

Primary Care and Population Sciences

News Archive

REDUCE study - new study to help people withdraw from inappropriate long-term antidepressant treatment, read more of the press release [here](#).

POWER+ study - online intervention helps sustain weight loss, read more of the press release [here](#).

Prof Paul Little and his team's research shows that **steam inhalation is not effective in relieving symptoms of chronic sinus congestion** has been covered globally. The [article](#) published in the Canadian Medical Association Journal has been covered in the world's media this week (w/c July 18 2016) from America to Australia, including [Reuters](#), [Daily Mail](#), [Brisbane Times](#), [Daily Express](#) and [Times of India](#). You can watch Paul talk about the study on [YouTube](#).

Dr Hazel Everitt's work has been mentioned in the [CMAJ blog](#) in their round up of the [SAPC](#) annual meeting which took place 6-8 July in Dublin.

PhD student [Jane Vennik](#) has written a [blog](#) about her experience at the NIHR Doctoral Research Training Camp.

Dr Sophie Bostock was invited to present at the [Financial Times Digital Health Summit Europe 16 June 2016](#). Sophie spoke about Big Health, a digital health startup and her research at the University focussing on the role of sleep in health and wellbeing.

Ben Ainsworth has written a [blog](#) about his [Tutor-PHC](#) experience.

Please see the '[RUTI study](#)' [press release](#) and press coverage in the [Daily Express](#).

Andrew Flower and **Kim Harman** have won a poster prize at the May 2016 ICIMH conference in Las Vegas. Poster title: *The RUTI Trial: A Multi-Centred, 16 Week, Randomised, Double Blind, Placebo Controlled, Feasibility Study of Chinese Herbal Medicine (CHM) For Women with Recurrent Urinary Tract Infections (RUTIs)*.

Professor Paul Roderick is featured in an article on '[Tackling public health challenges](#)' on the new [Research Highlights](#) section of the University's website.

Dr Simon Fraser has been awarded the 'Michael Arthur' prize for best research paper by the University's Faculty of Medicine. The paper is about the impact of using new ways of measuring chronic kidney disease. Fraser SDS, Aitken GR, Taal MW, Mindell JS, Moon G, Day J, O'Donoghue D, Roderick PJ. Exploration of chronic kidney disease prevalence estimates using new measures of kidney function in the Health Survey for England. PLOS ONE 2015; 10(2): e0118676. doi:10.1371/journal.pone.0118676

Professor Mike Thomas featured on BBC's radio 4 Inside Health programme, discussing the over-diagnosing and under treatment of asthma. Link to the Inside Health [web page here](#) or download the [podcast](#).

An interview between [Prof Tony Kendrick](#) and GP broadcaster Dr Mark Porter on the BBC radio 4 programme Inside Health is available to listen to via [this link](#). It starts at 5 minutes in, and discusses his research into the rise in long-term antidepressant treatment and the need for support to help people come off unnecessary long-term treatment.

Southampton researchers, (including [Julie Parkes](#) and medical student **Oliver Kennedy**) analysis of nine long-term studies, published before July 2015, revealed that regular consumption of coffee was linked with a reduced risk of liver cirrhosis. The analysis found that an extra two cups of coffee per day may reduce the risk of cirrhosis by 44%, and it may nearly halve the risk of dying from cirrhosis. Originally published in the science journal, Alimentary Pharmacology and Therapeutics, the study has been widely covered in the media including [The Daily Mail](#), [The Sun](#), The Times, the Daily Express, [Medical News Today](#), [AskMen](#) and [The Examiner](#). This news has since been published on the international news agency, [Reuters](#). The resulting worldwide online coverage with unique page views over 785million.

[Luke Hodgson](#) our postgraduate research student has been featured in [DigitalHealth.net](#) about his involvement with the AKI/Patientrack Project developed by the Western Sussex Hospitals NHS Foundation Trust.

