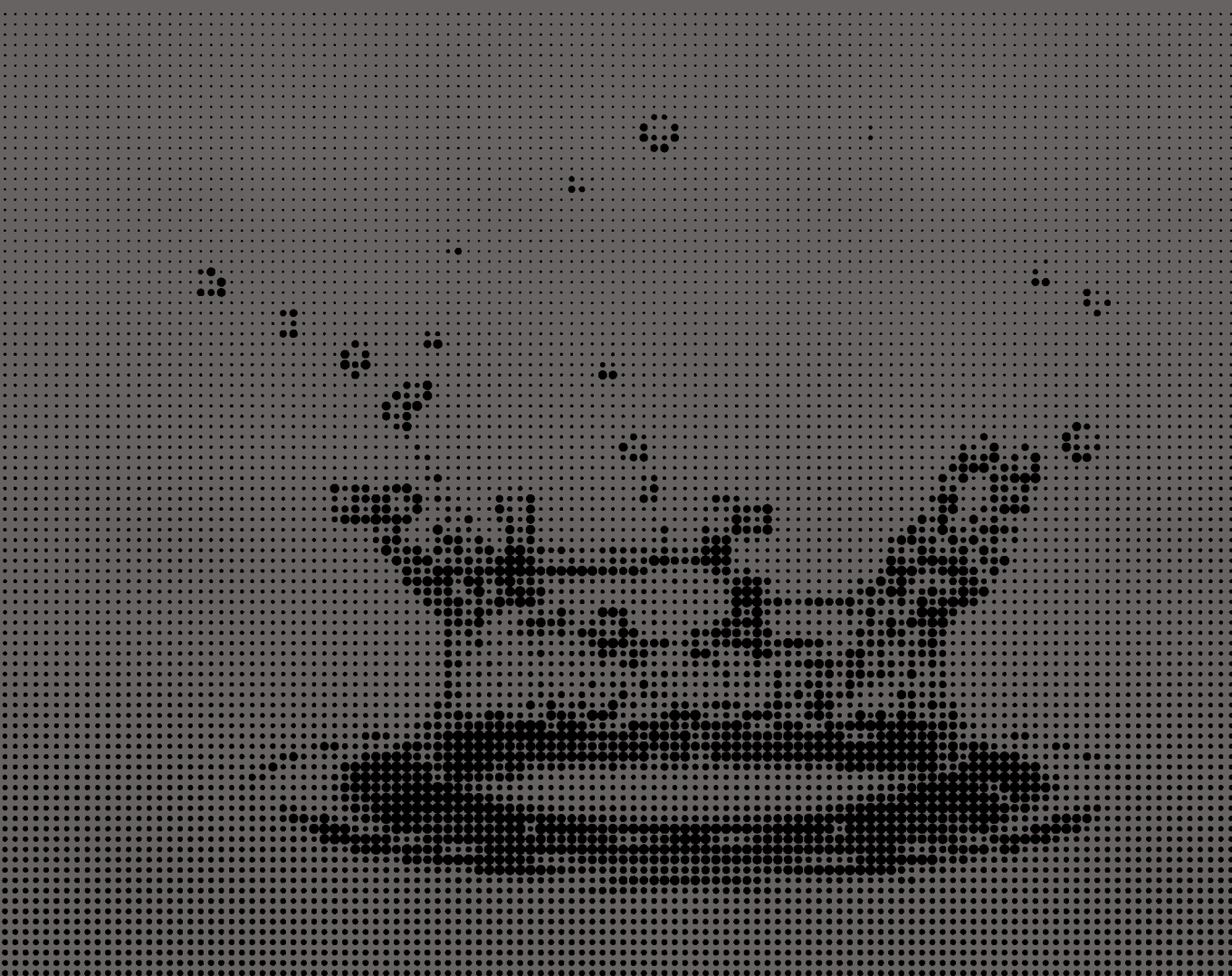
KING'S College LONDON

Ideas with impact

Transforming policy



King's Business provides a gateway for business and the public sector to access the wealth of knowledge and expertise available at King's College London.

Transforming people's lives

King's College London likes to make a difference. We aim for our world-leading research and knowledge to help not just business, as was demonstrated in the first series of Impact case studies, but also influence government policy – the subject of this volume.

The examples here show how the groundbreaking work of King's academics, across all our Schools of study, is helping to influence and transform public policy, not just in the UK but across the globe.

They include, for example, the story of how research carried out by the Department of War Studies has transformed national and international security policy, and the major role played by a College professor in the decriminalising of homosexuality in the US.

