

# LORNA ORRISS-DIB

RESEARCH OFFICER



## PROFILE

Lorna is a Research Officer at Healthwatch Essex, where she has led and supported a wide range of projects. Prior to joining Healthwatch Essex she studied MSc Public Health (Health Services Research stream) at the London School of Hygiene and Tropical Medicine. She also worked as an NHS Nurse for 10 years, in specialties such as head & neck nursing, acute medical assessment and cardiovascular research. She was also a former Outpatients manager and has mentored and supported undergraduate nursing students on clinical placement. Having come from a quantitative background, she is enjoying conducting qualitative research and showcasing the importance of lived experience in her role at Healthwatch Essex. Her study 'The dual challenge of pregnancy and IBD' was completed in 2023 and explored the pregnancy and postnatal experiences of women with IBD. An informational resource 'From Bump to Baby with IBD' was co-produced with the study participants. Lorna has delivered training based on the research to parenting peer supporters at Parents 1st Essex. Information from the resource has also been included in the award-winning Baby Buddy app from Best Beginnings. This project has showcased the value of co-production and ensuring the accessibility of research by working with community organisations who are directly supporting individuals across the county. As a previous cardiovascular research nurse, she worked on observational studies and randomised clinical trials including the PHOSP-COVID study measuring multiorgan abnormalities following covid-19 infection and the SPYRAL ON/OFF MED trial involving catheter-based renal denervation for uncontrollable hypertension.

## RESEARCH INTERESTS

Social determinants of health  
Pregnancy and the postnatal period  
Children and young people  
Women's health  
Long-term conditions (non-communicable diseases) and multiple long-term conditions  
Community-driven public health  
Addressing health inequalities

## SELECTED PUBLICATIONS:

- Orriss-Dib, L. (2023) The dual challenge of pregnancy and IBD: Investigating self-management among women with inflammatory bowel disease. [Online]. Available at: <https://healthwatchessex.org.uk/library/placeholder-for-ibd-resource/#gallery-1>
- Orriss-Dib, L. (2023) From Bump to Baby with IBD. Pregnancy and postnatal information for those with IBD. [Online]. Available at: <https://healthwatchessex.org.uk/library/placeholder-for-ibd-resource/#gallery-2>
- Krauze, S. and Orriss-Dib, L. (2022) Middle-Aged Men's Experiences of Mental Health and Suicide. [Online]. Available at: <https://healthwatchessex.org.uk/library/#gallery-20>.
- Orriss-Dib, L. (2021) The research nurse's role in managing patient expectation in clinical trials. Nursing Times [online]: 118; 2.
- C-MORE/PHOSP-COVID Collaborative Group (2023). Multiorgan MRI findings after hospitalisation with COVID-19 in the UK (C-MORE): a prospective, multicentre, observational cohort study. The Lancet. Respiratory medicine, 11(11), 1003–1019. [https://doi.org/10.1016/S2213-2600\(23\)00262-X](https://doi.org/10.1016/S2213-2600(23)00262-X)