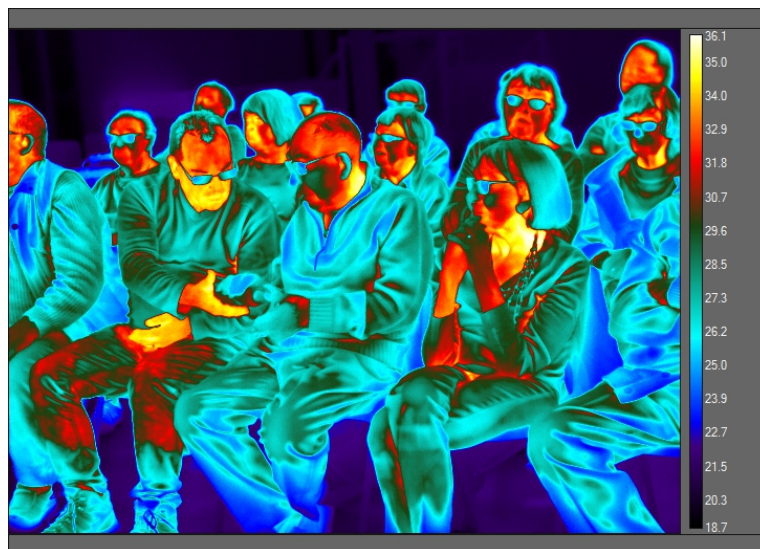


# Can we see what we feel? Thermal comfort assessment in older people living in residential care

## Symposium and Workshop

Almond Tree Court, Woodfield Park  
Tickhill Road, Balby, Doncaster, DN4 8QP

Wednesday 13th February 2019



**Faculty of Health and Wellbeing  
Sheffield Hallam University**

**Public Health  
Doncaster Metropolitan Borough**

# PROGRAMME

- 09:30 - 10:00      **Registration and coffee**
- 10:00 - 10:10      **Welcome address:**  
Professor Charmaine Childs, Sheffield Hallam University
- 10:10 - 10:15      **Chairman's opening address**  
Susan Hampshaw, Doncaster Council
- 10:15 - 10:45      Guest lecture  
**Temperature regulation - ageing and clothing**  
Professor George Havenith, Loughborough University
- 10:45 - 10:50      **Coffee/Tea Break**
- Theme 1: Assessing risk in residential care- results from *The Dunhill Medical Trust*- funded study**
- 10:50 - 11:20      **What people say about thermal comfort and what we see using infrared thermography**  
Professor Charmaine Childs
- 11:20 - 11:30      **What do older people wear?**  
Jennifer Elliott, Sheffield Hallam University
- 11:30 - 11:35      Chair - **Questions**
- Theme 2: The wider context: populations at risk- living alone at home**
- 11:35 - 11:50      **Understanding home temperatures in later life**  
Dr Jan Gilbertson, Sheffield Hallam University
- 11:50 - 12:05      **What does it mean to be frail?**  
Dr Ali Ali, Sheffield Teaching Hospitals
- 12:05 - 12:10      Chair - **Questions**
- 12:10 - 13:10      **LUNCH**
- Theme 3: Getting the messages across**
- 13:10 - 13:20      **Health and wellbeing outcomes of residents: Commissioning and the ideal of a minimum data set**  
Dr Sally Fowler-Davis, Sheffield Hallam University
- 13:20 - 13:35      **Public health at the centre of improving health**  
Dr Rupert Suckling, Director of Public Health, Doncaster

13:35 - 13:45 **Coffee/Tea Break**

**Theme 4: Reaching a public health consensus**

13:45 - 14:45: Is there consensus for the provision of thermal comfort in residential care?

**Roundtable themes:**

- Methods for assessment of thermal comfort- what options and recommendations for the future?
- How best to optimise thermal comfort in the care home setting?
- What local and public health messages can we convey?

