



Shire Innovation Fund for IBD Nurses Newsletter

ISSUE 2 / WINTER 2010

Welcome to the second issue of the **Shire Innovation Fund for IBD Nurses Newsletter**. After a successful first year of the Shire Innovation Fund for inflammatory bowel disease (IBD) nurses, in which two rounds of applications were taken, 14 grants have been awarded to IBD nurses across the UK. We'd like to thank everyone involved for making it such a success!

The Shire Innovation Fund is an ongoing initiative, sponsored by Shire Pharmaceuticals in their continued commitment to improving the outcomes of patients with IBD. The third round of awards in this initiative is now open, and Shire would like to encourage you to apply. From all the positive feedback we've already received from the successful applicants from the first two rounds, this initiative can really make a difference to your clinical practice.

In this newsletter, you will find not only information on how to apply for the next round of grants (page 2) but also details on the successful applicants from the second round and their projects, announced last November (pages 3-7). We also take a look at how the projects which were awarded funding in the first cycle last summer are progressing and how they are making a difference to the care of IBD patients (page 8).



SEE INSIDE FOR
DETAILS OF
SUCCESSFUL
APPLICANTS AND
HOW TO APPLY...

WHAT IS THE AIM OF THE INITIATIVE?

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

WHO CAN APPLY FOR FUNDING?

The fund is open to any nurse providing care to IBD patients and any proposal that furthers development of local IBD patient services. This can include providing resources for a nurse's own professional development, purchasing equipment, participation in congresses or educational programmes or auditing and research activities.



WHAT IS THE APPLICATION PROCESS?

The grants are awarded twice a year (a minimum of five grants for each round of applications) and all entrants are adjudicated by an independent judging panel consisting of three IBD specialist nurses from IBD centres across the UK. With the first year of the Shire Innovation Fund complete, the first round of applications for 2010 is now open. An application pack can be requested by email from ShireInnovation@synergymedical.co.uk.

The deadline for submitting applications is **3rd May 2010** and the awards will be announced on 9th June 2010. There will also be another opportunity to apply in autumn 2010.

The winter 2009 awards: successful projects

There was a great response to the second round, and applications for many interesting and innovative projects were received. These were reviewed anonymously by the independent judging panel and nine projects were successful in receiving funding. We wish all these nurses the best of luck with their projects.

The successful applicants were:

RACHEL CAMPBELL

STEPPING HILL HOSPITAL, STOCKPORT

Rachel is currently working in an area with a large IBD patient population and would like to complete her BSc Gastroenterology. The final two modules require funding and her Shire Innovation Fund award will pay for this to allow her to complete her degree.



TRACEY LACEY

WEST SUFFOLK HOSPITALS NHS TRUST, BURY ST EDMUNDS

Tracey applied for an IBD Nursing Module at the Burdett Institute of Gastrointestinal Nursing and the Shire Innovation Award covered her travel and expenses involved in going to London.

LOUISE PARKINSON

VICTORIA HOSPITAL, BLACKPOOL

Louise has recently taken up an IBD nurse specialist post and was awarded Fund money to attend a patient examination course.



JULIE DUNCAN

ST THOMAS' HOSPITAL, LONDON

Julie applied to the Shire Innovation Fund to set up a study of faecal incontinence among the IBD patients in her Trust, which will be the first time this has been assessed scientifically (see [page 4](#) for more details).

LYNN GRAY

THE COUNTESS OF CHESTER HOSPITAL NHS FOUNDATION TRUST, CHESTER

Lynn was awarded two grants: one to attend an IBD advanced practice course at King's College, and another to set up a patient panel to improve patient services (see [page 5](#) for more details).

WENDI HARRISON

FURNESS GENERAL HOSPITAL, FURNESS

The Fund money Wendi was awarded will go towards setting up and training herself as an IBD nurse specialist in her Trust (see [page 6](#) for more details).

MANDY JEFFERY

ROYAL SURREY COUNTY HOSPITAL, GUILDFORD

Mandy was the first IBD nurse specialist employed in her Trust and applied to the Shire Innovation Fund so that she can attend an advanced practice IBD course with an aim to improve patient management and to set up nurse-led clinics.

TRACEY TYRRELL

ST MARK'S HOSPITAL, HARROW

Tracey applied to the fund in order to set-up a Link Nurse programme. This would provide extra value in having regular study days with ward staff to increase knowledge of IBD (see [page 7](#) for more details).



Successful applicants: Wendi Harrison (far left) and Lynn Gray (far right) are congratulated by Rehan Gomez, Associate Medical Director at Shire Pharmaceuticals, and one of the Innovation Fund judging panel, Jane Povey, Wirral Hospital NHS Trust.

The winter 2009 awards: successful projects

JULIE DUNCAN

IBD CLINICAL NURSE SPECIALIST,
ST THOMAS' HOSPITAL, LONDON

Faecal incontinence is a little-studied problem for sufferers of IBD. In her experience, Julie Duncan has found that it is an embarrassing and socially debilitating problem for many of her patients and that it is often under-reported to physicians. Currently there are no prevalence studies on faecal incontinence in IBD and little information on the psychological impact of this symptom on patients' quality of life. Julie plans to use her award to fund a research project looking into these issues. She feels that nurses are well placed to raise awareness of the problem and approach it with patients as this condition is often just accepted as an expected symptom of their disease.

