

Shire Innovation Fund for IBD Nurses Newsletter

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Welcome to the latest issue of the Shire Innovation Fund for IBD Nurses Newsletter.

Firstly, Shire would like to congratulate the successful applicants of the most recent round of the Shire Innovation Fund. Cheryl Jordan, King's College, University of London and Marlene Satriello, St Thomas' Hospital, London were successful in receiving funding for their research into the relationship between Cognitive Behaviour and Inflammatory Bowel Disease (IBD). Silvia Kirkham, Poole Hospital NHS Foundation Trust has been awarded a grant to attend the Inflammatory Bowel Disease Advance Practice course at the Burdett Institute of Gastrointestinal Nursing.

Judith Murphy, North Tyneside General Hospital was granted funding to support a trip to the Cleveland Clinic in Ohio to analyse the treatment of IBD patients in the American Healthcare system. And finally, Karen Pritchard, King's Mill Hospital, has been given funding to implement nurse-led IBD colonoscopic surveillance. More details of all these applicants and their projects are included within this newsletter.

In order to celebrate the third year of the Shire Innovation Fund for IBD Nurses, we have been in touch with some of the successful applicants from the previous rounds to find out how they are getting on with their projects. Over the past two years, the Fund has awarded a total of over £24,000 to 24 nurse-led projects across the country.

The Innovation Fund, sponsored by Shire Pharmaceuticals is available for nurse-led projects that will benefit IBD patient care in the UK. We have received some great feedback from successful applicants and would like to encourage you to apply to the first 2011 round of applications which is now open and information on the application process can be seen overleaf.

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WHAT IS THE AIM OF THE INITIATIVE?

The Shire Innovation Fund was launched in 2009 as part of Shire Pharmaceuticals commitment to IBD Nurses and was set up to support nurses working in IBD who want to develop their services further. A minimum of 10 grants of up to £1,500 per year each are made available for nurse-led projects that further medical care for patients with IBD.

WHO CAN APPLY FOR FUNDING?

Any nurse providing care to IBD patients can apply to the fund. It is open to all types of proposals which can show development of local IBD services such as practical and vocational courses that will give immediate benefit to patients, auditing and research activities, development of resources for patients, participation in congresses and purchasing of equipment.



Presentation of award to
Judith Murphy with
Jane Povey, Kirsty Brown
and Verity Thomas

WHAT IS THE APPLICATION PROCESS?

The grants are awarded twice a year and all applications are adjudicated by an independent judging panel consisting of three IBD specialist nurses from IBD centres across the UK. The next round of applications is now open and an application pack can be requested by email from ShireInnovation@synergymedical.co.uk. The deadline for submitting applications is 3rd May 2011, and the awards will be announced on 9th June 2011. There will also be another opportunity to apply in autumn 2011.

The winter 2010 awards: successful projects

Many interesting and innovative applications were received for this round of the Shire Innovation Fund awards. These were reviewed anonymously by the independent judging panel and four projects were successful in receiving funding. We wish all these nurses the best of luck with their projects.

CHERYL JORDAN

LECTURER AND COGNITIVE BEHAVIOUR THERAPIST,
KING'S COLLEGE, UNIVERSITY OF LONDON

MARLENE SATRILLO

IBD CLINICAL NURSE SPECIALIST,
ST THOMAS' HOSPITAL, LONDON



Cognitive behavioural factors and inflammatory bowel disease

Cheryl Jordan divides her time between lecturing in nursing and practicing as a cognitive behaviour (CB) therapist. She finds that her clinical experiences enable her to teach what she practices. Through her work as a CB therapist Cheryl has treated patients with chronic diseases such as Crohn's disease and believes that CB therapy is helpful in improving patients' ability to cope with their symptoms.

74% of people suffering with IBD consider stress to play a part in the course of their disease (Maunder 2005). However, studies have shown that it is not stressful life events themselves that explain the stress people with IBD experience. Rather they suggest that styles of coping and perceiving themselves to be under long-term stress leads to more flare ups.

To date, no studies have explored whether the psychological distress reported by people with IBD is associated with unhelpful beliefs, illness perceptions and behaviour. Furthermore, it is unclear as to whether these cognitive behavioural responses influence functioning, fatigue, quality of life and patterns of relapse. Cheryl and Marlene were keen to undertake the first study to explore these issues from a cognitive behavioural perspective.