Other success stories include how the School of Law successfully campaigned for the 2010 Equality Act, and the pioneering dental fear clinic that has resulted from an innovative King's research programme.

This volume is yet another illustration of the differences that we have made – differences that are transforming people's lives.

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Department of American Studies

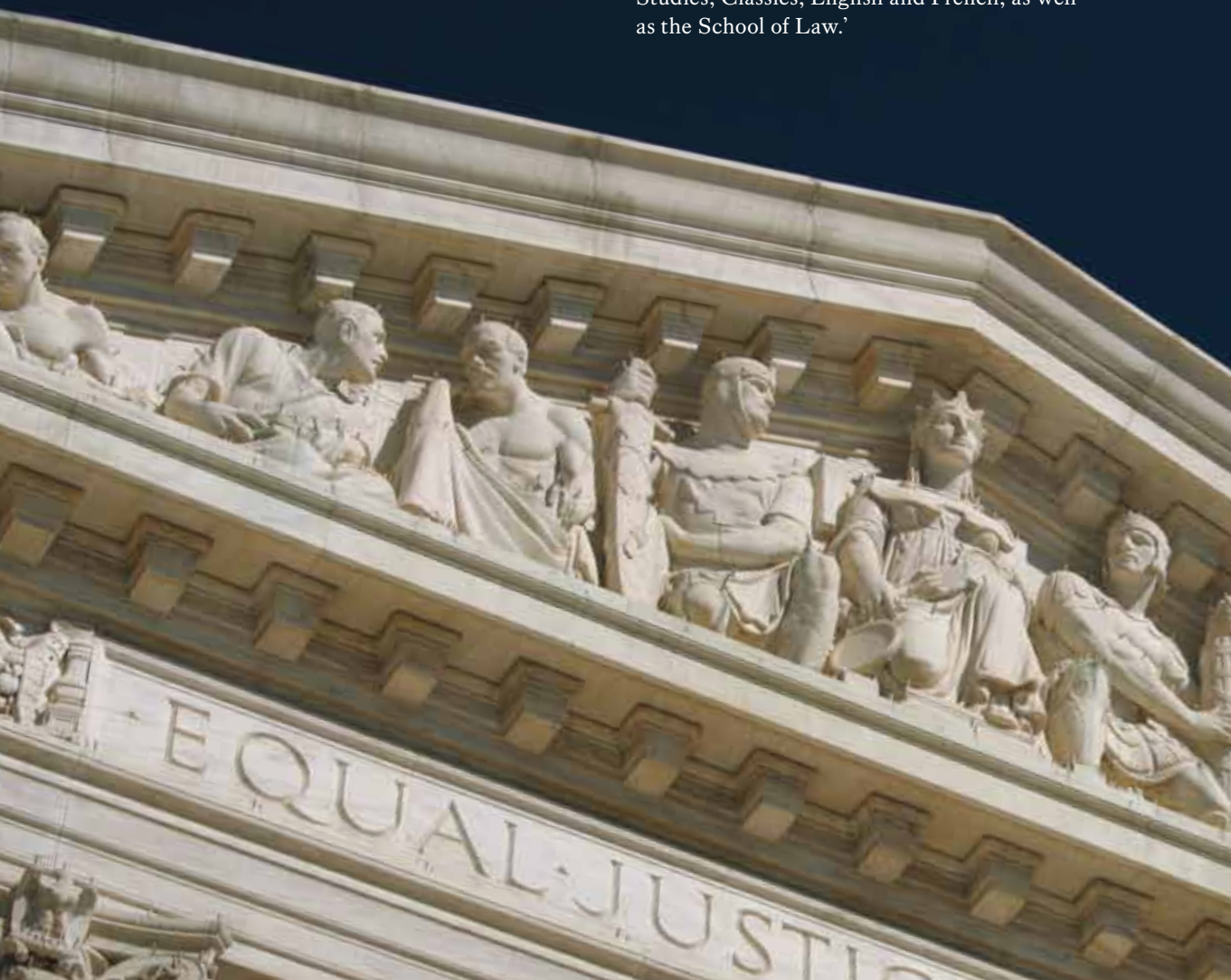
Decriminalising homosexuality in the US

A King's College London professor's co-authored court brief played a major role in the decriminalising of homosexuality in the US.