**Workshop discussion moderators:**

Rachel Taylor, Vanessa Hoyland-Powell, Dr Sally Fowler-Davis, Dr Ali Ali

**Scribes:**

Samantha Blakely, Karen Horrocks, Natasha Mercier, Carrie Wardle

**Conference Artist:** Sarah Smizz



14:45 - 15:00 **Afternoon Tea**

15:00 - 15:30 **Workshop Feedback and consensus statement**

**Facilitators:** Prof Charmaine Childs and Susan Hampshaw

**CLOSING REMARKS**

15:30 - 16:00 Networking

## Conference Organisers

Professor Charmaine Childs, Susan Hampshaw

Dear Delegate

We are delighted to welcome you to our first symposium and workshop on the topic of thermal comfort in the care of older people living in residential care. We are sincerely grateful to *The Dunhill Medical Trust* for awarding us the research funding to undertake the study and for supporting this conference.

Why are we concerned sufficiently to undertake to study this topic? The answer lies in the importance of recognising that 'comfort matters'. Of course, we understand what comfort means in a general sense, but do we really consider the reality of thermal discomfort especially for effects on frail and older people. Not being warm enough (or being too warm) even indoors many be pleasant perhaps, for some, yet distressing for others. More importantly, how do we 'spot' the signs of thermal discomfort, especially for those unable to tell us? Furthermore, how often do we consider an older persons clothing as more than a means to cover the body? Do we take account of the nature of the fabrics and garments worn as a health and wellbeing necessity? Is it fair to say that thermal comfort is a clinical assessment that is outside of our healthcare consciousness?

We hope that over the course of the meeting, the morning lectures will set the scene for an interesting, valuable and interactive afternoon workshop. The objective of the day is to work towards producing a consensus statement on the importance of thermal comfort in older people living in residential care. We also wish to consider how we can strive towards opening up wider debate on objective assessment and what new messages would impact on public health initiatives for the future?

I would like to take this opportunity to thank the speakers for travelling to the event and for sharing their expertise with us. I am particularly grateful to our funders and RDaSH (Rotherham Doncaster and South Humber NHS Foundation) for providing our venue today. Thanks also to the discussion moderators, the 'scribes' and our artist for helping us to document our collective thoughts and ideas as we seek to produce a consensus on the topic. Finally, sincere thanks to the older residents and their families who participated in the study and the care home staff who gave us the access we needed to deliver on the objectives of the study.

*Charmaine Childs .*



Professor Charmaine Childs

## Welcome Address

Professor Charmaine Childs  
Professor of Clinical Science  
Faculty of Health and Wellbeing  
Sheffield Hallam University

## Chairman

Susan Hampshaw, Public Health Principal, Doncaster Council.



### **Susan Hampshaw**

Chairman  
Public Health Principal, Doncaster  
Council  
Civic Office, Waterdale, Doncaster

Susan is Public Health Principal at Doncaster Council where she is the lead for reducing health inequalities. Her portfolio also includes building capacity to develop research which is closer to policy and practice and which can improve health and wellbeing. Susan has supported work to understand the implications of cold on families. Susan is an honorary Research Fellow at the School for Health Related Research (SchARR) at Sheffield University where she works in the Knowledge into Action and the Health Equity and Inclusion Themes. She is particularly interested in the development of actionable tools as a product of primary research. She is currently PI on a study to examine the value of a doctorate for non-medical professionals such as nurses, midwives and allied health professionals. Susan is a final year PhD candidate at SchARR exploring the decision making context in local government.

# Speakers



## **Professor George Havenith**

Professor of Environmental Physiology and Ergonomics; MSc, PhD, , FACSM, C.ErgHF FIEHF

Director Environmental Ergonomics Research Centre  
Loughborough Design School, Loughborough University  
Loughborough, Leicestershire. LE11 3TU

Professor George Havenith (FACSM, FCIEHF) is presently working at Loughborough University in the UK, where he has a Chair in Environmental Physiology and Ergonomics and is director of the Environmental Ergonomics Research Centre ([www.lboro.ac.uk/eerc](http://www.lboro.ac.uk/eerc)). His research covers three main topic areas, one being Human Thermal Physiology/Environmental Ergonomics, the other being heat and mass (vapour) transfer through clothing and finally athlete exercise performance in relation to clothing.

His special contribution to these fields is the multidisciplinary integration of physiology, physics, textile science and ergonomics. His work spans experimental studies, to the development of theoretical frameworks to explain observations, and subsequently to the final application of the knowledge in the field.

