

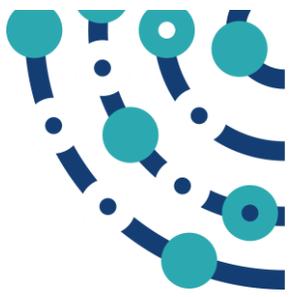
# Optimising Integrated Care Services for physical and mental health (OptICS): A wholesystems analysis

NIHR PRU Adult Social Care: 'Social Care Research in NIHR PRUs' – 11<sup>th</sup> December, 2024

**Researchers:** Angel Chater (PI – University of Bedfordshire - UoB/ University College London - UCL), Fabiana Lorencatto (co-I –UCL), Alison McKinlay (Lead researcher - UCL), Vivi Antonopoulou (UCL), Laura McGowan (Newcastle University - NU), Neil Howlett (UCL/UoB), David Osborn (UCL), Amy O'Donnell (NU), Mike Kelly (Cambridge/NU), Ivo Vlaev (Warwick), Emily Oliver (NU), Yannis Pappas (UoB), Gurch Randhawa (UoB), Emily Munro (UoB), Nasreen Ali (UoB), Susan Michie (UCL), Falko Sniehotta (NU)

**PPIE member:** Caroline Kemp





# Who are we?

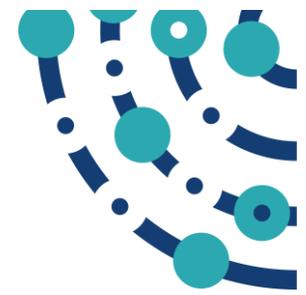
- NIHR Policy Research Unit in Behavioural and Social Sciences
- PRU-BaSS is 1 of 20 Policy Research Units, funded for 5 years
- Conducts and delivers high quality, robust, relevant, timely, and accessible evidence to the Department of Health and Social Care (DHSC), the government and arms-length bodies.
- Planned and reactive research, working directly with policy partners

Provide  
interdisciplinary  
expertise

Identify policy  
needs and  
opportunities

Co-design with  
patients and the  
public

Work together  
to address  
inequalities



# NIHR PRU – Behavioural and Social Sciences

Latest projects



Education and training decisions for those considering a career in nursing



Hypertension Detection



Public health gambling messaging intervention



Virtual Wards



Understanding health professionals' responses to patient complaints



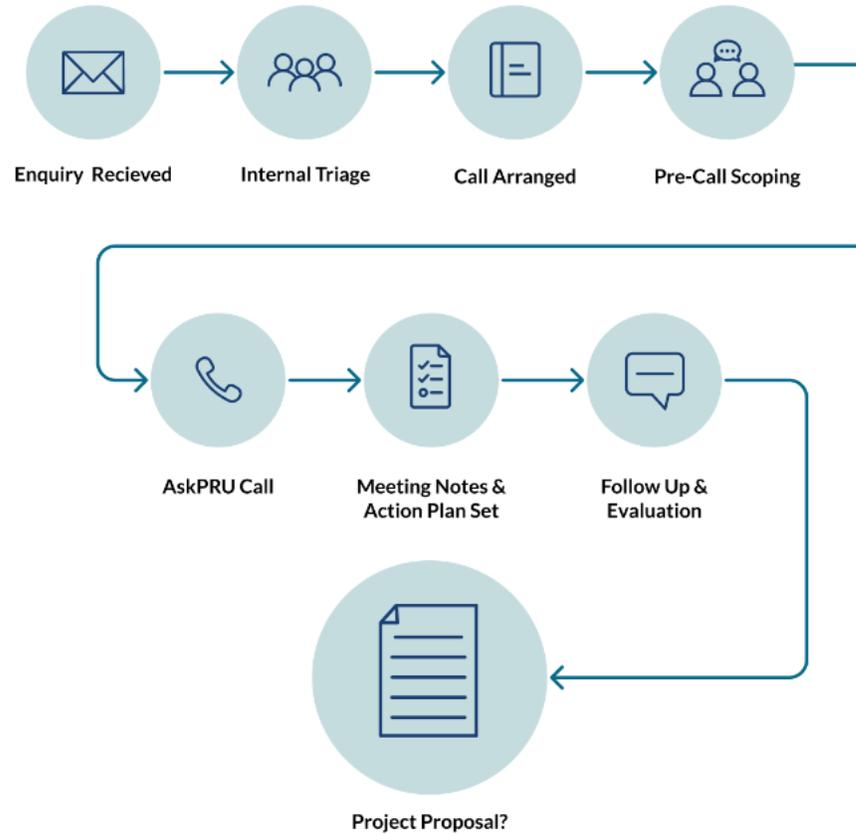
Exploration of Covid-19 test reporting behaviours in England



Use of evidence in policy making



Shared medical appointments



NIHR | Policy Research Unit  
Behavioural and social sciences

**Policy Brief**  
March 2024

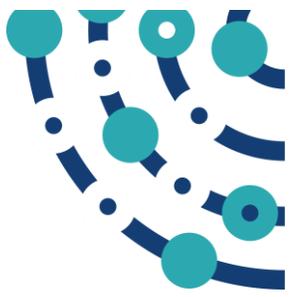
Barriers and enablers to having blood pressure checked among adults without a hypertension diagnosis: A systematic review and theoretical mapping

**About the study**  
Hypertension affects 1 in 4 men and 1 in 5 women<sup>1</sup> and increases the chances of developing cardiovascular disease (CVD). This systematic review captures international evidence on influences on patient engagement with blood pressure (BP) checks in primary care and community settings. Detecting high BP and implementing behavioural strategies to reduce hypertension risk are priorities in the NHS Long Term Plan<sup>2</sup> and essential for reducing patients' risk of developing cardiovascular disease. Behavioural science can help summarise the available evidence on patient-reported barriers to engagement with BP checks. They additionally offer the advantage of being theoretically-driven and generating evidence-based intervention strategies. The aim of the review was to identify factors that influence patient engagement with BP checks, focusing on those who have not been diagnosed with hypertension.

**Recommendations**

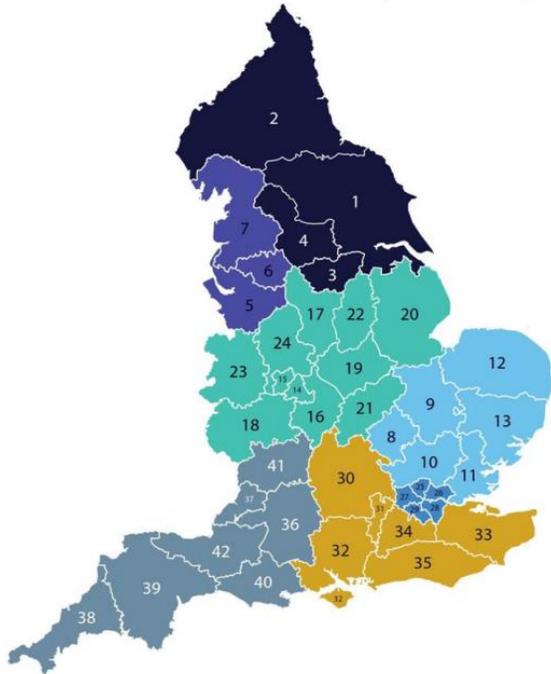
- Ensure information on self-measuring devices (i.e., waiting room machines, wearable devices) is accessible and easy to understand.
- Tailor health-related messaging to the social groups most likely to experience stigma or gendered social pressures from testing (i.e., men or people living in rural areas).
- Offer home-based BP check options for those who fear being tested in public spaces (i.e., GP waiting rooms).
- Implement BP checks in locations where patients would visit during their usual activities, such as a pharmacy, place of worship or community centre.
- Encourage people who are trusted by patients (i.e., social contacts) and suitably qualified (i.e., patient's GP) to promote regular BP checks.

**Methods**  
A systematic literature review of four databases searching global research was conducted. Extracted data included: study characteristics, research design/theory, participant characteristics, BP check behaviours, BP check setting, and barriers/enablers of BP check engagement. Studies were included if they: (a) were published in English between 2015 and 2023, and (b) reported primary data on the barriers and enablers that patients face when engaging with BP checks in the community or primary care. Studies were excluded if they: (a) focused on BP checks for people with chronic or long-term health conditions (such as hypertension or diabetes), (b) did not report barriers or enablers to BP checks, or (c) did not report primary research data. Extracted data on BP check behaviours were specified using the Action, Actor, Context, Target, Time (AACTT) framework<sup>3</sup> and mapped onto the Behaviour Change Wheel (BCW)<sup>4</sup> so that recommendations could be made using the Behaviour Change Technique Taxonomy (BCTTv1). Influences of patient engagement with BP checks were mapped onto the Theoretical Domains Framework (TDF)<sup>5</sup> and Capability, Opportunity, Motivation - Behaviour (COM-B) model.



