research in elderly **Collaboration to conduct**

Jos M. Latour Professor in Clinical Nursing



Hunan Children's Hospital, Changsha, China

-

No conflict of interest to declare

Professor Jos M. Latour

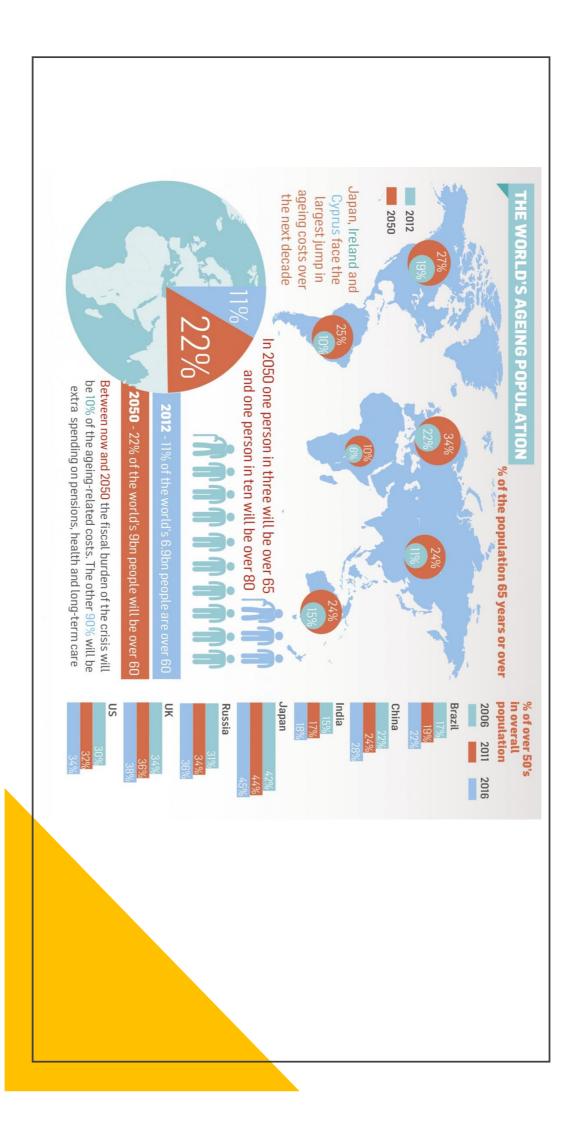
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WIVERSITY OF PLYMOUTH

In cooperation with One Hundred Talent Programm Hunan Children's Hospital, Changsha, China

Setting the scene Research in the Elderly



Older people in the UK



(ONS, 2015)

Photo: www.surreyheathccg.nhs.uk/your-health/older-people-s-health

Number of people over 60 is expected to increase from 14.9 million in 2014 to 18.5 million in 2025

75% of 75-year-olds in the UK have more than one long term condition, rising to 82% of 85-year-olds

(Barnett et al, 2012)

Older people in our societies



Photo: www.theculturetrip.com

growing population worldwide the oldest-old - are the largest (WHO 2011) Those aged 85 years and greater -

years and over live with frailty Currently one in four people aged 85

(Collard et al, 2012)





Photo: www.insider.com

Those aged 85 years and greater **the oldest-old** - are the largest growing population worldwide (WHO 2011)

Currently one in four people aged 85 years and over live with frailty (Collard et al, 2012)

https://www.england.nhs.uk/ourwork/clinical-policy/olderpeople/frailty/frailty-resources/webinar-recordings/

School of Nursing and Midwifery University of Plymouth **Research in the Elderly**

School of Nursing and Midwifery at University of Plymouth (former) PhD students **Research in the Elderly**



Helen Lyndon <u>www.plymouth.ac.uk/rese</u> <u>arch/the-holistic-</u> <u>assessment-and-care-</u> <u>planning-in-partnership-</u> intervention-study-happi



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Research in the Elderly

School of Nursing and Midwifery at University of Plymouth



What is South West Clinical Schools?

South West Clinical Schools is a collaboration between the University and the NHS to encourage nurses, midwives and other allied health professionals to look at their practice, challenge current thinking, try out new ideas and work out ways to measure what they're doing.

Our work with local health services has identified the urgent need to capture improvements in patient and family outcomes, as well as ensure that existing evidence is used to best effect and increase the amount of research led by nonmedical health professionals.

To meet these needs, we have invested in the clinical schools, which are professorial-led centres, in five local NHS trusts.

Main objectives:

- Develop capacity and capability for clinical research, evidence-based practice and quality improvement activity.
- Support for enursing, midwifery and allied health professions' leaderships
- Embed a clear clinical academic career path to assist the transition from undergraduate student through newly registered health professional to
- undergraduate student through newly registered health professional to research leadership roles located within clinical settings.

The School of Nursing and Midwifery and the School of Health Professions are both involved in the South West Clinical Schools, and the staff work beyond the boundaries of these five trusts to support activities in the communities as well.

www.plymouth.ac.uk/research/clinical-schools

Linking research with practice

The Holistic Assessment and care Planning in Partnership Intervention Study [HAPPI]

A cluster randomised, controlled feasibility study of a nurse-led, holistic assessment and care planning intervention for older people living with fraility in primary care.