In 2001, Professor John Howard, Head of American Studies, was one of ten historians chosen to co-author a friend-of-the-court brief on sexuality by American attorneys seeking to repeal sodomy laws in the country. Such laws, although infrequently used, were unevenly applied, and were often cited as justification for other forms of discrimination against gay men and lesbians in the US. In 2003, the brief proved the decisive factor in the US Supreme Court's ruling to overturn the laws, in the Lawrence v. Texas case.

Commenting on the decision to select him for the authorship team, Howard says: 'I was chosen, in particular, because I had conducted research and authored and edited books on homosexuality in the American South, where state sodomy laws predominated. All of the other co-authors were professors based at US universities.

'I was also selected because of the reputation that King's had begun to develop in queer studies – the critical theory-based study of issues relating to sexuality and gender identity, as well as power, difference, and inequality more broadly. Even as early as 2001, the College was organising conferences in this area, and specialists in the field were on the staff of departments such as American Studies, Classics, English and French, as well as the School of Law.'



In the brief, Howard and his fellow scholars contended that history showed that legal prohibitions against same-sex sodomy (as opposed to sodomy more generally defined) derived largely from 20th-century prejudice, not the enduring attitudes of Western civilisation. This, according to expert commentators, played a pivotal role in convincing Justice Anthony Kennedy and colleagues to rule that members of the same gender should be able to enjoy sexual intimacy, free from state interference, in the privacy of their own home.

'Our brief had a great impact on the reasoning of the justices,' asserts Howard. 'It clearly helped them to think historically, as the ruling cites our brief on numerous occasions. Both the *New York Times* and the *Washington Post* reported on its influence in the case.'

Howard is proud and humbled to have been involved in what is considered by many to be one of the most momentous civil rights decisions in the US since the outlawing of school segregation in 1954.

'I was born, raised and educated in the American South, and I never dreamed I would live to see the demise of US sodomy laws, much less play a role in it,' he concludes. 'As my colleagues at King's have provided the intellectual context and support for my research, the College too has played its part.'

'Our brief had a great impact on the reasoning of the justices.'



Institute of Psychiatry

Cognitive behavioural therapy for psychosis

Government policy on how to care for those suffering from psychotic disorders has been significantly changed by long-term research carried out by King's College London's Institute of Psychiatry.

For years, medication was the only treatment option available for psychosis. However, a team led by King's clinical psychology professors Philippa Garety and Elizabeth Kuipers helped prove that cognitive behavioural therapy (CBT) could make a real difference to people's symptoms.

In 1995, the pair developed a form of CBT that aims to help people with schizophrenia and schizoaffective disorder make sense of their hallucinations and delusions and find better ways of coping with them. This pioneering treatment was published as a manual, *Cognitive Behaviour Therapy for Psychosis: Theory and Practice,* and Garety and Kuipers went on to stage a major trial to test its success.

The trial's results showed that the form of CBT the College had developed helped ease the symptoms of half the people tested – all of whom had a long history of psychosis and had persistent medication-resistant symptoms. These improvements continued to be experienced nine months after the treatment had finished.

Moreover, an economic evaluation of the data collected showed that the cost of providing the CBT had been offset by money that would otherwise have been spent on other mental health services that would have been offered to individuals had their symptoms not improved.

The research played a major part in the initial decision of the National Institute of Health and Clinical Excellence (NICE) in 2002 to recommend the use of CBT in order to alleviate the symptoms of psychosis. The findings were also pivotal in influencing subsequent NICE guidelines on treating and caring for people with this condition.

'Our research was instrumental in shaping NICE's updated guidelines on schizophrenia in 2009,' explains Garety. 'These state that CBT for psychosis should be offered to all people for at least 16 one-to-one sessions, and used alongside appropriate medication. NHS Trusts across the country are now required to put in place plans to implement this recommendation.'



'The research played a major part in the initial decision of the National Institute of Health and Clinical Excellence... to recommend the use of CBT in order to alleviate the symptoms of psychosis.'

School of Social Science & Public Policy

Influencing international development policy

King's College London research on disaster risk reduction has helped shape international development policy and practice.

Key reports by Dr Mark Pelling, Reader in Geography, have provided in-depth analysis on how a community's vulnerability to natural disasters such as earthquakes, landslides, tsunamis and floods can be mitigated by poverty alleviation; the strengthening of governance, leadership and skills; and risk-spreading mechanisms such as microfinance.

With the Department for International Development (DFID) in 2004-5, Pelling undertook research on institutional barriers preventing disaster risk reduction from being a key priority of national and international development agencies, and on the opportunities for changing this.