Dean's Awards - congratulations to [Andrew Flower](#) who won the 2015 'Award' for 'Enterprise' and to **Sam Watts** who received a 'Commendation' he was awarded 'Highly commended in 2015 for Public Engagement'. The Dean's Awards for Postdoctoral Researchers are awarded annually and aim to recognise postdoctoral researchers who have made an exceptional contribution to the Faculty of Medicine in areas other than research.

Promotion success - congratulations to [Andrew Flower](#) as of 1 January 2016 Andrew will be promoted to Senior Research Fellow.

We are delighted to announce that our internationally rated antimicrobial work has gone international with the addition of two world class European research leaders joining PCPS as Visiting Professors: **Professor Heiner Bucher** from Basle and **Professor Theo Verheij** from Utrecht. Both have an international reputation for their work in acute infection with a focus on antibiotic sparing strategies. We look forward to collaborating with them more closely in the coming years using their experience to enhance our own program of work in this area. We are also delighted that [Ian Williamson](#), a veteran of the academic unit who retired earlier this year, has accepted a visiting fellow award and we are pleased to be able continue to work with Ian.

To mark **European Antibiotics Awareness Day** Wednesday 18 Nov, **Michael Moore**, Professor of Primary Healthcare Research, took part as an expert in the 'I'm a Scientist Get me out of here' Q&A in the Antibiotics Zone. You can read some of Michael's answers to the questions [here](#).

Dr Hazel Everitt has been involved in an **SPCR** funded project 'Evidence to Practice – Addressing the second translational gap for complex interventions in primary care', led by Elizabeth Murray at UCL that completed last year. The protocol has been published and two 2 papers are in press (one already accepted by BMJ Open). The team were invited to present the results and undertake a workshop regarding the implications for NETSCC. Four of the team, Dr Everitt, Anne Kennedy, Rosa Lau and Krysia Dzedzic presented the results on Wednesday 18th November at Alpha House, NETSCC. NETSCC plan to use the results to inform their further plans on enhancing impact and implementation of the research they commission and fund. [Read more on this from SPCR](#).

Professor Michael Moore was interviewed by That's Solent TV regarding our NIHR SPCR **ATAFUTI** study, please see the interview [here](#) and further story from the SPCR [here](#).

The Faculty of Medicine has pledged to support the Antibiotic Guardian, set up by Public Health England (PHE) as part of activities to support European Antibiotic Awareness Day on 18 November 2015. **Professor Michael Moore** has taken the lead role for the Faculty on the campaign and will be appearing in a web chat for the week following the 18 November. Michael has previously made a video for NIHR CLAHRC Wessex about reducing antibiotic use.

Wessex GP surgeries have recruited 10 per cent of the total recruitment target for the **ATAFUTI** trial in just one month. The ATAFUTI study is a University of Southampton PCPS study funded by the NIHR School for Primary Care Research (SPCR).

A new treatment approach for tackling urinary tract infection (**ATAFUTI** study, funded by the NIHR SPCR), read more [here](#) and [here](#).

'The Oxford Handbook of General Practice 4th Edition' co-written by [Dr Hazel Everitt](#) was one of four books awarded '**Highly Commended**' in the Primary Health Care section at the [BMA book awards](#) September 2015.

Oxford Handbook of General Practice 4th Edition

Chantal Simon, Hazel Everitt, Françoise van Dorp and Matt Burkes—Oxford University Press, March 2014.
ISBN: 9780199671038. £34.99

Congratulations to [Lily Lai et al](#) on being awarded **2nd prize** for their poster presentation at the **RCCM** conference 10th September 2015.

Conference abstract title: Setting up herbal medicine trials in the United Kingdom: Lessons from a randomised feasibility study for Chinese herbal medicine and polycystic ovary syndrome.

Authors: Lily Lai, Andrew Flower, Philip Prescott, Michael Moore, George Lewith.

