

# Research Newsletter: Christmas 2023 Welcome!



...to our December research newsletter and general update.

We would like to take this opportunity to say a huge **THANK YOU** for your support this year – you know who you are! – and hope everyone has a wonderful Christmas and New Year!

We hope you find this edition useful and interesting 😊

## Pushed for time today but want to know where to go to find out more at a later point?

Don't forget that the Research and Development intranet and webpages are a 'research one stop shop' They cover everything...

- from studies that are currently open in this Trust and national & local research news (including all our research newsletters to date)...

...to training, how to get involved and our Research Collaborator role

Click below to find out more and/or [email us](#):

[Live Clinical and Health Research Studies | Intranet \(hwhct.nhs.uk\)](#)

<https://www.hacw.nhs.uk/live-clinical-and-health-research->

PLUS – if you're on social media find us here: [Twitter](#); [Instagram](#); [LinkedIn](#)



## Headlining in this edition:

- Research Study Results: RADAR study published in the Lancet
- Feedback from our 2023 Virtual EBP Virtual Conference: 'Leader's in their field & inspirational research career journeys'
- Research Collaborators update
- Clinical Research Network (CRN)-WM Awards
- Study focus – Unusual thoughts about physical activity: questionnaire study
- National research news



## Local Research News



### Research study results: RADAR study published in the Lancet

- Staff from Herefordshire supported this study headed up by Dr Barny Major (PI – Principal Investigator).
- The study looked at '*benefits and harms of a gradual process of antipsychotic reduction compared with maintenance treatment.*'
- It found that '*a gradual reduction over several months in the dose of maintenance antipsychotics in people diagnosed with schizophrenia and related psychotic disorders did not lead to benefits in social functioning and was more likely to lead to relapse than continuing on maintenance treatment.*'
- Read the full article here: [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(23\)00258-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(23)00258-4/fulltext)



## Virtual EBP\* Conference 2023: 'Leaders in their field': 16–20 October 2023



We had a fantastic week in October hearing from an array of brilliant speakers at our 3<sup>rd</sup> annual, but 1<sup>st</sup> national, virtual EBP\* Conference.

Over 660 tickets were snapped up and delegates were treated to a host of expert speakers covering a whole range of specialities.

We finished the week by celebrating EBP\* that's taking place in this Trust giving colleagues the chance to showcase their work on a national stage. Attendance certificates were also available on request for CPD files.

\*EBP – Evidence Based Practise

Feedback included:

*'Inspirational' 'Informative' 'Educational' 'Thought provoking' 'Well organised and structured' 'Varied' 'Enjoyable' 'Enlightening' 'Engaging' 'Motivating' 'High level of speakers'*

HUGE thanks once again to everyone who presented and attended. Keep a look out for information for our 2024 conference!

Recordings of all the presentations are now available on the [R&D intranet](#) and [webpages](#) so please take a look.



## Clinical Research Network (CRN) West Midlands Network Awards

Congratulations to Alice from our R&D team who was 'Highly Commended' at the CRN West Midlands Network Awards 2023 in the Embedding Research category in November.

Alice's engagement work to help embed research throughout HWHCT has included the setting up and running of staff Research Collaborators and organising our week-long EBP\* national conference attracting over 660 attendees.

Alice says: *'I'm thrilled with this recognition! Thank you to everyone who has supported this work over the last year. I'm passionate about getting the 'research word' out there and encouraging everyone to get involved in some way.'*





## Research Collaborator update

We're busy planning our 2<sup>nd</sup> F2F Research Collaborator meeting for March 2024 but in the meantime enjoying touching base at our monthly 'check-in' sessions.

Our Research Collaborators are key to promoting research within teams across the Trust as well as to patient users:

*"I'm interested in how we are delivering services in the best way possible –useful, value for money etc...Research keeps you on your toes!"*



As we approach our Research Collaborator's 1<sup>st</sup> birthday we're really pleased to have welcomed some new people to the crew. Don't worry if you missed joining one of our 'Finding out more sessions' held during November. If you're interested in finding out more and how to get involved, please get in touch: [alice.madden1@nhs.net](mailto:alice.madden1@nhs.net)



**Locally run virtual training available - PI essentials training** \*19 & 21 March, 10-12noon & 1-3pm. Please register your interest by emailing: [WHCNHS.ResearchDevelopment@nhs.net](mailto:WHCNHS.ResearchDevelopment@nhs.net)\*

### What is a PI (Principal Investigator)?

A PI is the primary individual responsible for the preparation, conduct, and administration of a research study at a site. So, in our Trust they're the person who's ultimately in charge of a research study. They delegate roles to ensure the safe and productive running of a research study and are supported by the Trust's R&D Team.