Balance Enhancement and Ulcer Prevention in Diabetes

A feasibility study to inform the development of a large scale, multi-site, randomized controlled trial to investigate the clinical effectiveness of a new instant insole solution for people at risk of diabetic neuropathic foot ulceration to instantly modify and optimise plantar pressure. The ultimate aim is to reduce the risk of diabetic foot ulcer (re) occurrence.



Helen Lyndon, NIHR Clinical Doctoral Academic Research Fellow



https://www.youtube.com/watch?v=LCj4Crh707c





in Partnership Intervention for Frail Older People Developing and Testing a Holistic Assessment and care Planning



NIHR Clinical Doctoral Research Fellow Nurse Consultant Older People

<u>helen.lyndon@plymouth.ac.uk</u>







The HAPPI Study

A mixed methods feasibility trial

Aim:

parameters for the design of a definitive randomised controlled trial (RCT) Planning in Partnership Intervention (HAPPI) and to determine important To develop, implement and test a nurse-led Holistic Assessment and care

Study Objectives :

- Stakeholder Group. To gain consensus on the content and delivery of the HAPPI intervention using a three-round e-Delphi survey and a Research
- people in primary care through a feasibility cluster randomised controlled trial (fRCT) To determine feasibility of delivering the HAPPI intervention to frail older
- through qualitative interviews and analysis. To determine acceptability of HAPPI to patients, carers and clinicians



Designing the intervention

HAPPI STUDY

E-Delphi Survey

- Administered by SurveyMonkey
- Expert Panel from British Geriatrics Society Nurses Group, Royal NHS England Community and Practice Nurse Forum College of Nursing Older Peoples Forum Steering Committee and
- Round **One**: semi-structured identification and exploration round
- Round Two: semi-structured opinion round
- Round Three: consensus round

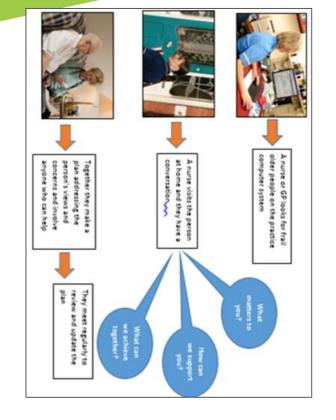
Findings and next

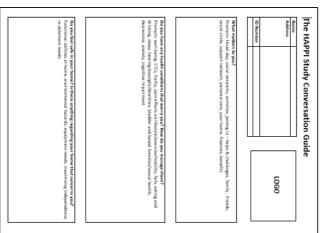
E-Delphi Survey

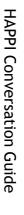
HAPPI STUDY

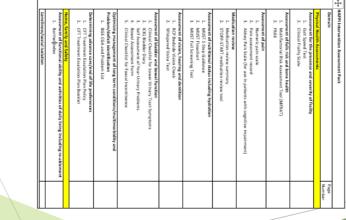
- Consensus at the required level was reached and there was stability of response across the rounds
- All but one of the components met consensus on importance, but feasibility. only 11 out of the 37 components reached consensus on
- The consensus components were formulated into a framework to guide the assessment and care planning process to be tested in the feasibility RCT in the next work-package of the overall study.

HAPPI Intervention











HAPPI Assessment Pack

HAPPI Assessment & Care Planning Process

fRCT Objectives

HAPPI STUDY

Objectives a-h will be met within the feasibility RCT:

- a) To assess compliance with the HAPPI intervention.
- <u>ם</u> To verify that proposed outcome measurement and follow-up schedules are feasible to collect
- <u>0</u> To determine achievable targets for recruitment and follow-up rates
- ٩ To evaluate **method of recruitment** using the electronic frailty index (eFI).
- **e** To evaluate characteristics and feasibility of the proposed outcome measures and to determine suitable outcome measures for the definitive trial.
- Ĵ To calculate standard deviation of the outcome measures to estimate sample size for the definitive trial.
- <u>9</u> data required for numeric outcome measures To assess availability of clinical data and time needed to collect and analyse
- h) To explore factors that will enable future economic evaluation

fRCT Objectives

Objectives i-I will be met within the embedded qualitative study:

HAPPI STUDY

clinicians in primary care. i. To determine acceptability of the intervention to patients, carers and

operational difficulties within the community matron service j. To assess barriers to delivery of the HAPPI intervention e.g. any

eligible patients, and willingness of patients to be recruited and randomised. k. To evaluate clinicians' willingness to identify, recruit and randomise

measures to participants. To determine acceptability of trial processes and collection of outcome

HAPPI Trial

Methods

- 60 participants aged 65 or over who are moderately or severely frail will be recruited from six sites (general practices) in Cornwall.
- The intervention group will receive the HAPPI delivered by community matrons.
- The control group will receive "care as usual".
- Outcome measures at baseline, 3 and 6 months



Embedded qualitative study

In-depth, semi-structured interviews

HAPPI STUDY

- A maximum of six study participants (four from the intervention arm, two from the control arm).
- Four carers of study participants (two intervention arm, two control arm)
- A maximum of six community matrons who delivered the intervention.
- Four general practice administrators who implemented recruitment and eligibility screening procedures

Thesis submitted and writing papers now

HAPPI STUDY

In summary

evaluated, and recommendations made for a definitive trial. recruitment and retention were achieved, outcome measures the intervention in primary care, all feasibility criteria relating to The fRCT demonstrated that it was possible to conduct a RCT of