He has published widely (over 300 publications in scientific books, journals and conference proceedings as well as over 100 consultancy research reports). He is an editor of the 'European Journal of Applied Physiology', and on the editorial board of 'Ergonomics', 'Int. Journal of Occupational Safety and Ergonomics', 'Biometeorology' and 'Journal of Sports Engineering and Technology'. He advises a number of renowned international companies on thermal physiology and clothing science and has been an expert witness in civil and criminal cases as well as to the Coroner's Court.







## **Professor Charmaine Childs**

Professor of Clinical Science  
Faculty of Health and Wellbeing  
Sheffield Hallam University  
Montgomery House, 32 Collegiate Crescent, Sheffield S10 2BP

**Charmaine Childs** is Professor of Clinical Science in the Faculty of Health and Wellbeing, Sheffield Hallam University and the Principal Investigator for the "Thermal Comfort in older people living in residential care" study funded by *The Dunhill Medical Trust*.

Charmaine has held senior research and academic positions in the UK (Medical Research Council, University of Manchester), followed by work overseas at Yong Loo Lin School of Medicine, National University of Singapore (2009-2013). Her work with a diverse group of scientists and clinicians has contributed to a rich experience with international cross-disciplinary collaborations. With over 120 peer reviewed publications and successful research track record in human systemic (paediatric burns) and brain trauma (severe head injury in adults) the focus of her work has been on the impact of altered thermoregulation and metabolism on survivor outcomes. By exploring new imaging approaches to brain temperature measurement in neurocritical care (using directly implanted sensors, as well as non-invasive imaging modalities such as magnetic resonance spectroscopy and infrared thermography), her research has taken a shift. Now her focus is on the impact of non-invasive imaging biomarkers, particularly infrared thermography and optical coherence tomography for early disease prognosis.

Charmaine's recent research using infrared thermography for surgical site infection diagnosis after caesarean section birth has resulted in four recent international awards for innovation in clinical research and technology innovation, reaching the shortlist of the Times Higher Education (*THE*) Research Project of the Year in STEM category (Nov 2018). In recognition of her research in technology innovation in disease prevention, Charmaine recently accepted an Academic Honorary Appointment with the WHO Collaborating Centre for Public Health Nursing and Midwifery, Public Health England.





**Jennifer Elliott**

Researcher

Faculty of Health and Wellbeing, Sheffield Hallam University

Jennifer works as a Researcher and Associate Lecturer at Sheffield Hallam University in the Departments of Health and Wellbeing and Social Sciences and Humanities. She is currently working on the 'Thermal comfort assessment in old and frail older people living in care homes study' involving the use of infrared thermography as a way of gauging thermal comfort amongst older people in care homes. Jennifer is also a HCPC registered paramedic with 16 years operational experience working at London Ambulance Service, East Midlands Ambulance Service and St. John Ambulance. She has previously been part of research studies, including the RIGHT Trial and SAFER2, as a Research Champion at East Midlands Ambulance Service working alongside the Research Department based at EMAS Lincoln.





### **Dr Jan Gilbertson**

Senior Research Fellow

Centre for Regional Economic and Social Research (CRESR)  
Sheffield Hallam University, Science Park, Howard Street S1 1WB

**Jan Gilbertson** is a Senior Research Fellow in the Centre for Regional Economic and Social Research at Sheffield Hallam University with extensive experience of working on collaborative and multi-disciplinary projects. She has expertise in qualitative and quantitative research methods, project management and evaluation, and has successfully undertaken research for a wide range of clients including local authorities and charities, the NHS, Age UK and the ESRC. In particular, Jan specialises in evaluating the impact of various energy policy and affordable warmth initiatives on people living in vulnerable circumstances and fuel poverty. Her evaluations for Foundations Independent Trust assessed the impact of Warm Homes interventions aimed at helping older and vulnerable people at risk from cold weather and to prevent cold related harm and illness.