His final report recommended that the reduction of risk from disasters should be incorporated by DFID as a central concern of development policy and programming and that the department should explore the scope of using financial instruments as a way of managing risk. These recommendations were subsequently adopted.

'The report contributed to the production of a public consultation on the potential for 10 per cent of DFID disaster response funding to be set aside for disaster risk reduction,' states Pelling. 'This was agreed to in 2007 and remains a clear international signal of the mainstreaming of disaster risk reduction into disaster response by DFID.'

Pelling's work has also had a major influence on the United Nations. A report edited for the United Nations Development Programme in 2004 helped to frame the disaster risk reduction work of the organisation's Bureau for Crisis Prevention and Recovery, while research submitted to UN-HABITAT in 2007 informed policy development around climate change adaptation in cities, especially in poorer countries.

'My research has provided the evidence for the link between development failure and disaster risk in developing countries,' explains Pelling. 'It also highlights the policy advantages for development actors of investing in risk reduction.'

Pelling's leadership in this area has been recognised by his being invited to serve as a convening lead author for a special report on disaster risk management in the Fifth Assessment Report of the Intergovernmental Panel on Climate Change.

'The report contributed to the production of a public consultation on the potential for 10 per cent of DFID disaster response funding to be set aside for disaster risk reduction.'



Florence Nightingale School of Nursing & Midwifery

Enhancing cancer care

Cancer services have improved due to pioneering work by King's College London's Florence Nightingale School of Nursing & Midwifery.

In 2009-10, a team led by Dr Jill Maben, Senior Research Fellow and Deputy Director of the National Nursing Research Unit, carried out a project which aimed to design better experiences for cancer patients and healthcare staff within two large London teaching hospitals.

Using a new and innovative methodology called 'Experience-Based Co-Design', the project involved an in-depth qualitative study of how care was delivered by staff and received by patients, focusing on patients' 'emotional journey'. It was carried out in close collaboration with the King's Fund and colleagues at Guy's and St Thomas' NHS Foundation Trust and King's College Hospital NHS Foundation Trust.

Focusing on breast and lung cancer care, the project included 36 filmed patient narratives, capturing the key highlights and low points of their experiences; 60 staff interviews about their experiences of providing cancer-care services; and ethnographic observation of clinical areas. The findings were then analysed and fed back to staff and patients, who subsequently came together in 'co-design' groups to define priority areas for service improvements together.

'A better understanding of patient experiences has a positive influence on healthcare by delivering services that patients, their families and carers need,' explains Dr Maben. 'What is critically important is that staff and patients sit down and redesign these services together, the focus being on designing the human experience and not just impersonal systems or processes. This is what we sought to achieve with our project.'

The findings, which were subsequently adopted by the Integrated Cancer Centre (ICC) at King's Health Partners, have led to some major changes in cancer care services.

'The project has resulted in some tangible improvements and achievements,' says Catherine Dale, Programme Manager at the ICC. 'These include improvements in day surgery processes, changes to appointments systems, better communication between staff and patients, and enhanced post-treatment care – all of which are helping to transform people's day-to-day experiences. Patients are feeling a real difference as a result.'



'The project has resulted in some tangible improvements and... Patients are feeling a real difference as a result.'



School of Medicine

South London Stroke Register

Ongoing medical research carried out by King's College London has had a major influence on government policy on stroke, one of the biggest killers in the developed world.

Since 1995, the College's Stroke Research Team, under the leadership of Professor Charles Wolfe, has been developing the South London Stroke Register (SLSR). This is a long-term population-based stroke register which aims to identify socio-demographic differences in the incidence of the subtypes of first-ever stroke and develop clinical predictive scores for outcome.

Over the last 15 years, the SLSR, which covers the London boroughs of Lambeth, Southwark and Lewisham, has generated a number of pivotal findings.

'The SLSR was the first European register to demonstrate that the risk of stroke was twice as high in African-Caribbean and African ethnic groups in Lambeth and Southwark compared to that among the white population,' explains Wolfe.

