

# CARDIOPHITNESS

**CARDIOPHITNESS: Cardio**metabolic health and **Pharmacists** in Severe Mental Illness study

## Reporting on the progress of the CARDIOPHITNESS study



The CARDIOPHITNESS research study will commence in Jan/Feb 2019.

### Message from the research team – ethics

Welcome to the second edition of our CARDIOPHITNESS study newsletter. We have been working hard to get everything in place to start the research study. Most of this work and effort relates to making sure we have all the right approvals.

All research that involves NHS patients has been approved by an NHS Research Ethics Committee before it goes ahead. Approval means that the Committee is satisfied that the rights of those who participate will be respected, that any risks have been reduced to a minimum and balanced against possible benefits, and that those individuals who participate have been given sufficient information on which to make an informed decision to take part or not.

We have successfully achieved a major milestone with regards this and recently been given approval by the West Midlands Research Ethics Committee. The next steps are to get approval from the places within the NHS where some of the research will take place.

We will keep our webpage up to date with progress.

### The facts:

People with severe mental illness (including schizophrenia, bipolar disorder, schizoaffective disorder).....

.....die 15-20 years earlier

.....are three times more likely to die from heart disease

.....are twice as likely to have type 2 diabetes

.....are nearly three times more likely to smoke

when compared to the general population

### How do I express an interest in this research/study?.....

If you are interested in finding out more about the research/study then please get in touch.

Please contact the lead researcher Dolly Sud using the following email address: [sudd@aston.ac.uk](mailto:sudd@aston.ac.uk)



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Severe Mental Illness study



### The research team.....

The CARDIOPHITNESS research team is made up of people from different backgrounds and we would like to introduce you to them



**Dolly Sud**



**Dr Ian Maidment**



**Professor Eleanor  
Bradley**



**Professor Jonathan  
Tritter**

The **lead researcher** for this PhD study is **Dolly Sud**, PhD Student at Aston University.

The **main supervisor** this PhD study is **Dr Ian Maidment**, Reader in Clinical Pharmacy, Lead Course Tutor, Postgraduate Psychiatric Pharmacy Programme, School of Life and Health Sciences, ARCHA, Medicines and Devices in Ageing Cluster Lead, Aston University

**Other members of the supervisory team: Professor Eleanor Bradley** (associate supervisor), Professor of Health Psychology, University of Worcester & **Professor Jonathan Tritter**, Deputy Dean / Professor of Sociology and Public Policy / Management Team, Aston University.

### Funding, collaboration and support.....

The funding for this research was awarded as part of a research capacity building award from charitable funds by Leicestershire Partnership NHS Trust.

The research is being undertaken and supported jointly by Aston University and Leicestershire Partnership NHS Trust.

*“Undertaking research that will improve the care as well as the health and wellbeing of individuals with severe mental illness is vital. This research is an important step in understanding the role pharmacists can play in the management of a wide range of physical health challenges our service users experience. I am delighted that this research is being led by our pharmacy staff with strong university collaborations and supported by the Trust’s charity ‘Raising Health’”*

Professor Susan Corr, Head of Research and Development, Leicestershire Partnership NHS Trust,

### Season’s greetings.....

Finally we would like to wish everyone an enjoyable and peaceful festive season and we look forward to working with you all in 2019