# Policy landscape: evidence – application – impact

## ICS Structure



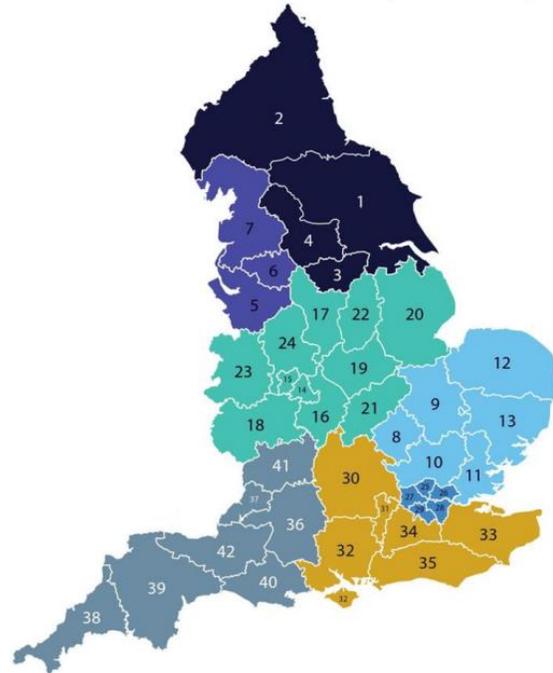
# Policy landscape: evidence – application - impact

## Integrated Care Systems in England

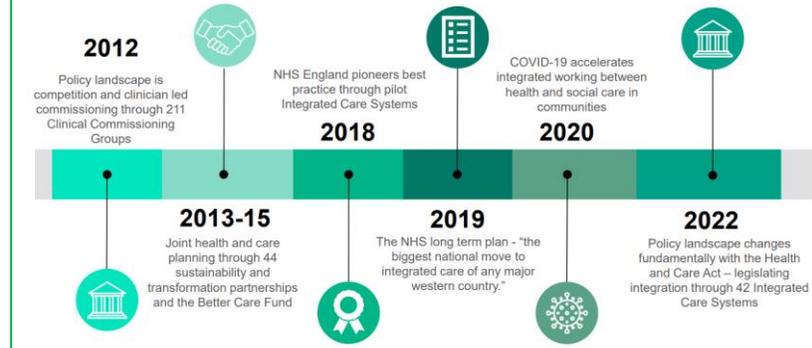
Sam Boyd, Deputy Director System Delivery  
Department of Health and Social Care

November 2023

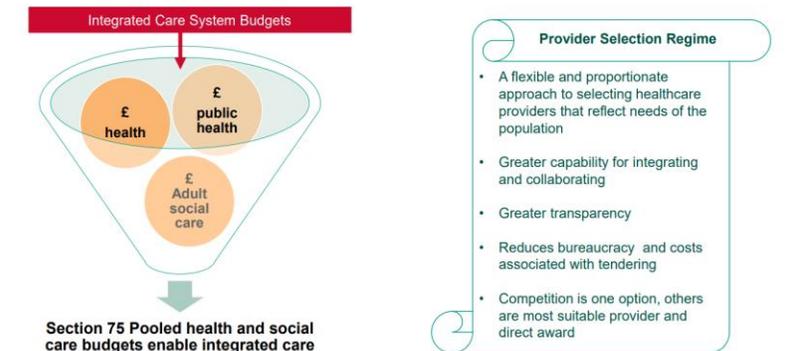
## ICS Structure



## Policy journey to Integrated Care Systems (ICS)



## Pooling budgets and new procurement rules can support integration



# Our related work that has informed project development



## Health & Social Care in the Community

Research Article | [Open Access](#) |

### Implementation of Step-Down Intermediate Care (IC) in Buckinghamshire, UK: A Qualitative Evaluation Study of Healthcare Professionals' Experiences and Perspectives

Fani Liapi Angel Marie Chater, Tina Kenny, Juliet Anderson, Gurch Randhawa, Yannis Pappas

First published: 03 April 2024 | <https://doi.org/10.1155/2024/8864478>

Academic Editor: Qing-Wei Chen



Article

### Understanding the Experience of Service Users in an Integrated Care Programme for Obesity and Mental Health: A Qualitative Investigation of Total Wellbeing Luton

Fani Liapi <sup>1,\*</sup> , Angel Marie Chater <sup>2</sup> , Julia Vera Pescheny <sup>3</sup>, Gurch Randhawa <sup>1</sup> and Yannis Pappas <sup>1</sup>



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frontiers | Frontiers in Public Health

TYPE: Original Research  
PUBLISHED: 09 September 2022  
DOI: 10.3389/fpubh.2022.903109

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**OPEN ACCESS**  
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REVIEWED BY: Justin B. Moore, Wake Forest School of Medicine, United States; Kenneth Chui, Tufts University, United States  
\*CORRESPONDENCE: Angel M. Chater, angel.chater@beds.ac.uk  
SPECIALTY SECTION: This article was submitted to Public Health Education and Promotion, a section of the journal

### Outcome evaluation of Active Herts: A community-based physical activity programme for inactive adults at risk of cardiovascular disease and/or low mental wellbeing

Angel M. Chater<sup>1,2\*</sup>, Joerg Schulz<sup>3</sup>, Andy Jones<sup>4</sup>, Amanda Burke<sup>4</sup>, Shelby Carr<sup>4</sup>, Dora Kukucska<sup>1</sup>, Nick Troop<sup>3,5</sup>, Daksha Trivedi<sup>6</sup> and Neil Howlett<sup>3</sup>

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*"We (men) don't really pay attention to our health."*

*"Participants talked about how long clinic queues made going to the clinic an unpleasant experience, such that participants avoided going"*

**NIHR** | Policy Research Unit  
Behavioural and social sciences

**Policy Brief**  
March 2024 – PRU-PB-019

Barriers and enablers to having blood pressure checked among adults without a hypertension diagnosis: A systematic review and theoretical mapping

**About the study**  
Hypertension affects 1 in 4 men and 1 in 5 women<sup>1</sup> and increases the chances of developing cardiovascular disease (CVD).

**Recommendations**

- Ensure information on self-measuring devices (i.e., waiting room machines, wearable devices) is accessible and easy to understand.

This systematic review captures international evidence

# Our related work that has informed project development

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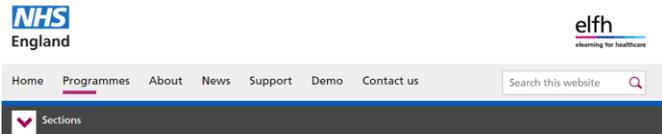


International Journal of Environmental Research and Public Health



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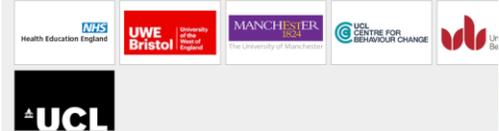
Fani Liapi<sup>1,\*</sup>, Angel Marie Chater<sup>2</sup>, Julia Vera Pescheny<sup>3</sup>, Gurch Randhawa<sup>1</sup> and Yannis Pappas<sup>1</sup>



### Applying a Health Psychology Approach to Workforce Redesign

Professional skills for trainee health psychologists working within workforce redesign

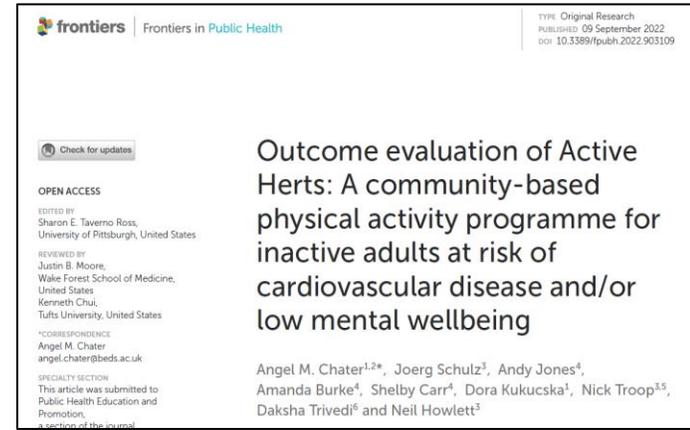
This programme is in partnership with...



20 - Khudayja Dattoo -Jaffer - East of England

*"We (men) don't really pay attention to our health."*

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# OptICS: How we will address the gaps



## IDENTIFY, ACTIVATE, ENABLE

Integrated care that addresses physical and mental health as interacting issues



## DEVELOP A SET OF TOOLS

Support for use during policy making, priority setting, commissioning and service delivery



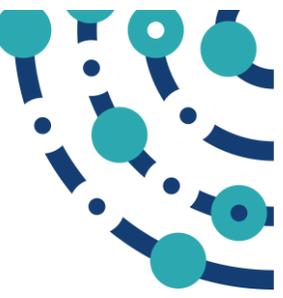
## CREATE NEW STRATEGIES TO CHAMPION INTEGRATED CARE



## TARGET ANY GAPS IN SKILLS

Build capacity of key stakeholders



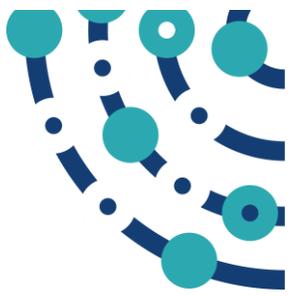


# Research Questions

**How is integrated care delivered across the UK?**

***What helps and what hinders?***





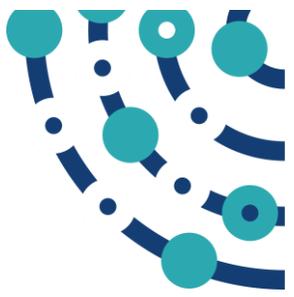
# Research Questions

**How is integrated care delivered across the UK?**

***What helps and what hinders?***

Use behavioural science to identify:

- **“*who*”** is involved in successful delivery of integrated care (key people)?
  - **“*what*”** they do in relation to integrated care (key behaviours)
  - **“*why*”** they do this (key influences on behaviour – COM-B diagnosis)
  - **“*how*”** we can harness best practice and champions across the system (key intervention strategies – BCW approach)
-

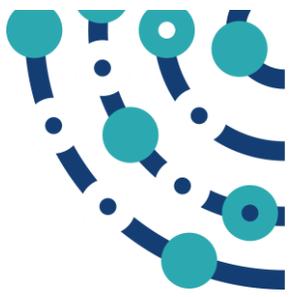


# Focus of OptICS: Integrated care for those with CVD risk and common mental health concerns

- **Cardiovascular disease (CVD) risk**
    - **Behavioural**
      - Inactivity
      - Smoking
      - Alcohol misuse
    - **Physiological**
      - Hypertension
      - High Cholesterol
      - Obesity (BMI >30, or BMI >28 if one or more co-morbidities)
      - Diabetes Mellitus
  - **Mild to moderate mental health concerns**
    - Anxiety
    - Depression
-