This course is aimed at new PIs (within the first 18 months or first few studies); people interested in becoming a PI as well as people interested in finding out more.

### It's aims and objectives include:

- discuss the PI leadership role in effective study identification, set up, recruitment and conduct
- explore 3 elements of success in the PI role: engagement, oversight and communication
- identify the skills and behaviours required to be an effective PI
- reassurance offered that as the PI 'You are not alone,' help and support is available!

A new 'NIHR Associate Principal Investigator Scheme Resources' webpage has also been launched. Within this there is also further information and support for PI's including 'How to' guides and toolkits including: 'Local PI toolkit and 'Clinical Trials Unit Toolkit.' Find out more [here](#).



## Any events/face to face (F2F) events happening in 2024? Please let us know if we can join you!

We are keen to join any live F2F events (where appropriate) to promote research/EBP and how people can get involved. If you know of any such events please let us know:

[WHCNHS.ResearchDevelopment@nhs.net](mailto:WHCNHS.ResearchDevelopment@nhs.net)



## Study focus:

### NEW study: Unusual thoughts about physical activity: questionnaire study

Angela (Principal Investigator, PI, and R&D Team members) says:

*‘This study aims to assist in developing an intervention to help people with psychosis to be more physically active. It is newly opened so please get behind and promote it! Drop us [an email](#) for further info.’*

### Who can take part?

- Diagnosis of non-affective psychosis and/or affective psychosis
- Aged 16+

### What’s involved?

- Complete a questionnaire in either group 1 which inc Q’s about sitting or group 2 which inc Q’s about physical activity – each take 35-45 (in conjunction with a member of R&D virtually/phone/F2F
- £5 shopping voucher available on completion of the questionnaire



## Professional Training and Qualifications update

- **FREE F2F Local Principal Investigator (PI) Training – 18.1.24, 9.30am – 3.30pm at The Exchange, 3 Centenary Square, Birmingham, B1 2DR**

Run by the Mental Health Mission (MHM, delivered through the Midlands Translational Centre (MTC) and funded by the NIHR this 1 day training event will provide an introduction for clinicians about becoming a PI on a clinical trial. The event is aimed at clinicians who have not been PI’s before and who work with patients with early psychosis or depression. For further information see the poster attached or on the Training drop down on the [Research Training intranet page](#), and to book please use this link: [Midlands Mental Health Mission: Local Principal Investigator Training \(office.com\)](#)

- **New NIHR Senior Clinical and Practitioner Research Award Deadline: Tuesday 23 January 2024.**

These awards are designed to help embed individuals looking to undertake research activity within clinical and practice settings. The award is designed to cover a wide range of research activities including: leading research projects, preparing for future applications for research funding, undertaking strategic leadership around research delivery (e.g. delivery methodology), identifying research priorities, knowledge mobilisation and undertaking research relevant training and development.

The award provides up to 5 years of funding for individuals at the post-doctoral level to engage in research activities, and will provide funding for between 20 and 50% protected time from within the individual’s current role to cover salary, training, and development.

NIHR will be hosting an introductory webinar for the award including a live Q&A session at 10:00 on 7 December. Please [register to join the webinar](#) here.

Full details of the award are available via the scheme guidance notes. Please contact the NIHR Integrated Pathways Team should you have any queries: [academy-awards@nihr.ac.uk](mailto:academy-awards@nihr.ac.uk) or 0113 532 8444.



- **Research Toolkit for Advanced Clinical Practitioners – online 31.1.24, 1-2pm**

Run by the CRN-WM as part of their Research Seminar series, join Dr Kerry Gaskin (Associate Professor of Nursing, University Worcester) for this seminar that'll explore the Research Toolkit for Advanced Clinical Practitioners. For further info and to book please click [here](#).

- **Midlands Mental Health (MMH) and Neurosciences PHD Programme for Healthcare Professionals**

The Midlands hosts the most innovative centres in mental health and neurosciences (MH&N), including digital mental health, clinical trials, neuroimaging, and epidemiology, serving an area of huge clinical need.

