

South London Small Grants 2017

1st November from 16:00-20:00
at Roben's Suite, Guys Tower.



Welcome

South London Small Grants 2017 are awarded by the Health Innovation Network in partnership with Health Education England working across south London. Previously known as the Innovation & Diffusion Awards, the programme grew out of the South West London System Small Grants which started in 2010.

South London Small Grants highlight some of the best approaches and projects in health, social care and education to support the spread and adoption of innovations across our local communities.

We are delighted to have the opportunity to celebrate these fantastic initiatives, and to award funding to projects that have real potential to have a big impact on the healthcare landscape in south London.

Small Grants encourage innovations that address the gaps highlighted in the Five Year Forward View - the Health and Wellbeing Gap, the Care and Quality Gap and the Funding and Efficiency Gap, as well as supporting the Health Innovation Network's priority of driving economic growth.

Congratulations to all our winners and shortlisted candidates - this year saw an exceptionally high standard of applicants, and the decision process has not been an easy one for our judges.

We'll be sharing photos of our winners on Twitter, so please do follow us @HINSouthLondon and @HEE_SLondon and join in the conversation with #SouthLondonSmallGrants17.

We hope you enjoy the event!



Tara Donnelly
Chief Executive, Health Innovation Network



Aurea Jones
Local Director, Health Education England - South London

2017 Judges

Alison Smith
Head of Workforce Transformation
Health Education England, working across south London

Andrew Eyres
Chief Officer
Lambeth CCG

Andrew Parson
Chair
Bromley CCG

Anna King
Commercial Director
Health Innovation Network

Darren Tymens
GP
Sheen Lane Health Centre

Gwen Kennedy
Director of Nursing SL
NHS England

Hilary Newiss
Chair
National Voices

Jeff Croucher
GP
Benhill and Belmont Practice, Sutton

Julian David
Chief Executive Officer
TechUK

Kate Heaps
Chief Executive
Greenwich and Bexley Community Hospice

Kathy Tyler
Programme Director
Health Innovation Network

Mike Hurley
Clinical Director
Health Innovation Network

Neil Goulbourne
Deputy Director of Improvement
GSTT

Pauline Swift
R&D lead / Consultant
Epsom & St Helier

Richard Mackenzie
Reader, Insulin Resistance and Metabolism
University of Roehampton

Sian Kitchen
Senior Programme Manager
Health Education England, working across south London

Tonia Michaelides
Managing Director
Kingston and Richmond CCGs

Yvonne Leese
Director of Quality and Integrated Governance
Greenwich CCG

Zoe Lelliott
Director of Strategy and Performance
Health Innovation Network



Vivienne Parry OBE

Special guest and facilitator

An experienced journalist, broadcaster, and scientist by training, Vivienne hosts medical programmes for Radio 4, writes widely on health, presents films, facilitates many high-level conferences and debates and trains young researchers. In the 1990s, she was a presenter of BBCTV's iconic science show, Tomorrow's World. Her best known film was that of the mouse with the human ear attached - an example of early tissue engineering, which, 20 years later, is now a reality.

She also has a part-time role as Head of Engagement at Genomics England, which is delivering the 100,000 Genomes project. She has recently been appointed to the board of UK Research & Innovation.

Agenda

1. Welcome and Introduction
2. History of the Grants
3. South London Innovation Small Grant Presentations
4. Keynote Speaker - Prof Richard Barker OBE
5. Presentation and Congratulations
6. Networking and Refreshments - Close at 8pm

South London Innovation Small Grant Presentations

Last year the Health Innovation Network and the South West London System in partnership with Health Education England working across south London awarded 14 projects funding as part of the Innovation and Diffusion Awards 2016.

Five of the projects from the cohort will present on the work they have done over the past year as well as the learning and experience they have gained.