# Theoretical models and frameworks





# Theoretical models and frameworks

TDF: Cane et al., 2012

COM-B: Michie et al., 2011

TDF/COM-B image: Chater et al., 2022

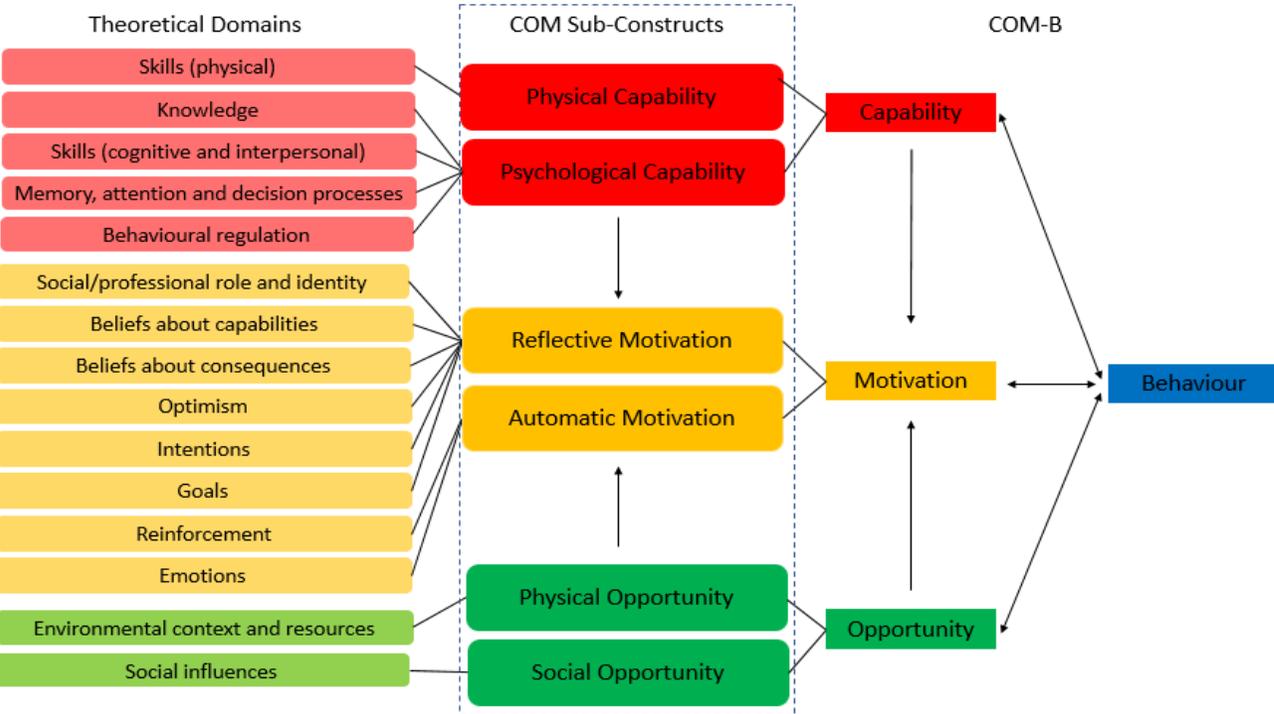
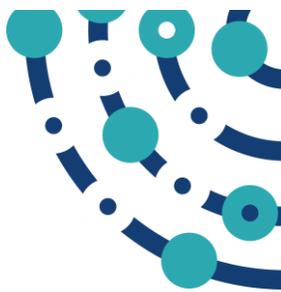
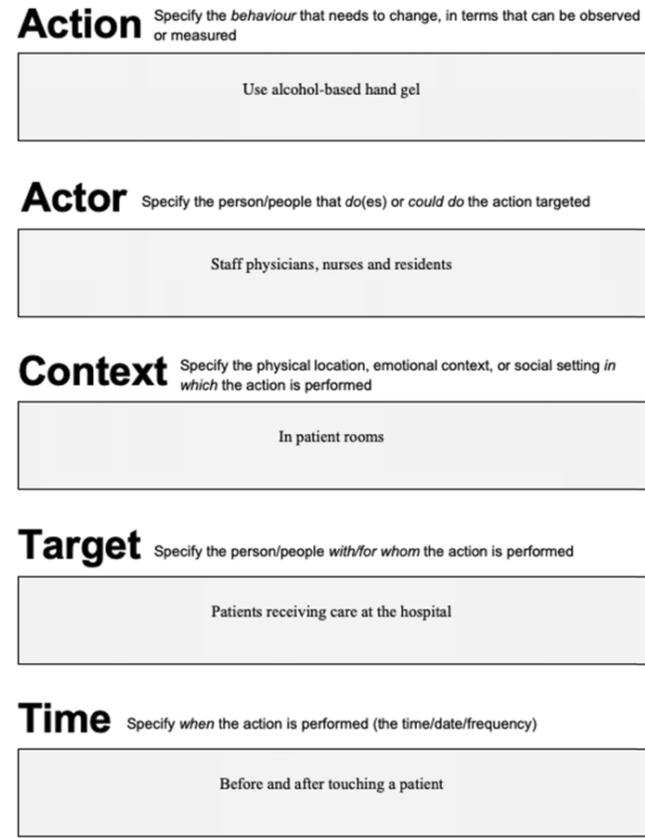


Image from - Chater, et al. (2022). Influences on nurses' engagement in antimicrobial stewardship behaviours: A multi-country survey using the Theoretical Domains Framework. *Journal of Hospital Infection*. doi: <https://doi.org/10.1016/j.jhin.2022.07.010>

# Theoretical models and frameworks

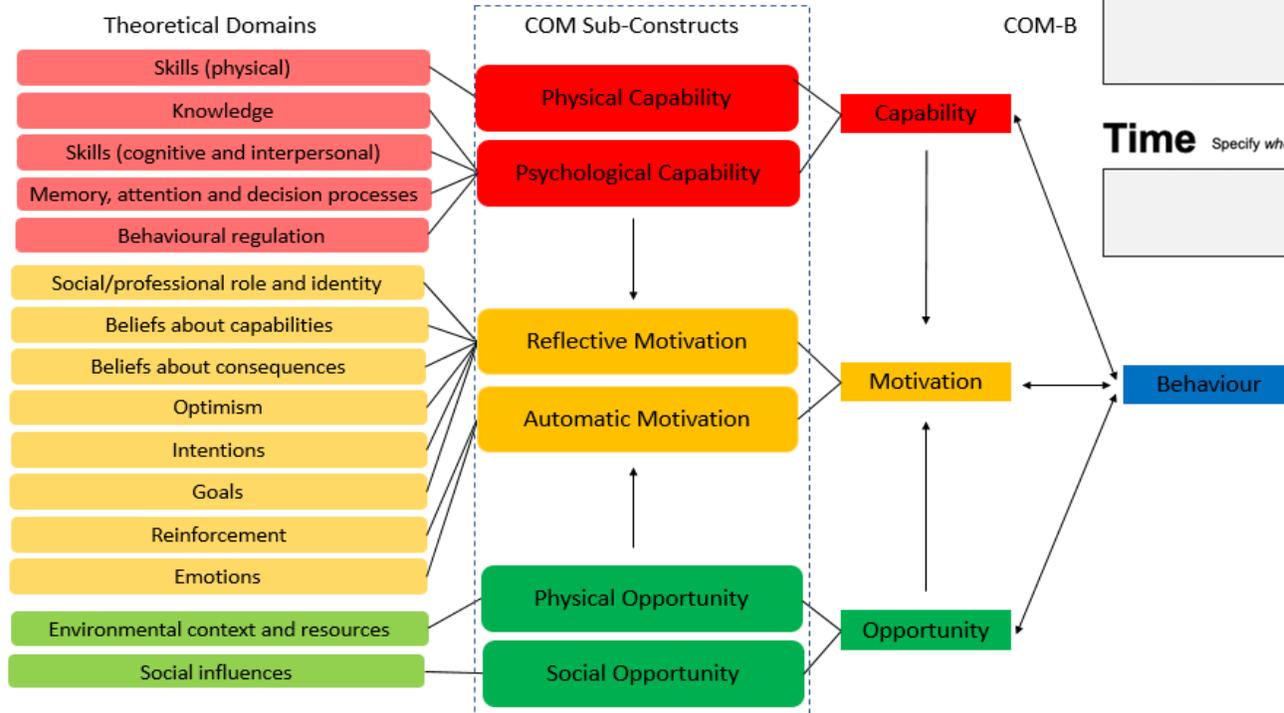


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 TDF/COM-B image: Chater et al., 2022