The Midlands Mental Health & Neurosciences PhD Programme is led by the University of Nottingham, in collaboration with University of Birmingham, University of Leicester, and University of Warwick, and our local NHS Trusts in the Midlands. [Click here](#) to find out more.

- **Alzheimer's Research UK Conference 2024: 20 & 21.3.24**

The UK's largest dementia research conference is taking place in-person at the ACC in Liverpool and online. The Alzheimer's Research UK Conference provides a fantastic chance to gain insights from colleagues working across basic, translational and clinical dementia research.

There will be an Early Careers Day on the Tuesday 19 March 2024, taking place in-person at Liverpool and online. This full day event is designed specifically to support those starting their careers in dementia research.

For more details please see: <https://www.alzheimersresearchuk.org/research/for-researchers/research-conference/>

- **The NIHR-AoMRC Clinician Researcher Credentials Framework**

A framework of master's level qualifications is being developed jointly by the NIHR and the AoMRC, led by the Royal College of Physicians (RCP) to provide the necessary networks, skills and confidence needed for healthcare practitioners from any regulated profession to lead and support clinical research delivery.

It consists of two key elements:

Online modules - Flexible access to modules of high-quality interactive learning. These theoretical modules will develop knowledge and insight of the approaches to, and delivery of, clinical research.  
Research Practice Experiences (RPE) – Practical modules that enable learners to take part in clinical research in their area of interest, as part of existing research studies, whilst being supported under the supervision and mentorship of a senior researcher. This will develop their experience and expertise to grow future local research leadership capability within the NHS. For more information, visit [here](#).

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**Click through for the latest updates from:**

[CRN \(Clinical Research Network\) Connect newsletters](#)

[CRN WM Bulletin #90 \(campaign-archive.com\)](#)

[NHS R&D Forum Professional Development Bulletin \(mailchi.mp\)](#) - November

[Clinical trials update \(govdelivery.com\)](#) - Health Research Authority (HRA) update - November

[Community Nursing Research Forum](#) - December

[NIHR ARCs | November 2023 | news, research findings, blogs, events, opportunities and more \(campaign-archive.com\)](#)



## National Research News

### National Research News Headlines:



[NIHR invests a further £55m to tackle health inequalities through local government research](#) 29.11.23



[Life-saving enzyme replacement therapy approved for rare genetic condition in babies](#) (28.11.23)



[NIHR supports ambitious new plans to transform clinical research delivery at pace](#) (22.11.23)



[Air filtration systems do not reduce the risk of picking up viral infections](#) (21.11.23)



[Biggest prostate cancer screening trial in decades to start in UK](#) (20.11.23)



[‘Sugar tax’ linked to fall in childhood hospital tooth extractions](#) (17.11.23)



[Lab-grown ‘small blood vessels’ point to potential treatment for major cause of stroke and vascular dementia](#) (17.11.23)



[Repurposed drug halves breast cancer risk](#) (16.11.23)



[NIHR-funded Virtual Reality treatment recommended for use in NHS](#) (15.11.23)



[NIHR awards £42m to new centres to develop innovative technology solutions to improve healthcare \(13.11.23\)](#)



[‘Smart stethoscope’ AI heart disease detection trialled in UK GP surgeries \(10.11.23\)](#)



[Study identifies the best way to measure improvement in Long COVID \(3.11.23\)](#)



[Brain health in over-50s deteriorated more rapidly during the pandemic \(3.11.23\)](#)



## We need your help!



**Study Title: Clinician Knowledge, Confidence and Clinical Practice: CAMHS.**

- Researchers are looking to hear from CAMHS Clinicians who deliver psychological therapy to children and young people aged 5-18 years old.
- If you're eligible and would like to take part please follow this link: <https://forms.office.com/e/7QG4erCLSz> Please see the attached poster and contact: [parneet.pandher@warwick.ac.uk](mailto:parneet.pandher@warwick.ac.uk) with any queries.