Project GROW

Project Team:

Sandra Klaperski; Sue Turner;
Catherine van't Riet; Adam Bruton

In this project researchers from University of Roehampton's Sport and Exercise Science Research Centre collaborated with the Wandsworth Integrated Falls and Bone Health Service (IF&BHS) to give patients the opportunity to participate in a newly developed falls prevention gardening programme. The project resulted from discussions through which we identified a demand for alternative physical activity approaches that were not solely exercise-related. It was agreed that gardening might effectively fill this gap, especially as patients had often mentioned that they would love to engage in gardening activities but that they did not have access to a garden.

From June to August 2017, 16 patients referred from Wandsworth IF&BHS visited the specially adapted gardening site at the University weekly. The garden was built from scratch, including the installation of ground-level and raised beds. These allow for gardening activities at comfortable working heights and meet different physical needs. Under guidance of an exercise facilitator and occupational therapist, university staff and volunteers supported participants with the bed preparation, planting, nurturing and digging necessary to create a flourishing garden. The programme ended in August and participants' feedback was overwhelmingly positive. While analyses are ongoing, it can already be stated that the project created a safe but challenging gardening space, which helped falls patients to rebuild self-confidence and to establish a sense of togetherness and achievement. Overall, the programme has been so successful that the project team are currently trying to set up regular gardening groups with elderly and clinical groups.



The garden was built from scratch, including the installation of ground-level and raised beds. These allow for gardening activities at comfortable working heights and meet different physical needs.

Getting over the Bump

Project Team:

Cheryl Edwards; Trudy Williams; Elizabeth Lyle

Maternal Medicine Midwife Trudy Williams identified the need for an innovative service to better meet the needs of expectant mothers with physical and/or sensory impairments. She recognised that often these clients' needs are not fully known until they present on the delivery suite, leading to longer in-patient hospital stays and involvement of multiple agencies to facilitate safe discharge and aftercare. From her previous adult nursing experience Trudy recognised that Occupational Therapists' (OT) understanding of the importance of occupational roles and skills in enabling participation would be key to promoting these women's independence in motherhood. Discussions then followed between Occupational Therapy and Maternal Midwifery leads to enable setting up a pilot project.

Clinics have been running monthly since September 2016 with approximately 2-3 women seen each month. We have set up an assessment pro forma to aid documentation and collated a practical assessment kit, which includes a weighted doll, adaptive baby clothing (e.g. babygrows with magnetic poppers) and carrying slings and the OT involved in the clinic have undergone training with an independent sling/baby carrier advisor.

Patient needs have included one handed baby-care techniques, techniques/equipment to support reduced grip/dexterity/sensation and increased tone in the upper limb (e.g. from previous strokes or head injury), advice regarding fatigue management and energy conservation (e.g. Multiple Sclerosis) and advice re: buggies/transport systems and cots for wheelchair users.

Assessment includes the opportunity to practice the above using the weighted doll and try out changing a nappy or dressing the baby, as well as midwifery advice on feeding positions and equipment.

Managing your Joint Pain

Project Team:

Sheila Taylor

The pilot to establish Managing Your Joint Pain clinics in Greenwich aims to help clients start or increase appropriate physical activity to relieve or reduce pain, reduce weight, improve mental wellbeing, and increase self-efficacy and self-management of their condition. The clinics are facilitated by Health Trainers who are a team of local people who have a City & Guilds Level 3 Health Trainer Award, plus extra training on healthy eating, smoking cessation, physical activity, risk factors for CVD, motivational interviewing and mental health first aid. They offer support to people on a 1:2:1 basis for a period of up to six sessions and they can help with behaviour change around healthy lifestyle issues.

The service has been a success with 82 people accessing the service with a total of 165 appointments to date. We will continue to see people for their follow up appointments until January 2018. Feedback from Advisors is that they really enjoy delivering this service; gaining lots of confidence talking about managing MSK and learning about different people's approaches and attitudes to pain. A full evaluation will take place in February 2018 but anecdotal feedback from participants demonstrates the service is making a difference in terms of pain reduction, reduced medication, increased strength/activity through sit to stand exercises and weight loss if needed. S. Ankra a participant said "I continue with my daily exercises and walks. I am happy as can be. My pain is managed with no tablets!!!!"