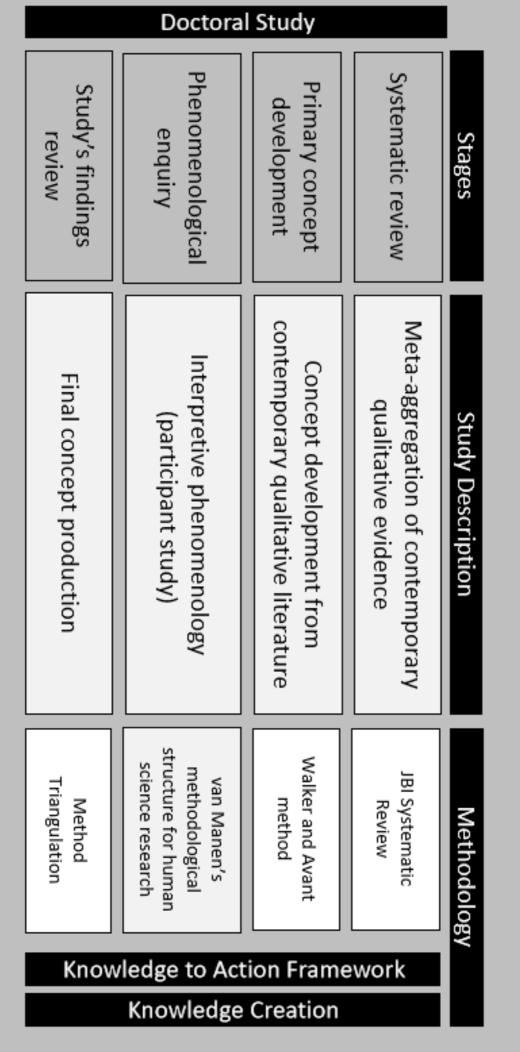
the nurses acceptable to participants and judged as feasible to deliver by The qualitative study determined that the intervention was

Helen Lyndon

he Concept of Confidence

Dr Frazer Underwood PhD

Associate Clinical Professorr Older People | Consultant Nurse Royal Cornwall Hospitals NHS Trust | University of Plymouth frazer.underwood@plymouth.ac.uk



Study Overview

Systematic Review

Three categories identified:

- Self-belief An emotional drive to achieve an outcome or a self-belief in oneself to achieve a goal.
- Independence A functional or emotional state where 'confidence' can be seen to directly enhance or erode the state
- Social connectedness The individual's connection (or dis-connection) with a social group in the community e.g. friends and family, or to a therapeutic / activity group as a program participant

These categories synthesised into a single finding:

 Vulnerability - a fragile state of well-being that is exposed to the conflicting tensions between physical, emotional and social factors capable of enhancing or eroding this state

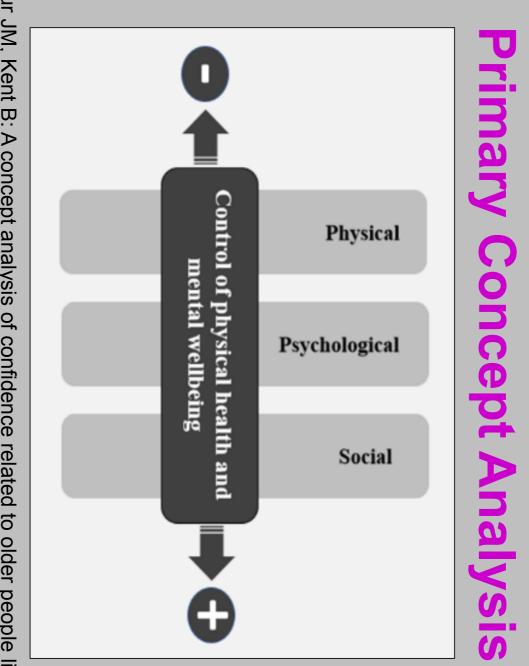
2017;15:1316-1349 frailty: a qualitative systematic review. JBI Database of Systematic Reviews and Implementation Reports Underwood F, Burrows L, Gegg R, Latour JM, Kent B: The meaning of confidence for older people living with

Primary Concept Analysis

Attributes of confidence

- Physical falls associated; strength gaining; activity based, mobility reducing, independence growing, poor balance specific and; function losing
- Psychological and emotional mental frailty connected; memory loss related; creating low wellbeing; stimulating motivation, body-image affecting. esteem, embarrassment and being shameful; anxiety provoking; grounded in psychological
- Social isolating; engagement with others; connected; community focused; family concern related; orientated to classes, groups, and positive involvement

Nursing Open 2020;7(3):742–750. Underwood F, Latour JM, Kent B: A concept analysis of confidence related to older people living with frailty.



Underwood F, Latour JM, Kent B: A concept analysis of confidence related to older people living with frailty. Nursing Open 2020;7(3):742-750.

Phenomenological Enquiry

"The fundamental issue of the phenomenological method is that even in naming an experience we have already lifted it up ... from the seemingly raw reality of human existence"

van Manen, 2014: p52



Researching Experience Lived AN ACTION SENSITIVE HUMAN SCIENCE FOR MAX VAN MANEN PEDAGOGY

"The impossibility of a pre-reflective state to exist beyond that time just past torments, as thought and reflection crush its existential state."