Presseau et al., 2019

Behaviour

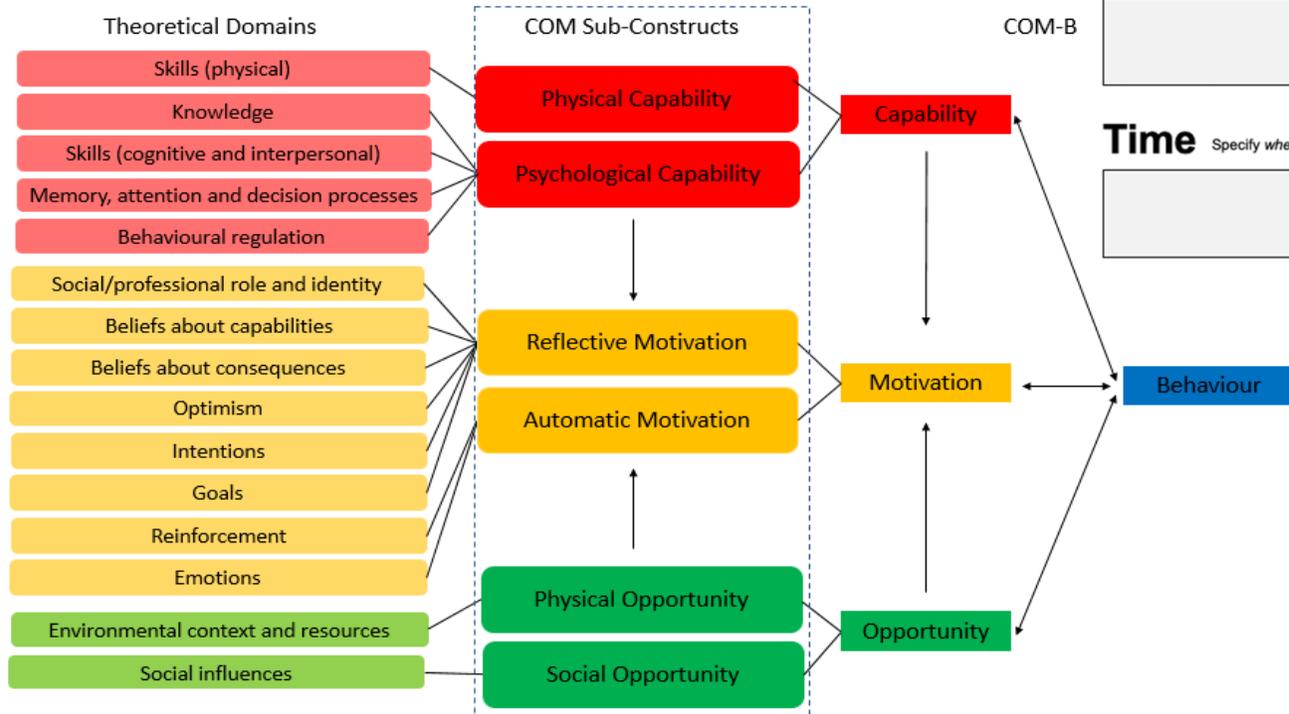


# Theoretical models and frameworks

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COM-B: Michie et al., 2011

TDF/COM-B image: Chater et al., 2022



**Action** Specify the *behaviour* that needs to change, in terms that can be observed or measured

Use alcohol-based hand gel

**Actor** Specify the person/people that *do(es)* or *could do* the action targeted

Staff physicians, nurses and residents

**Context** Specify the physical location, emotional context, or social setting *in which* the action is performed

In patient rooms

**Target** Specify the person/people *with/for whom* the action is performed

Patients receiving care at the hospital

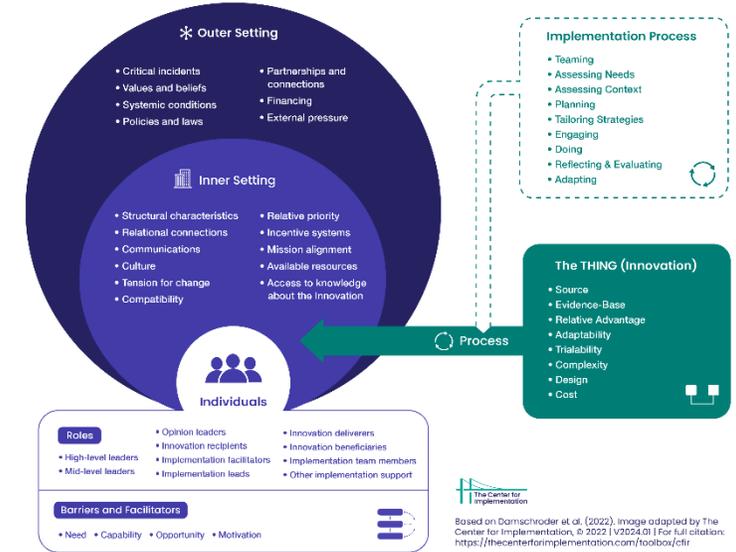
**Time** Specify *when* the action is performed (the time/date/frequency)

Before and after touching a patient

Presseau et al., 2019

Consolidated Framework for Implementation Research (CFIR) 2.0

Damschroder et al. 2022



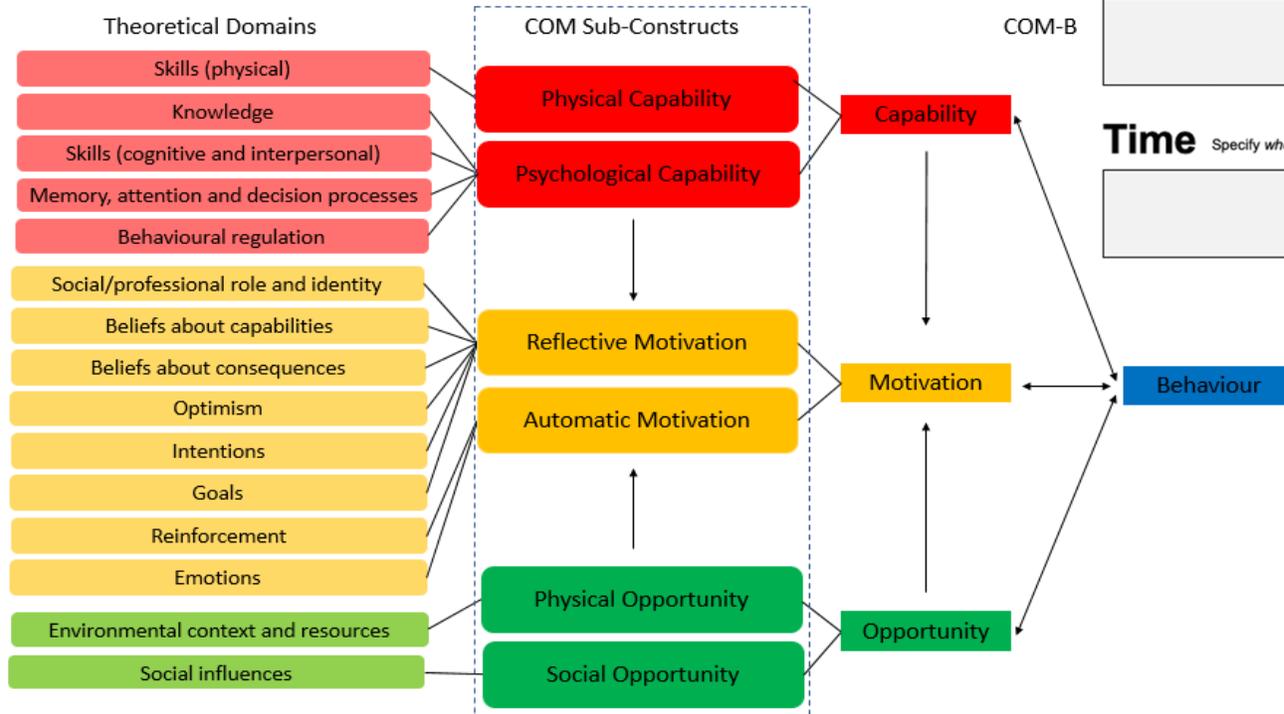
Based on Damschroder et al. (2022). Image adapted by The Center for Implementation, © 2022 | V2024.01 | For full citation: <https://thecenterforimplementation.com/foobox/cfir>

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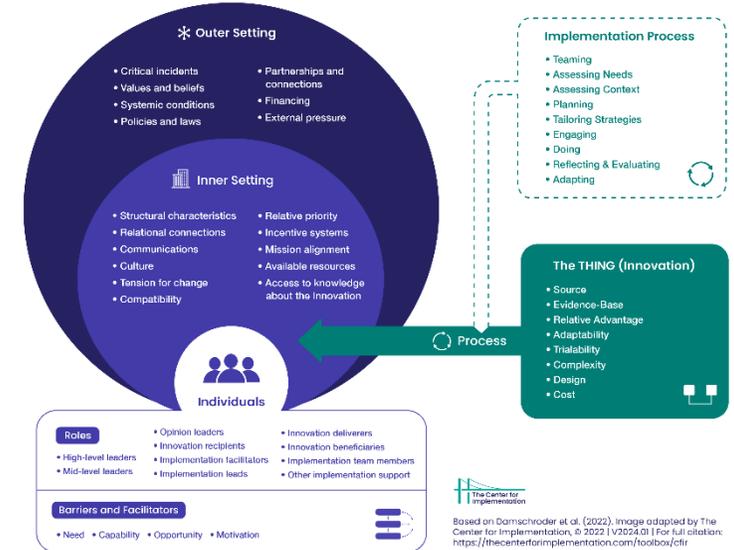
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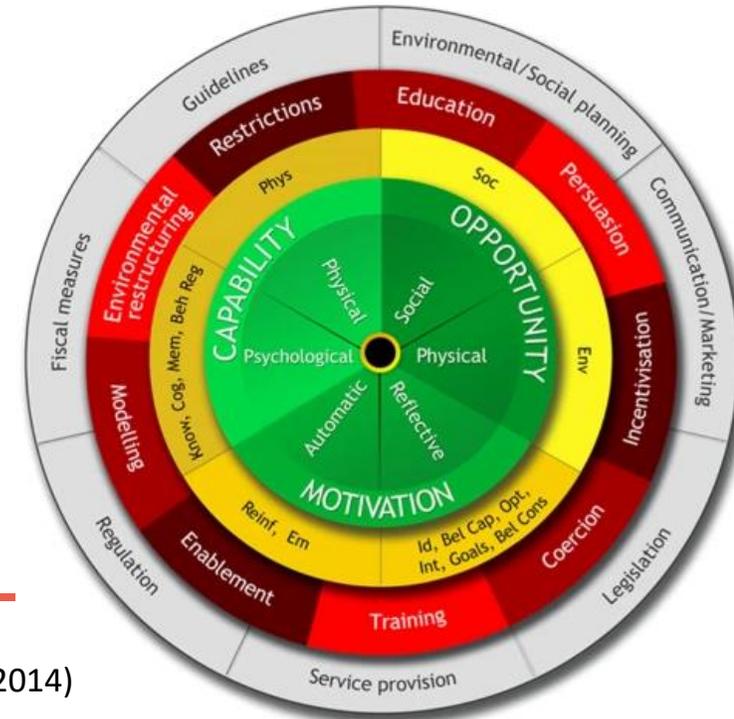
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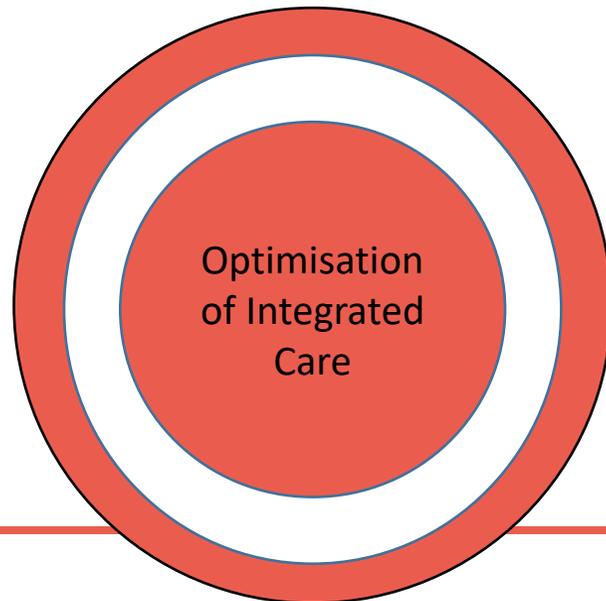
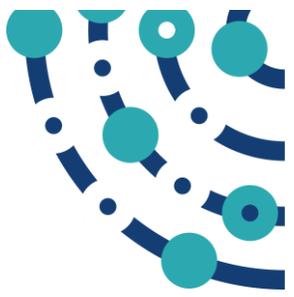