Improving detection of atrial fibrillation after stroke and transient ischaemic attack

Project Team:

Karen Kee

Atrial fibrillation (AF) is a major cause of stroke and transient ischaemic attack (TIA). Up to 15% of patients with stroke or TIA may have paroxysmal AF, which is difficult to detect. Current practice involves using a 24-hour Holter monitor, but there is evidence that longer periods of monitoring allow for better detection of AF. This project aims to compare standard monitoring to electrocardiographic monitoring with a novel single-use adhesive patch. The new device will allow monitoring for up to 14 days. We will investigate whether the new device is better at detecting AF, more cost effective, and more tolerable than standard monitoring.



Reducing hospital admissions from care homes through enhanced training for UTI management, including identification and prevention

Project Team:

Liz Nicholls; Pauline Wortman; Meera Parkash;
Wendy Milligan

A video based urinary tract infection programme will be launched for care home staff. The training package will be produced by a clinician and tutor, to target carers and healthcare assistants. The tutor will follow up with carers who have accessed the training to answer questions and assess competency in working practice. Any gaps in knowledge and areas for improvement will be identified as part of the learning. The pilot will initially run in two care homes, and following review will be implemented throughout Bexley. Pre- and post-baseline data and indicators will be collected as part of the project plan.

The idea came from wanting to include the nursing/residential care homes in the training agenda and how best to do that. I think it was also due to the realisation that with quite a small input, things could be greatly improved as was my lived experience with one of our care homes.



South London Small Grant Winners

The Small Grants encourage innovations that address the gaps highlighted in the Five Year Forward View:

- The Health and Wellbeing Gap
- The Care and Quality Gap
- The Funding and Efficiency Gap

The grants will also support the priority of driving economic growth, creating an environment where industry and the health and social care sectors can work together effectively. The maximum grant available is £10,000, and all the grants will support innovation to help deliver local priorities, particularly the ambitions of the Sustainability and Transformation Plans.

Development of a faculty of Hospice Evaluation Champions (HEC)

The Hospice Evaluation Champions (HEC) programme is designed by the Education and Research team at Princess Alice Hospice.

The need to evaluate the impact and cost effectiveness service developments and other programmes is imperative. This project has been developed to increase organisational capacity and expertise in relation to the evaluation of service improvement projects.

Six chosen champions from the hospice workforce represent a cross section of departments and professional groups. These include a ward nurse, a community nurse consultant, a medical consultant, a quality improvement manager, a volunteer manager and a research lead (who will evaluate the HEC project).

The Champions will meet once a month for the duration of the 12-month project with facilitation and guidance by Dr Ann Ooms, Associate Professor from Kingston University and St George's University of London for workshops and action learning.

The Champions will each undertake a formal evaluation of a hospice development and report through the appropriate organisation governance mechanisms.

In developing a faculty of Hospice Evaluation Champions we will enhance the capacity as an organisation to evaluate projects effectively. The Champions will be a resource to lead projects or to advise others both within the hospice and externally.

Lead organisation:
Princess Alice Hospice

These interventions are a teaching session for care home staff to improve their confidence and ability to identify symptoms of depression

To improve the management and treatment of depression in older people residing in care homes - A quality improvement project

The Health Innovation small grant will enable me to complete a full audit of the previous project completed as part of the Older People's Nursing Fellowship. We will initially seek feedback with regard to the original work in particular feedback about the depression care plan and teaching session. This will enable us to alter our interventions for the next PDSA cycle. The plan is to roll out the three interventions into another unit of the original care home. These interventions are firstly, a teaching session for care home staff to improve their confidence and ability to identify symptoms of depression. Secondly, to implement a depression-specific care plan to ensure that residents taking antidepressants are managed appropriately and the correct assessment and treatment is being documented. Thirdly, to implement a collaborative care pathway for the care home staff, GP and mental health services to follow to ensure that NICE guidelines are being followed and ultimately the resident with depression (or suspected depression) is being managed appropriately in concordance with best practice.