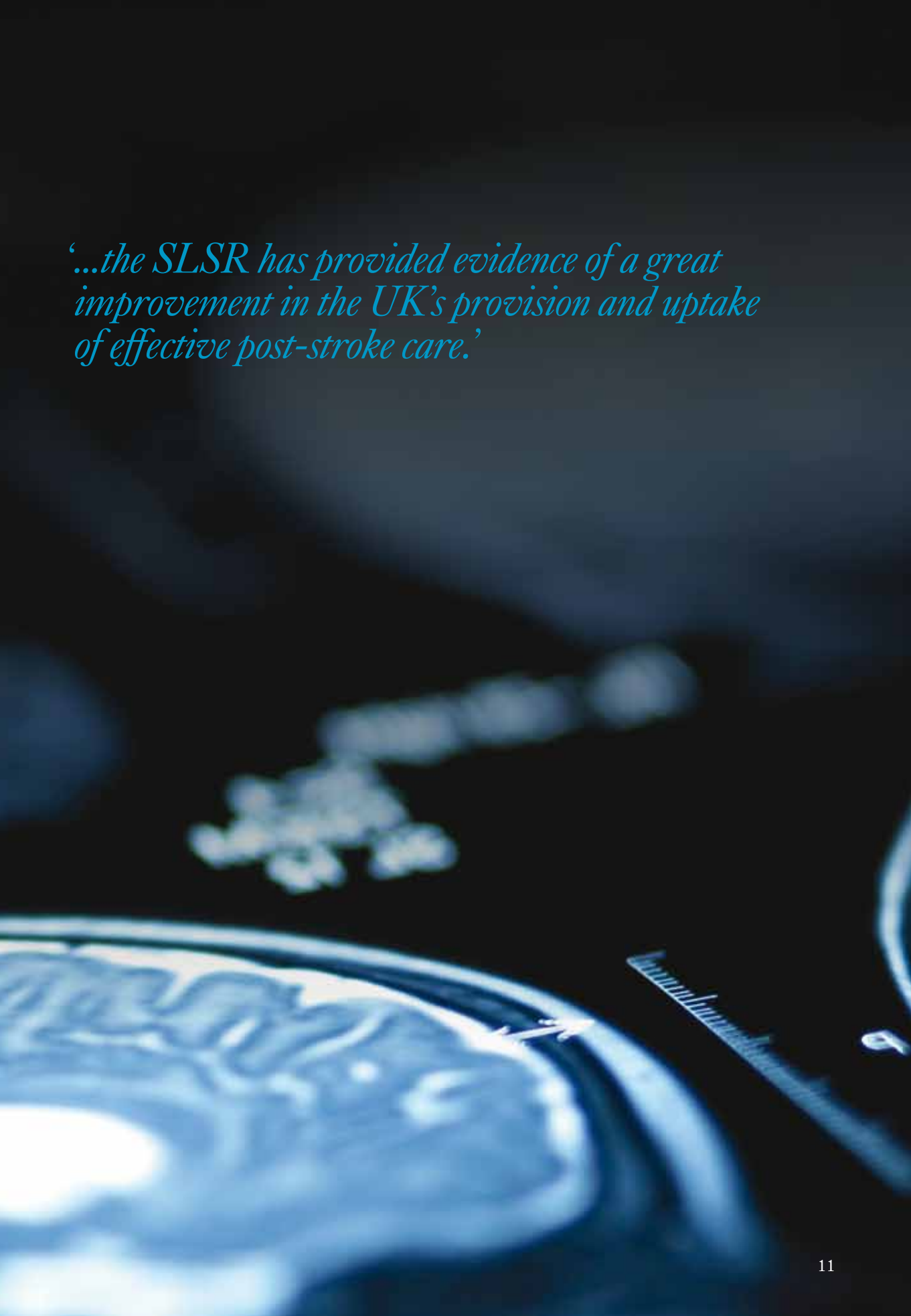
'We have also shown that the effects of stroke are very long term, with at least a third of all survivors having poor outcomes in terms of everyday quality of life and the ability to undertake normal pursuits. They also suffer from poor cognition and increased anxiety and depression.'

Furthermore, the SLSR has provided evidence of a great improvement in the UK's provision and uptake of effective post-stroke care. The country is now performing favourably in this area compared with the rest of the EU.

The data collected by the SLSR, which has been presented in over 150 peer-reviewed papers, formed the basis for new government policy on stroke.

'The SLSR provided the estimates of need for stroke care for two National Audit Office reports,' says Wolfe. 'This led to the development of a National Stroke Strategy in 2007, with the data used by the strategy and incorporated into a tool used by commissioners and healthcare authorities. The research also led to the development of new stroke care approaches in London, which were adopted in 2009.'





'...the SLSR has provided evidence of a great improvement in the UK's provision and uptake of effective post-stroke care.'