Julie is the only IBD clinical nurse specialist in her Trust and works with IBD-focussed gastroenterologists, dieticians and specialist pharmacists at Guy's & St Thomas' Hospitals. She has nine years experience of providing nurse-led therapies to patients with faecal incontinence and other functional bowel disorders, both as a biofeedback nurse at St Mark's Hospital and Nurse Practitioner at the Royal Marsden Hospital. From there she moved into IBD nursing.

The idea for this study has been around for a while and the protocol had already been written, but funding was a key barrier.

"The Fund was crucial in getting the project started straight away. We were really struggling to find the money"



Julie will use questionnaires such as the ICIQ-B (International Consultation on Incontinence Questionnaire – Anal Incontinence Symptoms and Quality of Life module) to assess the scale and prevalence of faecal incontinence as well as measuring disease activity, and patient's quality of life. She hopes to start the project in early 2010, and if the results turn out as expected, she hopes to present the results at BSG and ECCO. If successful, the project should result in raised awareness and possible further work, including developing treatment protocols and posters, that can be shared with other hospitals.

LYNN GRAY

GASTROENTEROLOGY SPECIALIST NURSE, THE COUNTESS
OF CHESTER HOSPITAL NHS FOUNDATION TRUST, CHESTER

Lynn first thought of setting up a patient panel almost a year ago, as it would be an effective way of communicating with patients to identify gaps in the service provided by the IBD team. However, due to lack of time and resources, Lynn's plans for the patient panel never fully took off. Lynn decided to apply for the Shire Innovation Fund to support her attendance at the IBD Advanced Practice course at King's College, London, and to fund the patient panel. Being awarded the grant for both the course and patient panel, Lynn now has both the budget and the motivation to start work on these projects in earnest. She hopes to hold the first patient panel in February 2010 and feels that the course will improve her knowledge and confidence, enabling her to make more clinical decisions, and developing her patient management.

"Winning the Shire Innovation Fund has given me the motivation to set my plans into action"



Left to right: Jane Povey presents the Innovation Fund Award to Lynn Gray.

Lynn has been a gastroenterology specialist nurse at the Countess of Chester Hospital since 2003, a role which involves spending large amounts of time with patients. She believes that it is imperative to involve patients and listen to their opinions in order to maintain the treatment standards that are expected. She hopes the patient panel will greatly improve the service offered to these patients.

Whilst the plan is still in its early stages, and logistics will be discussed in the first meeting, Lynn hopes for the panel to meet four times a year to discuss all aspects of patient care. She has chosen ten patients which have had different experiences on their treatment pathway, which she hopes will provide a broad spectrum of opinions. Minutes of the meetings will be circulated to the panel and the gastroenterology team as a whole. They will decide on what actions to take based on these minutes, and Lynn will follow up the outcomes with the consultants to ensure that improvements to their service are made. The panel will not involve great costs in itself, but Lynn plans on using the Fund money to provide light refreshments at the meetings and for incidental costs, such as postage and printing.

Lynn feels that she is extremely fortunate to have been given the opportunity to go forward with both the course and the patient panel.

"The Shire Innovation Fund is invaluable both in our own development and the improvements it will potentially have for patients as well"

WENDI HARRISON

ENDOSCOPY NURSE, FURNESS GENERAL HOSPITAL,
FURNESS

Five years ago, Wendi Harrison was asked by a colorectal surgeon on the gastroenterology team to investigate how other hospitals managed their IBD patients. She visited some nearby hospitals and then, as a result of this, started on an educational path to become an IBD specialist nurse. Currently, she is an endoscopist at Furness General Hospital, and applied for the Shire Innovation Fund to help her overcome the final hurdle and become a fully trained IBD nurse specialist.

The Fund will help her bypass the long waiting times normally associated with setting up a new post in a hospital and gaining the finance to attend the courses needed.

“The Fund made a difficult process much easier. It is a great relief.”

Additionally, as Furness is quite isolated, the fund will help pay for the high travel costs of travel to Bradford University Hospital where she will be attending a three month module, as well as a counselling course to allow her to help newly diagnosed patients in all aspects of their disease. As a qualified IBD nurse specialist, Wendi will be the central point of contact for IBD patients at the hospital, making the referral system more efficient.

Once the course is complete, Wendi plans to set up a patient database. She will use some of the Fund money to travel to other hospitals to see how their IBD centres are set up and how they manage their databases. Once the database at Furness is set up, it can be shared with local clinics and GP surgeries to enhance patient care in the whole region.



Left to right: Jane Povey presents the Innovation Fund Award to Wendi Harrison.

Another initiative Wendi is planning on starting is an endoscopy teaching package and she will continue to make time to help with the endoscopies at the hospital.