Jan has published widely on the impact of cold homes and energy efficiency improvements on health and wellbeing and her work has informed the Marmot Review Team's evidence review on the *Health Impacts of Cold Homes and Fuel Poverty* (2010) and John Hills (2011) report *Fuel poverty: the problem and its measurement*. Jan was an expert contributor to the International Energy Agency's Multiple Benefits of Energy Efficiency project, and more recently was an adviser on an Eaga Charitable Trust's funded project exploring the experience of keeping warm and energy vulnerability of adults with a learning disability. Jan has also been involved in evaluating the impact of a number of health and social care integration programmes and assessing their success in terms of their impact on the health and wellbeing outcomes. Jan is currently evaluating a Person Centred Hospital Discharge pathfinder project for Age UK. She is also hoping to extend work undertaken for the Home Temperature in Later Life (HOTELL) project to explore in more detail the home heating influences, practices and behaviours of frail older people who have a history of falls.





**Dr Ali Ali**

Consultant in Geriatrics and Stroke Medicine  
Research Lead for the GSM Directorate  
Sheffield Teaching Hospital NHS Trust

Dr Ali N Ali is Consultant in Stroke and Geriatrics and departmental research lead at Sheffield Teaching Hospital NHS Foundation Trust. He is also an Honorary Senior Clinical Lecturer at the University of Sheffield.

Ali graduated from Manchester UK 2004 and completed his MSc in Geriatrics and Research at the University of Salford in 2014. His main research interests include health economics, cerebrovascular physiology, aerobic exercise after stroke, and rehabilitation interventions in stroke and geriatrics.







**Dr Sally Fowler-Davis**

Clinical Academic

Faculty of Health and Wellbeing

Montgomery House, 32 Collegiate Crescent

Sheffield, S10 2BP

Sally is a qualified and registered Allied Health Professional with current academic interests in health systems transformation including; population outcomes, digital utilisation in health care and clinical academic professional and service development. She has an extensive track record of leading large-scale change programmes in academic settings and in policy implementation, with current experience leading large scale grant applications. She has published widely, reflecting a diversity of topics relating to systems change and leadership in BMJ Open, BMC Geriatrics and Health and Social Care in the Community, with a current focus on the health and care outcomes of services for older adults.

Her specialist areas are systems leadership, strategic partnerships, and integrated care and to this end she has a wide network of partners in NHS and social care and with technology firms working into health care. She has two honorary contracts with provider and commissioning services in Sheffield NHS and with the NIHR as a Training Advocate.

Current research projects relate to the care and functional wellbeing of very frail older people in care homes, particularly the use of data and improved management of care in terms of thermal comfort, medicines management, nutrition, hydration and swallowing and physical activity. In addition, systems aspects of care planning including use of digital data the measurement of quality and the impact of care on population health





**Dr Rupert Suckling**

Director of Public Health  
Doncaster Metropolitan Borough Council  
Civic Office 1<sup>st</sup> Floor, Waterdale, Doncaster DN1 1BN

Rupert is Director of Public Health at Doncaster Metropolitan Borough. He trained in general medicine, psychiatry and public health as he followed the path from addressing physical to mental, and finally to social causes of ill-health across the UK. Rupert has held clinical and managerial roles in the NHS, local government, academia and the community, voluntary and the faith sector.

Rupert leads the delivery of the Doncaster Health and Wellbeing strategy, reducing health inequalities including the Well Doncaster pathfinder as part of the Well North programme, joining up approaches to mental health and worklessness and getting Doncaster more physically active.

He co-led the establishment of the award winning Doncaster Improving Access to Psychological Therapies (IAPT) National Demonstration site and subsequently was part of the NICE guideline development group for common mental health problems. He led the award winning Early Lung Cancer Intervention in Doncaster (3 week cough campaign) social marketing project which influenced the 'Be Clear on Cancer' programme which he helped develop with the National Awareness and Early Diagnosis in Cancer steering group. He is a member of the National Institute for Health Research dissemination advisory group.

The three values that underpin the work of the Doncaster public health team are 'learn by doing', 'make the invisible visible' and 'show relentless kindness'.





**Sarah Smizz**

Artist and illustrative mapper

Twitter @smizz

Sarah Smizz is an artist, illustrative-mapper, recently qualified radiotherapist & current Practice-led PhD candidate at Sheffield Hallam University, UK. Her practice is always concerned with exploring power-structures, and questioning the systems around us from urban-planning, to education, to the art world. She is currently testing and pushing the tensions and boundaries that lie within the overlap of art and healthcare practices, with drawing at the centre of this investigation. Her research is motivated by using creative practice to question power injustices and knowledge-paradigms within healthcare, and wants to create more engaging and critical patient information on cancer treatment side-effects and survivorship experience within Radiotherapy.