The aim of this project is to improve the management and treatment of depression in older peoples residing in care homes. The original project demonstrated some improvements in a small sample of care home residents. With this new funding we hope to replicate this with a larger population.

Lead organisation:
South West London and St George's Mental Health NHS Trust



King's Health Partners Cancer Biobank is essential for validating new methods of diagnosis and predicting treatment outcome.

Using Volunteers to Seek Consent for Research Biobanking

Researcher access to large collections of patient samples and data, like the King's Health Partners Cancer Biobank, is essential for validating new methods of diagnosis and predicting treatment outcome. Informed consent is central to any Biobank donation. To increase the number of patients approached, improve the consenting process and put the public at the heart of biobank processes, KHP Cancer Biobank have introduced a scheme to use selected, trained volunteers to seek consent from patients diagnosed with cancer.

We now wish to expand the scheme by recruiting more volunteers. We also want to improve patient understanding of biobanking by developing interactive illustrations and tools, rather than just using printed materials.

In an earlier service evaluation, when clinical staff were seeking consent for the KHP Cancer Biobank, 23% of donors felt this was linked to their clinical treatment. Using a questionnaire, we will now seek feedback from donors who have seen volunteers to see if this perception has changed. We will also assess if acceptance of volunteers is different between donors according to this type of cancer, ethnic and cultural backgrounds, or when they are approached.

Lead organisation:
Guy's & St Thomas' NHS Foundation Trust

A new approach to medication delivery for housebound patients that aims to identify and manage medication issues, wellbeing and living and safety concerns.

Housebound patients are some of the most vulnerable people in our community and can often be isolated with no one to talk to. As a result, some important medication, health, safety and general wellbeing issues can be missed. The aim of this project is to use an existing medication delivery service, through local pharmacies, to help to uncover these issues and try to help to resolve them.

Many pharmacies provide a medication delivery service to housebound patients on a weekly, monthly or ad hoc basis. Frequently, the delivery person sees housebound patients more often than any other healthcare professional and, as such, has unique access at times when patients may not see anyone else. The project will aim to make use of this network to ask the patient more about any problems they are experiencing and with the help of local doctors, pharmacies and Age UK, any problems that are uncovered will be referred to the relevant body to find a solution.

We hope that by the end of the project many housebound patients will have resolved a range of problems to improve their lives and perhaps help prevent serious incidents from occurring.

Lead organisation:
Brockwell Park Surgery

New Beginnings

New Beginnings is a project which aims to improve the experience of women who have their babies in an operating theatre at St George's Hospital. Working with the Point of Care Foundation, we will train staff in how to use Experience Based Co-Design (EBCD) methodology to explore mothers', birth partners' and staff's experience of operative delivery and design improvements together. Patient-centred methodologies like this place the experience of service users at the core of improvement projects and enable staff to see care through the eyes of women and their families. In so-doing, it re-connects them with their motivation in their roles, and reinforces their awareness of their impact at this time of new beginnings. Currently there are no maternity units in London using this methodology and we are excited to explore how this can contribute to transforming experience in maternity care. Moreover, investing in this valuable form of staff development, we aim to embed this patient-centred approach to service transformation within the department and more broadly in the organisation.