<http://www.rccm.org.uk>

Congratulations to NIHR RDS and Wessex Institute on £3.2m funding for [NIHR Centre for Patient and Public Involvement](#). Read more [here](#). (Aug 2015)

[Associate Professor, Ian Williamson](#) (co-author) and PhD student [Jane Vennik](#) have been involved in a study for children with a common middle-ear problem. A simple procedure with a nasal balloon can reduce the impact of hearing loss and avoid unnecessary and ineffective use of antibiotics. [Read more about this Study and see a demonstration of a nasal balloon in use](#). Media coverage can also be found [here](#) and [here](#). (July 15)

[Associate Professor Hazel Everitt](#), who will be awarded the RCGP John Fry award next May. This award is presented to a Member or Fellow of the College who has promoted the discipline of General Practice through research and publishing as a practising GP. (July 15)

[Professor Paul Roderick](#) who has been awarded The Terry Feest Award for Innovation by the UK Renal Registry. (July 15)

[Associate Professor, Borislav Dimitrov](#) et al were awarded the **2015 Michael Arthur Prize** for 'Best Research Publication' at the June 2015 Faculty of Medicine Research Conference.

<http://eprints.soton.ac.uk/375590/>

Ryan Buchanan, the '[Blood borne virus project](#)' that he is involved in has won 'most reproducible' with the audience vote at the Pharmaceutical Care Awards 18 June.

[Associate Professor Julie Parkes](#), Julie received a special achievement award at the Faculty of Public Health conference for her major role in the national recruitment process for new trainees in Public Health. (June 2015)

The [latest issue of SPCR news](#) (School for Primary Care Research) has published an article written by [Geraldine Leydon, Associate Professor](#), on Challenging Anti-Microbial Resistance, pages 4-5; and a research study on rates of depression led by [Professor Tony Kendrick](#), page 2. (May 2015)

Researchers have received a grant of over £230,000 to explore a new way to reduce unnecessary treatment of non-aggressive prostate cancers. The grant is part of a £2m wave of [Movember Foundation Project Grants and Pilot Awards](#) made by Prostate Cancer UK. [Professor George Lewith](#) from Primary Care will be leading the 2.5 year project, known as PROACTIVE, alongside Professor Alison Richardson from Health Sciences. [Continue reading here](#). (May 2015)

[Professor Paul Little](#) has been [quoted in the Telegraph](#) about a new study published in the British Journal of General Practice. Paul and his team of researchers video-taped the consultations of 320 patients who visited 25 doctors in Southampton and found that, in contradiction to previous research, 'patients actually preferred a traditional style of doctor, who knew them personally, but who was relatively distant and professional.' (May 2015)

[Clare McDermott](#), Sue Luscombe and Dr Charles Shepherd spoke at the [ReMEember ME](#) research afternoon in Sussex 30th May. [BBC Radio Sussex Drive at Five with Sarah Gorrell](#) has covered news of the talk- and those speaking have been interviewed – the piece can be listened to [again here at 35:29mins](#). Clare spoke about the scoping exercise and how it highlights the need for more specialist care for severely affected patients. (May 2015)

Gender equality linked with higher condom use in HIV positive young women in South Africa, features the work of [Dr Nuala McGrath](#) and has been covered by EurekAlert.org. Care2.com and Medical News Today (May 2015).

[Professor Paul Little](#) and his team (Mike Moore, Ian Williamson, Beth Stuart, Mark Mullee, and Gerry Leydon), on their paper 'Delayed antibiotic prescribing strategies for respiratory tract infections in primary care: pragmatic, factorial, randomised controlled trial' being selected as a finalist in the Research Paper of the Year category of the BMJ Awards 2015. The winner will be announced at the BMJ Awards ceremony at the Park Plaza Hotel Westminster Bridge, London, on 6 May.

[BATHE study press release](#). (6 Feb 2015)

[Lily Lai](#) has written a [blog](#) for the School for Primary Care Research on the support from the [REACH](#) group.