Lived-Experiences of Confidence

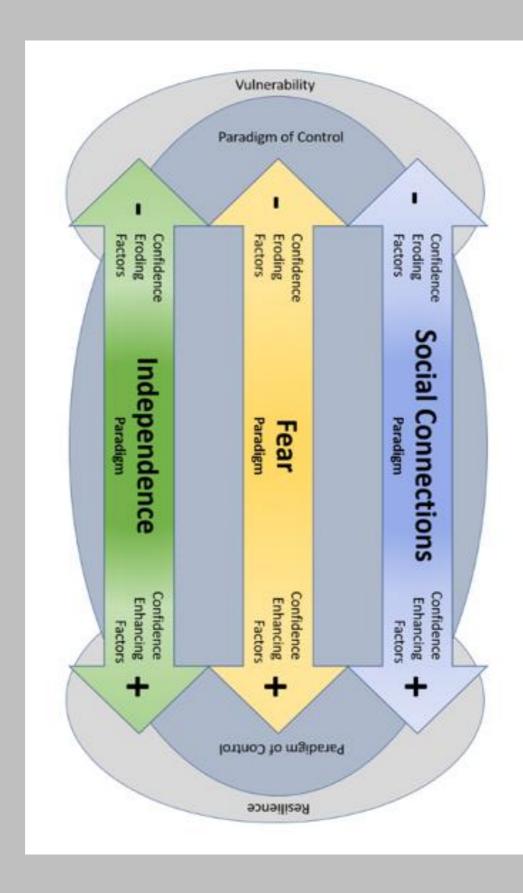
Four essential themes:

- The dimension of social connections
- The dimension of fear
- The dimension of independence
- The dimension of control

them as people, and they will uncover their lives to us." "to learn about people we must remember to treat

(Fontana and Frey, 1994: 374)





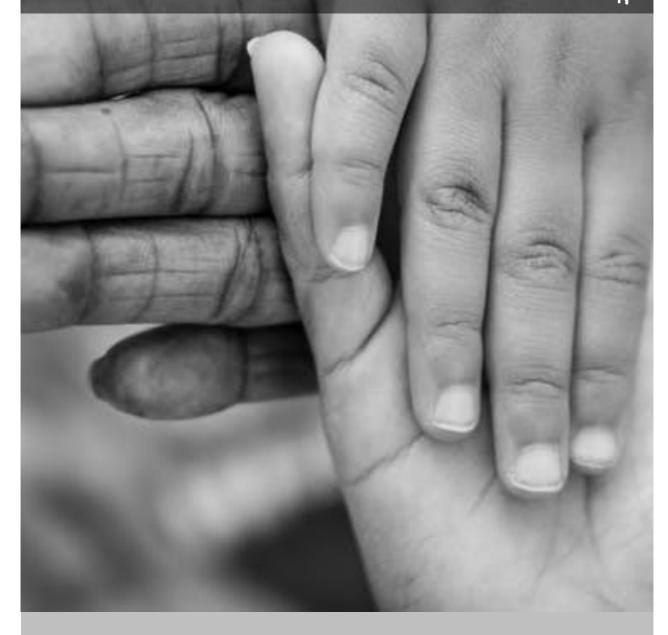
The interpersonal impact on confidence through social social with others: a <u>social</u> paradigm



The relationship of fear to confidence exposes a powerful and emotive effect: a **psychological** paradigm



The control of confidence is fundamental but not always achievable. Control exists Control exists at the crux of vulnerability resilience: the <u>control</u> paradigm



Confidence, the next step

Conclusion

impact across new interventional opportunities in practice. confidence now needs empirical referents developing to measure and quantify this with frailty models exposing assets as it does deficits. The new concept of concept of confidence in older people living with frailty compellingly associates raises its status as a credible force in the lives of older people. The newly defined Confidence is a word that can often be dismissed or misused. This research