School of Law

Equality Act 2010

King's College London's School of Law played a pivotal role in campaigning for the 2010 Equality Act. The Act, which brings together nine separate pieces of legislation in the area of discrimination and inequality, extends some equality protection to groups not previously covered, as well as strengthening particular aspects of equality law.

A team led by King's Professor Maleiha Malik – Chair of the Equality Group of Justice – worked in close collaboration with the Equality & Diversity Forum (EDF), a national network of equality and human rights organisations. The team had a key involvement in the consultations and campaigns that preceded the Act, and hosted meetings and seminars to discuss the form that the legislation should take.

In 2008, Malik's book, *Discrimination Law: Theory and Context*, argued in favour of a Single Equality Act, as well as analysing the detailed provisions that should be contained within such a legislative framework. Malik was then commissioned by the EDF to write a policy paper, *From Conflict to Cohesion*, which was widely disseminated to academics and policy makers. In June 2009, she gave expert evidence to the House of Commons Public Affairs Scrutiny Committee that considered amendments to the then Equality Bill, which was subsequently passed in October 2010.

'The Equality Act 2010 provides a new cross-cutting legislative framework to protect the rights of individuals and advance equality of opportunity for all,' states Malik. 'It updates, simplifies and strengthens the previous legislation and delivers a simple, modern and accessible framework of discrimination law which protects individuals from unfair treatment and promotes a fair and more equal society.

'A framework equality statute emerging from the UK will also have influence internationally and throughout the EU.'

Since the legislation was passed, Malik has been involved in campaigning for Codes of Practice and Guidelines to the Act, as well as giving feedback to consultation by the Equality and Human Rights Commission on their form and content, particularly those covering equality duty provisions in the public sector. These are set to be implemented in April 2011.

'A framework equality statute emerging from the UK will also have influence internationally and throughout the EU.'



School of Social Science & Public Policy

Improving sheltered housing and care homes

King's College London research has led to changes in national and local housing policies for older people.

In 2005, Anthea Tinker, Professor of Social Gerontology, received a grant from the Engineering and Physical Sciences Research Council (EPSRC) to carry out a study on remodelling housing schemes in the UK. Such schemes involve modifying sheltered housing and residential care homes to turn them into 'extra care housing' so that older people can live in their own flats with a range of facilities and support designed to meet their needs.

Tinker's two year multidisciplinary study, carried out in collaboration with Professor Julienne Hanson of University College London, involved detailed examination of the schemes by those involved in building and operating them, as well as care home residents together with costings by an economist.

While most schemes were more expensive and took more time to get off the ground than expected, it was shown that remodelling was better value for money, quicker and more sustainable than designing a completely new building. Importantly, the findings indicated that remodelled housing schemes gave most tenants a better quality of life.

One housing provider stated: 'It was very satisfying that we changed what was fundamentally a sound building into a modern facility, without having to resort to demolition.'

The study, which was ranked 'outstanding' overall and 'internationally leading' for potential scientific impact in the EPSRC review proved highly influential. It informed the government's National Strategy for Housing in an Ageing Society in 2008.

'The strategy summarised the study's findings, emphasised their importance and committed government to taking them forward,' explains Tinker. 'A considerable number of local authorities and housing associations are now putting them into action.'

'Our research has also had an impact overseas, notably in the Netherlands, Canada, South Korea and Taiwan.'

'Our research has also had an impact overseas, notably in the Netherlands, Canada, South Korea and Taiwan.'



Cancer Epidemiology Group

Influencing guidelines on prostate cancer drugs

Research by King's College London's Cancer Epidemiology Group has played a pivotal role in influencing US government policy on cancer drugs.

Beginning in 2008, King's Mieke Van Hemelrijck and Lars Holmberg, working in collaboration with partners in Sweden, conducted a major observational study to assess the potential cardiovascular side effects posed by endocrine treatment (hormone therapy) in sufferers of prostate cancer.

Using a database containing details of some 80,000 men with prostate cancer in Sweden between 1997 and 2007, the researchers analysed the relationship between different types of prostate cancer treatment and cardiovascular diseases such as ischemic heart disease, acute myocardial infarction, arrhythmia, heart failure and stroke.

The findings, published in over 600 articles to date, suggested that all men with prostate cancer were at higher risk of developing various kinds of non-fatal and fatal cardiovascular disease. Those at the most pronounced risk were patients receiving endocrine treatment, with ten extra cases of heart disease for every 1,000 men treated in this way.

The research, which has received worldwide attention, had a significant impact on the US Food and Drug Administration (FDA), which used the findings to help inform a safety review of commonly used prostate cancer drugs in May 2010.