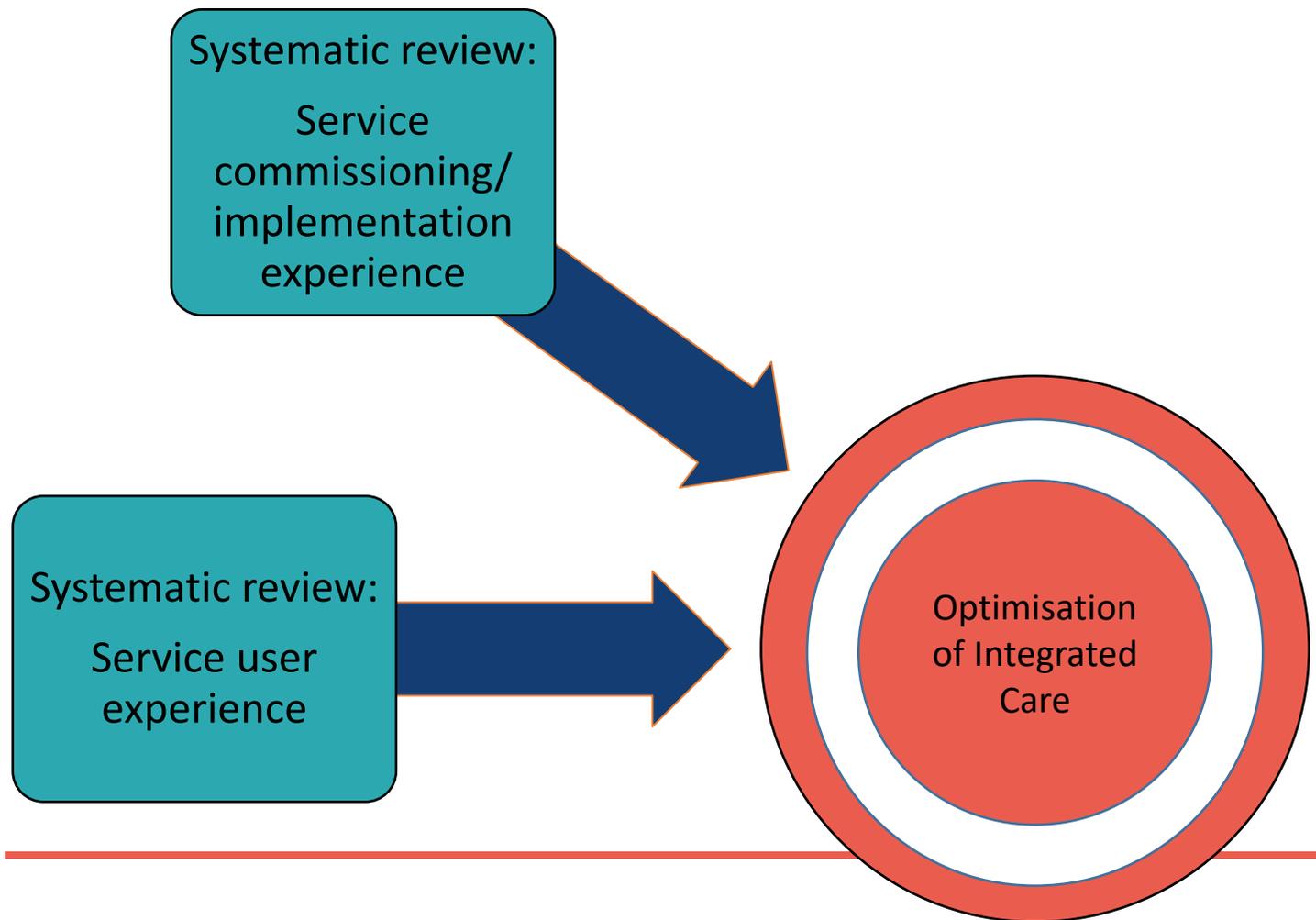
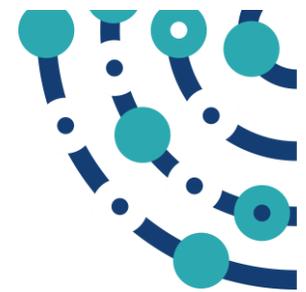
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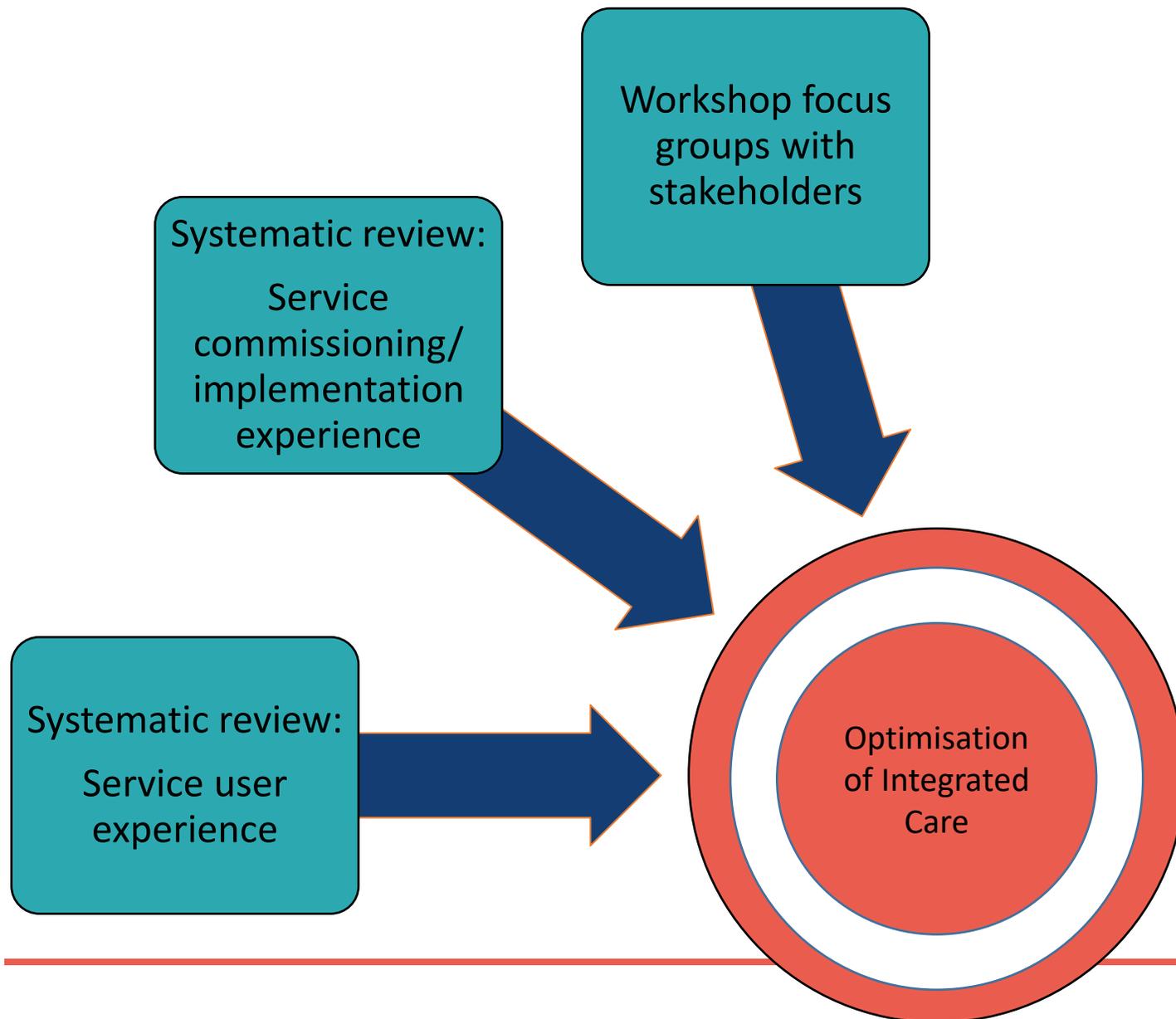
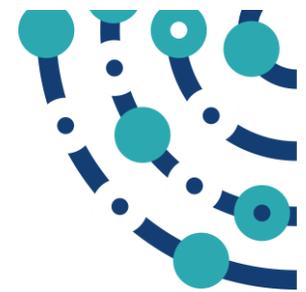