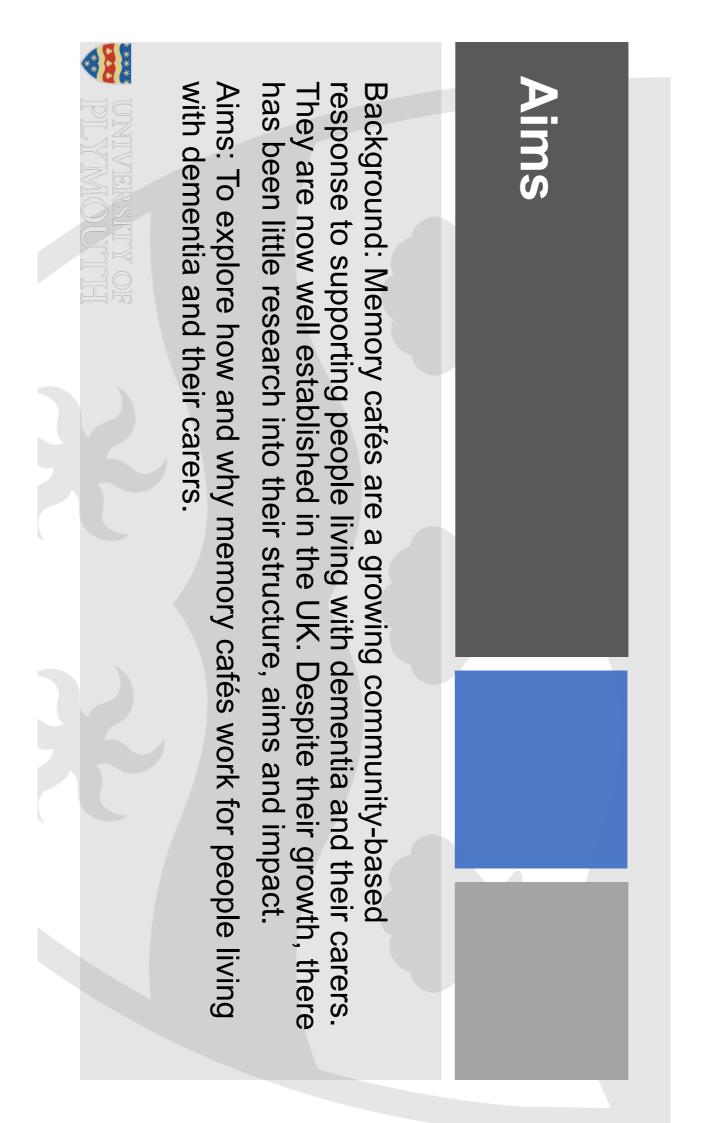
Dr Frazer Underwood

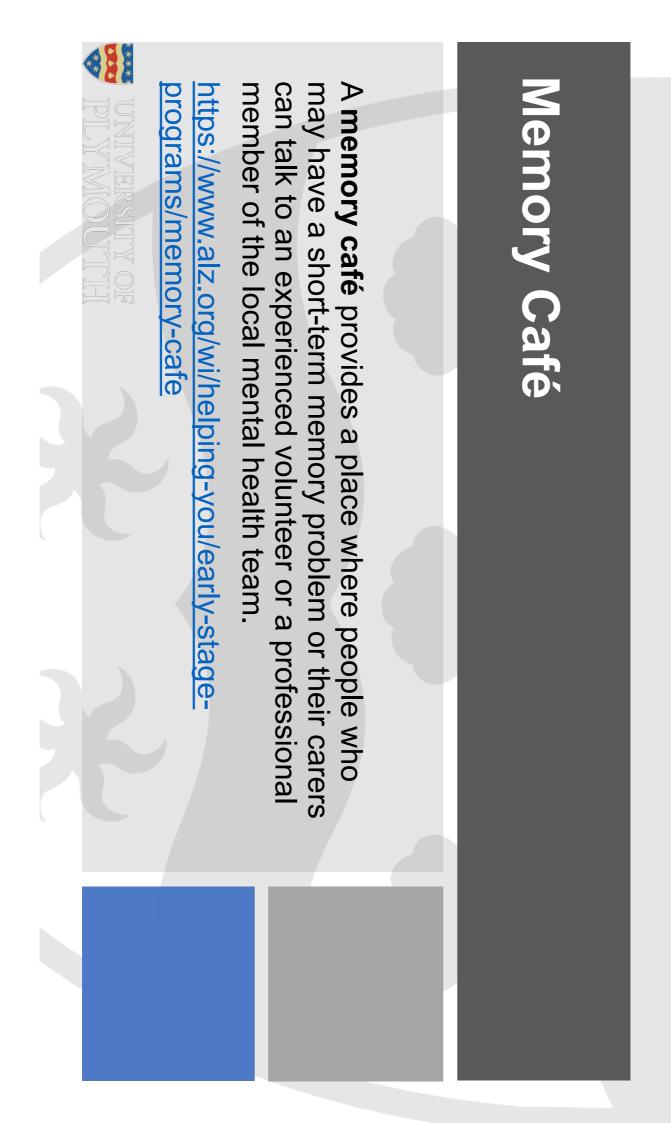
MEMORY CAFÉS IN CORNWALL MORE THAN TEA AND CAKE: A REALIST EVALUATION OF

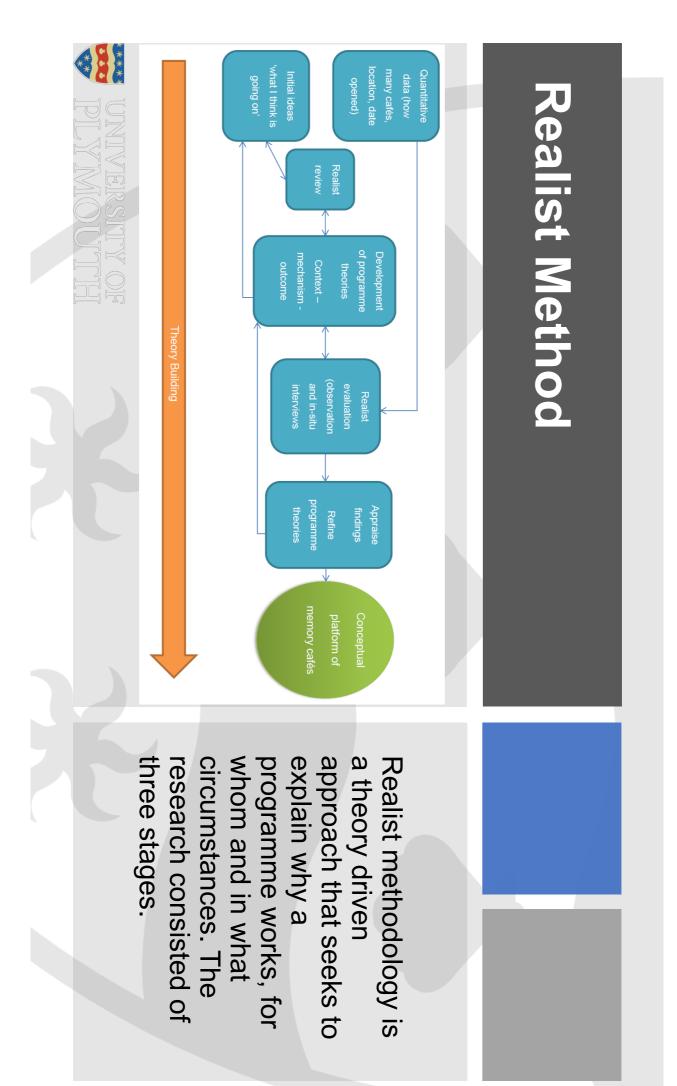


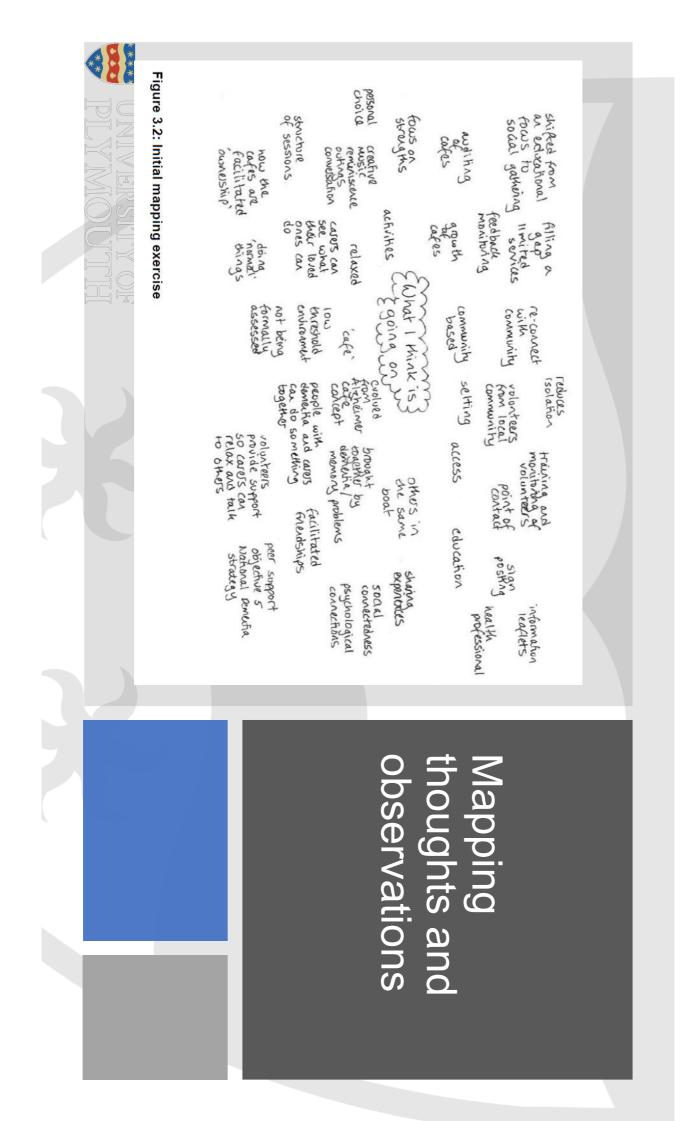
Dr Lisa Burrows

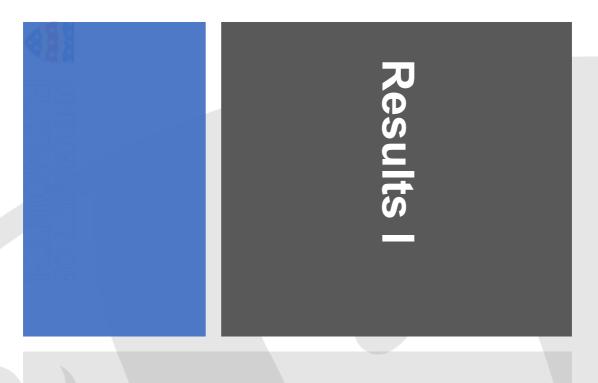
Lecturer in Nursing lisa.burrows@plymouth.ac.uk



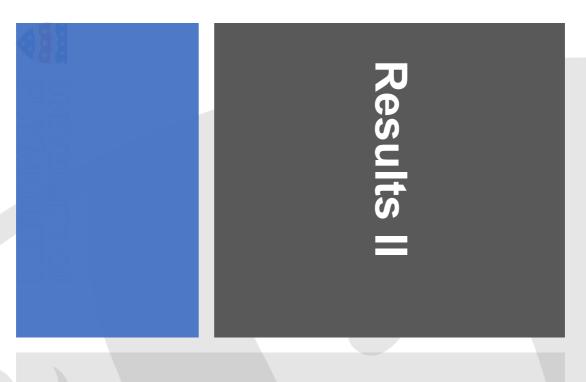








- A conceptual platform comprising twelve programme theories. core processes of how and why memory cafés work was developed from nine
- Cafés generally adopted a volunteer-led unstructured approach. more structured approach or a guest-led
- Memory cafes are multi-faceted; providing a situation and engage in a range of activities safe place where people with dementia and their carers can meet with others in a similar



- Furthermore, they provide a place of continuity for a carer once their loved one has passed away.
- Memory Cafes create opportunities for on other services. routines and can be a source of information humour and laughter, outside of normal
- Most importantly they enable the development of relationships.



