



The Department of Health Sciences

# Community pharmaciEs Mood Intervention Study (CHEMIST)

David Ekers

Tees Esk and Wear Valleys NHS FT/University of York

Nurse Consultant/Senior Visiting Research Fellow

Lead Investigator CHEMIST Study

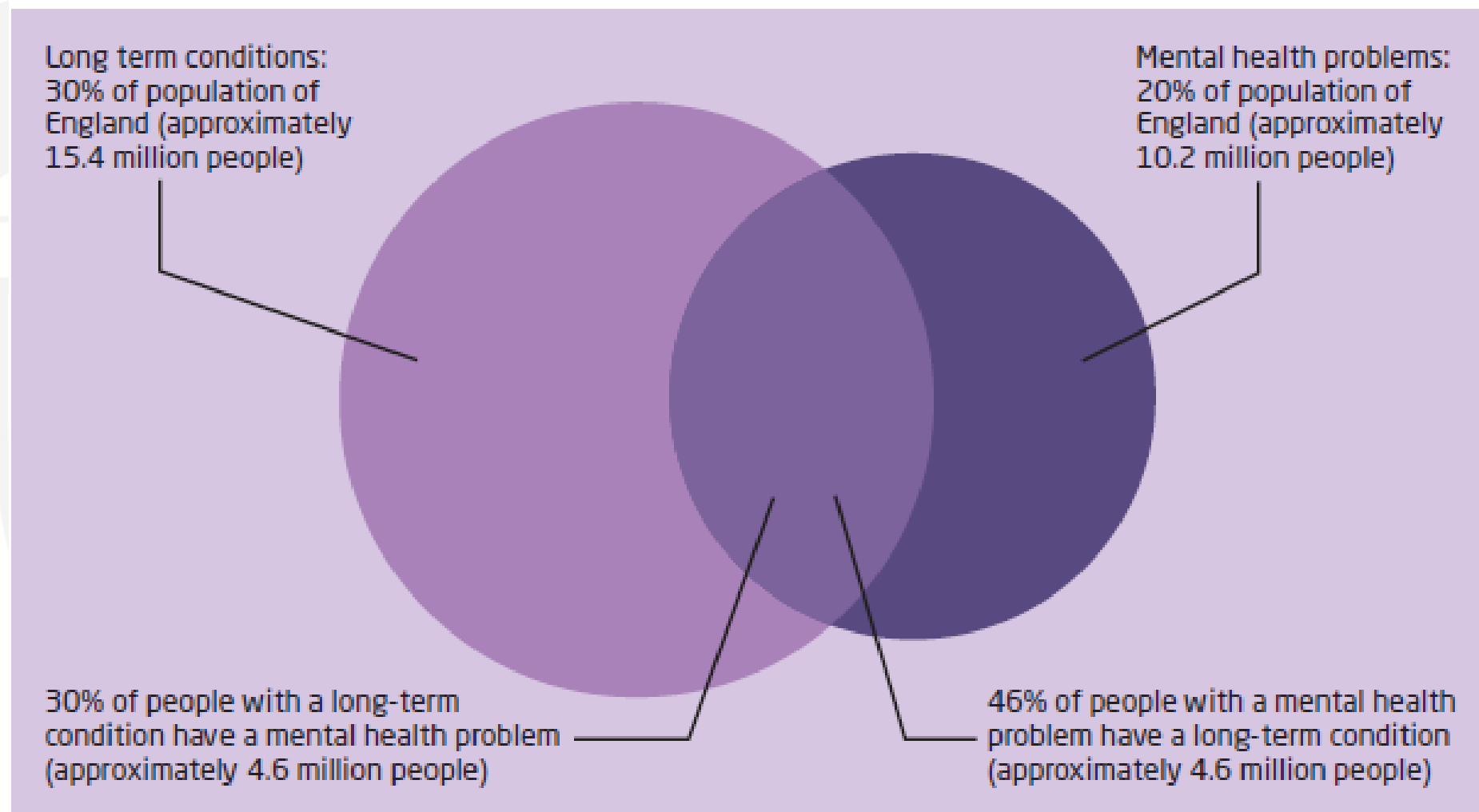


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# Why is this research important?

