

THEHOPE

QUARTERLY NEWSLETTER



THEHOPE IN SPOTLIGHT

THE HOPE project (Traditional HEalers working with primary care and mental Health for early interventiOn in Psychosis in young pErsons) is collaborative initiative of Keele University UK, Khyber Medical University Peshawar and Lady Reading Hospital Peshawar (Pakistan), funded by Medical Research Council (MRC UK), which aims to develop culturally appropriate interventions to involve traditional and spiritual healers (TSH) to work together with primary care practitioners (PCPs) and psychiatrists through task shifting for early detection, referral, and treatment of First Episode of Psychosis (FEP).

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THE HOPE TRIAL

The Hope's feasibility trial started on 1st of May 2023. The main sites for our trial recruitments are Lady Reading Hospital and Hayatabad Medical Complex, Peshawar. The trial team includes psychologists and psychiatrists working together at both sites. Our clinical lead for the trial is Co-PI, Dr. Mukhtar ul Haq Azeemi, and the trial supervisor is Dr. Firaz Khan.



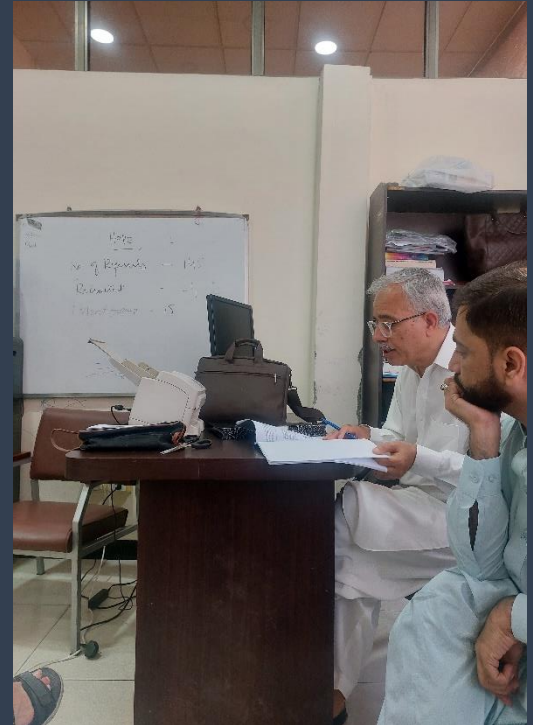
TRIAL INITIATION VISIT

Trial initiation visit of LRH and HMC was done by Co PI Dr. Jalil Khan and the hope team on 3rd and 4th of April 2023. The trial team were briefed about protocol and trial process



TRIAL MONITORING VISIT

The Hope Co-PI, Dr. Jalil Khan visited the trial sites for monitoring in the month of June, 2023. Chief Investigator, Prof Dr. Saeed Farooq, visited the trial sites LRH and HMC in August, 2023. The monitoring visits included the site files checking, Case report forms and management of the teams.



THE HOPE IN FIELD

The Hope field team visits:

The hope field team, Ishfaq Tariq, Uzair Shah, Taha Ayyub, Zikria Faqir and Shah Khalid did weekly field visits to union councils and met with TSHs to get feedback about the trial

The Hope CI Visits Union Councils and Meets TSH (August, October, 2023):

Prof Dr. Saeed Farooq and the Hope field team had an enlightening visit to different union councils, meeting traditional and spiritual healers. TSH shared their feedback and suggestions to improve the referrals and task shifting. TSH shared issues they had been facing during the trial.



THE HOPE IN COMMUNITY

World Mental Health Day Awareness

Session

An awareness session on youth mental health was arranged in University of Peshawar On 10th of October in collaboration with HOPE and CONTROL project. The awareness session was organised by Ishfaq Tariq, Dr Fatima Jamal, Uzair Shah, Taha Ayub, Dr Shumaila Hamid, Zikriya Faqir. Our CI, Prof Dr. Saeed Farooq and Co-PIs, Dr. Abdul Jalil Khan, Dr. Mukhtar ul Haq Azeemi and Dr. Noor Sanauddin shared their views and facilitated the session.

Second awareness session regarding mental health and psychosis was held at Shaheed Benazir Bhutto Women University, Peshawar. The session was organized by our Co-PI Dr. Aliya Minhas and The Hope team. Co-PI, Dr. Abdul Jalil Khan, KMU ORIC Director, Dr. Zohaib Khan and Dr. Noor Sanauddin shared their views and facilitated the session. Mr. Ishfaq Tariq moderated the awareness session



THEHOPE'S CAPACITY BUILDING WORKSHOPS

FIRST WORKSHOP ON "EARLY INTERVENTION IN PSYCHOSIS GUIDELINES DEVELOPMENT"

The workshop was held at KMU, Peshawar in August, 2023. Workshop had participants from various backgrounds. Prof Dr. Saeed Farooq and Dr. Malik Wajid facilitated the session.



SECOND WORKSHOP ON "EARLY INTERVENTION IN PSYCHOSIS GUIDELINES DEVELOPMENT"

2nd session on EIP was conducted on 26th October, 2023 in KMU.

The session was facilitated by Prof Dr Saeed Farooq.



THE HOPE TEAM PROGRESS MEETINGS

The Hope team conducts weekly meetings with CO-PI, Dr. Jalil Khan to discuss project activities and also share their feedback.



TRIAL SITES VISITS:

The Hope CO-PI, Dr. Jalil Khan and the team visits the trial sites biweekly to ensure the trial process is going smoothly and encouraging the team to continue working with zeal. Continuous feedback is taken from the trial teams to improve the trial process.



PATIENT & PUBLIC INVOLVEMENT AND ENGAGEMENT

THE HOPE PPIE TRAINING WORKSHOPS:

The HOPE team in collaboration with the Impact Accelerator Unit at Keele University arranged two comprehensive training sessions on April 13 and May 24, 2023 respectively. The aim of these activities was to familiarize the research team with the core concepts of PPIE, good research practices, barriers and facilitators to PPIE, setting up PPIE group, and evaluating and reporting PPIE. The training session was facilitated by Adele Higginbottom, PPIE Project Officer and Alice Moul, Post-Doctoral Researcher, Knowledge Mobilization, Research Fellow, Impact Accelerator Unit, Keele University, UK.



THE HOPE PPIE ADVISORY GROUP

The purpose and aim of a patient and public engagement advisory group is novel since it brings together people with different backgrounds who are affected by psychoses' either as a caring person or the one suffering from the condition. PPIE is valuable in offering perspective, advice, and direction from the standpoint of a public contributor. Its function is to act as a "critical friend," asking the pertinent questions of those who provide care and those who use health and social services. Ensuring that research and healthcare are ethical, transparent, patient-centred, and beneficial to the community.

The Advisory group will provide The Hope project with their rich experiences and insights which will shape and improve the project's goals and aims. They will be actively involved in every step of the process, shaping the project's aim according to our community and cultural values.



THE HOPE PPIE ADVISORY FIRST TRAINING SESSION

The hope project PPI advisory group first training session was conducted in Sept, 2023 at KMU under the supervision of Co-PI, Dr. Jalil Khan. The session was facilitated by Dr. Saima Aleem (Communication Manager, CONTROL) and Mr. Ishfaq Tariq (Project Manager). The training session highlighted the overview of PPIE and CEI and its importance.



Editor: Dr. Shumaila Hamid
(On behalf of THEHOPE Team KMU, LRH & HMC)