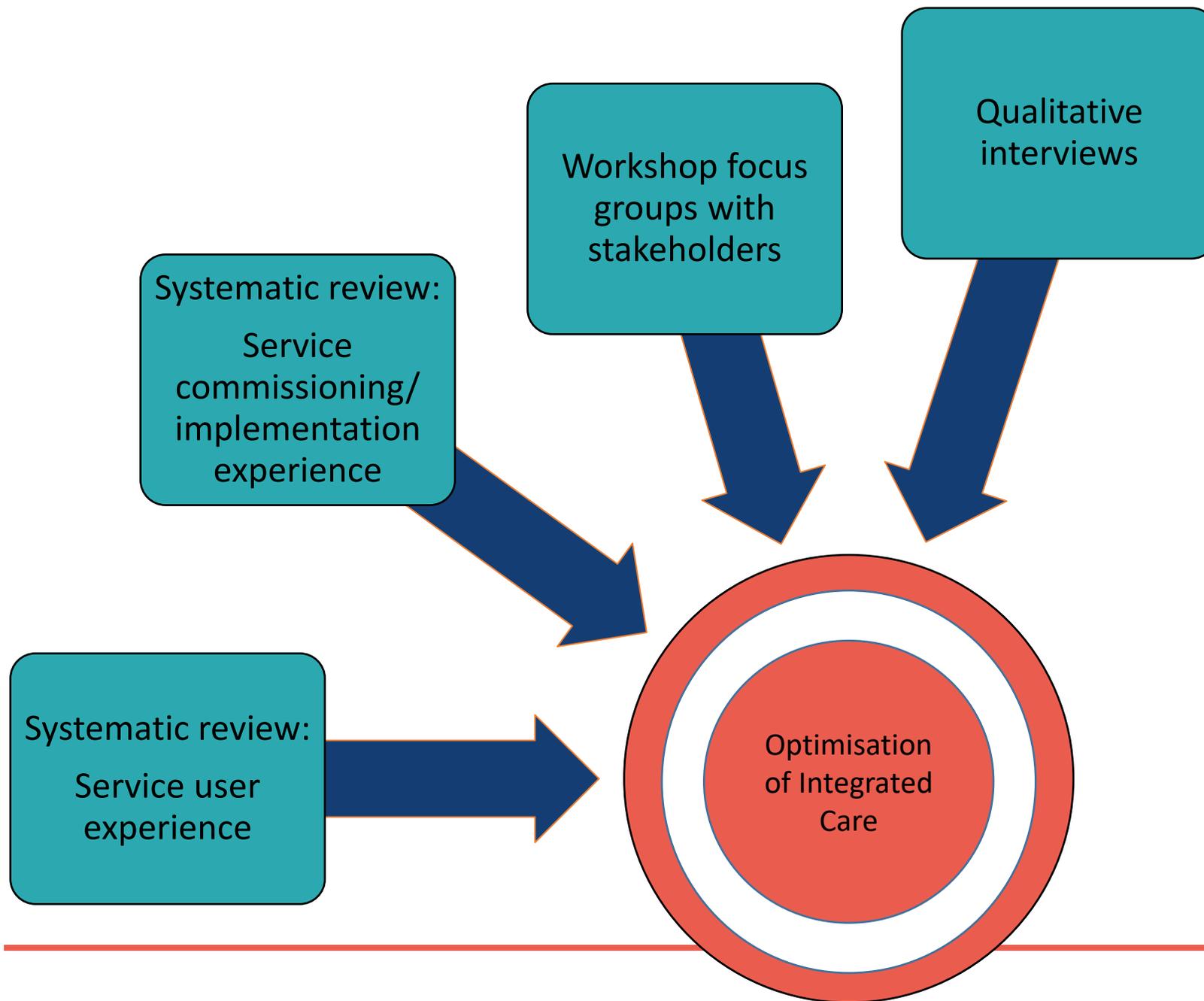
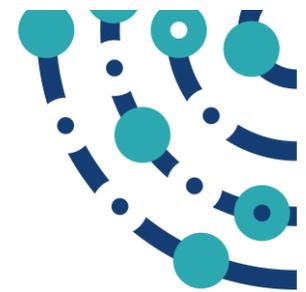
(Michie et al., 2011; 2013; 2014)

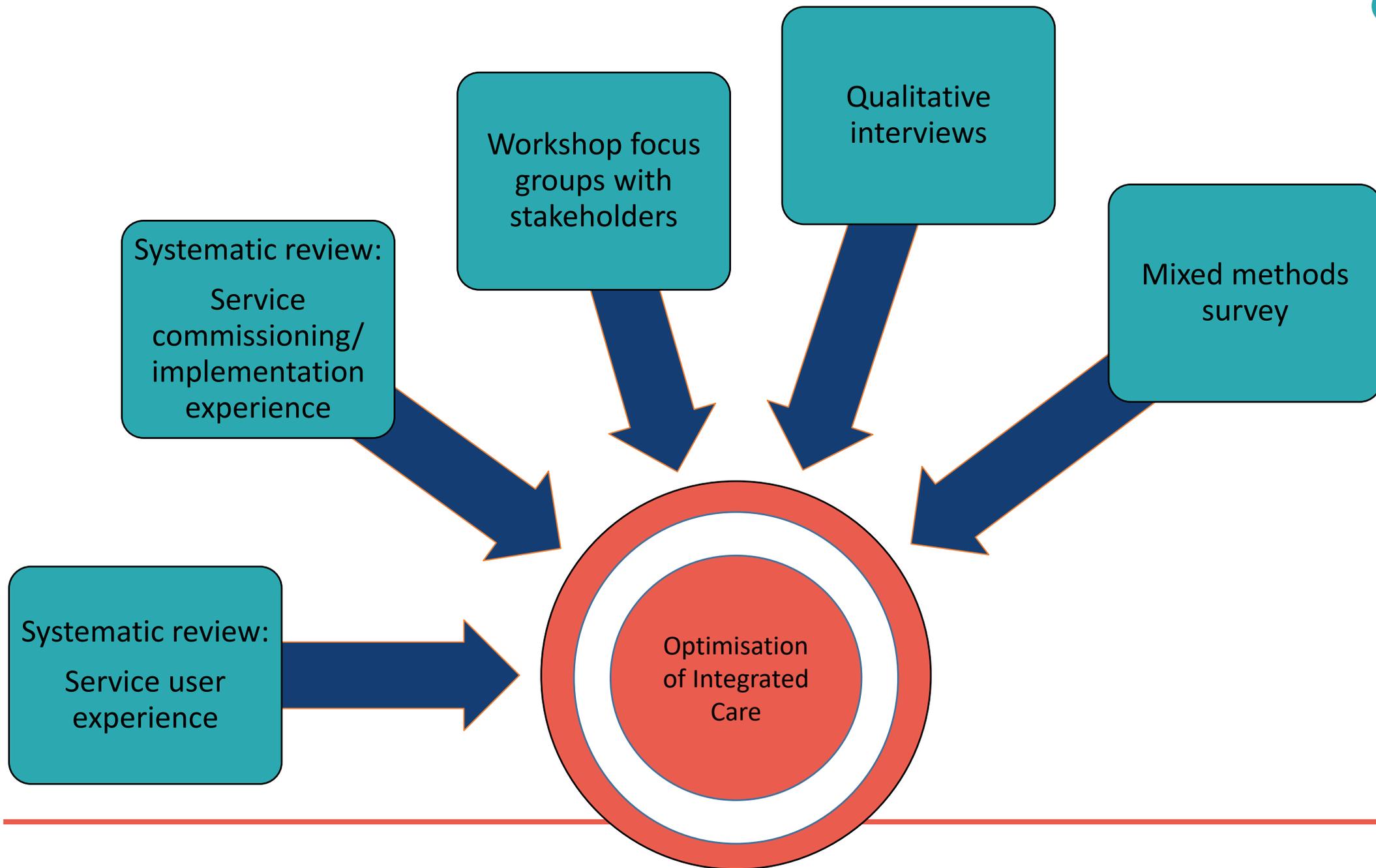
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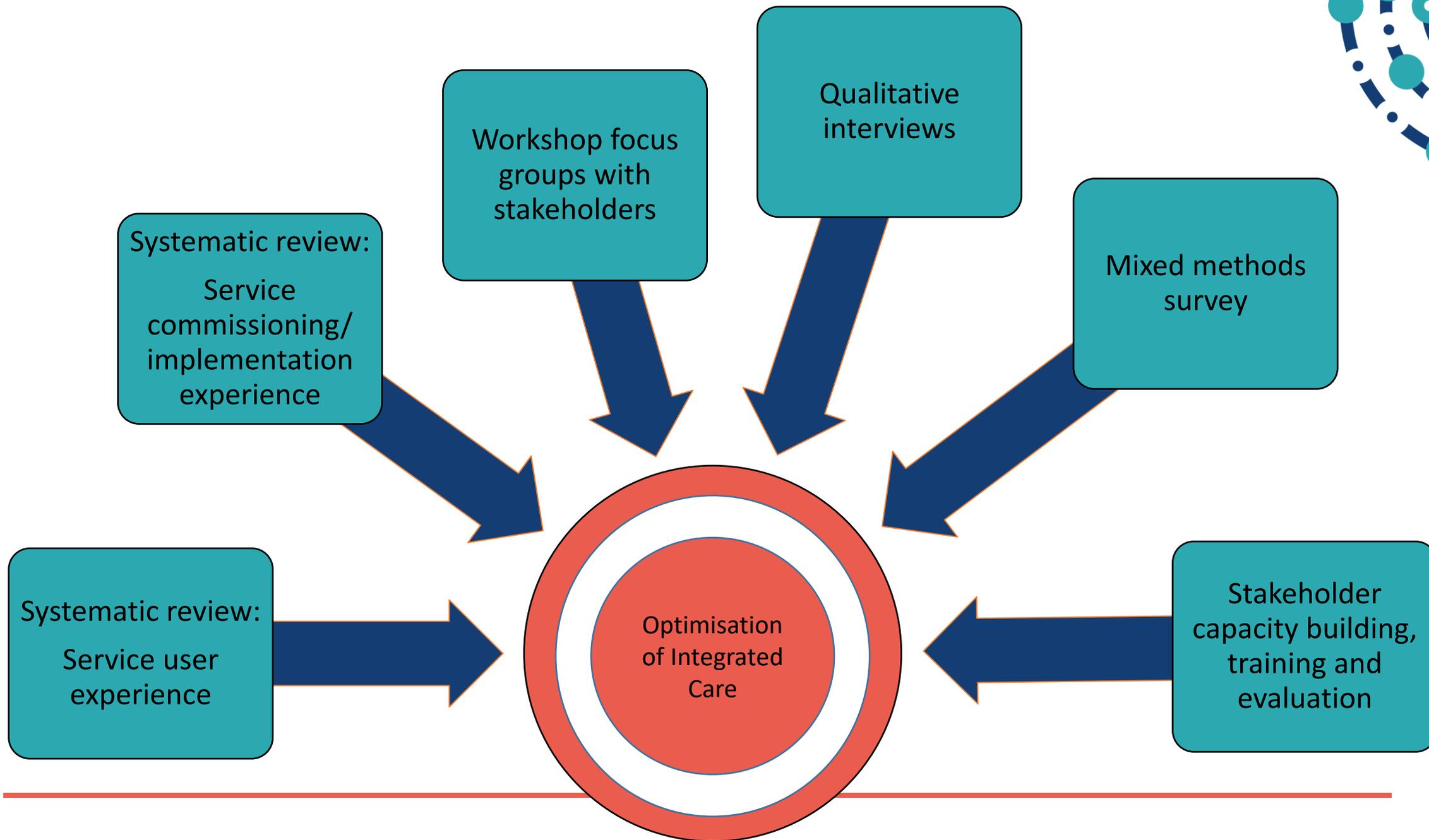
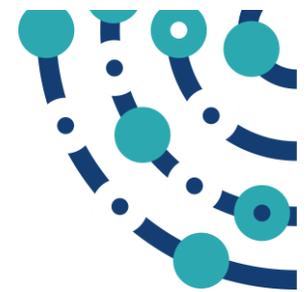


