES references number: 2024.0115

Funding is provided by PACT, RCGP Scientific Foundation Board, and St George's, University of London.

St George's University of London

PACT Primary care Academic Collaborative

## The Hidden Workload Study

The Hidden Workload Study has now launched! Researchers want to better understand the daily workload of clinicians who work in general practice and specifically explore the large amount of work that clinicians do other than seeing patients in planned consultations. We refer to this as our “hidden” workload.

They want you to record all the work you do on a single workday using a simple form. You can also choose to take part in interviews with our team to talk more about your workload and the work involved in looking after your local community.

Four reasons to join The Hidden Workload Study

1. You will learn more about how you, and your practice, manage and allocate your workload.
2. You will become a co-author on any resulting publications and presentations.
3. You will receive a bespoke PACT practice report, which includes benchmarked national workload study data. This can be used for quality improvement projects and practice service development.
4. You can optionally become a PACT Champion in your practice, taking on a local research leadership role for this study in a supported way.

To join The Hidden Workload Study, or to find out more, please go to [www.gppact.org/the-hidden-workload-study](http://www.gppact.org/the-hidden-workload-study).

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## New resource launched to share the evidence base for anticipatory prescribing in end of life care

The anticipatory prescribing of injectable medications is a common practice to manage symptoms for people receiving end-of-life care at home or in care homes. Despite its widespread use, there is limited evidence into acceptability, safety and clinical effectiveness of anticipatory prescribing.

In [this resource](#) for healthcare professionals and applied researchers, Dr. Ben Bowers and colleagues share key findings from their extensive research covering topics such as reviewing the existing evidence base, changes in practice since the COVID-19 pandemic, the varying perspectives from people involved in this process, the financial costs of this medication, and solutions for system-level change.

You can access the resource [here](#).

To accompany the release of the resource, Dr. Ben Bowers has authored a blog that explores the current practices and understanding surrounding injectable anticipatory prescribing. You can read the full blog [here](#).

*If you would like to explore this research further, contact Dr. Ben Bowers, Wellcome Post-Doctoral Fellow, Primary Care Unit, Department of Public Health and Primary Care, University of Cambridge via email [\[bb527@medschl.cam.ac.uk\]](mailto:bb527@medschl.cam.ac.uk).*

## Communications



### We're on Bluesky

We're joining thousands of others from the health research sector who are moving to Bluesky. We will be using this account, alongside X / Twitter, to share our news and updates.

[Follow us](#) - [@NIHRSPCR.bsky.social](https://bsky.app/profile/@NIHRSPCR.bsky.social)



### We're on LinkedIn

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