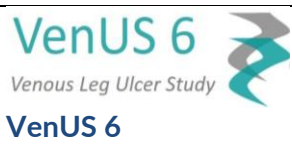
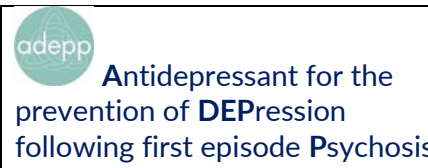


## Studies currently recruiting and coming soon...

If you would like any further information, would like to request leaflets/posters etc please contact us at [Whcnhs.researchdevelopment@nhs.net](mailto:Whcnhs.researchdevelopment@nhs.net)


	<p><b>JUST OPENED</b>  <b>MELODIC: Music therapy Embedded in the Life Of Dementia Inpatient Care</b></p>	 <p><b>Genetic Links to Anxiety and Depression (GLAD)</b></p>	 <p><b>Eating Disorders Genetics Initiative</b></p>	<p><b>Understanding anger and aggression: A Questionnaire study</b></p>
<b>Aim:</b>	Co-design a new music therapy intervention for NHS dementia wards with stakeholders and experts-by-experience.	To better understand depression and anxiety and find effective treatments to improve the lives of people experiencing these disorders.	To better understand the genetic & environmental links to eating disorders & help develop better treatments.	-To develop a new psychological treatment to reduce aggression by forensic patients with psychosis after discharge. -Understand what psychological factors 'drive' aggression (i.e. keep them going) in patients
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- People with dementia</li> <li>- Relatives and staff with experience of mental health wards</li> </ul>	<ul style="list-style-type: none"> <li>- Aged 16+ (no age limit)</li> <li>- Has experienced symptoms of anxiety or depression in their lifetime</li> </ul>	<ul style="list-style-type: none"> <li>- Have experienced, or have been diagnosed with an eating disorder</li> <li>- Aged 16 &amp; above</li> <li>- Lives in England</li> </ul>	<ul style="list-style-type: none"> <li>-People aged 16+ identifying as male</li> <li>-Diagnosed with non-affective psychosis (i.e. schizophrenia, schizoaffective disorder, delusional disorder, psychosis not otherwise specified) and/or affective psychosis (i.e. bipolar disorder)</li> <li>-Using adult secondary mental health services, including forensic services (inpatient or community)</li> </ul>
<b>What's involved?</b>	Talking to people with dementia, relatives and staff with experience of mental health wards in focus groups and interviews. Find out more: <a href="http://tinyurl.com/y498r7ac">http://tinyurl.com/y498r7ac</a>	<ul style="list-style-type: none"> <li>- Register <a href="#">here</a></li> <li>- 30 min eligibility questionnaire</li> <li>- Saliva DNA sample sent through the post</li> </ul>	<ul style="list-style-type: none"> <li>- Complete the online questionnaire: <a href="https://edgiuk.org/">https://edgiuk.org/</a></li> <li>- Provide a saliva sample</li> </ul>	<ul style="list-style-type: none"> <li>-45-minute questionnaire</li> <li>-Provide some brief demographic information (e.g. age, gender, ethnicity, diagnosis, and criminal history).</li> <li>-Participants will be offered £15 for their time</li> <li>To find out more please <a href="#">contact us</a></li> </ul>



	<b>NEW: Unusual thoughts about physical activity: questionnaire study</b>	<b>OPAL: One-to-one Peer support for family members and friends of patients treated under the mental health act (OPAL) – Intervention implementation</b>	 <p><b>VenUS 6</b></p>	 <p><b>Antidepressant for the prevention of Depression following first episode Psychosis</b></p>
<b>Aim:</b>	Assist in developing an intervention to help people with psychosis to be more physically active.	<ul style="list-style-type: none"> <li>-Whether a carer peer support intervention is feasible in England?</li> <li>-Can the intervention use a “train-the-trainer” approach?</li> <li>-What are the potential benefits?</li> <li>-Are there risks and unintended consequences?</li> <li>-What are the implementation costs?</li> </ul>	A multi-centred, pragmatic, parallel group, randomised, controlled, three arm trial looking at the effectiveness of different compression dressings for leg ulcers	Establish the effectiveness and cost effectiveness of an antidepressant medication (sertraline) for the prevention of a depressive episode following first episode psychosis (FEP).
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>-Diagnosis of non-affective psychosis and/or affective psychosis</li> <li>-Aged 16+</li> </ul>	<ul style="list-style-type: none"> <li>-Carer Peer Supporters (CPSs)</li> <li>-Carers</li> <li>-Service users</li> <li>-Clinical teams</li> </ul>	<ul style="list-style-type: none"> <li>- over 18's</li> <li>- has at least 1 venous ulcer</li> <li>- has an ankle-brachial pressure index of less than 0.8</li> <li>- is able to tolerate full compression</li> </ul>	<ul style="list-style-type: none"> <li>- Aged 18-65 years of age</li> <li>- Diagnosed with FEP Within 3 months of initial treatment for FEP</li> </ul>
<b>What's involved?</b>	<ul style="list-style-type: none"> <li>-Complete a questionnaire in either group 1 which inc Q's about sitting or group 2 which inc Q's about physical activity – each take 35-45</li> <li>-£5 shopping voucher available on completing of the questionnaire</li> </ul>	Please email the R&D team for further info: <a href="mailto:WHCNHS.ResearchDevelopment@nhs.net">WHCNHS.ResearchDevelopment@nhs.net</a>	Randomised into 1 of 3 treatment options and be assessed over a period of time to track progress	Please email the R&D team for further info: <a href="mailto:WHCNHS.ResearchDevelopment@nhs.net">WHCNHS.ResearchDevelopment@nhs.net</a>