Sarah has shown her work world-wide including Postmasters Gallery, NYC, and TATE Britain, UK. She has been commissioned by the BBC, NHS England, Channel 4, The Guardian, TED, and many more organizations. She won the National UK Award for Radiotherapist of the Year (2016), and multiple of awards for her research including best research poster at the Annual Radiotherapy Conference, best mHabitat healthcare digital driven tool, Guardian Education award (2018) and in the pipeline publishing a book with Macmillan Cancer Services (2020). Smizz loves meeting new people and collaborating. You can find trying to be funny on Twitter @smizz.









# Workshop Seating Plan

## Table 1

**Moderator:**

Dr Rachel Taylor

**Scribe:**

Samantha Blakeley

Susan Hampshaw  
Jennifer Elliott  
Prof Davina Porock  
Georgia Hatzigiannidou  
Deborah Harrop  
Andrew Pearse

## Table 2

**Moderator:**

Vanessa Hoyland-Powell

**Scribe:**

Karen Horrocks

Prof George Havenith  
Graham Spencer  
Dr Chengzhi Peng  
Alison Iliff  
Lee Pearse  
Prof Andrew Alderson

## Table 3

**Moderator:**

Dr Sally Fowler-Davis

**Scribe:**

Natasha Mercier

Dr Rupert Suckling  
Jenna Horsfield  
Sarah Davey  
Choo Yoon Yi  
Dr Jon Willmott

## Table 4

**Moderator:**

Dr Ali Ali

**Scribe:**

Carrie Wardle

Dr Leigh Fleming  
Dr Jan Gilbertson  
Felicity Webb  
Emma White  
Emma Nicholas

## Participants

Name	Title	Institute
Prof. Charmaine Childs	Professor of Clinical Science	SHU
Susan Hampshaw	Public Health Principal	DMBC
Prof. George Havenith	Professor of Environmental Physiology and Ergonomics	Loughborough University
Dr Rupert Suckling	Director of Public Health	DMBC
Dr Jan Gilbertson	Senior Research Fellow (CRESR)	SHU
Dr Ali Ali	Consultant Geriatric Medicine	STH
Dr Sally Fowler Davis	Clinical Academic	SHU
Jennifer Elliott	Researcher	SHU
Rachel Taylor	Senior Lecturer in Psychology	SHU
Vanessa Powell Hoyland	Public Health	DMBC
Samantha Blakeley	Public Health	DMBC
Graham Spencer	Research Nurse	Derbyshire Healthcare R&D
Jenna Horsfield	Grants Officer	Dunhill Medical Trust
Dr Leigh Fleming	Deputy Head Engineering and Mathematics Dept	SHU
Karen Horrocks	Public Health Improvement Coordinator	DMBC
Sarah Davey	Lecturer in Sport and Exercise Science	Oxford Brookes University
<b><i>continued</i></b>		

Name	Title	Institute
Prof Davina Porock	Assistant Dean Research and Innovation	SHU
Natasha Mercier	Public Health Support Officer	DMBC
Dr Chengzhi Peng	Senior Lecturer School of Architecture	University of Sheffield
Choo Yoon Yi	PhD Student - School of Architecture	University of Sheffield
Felicity Webb	Registered Nurse	STH
Georgia Hatzigiannidou	Technology Transfer Officer	SHU
Carrie Wardle	Public Health Theme Lead	DMBC
Alison Iliff	Health and Wellbeing Team Lead	Public Health England
Dr Jon Willmott	Senior Lecturer, Engineering	University of Sheffield
Emma White	Health and Wellbeing Principal	Barnsley Council
Deborah Harrop	Information Scientist	SHU
Lee Pearse	Associate Lecturer, Film-maker and Charity worker	Heeley City Farm
Andrew Pearse	Graphic Designer and Dementia Department officer	Heeley City Farm
Sarah Smizz	Artist and PhD Researcher	SHU
Prof Andrew Alderson	Director Materials and Engineering Research Institute	SHU
Emma Nicholas	Public Health	DMBC