Julie Duncan, IBD Clinical Nurse Specialist at St Thomas' Hospital, London, and previous winner of a Shire Innovation Fund for IBD Nurses grant, suggested that Cheryl and Marlene apply to the Fund to support the development of their project.

In the first stage of the project, up to 1,000 IBD patients at King's College Hospital and Guy's and St Thomas' Hospital will be invited to complete 13 short questionnaires by post. The award from the Fund will be used to pay for stationery and postage. The information obtained will be used to understand the role that psychosocial factors play in outcomes for people with IBD. Identifying these factors will eventually aid in developing a pilot CB intervention to address fatigue, disability and distress for IBD patients.

Ultimately, Cheryl and Marlene hope that their project will help patients cope better with their illness and potentially beneficially impact on the severity of their IBD symptoms. For their colleagues it may mean patients make less use of services and need fewer medical interventions.

They are just about to submit their ethics application and hope to start recruiting patients around Easter 2011.

Cheryl believes the Shire Innovation Fund for IBD Nurses is an excellent initiative with a very smooth and straightforward application process. As well as providing funding for the initial stage of their project, she hopes it will make it easier for her to obtain further funding to eventually conduct a study to test a pilot CB intervention for IBD patients.

REFERENCE: Maunder RG. Evidence that stress contributes to inflammatory bowel disease: evaluation, synthesis, and future directions. *Inflamm Bowel Dis* 2005; 11: 600-608.

SILVIA KIRKHAM

POOLE HOSPITAL NHS FOUNDATION TRUST, DORSET

Inflammatory bowel disease – Advanced practice at the Burdett Institute of GI Nursing

Silvia arrived in the UK from Germany as a Registered General Nurse in 1990. Prior to this she completed her nursing studies at the University Hospital in Munich and gained post-graduate experience in nephrology and haemodialysis before deciding to experience nursing abroad.

Silvia has held several nursing posts at Poole Hospital, including surgery and then endoscopy. Her daily contact as an endoscopy nurse with IBD patients and their families encouraged Silvia to develop her knowledge further into IBD Nursing and she took the opportunity to join a well established and highly experienced IBD team in December 2008.

Silvia's extensive nursing and life experience so far has served her well to face the daily challenges that a complex IBD patient can present with. Structured in house training has partly prepared Silvia for her current role as Gastroenterology Nurse Specialist but she felt that attending an IBD course in Advanced Nursing Practice would help her to improve the care she offers to her patients.

“I am absolutely thrilled to have been awarded the Shire Innovation Fund for IBD Nurses so that I can apply for the IBD course at the Burdett Institute, which will help me provide first class and patient-centred care.”

Silvia is hoping to become a competent and confident practitioner, which in turn will provide her patients and their families with the continuous expert care they deserve.

“I truly enjoy the demands my current role has on me and look forward to expanding my knowledge and gaining further in-depth and evidence based information with the help of the Shire Innovation Fund.”

JUDITH MURPHY

IBD SPECIALIST NURSE, NORTH
TYNESIDE GENERAL HOSPITAL

Examination of an alternative healthcare system in relation to IBD

Judith initially began work in the general surgical ward but this became amalgamated with the gastroenterology ward. It was then that IBD really grabbed her attention as at the time there was a lack of support for patients. As they are diagnosed at such an early age and have to cope with their illness for the rest of their lives, Judith began to feel that someone should be supporting these patients emotionally as well just treating the signs and symptoms of their illness.

Judith is very passionate about her work and really enjoys her role. However, after working in IBD for 10 years she was keen to find a different perspective on the service she provides. One of the consultant surgeons at North Tyneside General Hospital spent some time last year on a placement at the Cleveland Clinic in Ohio, which inspired Judith to undertake a similar trip herself. She applied to the Shire Innovation Fund for funding for flights and accommodation, and sought help from her surgeon to organise appropriate experience.

Judith went on her trip at the beginning of December last year, and as a result, has come away with a sense of achievement with the service she provides. Whilst the staff in the Cleveland Clinic IBD ward worked extremely hard, Judith discovered that most aspects of the nursing service were not as developed as her own. She found it was a different society, which was much more hierarchical than in the UK.

One aspect of the service that really interested Judith was the involvement of the patients' insurance when prescribing. It is vital for the prescribers to know the cost of drugs and the implications for patients. In some cases patients



Presentation of award to
Judith Murphy by Jane Povey

need to pay upfront and then claim the money back or the patient may not have adequate insurance.