Mieke Van Hemelrijck states: 'Our study played a key part in the FDA's preliminary safety review, being the largest out of seven scientific publications used, and helped to shape consequent FDA guidelines.'

The FDA is now advising healthcare professionals to weigh up the benefits and risks of giving hormone therapy to patients with prostate cancer, and to closely monitor those receiving such treatment. It also recently issued a new requirement for manufacturers of certain types of hormone therapy drugs to add safety information to drug labels to warn users of the heart disease risks involved.

'Our study played a key part in the FDA's preliminary safety review, being the largest out of seven scientific publications used, and helped to shape consequent FDA guidelines.'



Department of War Studies

Transforming security policy

National and international security policy has shifted as a result of research carried out by King's College London's Department of War Studies (DWS).

The Department's key recent projects include a study on militant Islamists in the EU, commissioned by the European Commission in 2007. The findings, which were announced at a high-profile international conference and subsequently published in a major EU report, found different drivers and patterns of radicalisation and recruitment of militants in southern and northern Europe. This has enabled conceptual differentiation between militant Islamists in the two regions and subsequent changes in approach to each group.

James Gow, Professor of International Peace and Security, says: 'The findings had immediate and continuing impact. They led the EU and its member states to shift the focus of their policies and activities to reflect the new realities identified in our research.

'They are now focusing more attention on addressing places where potential militants could develop and cultivate radical and violent proclivities, looking in particular at the role of prisons and the internet.'



'The classified findings have proved highly influential.'

Other pivotal work by DWS has affected UK defence and security policy. This included input into the UK Strategic Defence and Security Review 2010 and Professor Sir Lawrence Freedman's continuing membership of the Chilcott Inquiry on Iraq. In particular, Economic and Social Research Council-funded research on change and security organisations (focused on the UK's military campaign in Afghanistan) led to an invitation by the UK Government Stabilisation Unit to evaluate UK inter-agency operations in Afghanistan's Helmand province in late 2009, and by the British Army to review its operations in Central Helmand in mid 2010. The classified findings have proved highly influential.

'The research has resulted in a restructuring of UK inter-agency operations in Helmand and has contributed to lessons learning by the UK military,' states Gow. 'It has also informed reports by the House of Commons Foreign Affairs and Defence Select Committees, as well as the Ministry of Defence's 2009 Defence Review Green Paper and the 2010 Strategic Defence and Security Review.'

James de Waal, Deputy Head of Strategy at the Ministry of Defence (MOD), says: 'The process of engagement with DWS helped the MOD broaden its thinking and inform its internal policy debate.'



School of Medicine

Blood pressure in pregnant women

Devices tested and developed by King's College London's Maternal and Fetal Research Unit are revolutionising the way blood pressure is measured in pregnant women.

High blood pressure in pregnancy can lead to the potentially fatal condition of pre-eclampsia, which kills 50,000 otherwise healthy women and half a million babies around the world each year. Measuring blood pressure is difficult in pregnancy as the changes that pre-eclampsia causes make most blood pressure devices inaccurate. Worryingly, the reading can be lower than expected, and so serious levels of blood pressure can be missed.

Over the last 10 years, a team led by Andrew Shennan, Professor of Obstetrics, has assessed the accuracy of a series of blood pressure measuring devices and has worked with industry to develop more efficient methods.

'As a result of our work, a new, cheap, simple device has been produced that gives accurate blood pressure readings in pre-eclampsia,' explains Shennan. 'It uses solar power, does not require any skill and can be used by virtually anyone. We've also identified more expensive robust devices suitable for use in labour wards and delivery suites anywhere, including the UK.'

Shennan's work has helped shape government healthcare policy, with the National Institute for Health and Clinical Excellence recommending the use of the validated devices. Moreover, the National Committee for the Confidential Enquiry into Maternal Deaths has highlighted the problems and dangers of using blood pressure devices in pregnancy.

In November 2010, Shennan was awarded a Gates Foundation grant to evaluate the role of implementing the new solar-powered device in the developing world, with field tests set to take place in rural Ethiopia, Tanzania and Zimbabwe.

'We plan to accurately determine the incidence of pre-eclampsia in such environments,' states Shennan, 'and see if community use of our devices will result in appropriate referrals, and ultimately in improving outcomes, including maternal death.'



'As a result of our work, a new, cheap, simple device has been produced that gives accurate blood pressure readings in pre-eclampsia.'