- Depression and low mood (sub-threshold depression) is a common problem for people with long-term health conditions (LTCs)
  - Often those with less severe mood problems do not receive any treatment
  - This results in increased disability, distress and worsened health outcomes
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**Figure 1** The overlap between long-term conditions and mental health problems



Reference: Naylor et al, 2012 (Kings Fund)

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# Community pHarmacieS Mood Intervention STudy (CHEMIST)



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- Based in community pharmacies
  - Behavioural activation/Collaborative Care Intervention
  - Delivered by Pharmacy Healthy Living Practitioners
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# Why might collaborative care work in community pharmacies?

## Pharmacies:

- have regular contact with people with LTCs
- are very well placed in poorer communities where LTCs are more common
- are being asked to do much more public health research
- further research evidence is required to support this approach

We have a simple treatment that works well in primary care and is acceptable to people receiving it

# Study Design

## Feasibility Study

- Recruit 20 people
- Test out recruitment, intervention and study procedures
- Conduct qualitative interviews & focus groups with pharmacy staff and study participants

## Pilot Trial

- 100 people
- Test out the intervention vs. usual care
- Conduct qualitative interviews with pharmacy staff, study participants and GPs

# What are the CHEMIST study aims?

- Adapt training and self help materials for use in community pharmacies
- Develop and refine recruitment and study procedures
- Conduct a pilot randomised trial to determine whether a full definitive trial is
- Explore the potential cost to deliver enhanced support and what this may lead to in health benefits
- Explore suitability across areas of differing social deprivation

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# How will pharmacies be involved?

- Identify potential participants
  - Recruit (in person/via prescriptions/NMS/MUR)
  - Keep a log of recruitment activities
  - Put forward staff to be trained to deliver the collaborative care intervention
  - Provide feedback on the study
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# What helps people with sub-threshold depression?

- Previous studies show an enhanced support package called collaborative care works compared to usual primary care (705 Older adults 80 % with LTC)
  - it can reduce depressive symptoms
  - It may reduce those that go on to get full depression by just under half

# Collaborative Care

- Enhanced support includes:
  - a psychological self-help treatment (behavioural activation)
  - support by structured phone/face-to-face sessions
  - regular use of a mood measurement questionnaire
  - liaison with support services if needed

**This research aims to produce high quality evidence to see how pharmacies might be able to deliver this type of role**

NHS 5 year forward view highlights need for new innovative developments and the role of illness prevention

CP could provide a key role in prevention of major area of multi morbidity if effective as part of healthy living services

# How will pharmacy staff deliver collaborative care?

- Train pharmacy staff to deliver collaborative care within the pharmacy setting (2 day training course).
- Experts in approach support pharmacy staff with regular telephone support sessions to enable them to deliver the intervention

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# What does collaborative care/BA involve?

In CHEMIST this involves:

- Forming a relationship with the person and contacting them regularly to see how they are getting on (by phone or in person)
  - Supporting people to use BA 'self management' booklets to plan what to do to feel better/maintain health
  - Using a measure to see how many symptoms of depression they have
  - If they are getting worse, supporting them to seek further care from health services
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# Progress

- We seem able to train CP HLP in the 2 days, with some boosters as needed
- Recruitment in pharmacies not as initially designed via stakeholder engagement
- New recruitment approaches being implemented seem to be bearing fruit....
- Positive feedback from pharmacy staff delivering the intervention
- Positive feedback from participants
- Watch this space

# Disclaimer

- This study is funded by the National Institute for Health Research Public Health Research Programme (14/1869/11)
- The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health



# Thank you

Are there any questions?

[david.ekers@nhs.net](mailto:david.ekers@nhs.net)