

Research *newsletter*



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Welcome to the Princess Alice Hospice Annual Research Newsletter

Current studies

CHELsea II: Cluster randomised trial of clinically assisted hydration in patients in the last days of life



Princess Alice Hospice is participating in this [important study](#) assessing whether giving fluids (“clinically-assisted hydration”) to patients in the last days of life is effective at preventing delirium. The chief investigator is **Professor Andrew Davies** and the study is being co-ordinated by the Clinical Trials Unit at the University of Surrey.



80 hospices/hospitals across the United Kingdom are participating in the study. The sites will recruit a total of 1600 patients who are in their last week of life to the study.

Princess Alice is in Arm B of the study which means that patients approaching the end of life will be offered subcutaneous fluids when clinically appropriate.

2 validated tools to assess delirium (Nu-DESC and M-RASS) are being completed as part of the data collection

The protocol is published in the [BMJ Open](#).

Read about the feasibility study published in [Palliative Medicine](#) in 2018

We are required to recruit 20 patients to the study. Recruitment has been steady and up to the beginning of March 2023, we have recruited 6 patients, so are on track.

THANK YOU to our ward doctors who are helping to identify patients eligible to participate in the study and to the IPU Nursing Team who have collected the data conscientiously and carefully so far!

The most important thanks go to the patients and family members who have agreed to participate in the study.

thank you!

Improving Community based Palliative Care outside of normal working hours

Having completed recruitment for Phase 2B and 2C of the [King's College London - Understanding and improving community-based palliative care outside of normal working hours](#) study we have recently completed recruitment of patients and family members to Phase 3 of the study— in this Phase, participants shared their experiences of out-of-hours community-based palliative care in an interview with a researcher.

Results from the early phases were published in [Palliative Medicine](#) in 2022. We eagerly await the full results.



Thank you to our Hospice clinical colleagues in particular the team from the Wellbeing Centre for helping with recruitment.

The ALLIANCE Partnership



We continue to participate in the NIHR funded [ALLIANCE study: Enhancing the quality of living and dying with advancing frailty through integrated care partnerships: Building research capacity and capability](#), led by Professor Caroline Nicholson from the University of Surrey. The aim of the project is to grow a research partnership of care providers that will improve the coordination of end-of-life care for older people living with advancing frailty in the community.

The RESPONSES Study: Assessing psychological responses to Advance Care Planning

We have completed recruitment of 20 patients to the RESPONSES study being undertaken by palliative medicine registrar, **Dr Rowena Eason**, who is undertaking an MSc through Kings College London. Dr Eason will present her results to Hospice colleagues in the near future. She will also be presenting her findings at the APM Palliative Care Congress later this month. **Another THANK YOU to the clinical team, in particular Clinical Nurse Specialist Katy Woodfine, for your help in identifying potential participants.**



Conferences

APM PALLIATIVE CARE CONGRESS, MARCH 2022

Lead author Dr Jo Hayes presented her poster [Integration](#)

[of a Medical Examiner Service to Support Deaths on a Hospice](#)

[Inpatient Unit](#) at the annual APM Palliative Care Congress which was held in Telford.



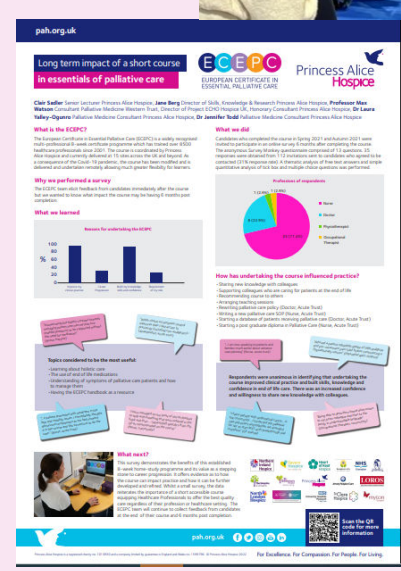
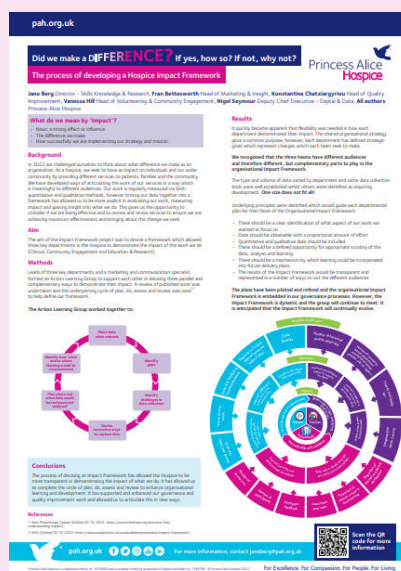
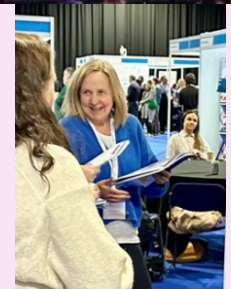
HOSPICE UK CONFERENCE, GLASGOW, NOVEMBER 2022

4 members of staff attended the Hospice UK conference in Glasgow last year.

Our Deputy CEO **Nigel Seymour** also presented a talk titled ***"The Modern Hospice: How digital and data-driven approaches are radically improving end of life care."***

A feedback session was presented by PAH attendees in February 2023 to share new knowledge and information with Hospice colleagues.

3 posters by lead authors [Clair Sadler](#), [Jane Berg](#) and [Rebecca Allkins](#) were accepted and presented at the conference.



Research strategy refresh

We held a successful Research Strategy Refresh Workshop on the **15th March 2022** attended by service users, external academics and staff from across the organization. The key themes that emerged from the workshop were:

- ◇ **“Demystifying” research**
- ◇ **Improving connections with external academic colleagues and our communities**
- ◇ **Quality improvement is everyone’s business**
- ◇ **Nurturing a culture of enquiry**
- ◇ **Understanding impact by asking ourselves “so what?”**
- ◇ **Being agile and responsive to change**

We have plenty of work to do to achieve these ambitions! We will report back to our Research Committee to ensure that we are keeping track of where we are meeting our aims and targets as well as where the challenges lie.

Research presentations

PhD students **Lucy Mitchinson** and **Andrea Bruun** presented their research to Hospice colleagues in 2 very interesting talks. Lucy presented her work on [Understanding and measuring the impact of complementary therapies in palliative care](#) and Andrea shared her findings from the [Study of Advice and Decision-making on prognosis using the Judge-advisor System within multi-disciplinary Teams \(ADJUST\)](#) PAH recruited participants to both studies.

We look forward to welcoming **Professor Julia Verne** (National End of Life Care Intelligence Network, Department of Health and Social Care) this month to talk about her research recently presented at the Marie Curie Research Conference.

Launch of Multidisciplinary Team Journal Club

We launched our MDT Journal Club in October 2022. So far, we have held 4 sessions where a buddy pair from 2 different teams come together to choose and appraise an article and then present to the wider group. Some excellent articles have been presented and have generated some great discussion:

- ◇ [Dressings and dignity in community nursing](#)
- ◇ [The Breathing, Thinking, Functioning clinical model](#)
- ◇ [‘Permission to be kind to myself’. The experiences of informal carers of those with a life-limiting or terminal illness of a brief self-compassion-based self-care intervention](#)
- ◇ [Does ethnicity affect pain management for people with advanced disease?](#)

Thank you for your interest in research at Princess Alice Hospice

Wishing you a happy, healthy and successful 2023

From

The Princess Alice Hospice Research Team

If you would like to apply to do research with us, please visit our website [here](#) for further information or contact our Research Lead at shannonmilne@pah.org.uk

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