Lead organisation:
St George's University Hospitals NHS Foundation Trust

Starting the Conversation - Advanced Care Planning and End of Life Care Skills Training in Dementia Care

This exciting training project has been designed by Maudsley Simulation and the Mental Health of Older Adults and Dementia Clinical Academic Group (MHOA CAG) part of South London and Maudsley NHS Foundation Trust. The project will deliver a unique simulation training package for staff working with people living with dementia and their carers. The training will support and encourage best practice and facilitate early conversations on advanced care planning (ACP) and end of life (EOL) care. The training will offer participants the opportunity to practise these often difficult conversations in an environment as close to real life as possible using age-appropriate trained actors. The simulation day will be designed to include examples of clinical scenarios from across the dementia care pathway from diagnosis to end of life. The lived experience of carers and service users will be represented in the training.

Lead organisation:
Lambeth Hospital

The project will deliver a unique simulation training package for staff working with people living with dementia and their carers.



Digital Diabetes Education

Diabetes in south west London is a growing condition with more people diagnosed each year, causing increasing demands on healthcare. Diabetes is a largely preventable disease and with changes to living, many of the poor outcomes associated with type 2 can be prevented. One of the key aims of the scheme is to use a virtual tool to engage with hard-to-reach groups with poor diabetes health outcomes to support them in managing their own diabetes.

Oviva Diabetes Support is a remote and virtual education tool for those living with type 2 diabetes. The programme runs over 8 weeks, beginning with an activation call with a health trainer that includes motivational interviewing to encourage engagement. This is followed by a personalised dietician assessment either by phone or video conferencing to develop a self-management plan. The intensive lifestyle intervention includes once-weekly phone coaching from the health trainer and access to online learning resources including videos, podcasts and recipes.

Lead organisation:
Wandsworth CCG

Oviva includes once-weekly phone coaching from the health trainer and access to online learning resources including videos, podcasts and recipes.

Training topics will include: mental health presentations in autism spectrum disorders, suicide, self-harm and risk assessment

Feasibility study for assessing the effectiveness and impact of using a bio-psychosocial assessment tool to encourage holistic conversations with young people for youth workers

The Children and Young Person's Health Partnership (CYPHP) is an innovative integrated health care model which is committed to changing the way healthcare is delivered for children and young people (CYP) in Lambeth and Southwark.

CYPHP is currently working across primary and secondary healthcare settings. In primary care this has included the introduction of a new, holistic 'Teen Health Check' into primary care consultations with adolescents. This provides a structure for primary care practitioners to use when engaging in conversations with young people.

Young people, however, may need to talk to other professionals about their health, in addition to those in primary care. Often the person most readily available is outside the health system. Youth workers offer both expertise in engaging young people and venues where young people gather in an informal way, particularly young people who may be more marginalized and excluded from formal services. Youth work training emphasises a holistic approach to young people's wellbeing, and encourages youth participation, provision of advice and guidance and supportive adult relationships outside of the family. Enabling Youth Workers to undertake the Teen Health Check bio-psychosocial assessment would enhance the support they can offer young people, and help signpost young people to the additional support they need.

Lead organisation:
Evelina Children's Hospital

Meeting the mental health needs of children and young people with autism spectrum disorder – a collaboration between health and education

Mental health problems occur at far higher rates in young people with autism spectrum disorder (ASD) and cause substantial impairment, impacting on both an individual's and family's quality of life (van Steensel et al, 2012), as well as resulting in significantly higher (4 times as high) societal costs than anxiety alone (van Steensel et al, 2013). Educational placement breakdown due to the social, academic and sensory demands of a school environment is not uncommon. Additionally, suicidal ideation and behaviour occurs at higher rates in the ASD population than the typically developing population (Dickerson Mayes et al, 2012). As ASD affects over 1% of the general population (Baird et al, 2006), this poses a significant yet frequently neglected public health concern.

The Small Grant awarded to Ann Ozsvadjian will enable her to provide a service to schools over a 6-month period. This will include training events for education staff on topics including: mental health presentations in autism spectrum disorders, suicide, self-harm and risk assessment. She will also be running an evidence-based group intervention, with a view to training school staff to deliver the intervention in a rolling programme. Finally, she will be providing consultation to staff working with young people with ASD in distress, within a school setting.