On the application process, Wendi said that “Everyone was really helpful all the way through the process ... everyone was friendly and it all just flowed.” She has also recommended that nurses from Lancaster Hospital apply to the Fund as well.



TRACEY TYRRELL

IBD NURSE SPECIALIST, ST MARK'S HOSPITAL,
MIDDLESEX

The North West London Hospitals NHS Trust manages approximately 5600 IBD patients. Whilst most of these patients are managed on an outpatient basis, IBD patients also require inpatient admission for a variety of reasons, whether related to their IBD or not. Patients admitted with IBD require extensive support and this was recognised by the IBD specialist nurses it was also recognised that the ward nurses therefore would need increased knowledge and understanding in order to be able to adequately support all of the IBD in-patients.

The Link Nurse role was therefore set up to create a communication link between the wards and outpatient IBD nurses and specialists. Additionally, awareness of IBD will be raised by providing information to the patients on their disease and the services that are offered to them.

In September 2009, ward-based nurses with an interest in IBD were identified as suitable candidates for the roles and six have already been recruited. Seeing an unmet need, Tracey applied for the Shire Innovation Fund to provide added value to the role, by sponsoring study days in London and text books, as well as setting up information points for patients and nurses on IBD within the ward environment. She also hopes that the extra resources will act as an incentive to encourage more nurses to take on the role.

“The Shire Innovation Fund is an excellent opportunity to motivate the nurses and inspire them to go to the study sessions ... by providing materials and additional education, it will keep the momentum going.”

Following their training, Tracey envisages that the Link Nurses will be able to help set up the information points in the wards themselves. They will comprise notice boards with contact details of the IBD outpatient team, patient-friendly leaflets and posters, some of which will be generated by the Link Nurses as a result of the study days.

In addition to access to study days, the Link Nurses will benefit from one-to-one and group support from IBD nurse specialists and other group members. Group meetings are planned to be held every three months to provide continuing support. Their roles will be evaluated to see if any improvements can be made.

“I would definitely recommend the Shire Innovation Fund to my colleagues. Don't be surprised if you get several more applications from St Mark's!”

Summer 2009 successful applicants: update



All of the projects funded by last summer's Innovation Fund are well under way. We caught up with the successful applicants to find out how things were progressing.

DAVID ARMOUR (RAIGMORE HOSPITAL, INVERNESS) attended St Mark's at the end of September and spent time with Marian O'Connor (Lead IBD CNS) and her colleagues. This gave him a really good feel for how things are done there. He had the opportunity to attend clinics, observe their telephone helpline and of course spend time in the IBD day care unit where biologics are given. He was impressed by just how smoothly and efficiently the infliximab infusions were given, and it certainly was very positive for the patients. As a direct result of this, he is now looking at the logistics of setting up a similar facility at his clinic. He is also trying to negotiate with his pharmacy so that he can make up the infusions himself, saving time for patients and pharmacists. In addition, he has also started developing teaching time for the ward nurses so that they can become more comfortable with the treatment and how it is given and managed.

"As you can appreciate there is a lot of work to be done. The experience has most certainly been very beneficial and I am extremely grateful to Shire for their help. I also am very grateful for the support I have received, and continue to receive, from Marian O'Connor."

FRAN BREDIN (ADDENBROOKE'S HOSPITAL, CAMBRIDGE) started to run her first Crohn's specific smoking cessation programme at Addenbrooke's this month. There has been a fair amount of interest, but the difficulty has been finding a time to suit all those who want to participate. This is completely new territory for both the CAMQUIT advisor and Fran herself. It will no doubt yield useful and interesting results.



MARK SEPHTON (AINTREE UNIVERSITY HOSPITAL, LIVERPOOL) started his Clinical Examination course in September and now has almost completed it,

with his examinations in December. He said the course has made a big difference to his day-to-day life, giving him tremendous confidence to examine patients coming in complaining of abdominal pain and make informed decisions. He feels that this course has put him in a great position for the nurse prescribing course later this year! He said the course has been hard work, but thoroughly enjoyable and is very glad he applied.

ROWAN SHAW (JAMES PAGET UNIVERSITY HOSPITALS, GREAT YARMOUTH) has recently completed the IBD Nursing module (Level 6) at St Mark's Hospital and has found the course very useful. The content was excellent and the lecturers very good. It was both thought provoking and informative throughout. The attendees were a mixture of specialist and general nurses and so the networking was also excellent. The results of the course will be announced in March 2010.



"The opportunity to undertake this module has been invaluable both to my clinical/educational needs and to my personal development."

CATH STANSFIELD (HOPE HOSPITAL, SALFORD) set out to develop a patient-held record booklet to improve speed of treatment by providing information on their condition and a history of what tests and procedures the patient has undergone. The project is proceeding well now – they have held a patient panel meeting to discuss the project, which twelve patients attended. During this session they brainstormed what should be included in the booklet. It was decided that essential information to include were all investigation results, blood test results, along with a symptom diary. Two patient editors were also recruited who are active members in the project. Cath is now collating the information and aims to pilot the booklet in March.

