Mad Max, heroes, health psychologists... and making a difference (Plus 5 Key Tips)

Andrew W Murphy
Turloughmore Health Centre and NUI Galway
Denis Parsons Burkitt (1911-1993)

- *Don't forget fibre in your diet: to help avoid many of our commonest diseases*. *Denis Burkitt*. London: Martin Dunitz Ltd. 1979
David Mant
Emeritus Professor University of Oxford


- Nicotine replacement therapy for smoking cessation. Cochrane Database of Systematic Reviews 2008;1: CD000146
Mrs SM, 1922-2014

• **Medical history**
  – Hypertension; AFib and CCF
  – 2002 CABG and Aortic Valve Replacement
  – Mild renal failure (eGFR c. 40 ml/ min); Intermittent dizziness and falls

• **Social history**
  GMS eligible; Widowed, moved houses

• **Current medications**
  – amlodipine 10 mg daily; nebivolol 5mg daily; Warfarin as per INR; Atorvastatin 10 mg nocte
Provision of cardiac care to 1,611 patients from 35 practices with established cardiac disease


Influencing Irish health policy

Heartwatch is a partnership between the Department of Health and Children, the Health Boards, the Irish College of General Practitioners and the Irish Heart Foundation.
Follow-up of ‘Molly’s Cohort’ for five years


3 study regions
48 SPHERE practices
903 patients

● = Intervention
○ = Control
Secondary cardiac care in general practice: long term all-cause mortality

(Murphy E, In Press)

<table>
<thead>
<tr>
<th>Study or Subgroup</th>
<th>Experimental</th>
<th>Control</th>
<th>Weight</th>
<th>Risk Ratio, M-H, Random, 95% CI</th>
<th>Risk Ratio, M-H, Random, 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cupples 1999</td>
<td>47 / 342</td>
<td>65 / 346</td>
<td>24.5%</td>
<td>0.73 [0.52, 1.03]</td>
<td></td>
</tr>
<tr>
<td>Munoz 2008</td>
<td>18 / 167</td>
<td>21 / 152</td>
<td>8.3%</td>
<td>0.78 [0.43, 1.41]</td>
<td></td>
</tr>
<tr>
<td>Murchie 2003</td>
<td>100 / 658</td>
<td>128 / 660</td>
<td>51.1%</td>
<td>0.78 [0.62, 0.99]</td>
<td></td>
</tr>
<tr>
<td>Murphy 2013</td>
<td>34 / 235</td>
<td>39 / 243</td>
<td>16.2%</td>
<td>0.90 [0.59, 1.38]</td>
<td></td>
</tr>
<tr>
<td><strong>Total (95% CI)</strong></td>
<td>**1402 / **</td>
<td>**1401 / **</td>
<td><strong>100.0%</strong></td>
<td><strong>0.79 [0.66, 0.93]</strong></td>
<td></td>
</tr>
</tbody>
</table>

Total events: 199 / 253

Heterogeneity: $\tau^2 = 0.00$; $\chi^2 = 0.57$, df = 3 (P = 0.90); $I^2 = 0\%$

Test for overall effect: $Z = 2.74$ (P = 0.006)
Complex systems: Obesity
5 Top Tips on how to get on with your local health psychologist©

• Never, ever
  1. Poke fun at their theoretical models
  2. Tell them you actually double check their stats with biostats
  3. Let on, you have not a clue what they are on about
  4. Get jealous about their conference venues

• Always give daily thanks that
  1. You are working with a health psychologist who will improve your rigour, perspective and verve