Development and testing of a Patient **Reported Measure for Older Adults** Aged Over 65 Attending the **Emergency Department**

Blair Graham

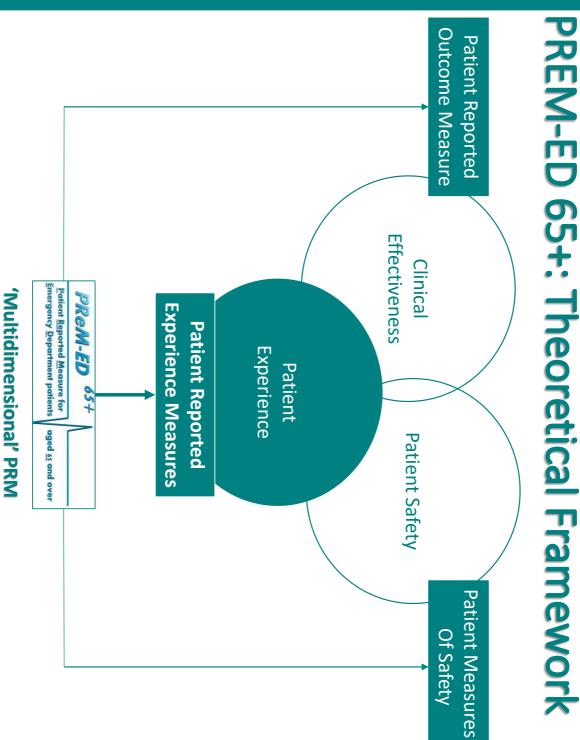
Specialty Registrar in Emergency Medicine blair.graham@plymouth.ac.uk Lecturer in Urgent & Emergency Care | RCEM Doctoral Research Fellow

> Patient <u>Reported Measure</u> for Emergency <u>Department</u> patients

aged is and over

PReM-ED

65+



Rationale

Study Design

Phase I: Qualitative Study

- Background Literature Review
- Systematic Review of Patient Reported Measures in Emergency Care