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National Institute for Health Research
King's Patient Safety and Service Quality Research Centre

Shaping the governance of the NHS



Work carried out by NIHR King's Patient Safety and Service Quality Research Centre – a partnership between King's College London and King's College Hospital NHS Foundation Trust – has had a significant impact on the leadership, board strategy and culture of NHS organisations.

In September 2009, the Centre, under the leadership of Professor Naomi Fulop and Dr Angus Ramsay, was commissioned to provide the evidence base for the development of new governance guidance for the NHS.

Working together with governance consultancy firm Foresight Partnership, the Centre conducted a review of literature and guidance from both within the health sector and more widely, including lessons from recent banking failures. This led to the launch of a key NHS guidance document, *The Healthy NHS Board: Principles for Good Governance,* in February 2010, which aims to support NHS boards to deliver better services to patients. More than 1,000 people contributed to its development, including board members, NHS staff, the Appointments Commission, the NHS Confederation and Monitor.

The document, which has been adopted by NHS Trusts across the country, highlights the critical role that NHS boards play in ensuring that quality – centred on patient safety, effective care and patient experience – is at the heart of the NHS. As well as setting out the key responsibilities of health service leaders, the guidance also explains that NHS boards have three key roles – to formulate



'The document... highlights the critical role that NHS boards play in ensuring that quality, centred on patient safety, effective care and patient experience, is at the heart of the NHS.'

strategy, ensure accountability and shape a positive culture for their organisation. Their success is built upon a sound understanding of the local and national context, effective use of intelligence and engagement with patients, the public, staff and local partners.

Commenting on the Centre's involvement in the project, Fulop said: 'We are very pleased to have contributed to the development of *The Healthy NHS Board* by providing the background evidence on the role and effectiveness of boards in general, and on quality and safety in particular. NHS boards play a crucial role in shaping the strategies and cultures of their organisations, which in turn affects safety and service quality, so this guidance will be invaluable.'

Sir David Nicholson, Chief Executive of the NHS in England and Chair of the National Leadership Council, stated: 'I would like to encourage boards across the health service to make use of *The Healthy NHS Board* as they seek to address the challenges of improving quality for patients. Boards must put quality at the heart of all they do, and this guide supports them in delivering that responsibility.'

Dental Institute

Clinic for dental fear and anxiety

A pioneering service in the area of dental anxiety and fear resulted from a programme of research carried out by behavioural scientists within King's College London's Dental Institute.

Dental fear can have a great impact on people's oral health, by causing them to delay seeking treatment when they have toothache and avoid opportunities for receiving preventive advice about how to look after their teeth.

Spearheaded by Tim Newton, Professor of Psychology as applied to Dentistry, in conjunction with Drs Koula Asimakopoulou, Sasha Scambler and Suzanne Scott, the team's research examined the views of patients regarding the acceptability of behavioural techniques for the management of dental fear and anxiety, rather than pharmacological approaches such as sedation.

The findings suggested that such techniques were highly acceptable and preferred to pharmacological management. They were also demonstrated to be more effective than sedation in both the short and long term.

'As a result of research undertaken by my team,' explains Newton, 'we identified a need for improved psychological services for individuals who are dentally anxious. After analysing the characteristics of people seeking treatment for dental fear, we then identified a group of patients who could serve as a pilot for the introduction of Cognitive Behavioural Therapy (CBT).'

In October 2008, this paved the way for the establishment by King's of the Dental Institute Health Psychology Service, the first of its kind in the UK. Based at Guy's Hospital, the service provides support for adults who are very anxious about visiting the dentist or having dental treatment, as well as enabling King's to carry out new research in the field.

'The Dental Institute Health Psychology Service is now an established component of patient care within the Guy's and St Thomas' NHS Foundation Trust,' states Newton. 'It has been recommended as a model of excellence by the Department of Health, and several Primary Care Trusts have approached the team for advice on setting up similar services.'

Dr Serbjit Kaur, Head of Service Quality and Standards at the Department of Health's Dental Division, said: 'I am very impressed with the service and its facilities. I'm certain that this kind of therapy is going to be a huge asset in helping a group of patients to access services and to improve their oral health.'

'In October 2008, this paved the way for the establishment by King's of the Dental Institute Health Psychology Service, the first of its kind in the UK.'



This volume of case studies provides just a few examples of the transformational work that is carried out by King's College London academics every year.

To find out more about the impact of our research, or to discuss working with our researchers, please contact King's Business on:

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