

## In brief:

- On 1<sup>st</sup> April 2020 Alex took on a key leadership role within Cochrane Stroke, as joint Co-ordinating Editor for the group. Alex Pollock has been involved in conducting systematic reviews relating to stroke for over 20 years. Throughout that time, she has been an active contributor to Cochrane Stroke, as both author and editor.
- Congratulations to Emma Coles, who has published a realist review investigating contextual factors associated with improved implementation of quality improvement initiatives.
- Barbara Farquharson has been awarded a 3-year Career Development Research Fellowship by the British Heart Foundation £289,830.

## Inside this issue:

'How to conduct a systematic review'	1
Contextual factors in healthcare QI	1
European MENTUPP project	2

## 'How to conduct a systematic review' By Dr Alex Pollock

The World Stroke Organisation (WSO) is the only global body solely focussed on stroke. The World Stroke Academy is a core education activity of the WSO and provides high-quality stroke education to healthcare professionals. To supplement the educational learning resources provided by the WSA, in March 2020 a series of new educational webinars was launched.



Alex Pollock from NMAHP RU, was the lead presenter for the very first of these webinars, giving a presentation titled 'How to conduct a systematic review'. This topic was selected for the first of these webinars as a paper written by Alex on this topic, and published in the International Journal of Stroke (the journal of the WSO), was the most downloaded paper from that journal in 2018/19.

The webinar, a recording of which is now freely available via the WSO website and YouTube channel, was introduced by the WSA Lead Commissioning Editor, Emeritus Professor of Neurology, Peter Sandercock, and concluded with a discussion between

Alex and Professor Sandercock.

**Youtube link:** <https://www.youtube.com/watch?v=xDbd5F31p8A>

**WSO link:** <https://www.world-stroke.org/news-and-blog/blogs/launch-of-the-wsa-webinar-series-webinar-1-how-to-do-a-systematic-review-now-available-on-youtube>

**IJS paper link:** <https://journals.sagepub.com/doi/10.1177/1747493017743796>

## A realist review of the influence of contextual factors on healthcare QI initiatives By Emma Coles

Spreading and sustaining quality improvement (QI) initiatives in healthcare is a recognised challenge. We conducted a realist review to explore the contextual conditions that influence healthcare improvement. The review was undertaken with University of Dundee colleagues as part of the Scottish Improvement Science Collaborating Centre (SISCC) research programme. Improvement specialists and practitioners were involved in review development and interpretation of findings.

We identified four key

contextual domains that could be utilised to enhance the design and implementation of improvement initiatives. The principal outputs are evidence-based theoretical models that can be applied to QI implementation in healthcare settings, to illustrate the interactions between contextual domains and system levels (macro, meso, micro) at the various stages of the improvement journey. Further stakeholder consultation led to a request to co-develop a practical mechanism to enable

those involved in improvement to reflect on the domains identified. Future work will involve translating the research evidence into a tool that has practical application, and which will benefit those conducting improvement work across the NHS, to support the effective planning and implementation of QI initiatives.

**Paper link:** <https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-020-01344-3>

**Context paper:** <https://rdcu.be/b3Ogk>

## Mental Health Promotion and Intervention in Occupational Settings (MENTUPP) By Charlotte Paterson

Research has shown that the construction, health and information and Communications Technology (ICT) sectors are associated with particularly high rates of suicide, depression and comorbid stress related symptoms. Research has also shown that improving access to evidence-based interventions for minor stress-related depressive symptoms in occupational sectors associated with high suicide rates is likely to prevent the development of severe depressive disorders and

comorbidities. However, there is little guidance on how to address these problems in the workplace. Responding to this gap is the European Commission funded project, MENTUPP, lead by Professor Ella Arensman. The project involves 17 partners, including Margaret Maxwell and Charlotte Paterson from the NMAHP-RU. The main aim of the project is to improve mental health in the workplace by developing, implementing and evaluating a multilevel

intervention targeting mental health difficulties in Small and Medium Enterprises (SMEs) in the construction, health and ICT sectors. The NMAHP-RU is responsible for providing guidance on barriers and facilitators to implementing mental health promotion interventions in the workplace, informed by a scoping review, stakeholder consultation exercise and a programme logic model.

Twitter: @eu\_mentupp

### Recent publications

Duncan, E., O'Cathain, A., Rousseau, N., Croot, L., Sworn, K., Turner, K., Yardley, L. and Hoddinott, P. (2020) Guidance for reporting intervention development studies in health research (GUIDED): an evidence-based consensus study. *BMJ Open*, 10 (4), pp. e033516.

Jerez-Roig, J., Booth, J., Giné-Garriga, M., Chastin, S., Hagen, S. and Skelton, D. (2020) Is urinary incontinence associated with sedentary behaviour in older women? Analysis of data from the National Health and Nutrition Examination Survey. *Plos One*, 15 (2), pp. e0227195.

Skinner, R., Gonet, V., Currie, S., Hoddinott, P. and Dombrowski, S. (2020) A systematic review with meta-analyses of text message-delivered behaviour change interventions for weight loss and weight loss maintenance. *Obesity Reviews* (e-Pub Ahead of Print) Doi:10.1111/obr.12999.

Torrens, C., Campbell, P., Hoskins, G., Strachan, H., Wells, M., Cunningham, M., Bottone, H., Polson, R. and Maxwell, M. (2020) Barriers and facilitators to the implementation of the advanced nurse practitioner role in primary care settings: a scoping review. *International Journal of Nursing Studies*, 104.

The full list of papers is available at: <https://www.nmahp-ru.ac.uk/research/publications/>

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### Directors Blog:

As I write this we are currently living in very different times with Covid-19 putting lives at risk and all the other uncertainties it has brought to our lives. Some of our work has been impacted because of the need for the NHS to focus on responding to the health crisis, but some research tasks (such as systematic reviews or recruitment to community bases studies) continue. We review and adapt our studies and their methods where we can. We are all working remotely but we try to maintain our collegiate culture through regular contact using various digital formats – which has brought new skills in itself.

We are contributing in many other ways to the Covid-19 crisis. Some of our clinically registered colleagues have volunteered to return to work in the NHS; any down-time we have on research activity is being used to cover for teaching colleagues who have returned to front-line practice; we have joined several major research funding panels, including conducting rapid reviews of Covid-19 related applications; we have quickly responded to some of these funding calls with ideas that we believe can make a difference to patient care or supporting health and care staff working through this crisis; and we have contributed to policy briefings and rapid evidence searches for some of our professional bodies and volunteered our services to the CNO in this regard. We will continue to seek further opportunities to use the skills we have in combating Covid-19 and its societal, health and social care impacts.

Best Wishes, Margaret Maxwell