PCPS PhD day, our yearly event where students present and receive feedback. Some of those students are funded by the SPCR, please click on the story [here](#).

PCPS researchers have secured further funding from Prostate Cancer UK to evaluate PROACTIVE. See the SPCR story [here](#). (Jan 2015)

Professor of Primary Care Research, Paul Little, was quoted in the [Daily Mail](#) last December about the University's earlier research on the best treatment for coughs, colds and sore throats.

Professor of Primary Care Research, Paul Little, is quoted in an article in The Daily Mail <<http://www.dailymail.co.uk/health/article-2927320/From-cold-baths-high-heels-bit-discomfort-GOOD-you.html>> about why a little discomfort is good for you. The article refers to

Professor Little's research into the possibility of Ibuprofen suppressing an important part of the body's response to infection.

[NICE pneumonia guidelines](#) featuring [Professor Michael Moore](#) a member of the Guideline Development Group.

Using dance to help people with Parkinson's. Ruth Pickering, senior statistician from our academic unit is working on this NIHR funded study with [Ann Ashburn](#) in Health Sciences, full story [here](#).

Renewed membership of the [NIHR SPCR](#), read our press release [here](#).

[SPCR study pivotal in leveraging further funding for COPD and co-morbidities](#), news story from the SPCR (Nov 2014)

Dr Sarah Tonkin-Crine recently commented on the story 'Decision fatigue may lead to doctors prescribing unnecessary antibiotics' featured on foxnews.com

Congratulations to [Professor Michael Moore](#) who has been appointed a member of the Advisory Committee on [Antimicrobial Resistance & Healthcare Associated Infection](#) (ARHAI).

Primary Care and Population Sciences contributes to the University 'Our Impact' - examples of the research being carried out at the University which is impacting on lives of people in the UK and all over the world.

Improving care for patients with chronic kidney disease

Improving patient outcomes for depression

Reducing the threat of resistance to antibiotics

Developing a non-invasive test for fibrosis severity

Increasing awareness and reducing deaths from alcohol

Patients with severe ME have little or no access to specialist treatment services, [ITV Meridian interview with Clare McDermott](#) and [news story](#) from the SPCR (July 2014).

[Taking the lead on strategies to reduce prescribing of antibiotics](#), news story from the SPCR (July 2014).

Our PhD student **Sam Watts**, has been named 'Young researcher of the year' at the South West **SAPC** conference held in Bristol (March 2014).

Professor Mike Thomas has spoken in an interview with the **Daily Mail** about the Government not giving people with asthma the same right to free prescriptions as those with other long-term conditions, such as diabetes and epilepsy. (11 Feb 2014).

Article in the Mirror: '*Top medic warns increased levels of antibiotics are putting nursing home residents at risk*'.

Also related to this is an article from the **BMJ** following up on the select committee.

An interview with Professor Mike Thomas on the BBC radio 4 programme Inside Health is available to listen to via this [link](#).

An interview with Dr Michael Moore on the BBC radio 4 programme Inside Health is available to listen to via this link.

An interesting Q&A with Professor Paul Little features in the Southampton Medicine New Boundaries magazine regarding his research into reducing antibiotic use, please click here for details.

ARCHIVE of PCPS news stories from Faculty of Medicine news

2016

<http://www.southampton.ac.uk/news/2016/07/powerplus-study.page>

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<http://www.southampton.ac.uk/medicine/news/2015/04/30-gender-equality-linked-higher-condom-use-hiv-positive-women-in-s-africa.page?>

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<http://www.southampton.ac.uk/news/2014/12/02-primary-care-partner.page>

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2013

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http://www.southampton.ac.uk/medicine/news/2013/09/25_traffic_light_test_could_prevent_alcohol_related_cirrhosis.page?

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http://www.southampton.ac.uk/medicine/news/2012/12/12_manipulative_therapies.page?

http://www.southampton.ac.uk/medicine/news/2012/11/15_gp_warning_on_antibiotic_overuse.page?

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