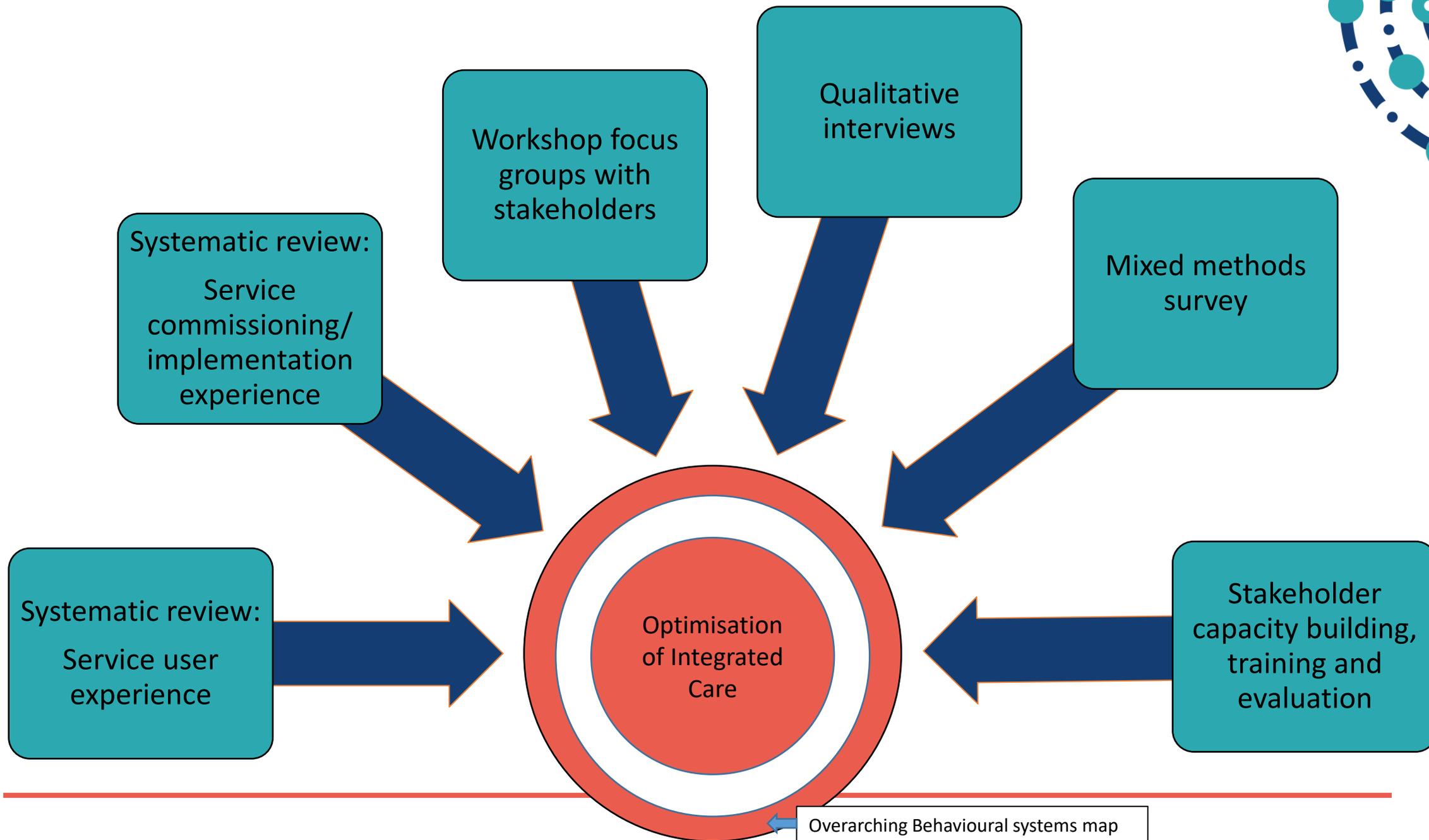




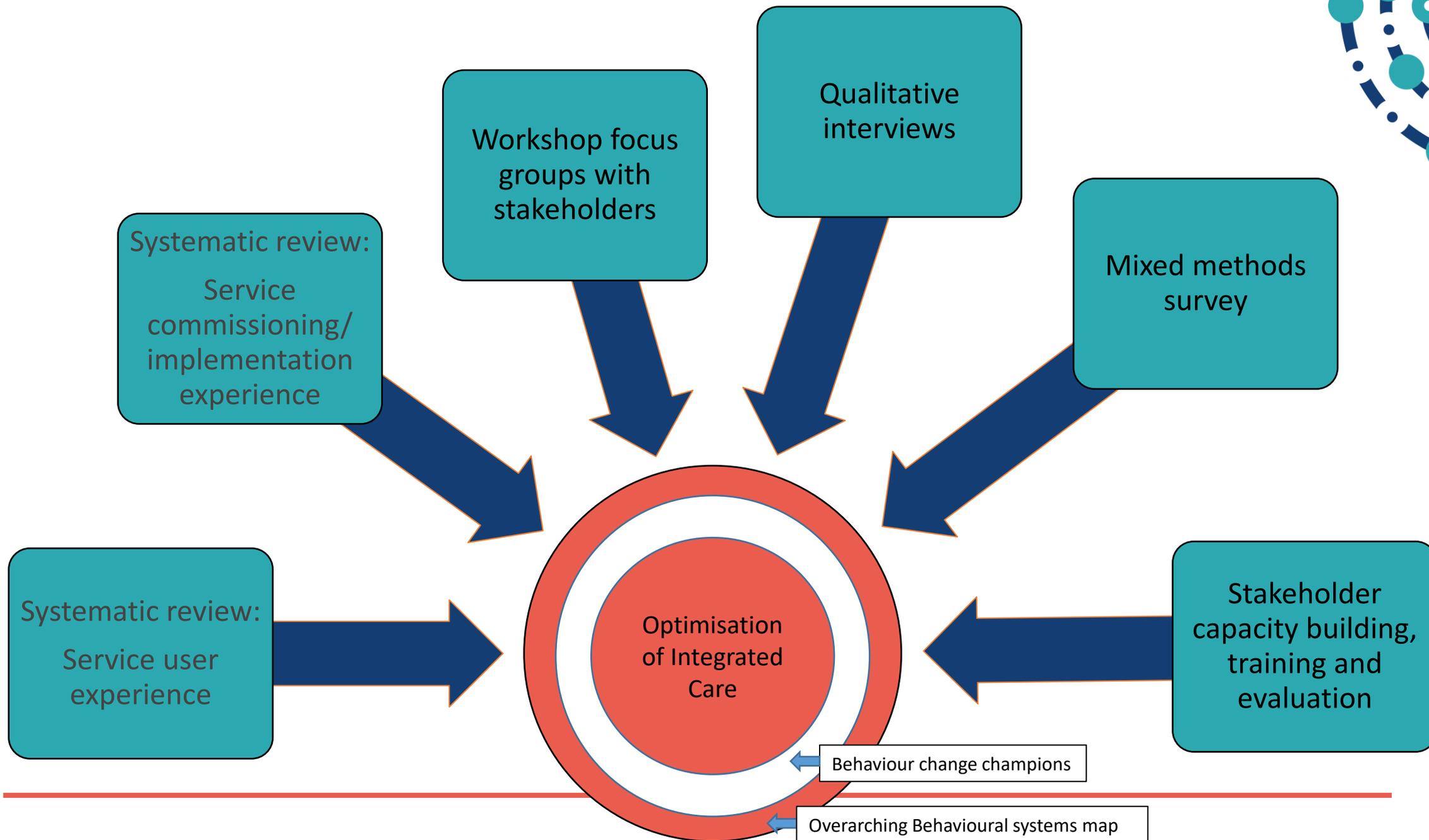
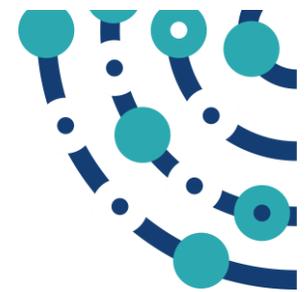