Lead organisation:
Guy's and St Thomas' NHS Foundation Trust

Validation of a Tool That Assesses the Impact of a Medicines Optimisation Service

The Lewisham Integrated Medicines Optimisation Service (LIMOS) provides a formal pathway for the referral of patients with, or at risk of, medicine-related problems for management by a specialist pharmacy team. LIMOS works across health and social care boundaries with aim to maximise gain from medicines, reduce avoidable harm associated with errors or unintended changes to medicines during transfer of care, and retain independency at home where appropriate.

One service outcome measures includes the reduction of hospital admissions related to medicines. To quantify the impact on this outcome, LIMOS adapted the National Patient Safety Agency (NPSA) risk matrix for managers to score an estimate for the risk of A&E attendance and hospital admission if the holistic intervention had not taken place.

There is a known lack of validated tools available to measure the impact of new medicines optimisation services which is difficult to quantify. This project therefore aims to find out whether the LIMOS intervention tool effectively measures the impact of the service on accident and emergency attendances, hospital admissions and other associated healthcare costs.

Lead organisation:
University Hospital Lewisham



There is a known lack of validated tools available to measure the impact of new medicines optimisation services which is difficult to quantify.

IMPARTS MOOC – Integrating Mental & Physical Health: Depression & Anxiety

IMPARTS (Integrating Mental & Physical Healthcare: Research, Training & Services) is an initiative funded by King's Health Partners (KHP) to integrate mental and physical healthcare in general hospital settings. The team delivers a five-day teaching course for non-mental health professionals on the commonly presented mental health problems in the general hospital.

This project plans to develop a MOOC (Massive Open Online Course) based on the 'depressed/anxious patient' teaching day. The larger plan is to develop a series of MOOCs based on the five-day teaching course if this course proves to be successful. This will open up the opportunity for more people to learn about mental health problems in physical health and deliver teaching to a much larger, broader audience. The benefits of developing a MOOC are that they are free for learners to access, there can be unlimited participation via the web, and they can act as a pathway to other courses provided by an institution.

Lead organisation:
King's Health Partners

Incredible Women

The Incredible Women scheme will deliver a choir, with weekly choir sessions, open to all women at risk of repeat removal in Southwark, and deliver 4 sessions of trauma-informed yoga over the course of 12 months by a yoga practitioner who is a leading expert in working therapeutically with the body and trauma. We will focus on i) strengthening positive identity; ii) strengthening opportunities for positive experiences of community and others iii) providing 'safe' opportunities to relate, through the structure of singing and bodily movement; iv) developing a sense that one has something to offer and can have a positive impact on others; v) developing activities that increase heart rate variability, which has been linked to physical and mental wellbeing. Incredible Women will test whether a blended approach of trauma-informed yoga and the creation of a community choir can ameliorate the impacts of complex trauma and chronic exclusion on women at risk of repeat removal.

Lead organisation:
Southwark Council

Get in touch



Health
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The Health Innovation Network is the Academic Health Science Network (AHSN) for south London, one of 15 AHSNs across England. As the only bodies that connect NHS and academic organisations, local authorities, the third sector and industry, we are catalysts that create the right conditions to facilitate change across whole health and social care economies, with a clear focus on improving outcomes for patients. This means we are uniquely placed to identify and spread health innovation at pace and scale; driving the adoption and spread of innovative ideas and technologies across large populations.

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Health Education England (HEE) exists to support the delivery of excellent healthcare and health improvement by ensuring that the workforce of today and tomorrow has the right numbers, skills, values and behaviours, at the right time and in the right place. We do this by working with employers, education providers, regulators, learners and others to commission and provide education of the highest quality and to stimulate and share good practice in workforce development. Across south London we work to design, develop and deliver a workforce that will lead to sustainable improvements in the health and wellbeing of the population. We do this in line with the Five Year Forward View and HEE Mandate and through education and training to support the delivery of world-class care and high quality patient outcomes.