Initial patient, carer and public involvement

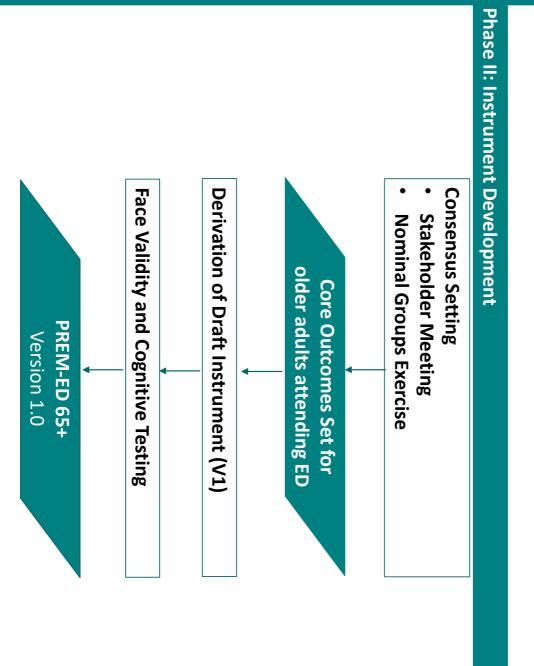
Qualitative Study

- In situ interviews with patients
- Focus groups with staff

Comprehensive List of Outcomes

Design

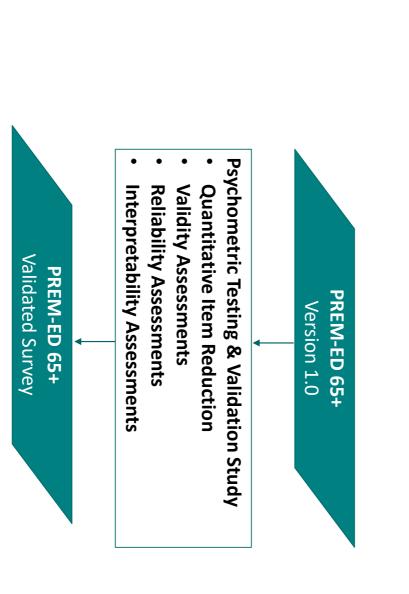




Design

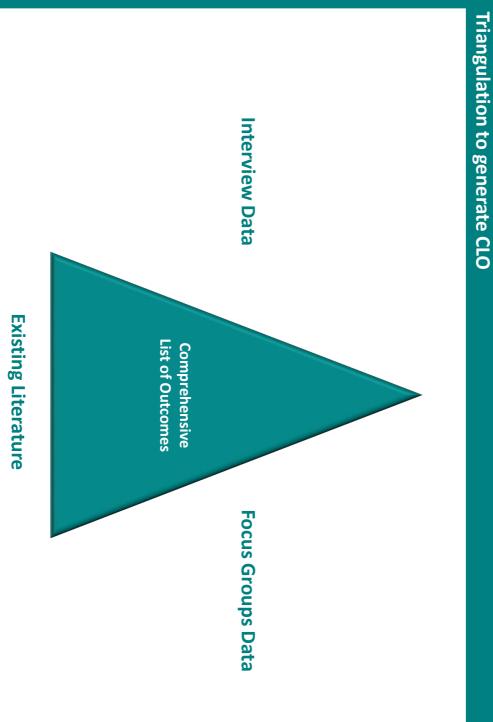
Study Design

Phase III: Validation Study

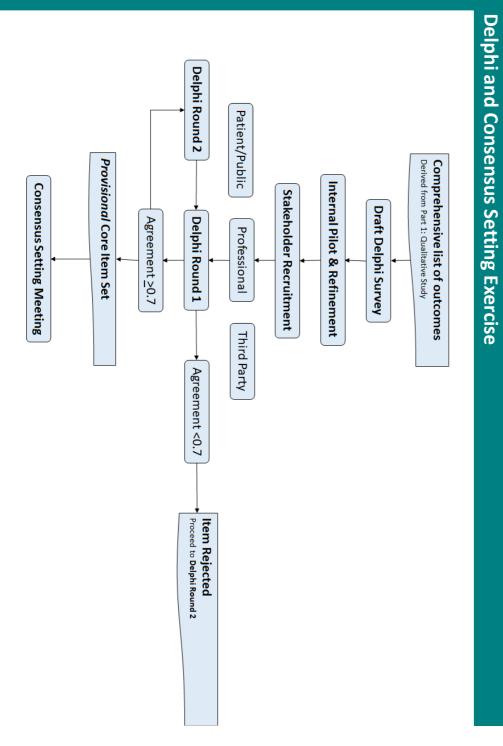


Design

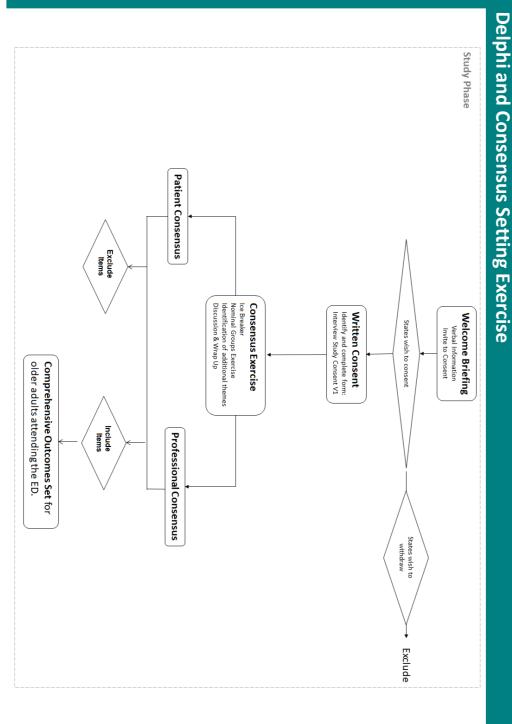
Qualitative Study



Instrument Development



Instrument Development



Validation Study (start April 2021)

Validation

Component	Measurement
Construct Validity	CFA +/- Rasch Analysis
Internal Consistency	Cronbach ἀ
Discriminant Validity	Comparison to existing measure
Test- Retest Reliability	

community. Research in the elderly is diverse, elderly population either clinical or in the multifaceted, and has high priority to understand the complex needs of the

Final Words

Professor Jos M. Latour

Thank

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You

Research in the Elderly

School of Nursing and Midwifery at University of Plymouth (former) PhD students



Helen Lyndon www.plymouth.ac.uk/rese arch/the-holisticassessment-and-careplanning-in-partnership-

intervention-study-happi



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Dr Blair Graham ff www.plymouth.ac.uk/staff /blair-graham



References of discussed PhD studies

Underwood F, Latour JM, Kent B: A concept analysis of confidence related to older people living with frailty. Nursing Open 2020;7(3):742–750. DOI: 10.1002/nop2.446

Lyndon H, Underwood F, Latour JM, Marsden J, Brown A, Kent B: Effectiveness of nurse-coordinated, person-centered comprehensive assessment on improving quality of life of community-dwelling, frail older people: A systematic review protocol. JBI Evidence Synthesis 2020;18(4):824–831. DOI: 10.11124/JBISRIR-D-19-00082

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groups consensus meeting. Emerg Med J 2020;37(12):834 Graham B, Endacott R, Smith JE, Barham F, Latour JM. What are the priorities for older adults attending the ED? Findings from a multiple stakeholder

Graham B, Endacott R, Smith JE, Latour JM: 'They don't care how much you know until they know how much you care'. A qualitative meta-synthesis of patient experience in the Emergency Department. Emergency Medicine Journal 2019;36(6):355-363. DOI: 10.1136/emermed-2018-208156

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Lyndon H, Latour JM, Marsden J, Campbell S, Stevens K, Kent B: The Holistic Assessment and care Planning in Partnership Intervention Study [HAPPI]: A Protocol for a feasibility, cluster randomised controlled trial. Journal of Advanced Nursing 2019;75(11):3078–3087 DOI: 10.1111/jan.14106