Although the North Tyneside General Hospital tries to hold joint clinics with surgeons and physicians, she found that it was much more structured in the Cleveland Clinic and that as a result, worked much better. This is something she would like to review and improve on. Another change Judith would like to influence in her gastroenterology unit is the use of electronic records. Judith and her colleague are trying to implement this but having seen it in use in America she now feels knowledgeable about how it can work effectively.

Judith found that she was not as up to date with intestinal rehabilitation, short bowel syndrome and nutrition as she would have liked to be. She learnt a great deal on these topics in America and will continue her studies now she is back in the UK. She feels that she will be able to use the knowledge in her weekly multidisciplinary team (MDT) meetings to benefit her patients and colleagues.

“This was a one off opportunity from which I gained a great deal for the benefit of my service and patients, and without Shire I would have struggled to do it.”



KAREN PRITCHARD

IBD SPECIALIST NURSE, KING'S MILL HOSPITAL,
SUTTON IN ASHFIELD, NOTTINGHAMSHIRE

Implementation of nurse-led IBD colonoscopic surveillance

Karen Pritchard has worked in gastroenterology since qualifying as a nurse and became an IBD Specialist Nurse 12 years ago, an opportunity she describes as too good to miss. Each week she runs two IBD clinics, two endoscopy clinics and an ad hoc clinic for urgent cases, although every working day is different. Karen says the best thing about her job is getting to know her patients well and being able to offer continuity of care.

Karen completed the three-day Junior Advisory Group (JAG) accredited colonoscopy course in 2006 but felt that further study would enable her to enhance her skills and knowledge for the benefit of her patients. She therefore applied to the Shire Innovation Fund for IBD Nurses to enable her to undertake the MSc colonoscopy course at Hull University. As well as further developing her practical skills, Karen believes the course will allow her to explore and critically evaluate the theoretical and practical aspects that underpin colonoscopic practices.

Karen plans to use her new skills and knowledge to implement nurse-led IBD colorectal cancer surveillance. Currently King's Mill Hospital offers ad hoc surveillance with no set person undertaking colonoscopies. She hopes to improve the service to make it more consistent and in line with BSG guidelines.

Karen began her MSc in September 2010. Although the course will take two years to complete, she hopes to take on a regular supervised colonoscopy list early in 2011. She will evaluate the service through patient satisfaction questionnaires and a staff survey.

Previous applicants: where are they now?

Update on projects of previous winners

Over the past two years the Shire Innovation Fund has supported many different types of projects which have led to the development of services across the country for the benefit of patients. We have been in touch with a few of the previous winners to see what changes they have made to their services since receiving the awards.

Many of the applications we receive are to support the attendance of vocational, practical courses which can make a huge difference to clinical practice. We recently spoke to two previous applicants who have been successful in passing courses through funding by the Shire Innovation Fund.



ROWAN SHAWS,
JAMES PAGET UNIVERSITY
HOSPITALS, GREAT
YARMOUTH, was one of the
first successful applicants
of the Shire Innovation
Fund. She applied for
funding to cover the fees

for completing a degree level IBD Nurse Module at St Mark's Hospital. She found the course useful both theoretically and through networking with other attendees, and it has enhanced her day-to-day clinical practice. In December last year Rowan was delighted to hear that she had passed the course. Since then, she has developed protocols and set up a telephone help line service for patients.

RACHEL CAMPBELL,
STEPPING HILL HOSPITAL,
STOCKPORT, has now
completed her BSc in
Gastroenterology and is
thoroughly enjoying her
work. Since finishing her



course she has been able to double her number of nursing hours and runs a number of clinics including IBD follow-ups, coeliac disease, biologic and infliximab clinics. Rachel is now looking to develop her service further by making improvements to the telephone service and introducing patient held records.

"I value my role immensely and thoroughly enjoy what I do, hopefully making a difference to patients in the long run. I would like to thank Shire again for the wonderful support I have had."



Two other nurses who have been successful in obtaining funding for courses are also looking at ways to develop their service.

LOUISE PARKINSON,
VICTORIA HOSPITAL,
BLACKPOOL, is now
running two nurse led

clinics and an infliximab infusion clinic following her IBD course at Bradford University. She is now setting up a patient panel with Crohn's and Colitis UK.

