

PharMED

*Inter-disciplinary Pharmacy based research with a focus on
Medication use*

Welcome to the fifth issue of our newsletter! We hope you enjoy seeing what we've been up to!

A poem highlighting lived experience of meds by Caroline Kemp

We will start off this issue showcasing the following poem, Swallow, sent in to us by Caroline Kemp (pictured below). Caroline is a carer who herself also has lived experience of managing a health condition. She very kindly gave us permission to share her fantastic work with you all!



Swallow

***I lay out a-I-I the pills. Packs and packs of them. Pills
to mitigate pills. We measure each day in pills.
Morning breakfast pills Night time supper pills.
Dosette boxes stack up staring.
Have you had your pills?
Pills spill and spill
HEY HEY I say You're supposed to remind me...have
YOU taken your pills?
I keep forgetting running out.
Everyone else's are there neatly laid out sorted
accounted for dealt out
Apportioned
Did I? Did I take my pills? I cannot remember. Did I
swallow them? Or think I did?
Was that yesterday?
The morning sinks in settles head too heavy
muscles taut Light too bright
I didn't take them after all
Did I?***

Caroline Kemp

Ita Fitzgerald and the SHAPE study!

Ita (pictured right) is a senior pharmacist and researcher working in Irish mental health services for the last 7 years. Ita is currently completing a PhD aimed at optimizing the management of weight gain caused by antipsychotic medications. Ita is also interested in improving the quality of prescribing of mental health medications, particularly in the management of Severe Mental Illnesses. Ita is working with Ian, Jo and other researchers on a realist review that aims to understand how interventions designed to improve shared decision-making between clinicians and service users experiencing psychosis when choosing an antipsychotic produce their effects.

The title of this study is: Shared decision-making in the choice of antipsychotic prescription in people living with psychosis (SHAPE).



Overview of the SHAPE study:

- In psychosis management, choice of antipsychotic is considered largely a preference-sensitive decision, where differences between antipsychotics primarily centre on difference in side effects, rather than efficacy, except Clozapine
- Preference-sensitive decisions have been identified as an ideal target for Shared Decision-Making (SDM), where clinicians and service users work together to choose an antipsychotic based on the person's preferences.
- However, service users report not engaging in SDM as much as they would like during antipsychotic treatment decisions.
- Whilst several interventions have been designed to facilitate SDM in the context, their efficacy has been inconsistent.
- We don't currently understand why results have been variable or the impact of contextual factors, including factors relating to the clinician, service user and clinical encounter.
- This study aims to identify what components of interventions facilitating SDM during choice of antipsychotic treatment are important for their success and what adaptations are needed in different contexts.

Get involved with the SHAPE study!

The research team for the SHAPE study are currently recruiting stakeholders for both our clinician and lived experience group. The research team will share findings with both groups throughout the study and gather feedback on study findings as they are developing. Both groups will be actively involved in shaping the direction of the research and its outcomes. The lived experience group includes service users, family members and carers who have direct experience of taking an antipsychotic or caring for someone who takes antipsychotic medication for psychosis. **If you are a clinician, service user, family member or carer who is interested in taking part in our work, please email ifitzgerald@stpatsmail.com for more information.**

RESOLVE - An update

As a reminder, RESOLVE (REalist Synthesis Of nonpharmacological interVENTions for antipsychotic-induced weight gain (RESOLVE) in people living with Severe Mental Illness (SMI)) looks to understand how we can limit and manage weight gain associated with antipsychotics in people with severe mental illness. To understand this, we have been reviewing the literature alongside conducting interviews with healthcare professionals, carers and service users. So far we have reviewed 60 articles and have conducted 33 interviews (18 Healthcare Professionals (HCPs), 9 Service Users (SUs), 6 Carers)

Some preliminary findings from the literature:

- There is a greater focus on weight loss as opposed to mitigating weight gain in the first place
- Internalised stigma from service users impacts engagement with weight loss interventions
- It's important for the intervention to be multimodal, flexible and to commence ASAP
- Neurocognitive deficits should be taken into account e.g. information could be chunked & repeated, visual aids could be used
- Social Supports: family, friends, peer support mentors, online support offer encouragement & accountability

Some preliminary findings from interviews:

- Weight gain is significant & rapid
- Service users are often unaware of side effects - the lack of discussion can leave SUs feeling abandoned & ashamed
- HCPs do not feel they have appropriate skills & knowledge to have conversations regarding potential side effects - as a result, they often do not happen
- Services are not equipped with appropriate resources, either in respect to staffing, skill mix or equipment to provide physical wellbeing activities - in short, for most, there is no help available, staff want to help more but feel constrained by the current system.

RESOLVE 2 - Recruiting now!

ARE YOU A SOCIAL CARE PRACTITIONER (SCP) WHO HAS EXPERIENCE WORKING WITH PEOPLE WITH SEVERE MENTAL ILLNESS (SMI) WHO EXPERIENCE ANTIPSYCHOTIC INDUCED WEIGHT GAIN?

Aston University is conducting a study funded by the NIHR. We would like to interview social care practitioners (SCPs) (e.g support workers, occupational therapists, social workers) about barriers and facilitators to engagement with/in research that SCPs may face. Participation will involve taking part in an interview that will last up to 60 minutes. Interviews can be conducted face-to-face, via telephone or via videoconferencing e.g., MS Teams. People interviewed will be offered a £30 gift voucher.

If you would like more information or to take part, please contact Gurkiran or Ian directly: g.birdi3@aston.ac.uk or i.maidment@aston.ac.uk. You can also call 0121-204-3002 for further information.

The PharMED Research team



CHIEF INVESTIGATOR
Professor Ian Maidment

Academic Clinical Pharmacist leading both MEDIATE & RESOLVE



MEDIATE & RESOLVE RESEARCH ASSOCIATE
Dr Jo Howe

Healthcare researcher with a background in Neuropsychology



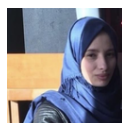
MEDIATE & RESOLVE RESEARCH ASSISTANT
Hafsa Habib

Pharmacy graduate currently focusing on how antipsychotic medications are discussed online



RESOLVE 2 RESEARCH ASSOCIATE
Dr Gurkiran Birdi

Healthcare researcher with a background in Health Psychology



PhD STUDENT
Nesrein Hamed

Pharmacist undertaking a PhD involving exploring medicines optimisation in ethnic minority elders

Keep your eyes peeled for the next issue for updates on MEDIATE and RESOLVE. For regular updates follow us on twitter at @PharMED_

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