INSTITUTE FOR HEALTH RESEARCH

Institute for Health Research Conference Proceedings 2019

The second annual LJMU Institute for Health Research (IHR) conference, to showcase the wide range of health research being undertaken at LJMU and with our external collaborators, took place in the John Lennon Art & Design Academy, Liverpool on the 9th September 2019. This event provided a fantastic forum to enable around 130 academics, clinicians and healthcare professionals to learn about ongoing research, network and think about new ideas for future research collaborations.

The conference was opened by Mark Power, LJMU's interim VC, who emphasised the significance of health and wellbeing research activities within LJMU and the importance we place on collaboration with our partners across Liverpool City region and the North West. The approach within LJMU is towards understanding and changing behaviours by utilising effective interventions, as a means of preventing illness and improving rehabilitation, and we believe this is key to the future of healthcare. This practice is gaining momentum externally to help address the health inequalities, poverty and poor health habits of the Liverpool population and thereby increase the ability to prevent ill health and disease. A brochure on Social Innovation was distributed within the conference pack to illustrate some of our ongoing work in this area.

Inti Qurashi, Gillian Hutcheon and Mark Power

The first session, chaired by LJMU Honorary Fellow, Angela Samata, had the theme of Mental Wellbeing. The keynote speaker, Dr Inti Qurashi from Merseycare, presented 'Mental Wellbeing: A call to build partner collaborations in the North West region' where he described the need for a framework for a life-course approach for mental health as 75% of mental illness begins before the age of 18. This was followed by Dr Pooja Saini, who talked about the successful utilisation of coproduction to establish James Place, and Dr Jim McVeigh who presented on steroid use and body image.

Prof. Michael Beresford

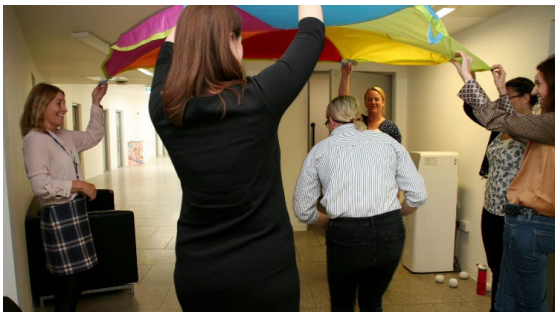
Professor Michael Beresford and Dr Carrie Hunt from Liverpool Health Partners provided the keynote for session 3 presenting their vision for the LHP Starting Well theme and the need to work together to establish the key research priorities to focus on to give children the best start to life. This theme was continued with an introduction to The Liverpool Health Commission 'First 100 days of life' by Professor Valerie Fleming. This initiative, funded by LJMU, aims to independently investigate and critically analyse significant public health and healthcare policy issues that impact on a child, pre-birth onwards particularly for families living in poverty.

Dr Lynne Body then described the research activities ongoing at the Physical Activity Exchange within the Research Institute of Sport and Exercise sciences and further information on this was provided within the conference pack. Dr Michael Brown, from the Screen School, introduced the method of applying participatory film making to health interventions.

Sandwiched between the two main sessions were 4 breakout sessions, each with a unique theme that received very positive feedback from attendees.

Social Innovation. Discussing important issues around, and potential solutions to different social needs.

Year of Environment 2019: Health and Wellbeing. Colm Bowe chaired a panel discussion with Pam Warhurst, Kerry Morrison, Polly Moseley and Richard Scott.



Thinking outside the box to engage children in research. Participants visited stations to learn about different methodologies for including children in research.

Co-production, PPI and Public Engagement. The challenges of participatory research. Examples of engaging with patients, carers, vulnerable groups and the public.

Staff and postgraduate students also presented posters during the lunchtime networking event and Liverpool health partners (the SPARK team), the clinical trials unit and the clinical research network NWC had stands offering information and advice to attendees.

'3 minute' student presenters

At the end of the first session 12 PhD and professional doctorate students gave 3-minute presentations on their research and just like last year they were the stars of the conference revealing the diverse range of the research ongoing across the University. In the afternoon the 4 ECR presentations were just as welcome.

The conference concluded with the award of prizes for the two best student 3-minute presentations and the three best posters. The conference proceedings, including presentation slides and posters are available on the IHR webpages.