WENDI HARRISON,
FURNESS GENERAL
HOSPITAL, has also set up
a patient panel and is in
the process of developing a
dedicated IBD service. As a
result of Wendi's training,
also at Bradford University,
patients can now be referred to her for extra support and she can also train other members of staff.



"IBD patients in Barrow in Furness now benefit from a much improved service."

Meanwhile, since undertaking her IBD studies, **MANDY JEFFREY,** ROYAL SURREY COUNTY HOSPITAL NHS FOUNDATION TRUST, has taken an interest in incontinence in the IBD population. She has increased her awareness in this area which has allowed her to further understand the challenges faced by these patients. This has subsequently enabled Mandy to manage her patients better and recognise when they need to be referred onto specialist management of persistent incontinence.

Since being awarded a Shire Innovation Fund for the introduction of a smoking cessation programme in 2009, **FRAN BREDIN,** ADDENBROOKE'S HOSPITAL, CAMBRIDGE, has had her abstract 'A Crohn's Smoking Cessation Programme – initial results' accepted at this year's European Crohn's And Colitis

Organisation (ECCO) congress in Dublin. The results of her project show that the smoking cessation programme is acceptable and beneficial for patients with Crohn's. In addition to stopping smoking, the participants gain increased support and knowledge on managing their disease. We wish Fran the best of luck for her presentation.



Meet the judges

AILEEN FRASER

BRISTOL ROYAL INFIRMARY

Aileen has two children, a husband and Oscar (the cat). In her spare time she enjoys running (badly), skiing (hopeless) and is a member of a book club. She first became interested in IBD when working on a gastro/medical ward in Plymouth with Professor Simon Travis, who she found inspirational. She felt that IBD patients had a rough time and was keen to make a difference to their care. In 1998 she moved to Bristol to work with Professor Chris Probert where she sat in on clinics in her own time until she eventually got funding to train as an IBD nurse in 2001.

Aileen manages around 1600 patients with the help of Annie, her part-time support nurse. The best thing about her job is having the luxury to spend time with patients; really getting to know them and tailoring their care to their needs.

For the first four years as an IBD Clinical Nurse Specialist, Aileen felt very lonely and one of the most valuable opportunities for her was networking with other IBD nurses. However, she hated having to beg for funding. She was therefore delighted to become involved in the Shire Innovation Fund for IBD Nurses as she feels it's really important for nurses to have a source of funding for attending congresses and courses and developing projects, especially now obtaining funding is likely to get even more difficult.

JANE POVEY

WIRRAL UNIVERSITY HOSPITAL TRUST



Jane is extremely passionate about the Shire Innovation Fund. Whilst

she feels that she has been very lucky and has always had access to financial support required for the development of her service, she is well aware that this is often not the case and the Shire Innovation Fund can provide another option. She believes it is important for nurses to get funding to go on courses and undertake projects for the benefit of patients.

When Jane first began to work on the gastroenterology ward she worked across all diseases but then became interested in IBD. When this field began to develop, she started to specialise and progressed into her current role. Jane undertook her IBD course, where she met Aileen, after three years of specialising in IBD. Whilst she found the content extremely useful she valued the opportunity to network most of all.

Jane is very much a people person; getting to know the patients are what she enjoys most about her job and in her spare time she loves spending time with her family and baby granddaughter. She also enjoys reading and playing badminton.

"Anything that is for patient benefit has got to be a good thing, especially when it involves patient education. Some really great projects and interesting ideas have been submitted to the Shire Innovation Fund. It is such a great way of getting financial support"

SHELIA MAIR

HAIRMYRES HOSPITAL, EAST KILBRIDE

Shelia originally trained as an endoscopist nearly 12 years ago and through this she started to develop an interest in IBD. She finds the IBD nurse group a supportive community and has found networking most valuable to her professional development. She believes that talking to other nurses is important as it provides an opportunity to pick up tips and hints on managing her service and how to handle everyday issues. It makes her day-to-day life easier knowing that she can phone somebody when she comes across a problem.

She sees the Shire Innovation Fund as an extension to the networking idea, by supporting good ideas for both new practices and existing services. She feels that it can improve the treatment of IBD patients nationally through funding areas that do not have access to financial support. Her advice to anyone wishing to apply to the award is to make sure that your application is clear, both in the benefits that your project will bring to your service and patients, and also in the financial costs. It is really important to know how much money is required and where it is going to be spent.

In her spare time, Shelia enjoys taking advantage of the fresh air and countryside where she lives by running, hill walking, skiing and fishing.