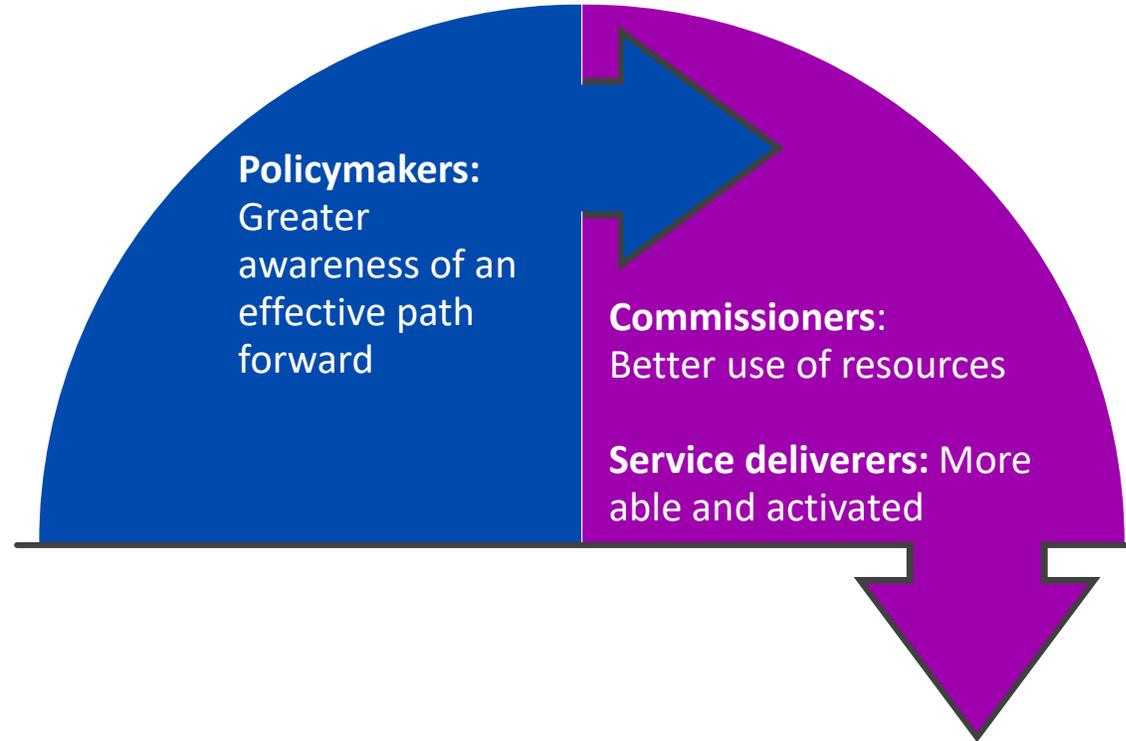
# Project Implications



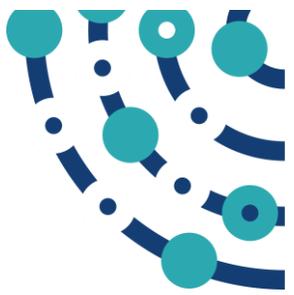
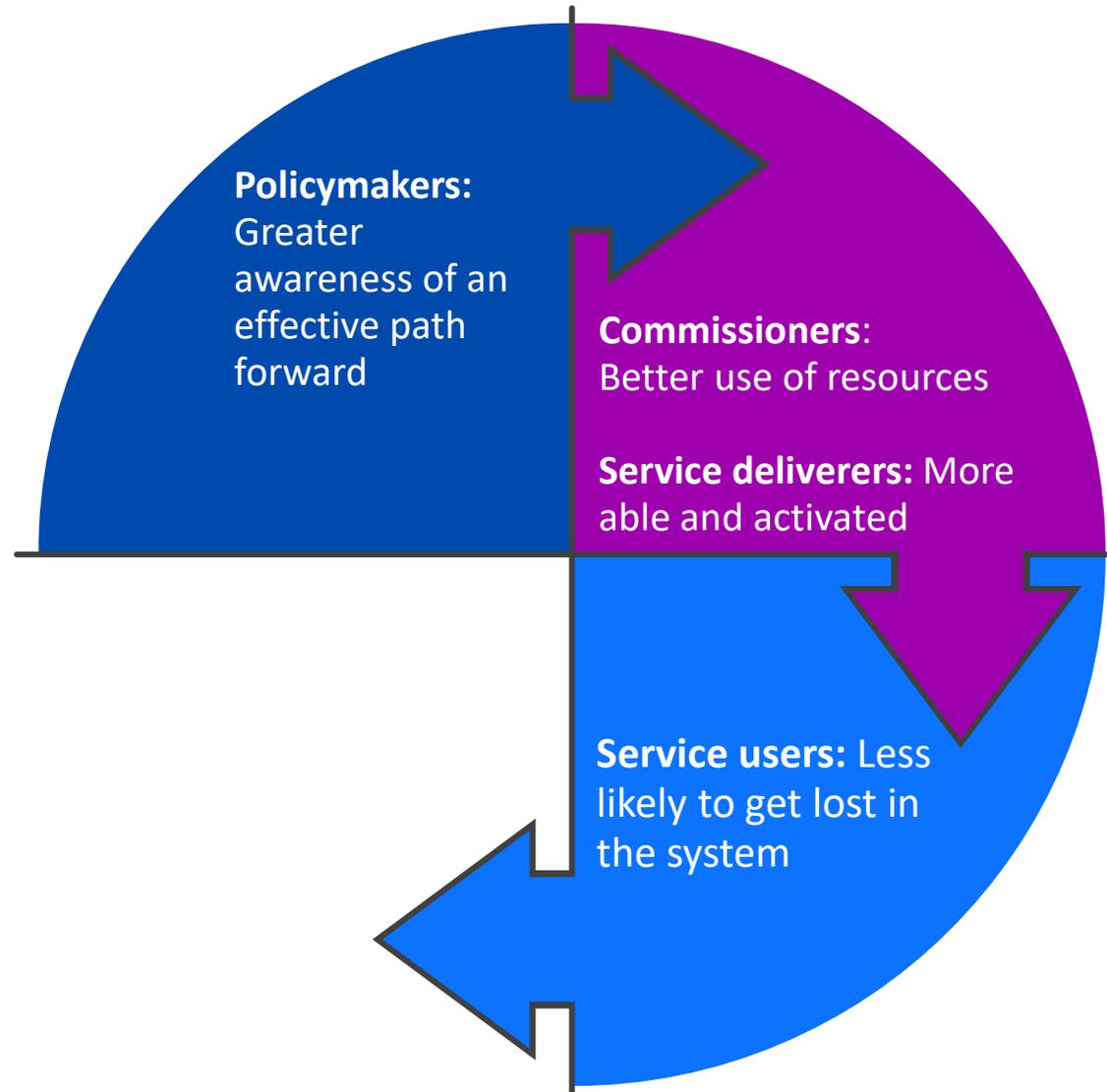
**Policymakers:**  
Greater  
awareness of an  
effective path  
forward



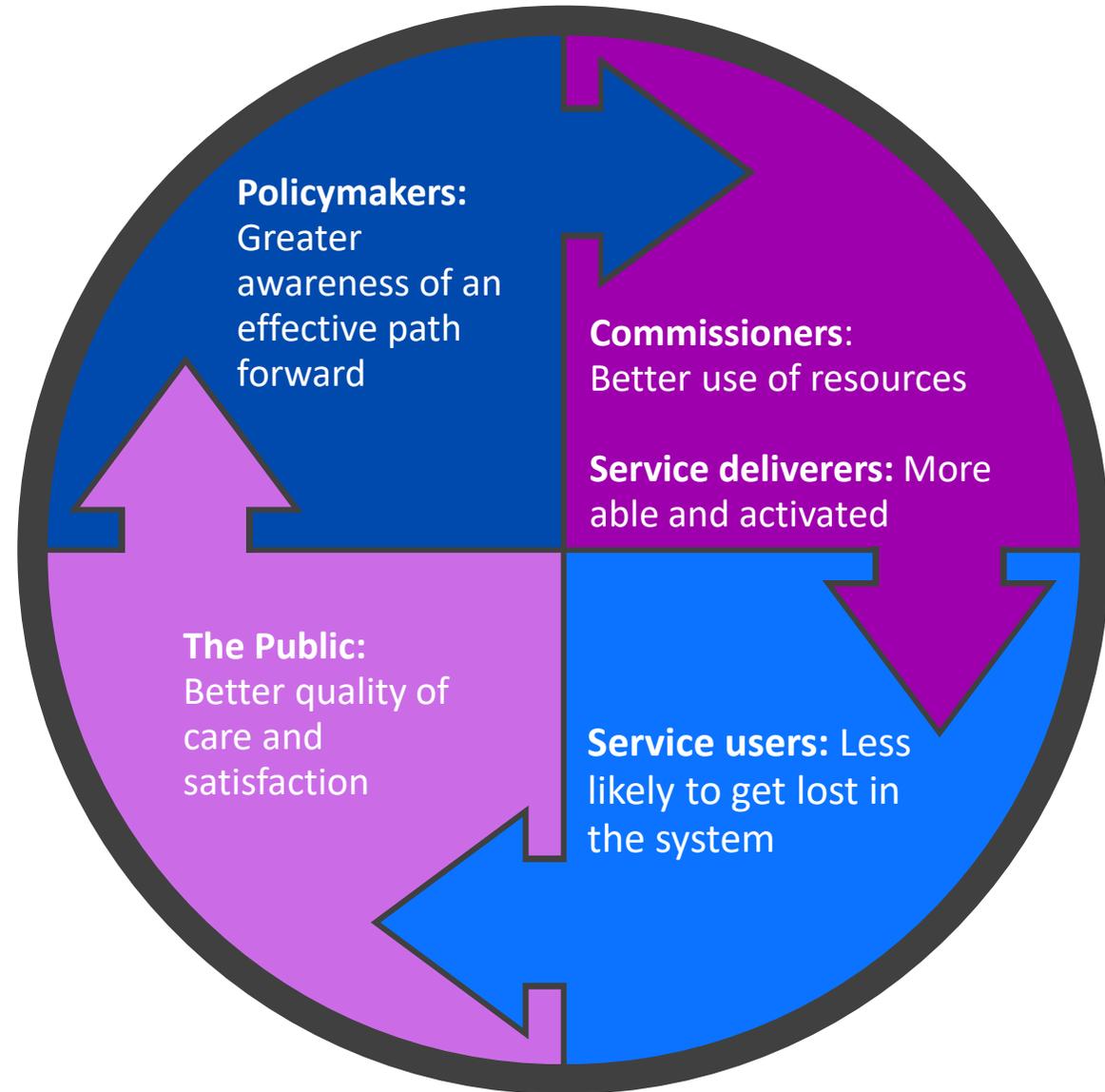
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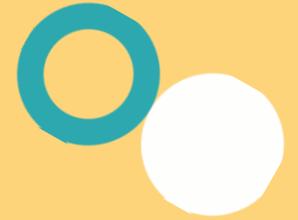
# Project Implications



# Project Implications



# Thank you for your attention Any questions?



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Lead researcher, Dr Alison McKinlay:  
[a.mckinlay@ucl.ac.uk](mailto:a.mckinlay@ucl.ac.uk)

PRU in Behavioural and Social Sciences  
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