	<b>Acceptability and Tolerance Study of an adult tube feed. Commercial study</b>	<b>NCMH</b> National Centre for Mental Health <b>Maternal Wellbeing, Mental Health, and Life Experience</b>	<b>Opening VERY soon: SUSTAIN: Managing the hunger side effects of antipsychotics.</b>	<b>RADAR - Research into Antipsychotic Discontinuation and Reduction - long term follow-up study</b>
<b>Aim:</b>	To evaluate the acceptability (including gastrointestinal tolerance and compliance) of an adult tube-feed formula	Which factors have an effect in pregnancy and in the first year after childbirth i.e. certain life events and the effects of COVID-19	To co-develop, with service users, carers and professionals, a feasible, acceptable non-pharmacological intervention to enhance self-management of antipsychotic induced hunger.	Long-term follow-up to evaluate outcomes 4-7 years after initial enrolment in the RADAR research programme. Differences between people originally allocated to antipsychotic reduction & those allocated to maintenance treatment in social functioning, risk of relapse & other outcomes over the long-term.
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>- Require a tube feed (&gt;75% of energy needs from their feeding tube)</li> <li>- Adult &amp; children requiring an adult formula as assessed by the dietician</li> <li>- Willingly given consent from patient or consultee</li> </ul>	<ul style="list-style-type: none"> <li>- ALL women aged 18+ who are currently within the perinatal period (currently pregnant or up to 1-year postpartum)</li> </ul>	<ul style="list-style-type: none"> <li>- Aged 16+</li> <li>- Currently taking antipsychotics</li> <li>- Currently living in the UK</li> </ul>	Follow-up interview
<b>What's involved?</b>	<ul style="list-style-type: none"> <li>- 7-day period and compliance over 1 month on this feed.</li> <li>- Daily record kept by patient to record any side effects</li> </ul>	<ul style="list-style-type: none"> <li>- Basic assessment online – <a href="#">click here</a></li> <li>- 2 short follow up questionnaires</li> </ul>	<ul style="list-style-type: none"> <li>- 30-minute online survey</li> <li>- qualitative interview with 25-30 participants</li> <li>- £10 shopping voucher available for participants</li> </ul>	<ul style="list-style-type: none"> <li>- Aged 18+</li> <li>- A clinical diagnosis of schizophrenia or other non-affective psychosis</li> <li>- More than one previous episode of relapse lasting more than a year</li> <li>- Taking antipsychotic medication</li> </ul>

## Studies in set-up/re-opening & coming soon

	 <p><b>NCMH</b> National Centre for Mental Health</p>	<p><b>PANDA-S: Prognostic and Diagnostic Assessment of Shoulder pain</b></p>	<p><b>CONTACT-GAD: Acceptance &amp; commitment therapy for older people with treatment resistant generalised anxiety disorder (TR-GAD)</b></p>	<p><b>DIAMONDS - Diabetes and Mental Illness, Improving Outcomes and Self-management</b></p>
Aim:	Better-understand the causes, triggers & course modifiers of disease pathogenesis in mental disorders.	Personalised guided consultation to physiotherapy care, compared to current care by physiotherapists	What is the clinical and cost effectiveness of tailored Acceptance and Commitment Therapy (ACT) plus usual care in comparison to usual care alone for reducing anxiety in older people with TR-GAD?	Investigating the clinical and cost-effectiveness of the DIAMONDS diabetes self-management intervention for people with a severe mental illness.
Eligibility:	- Open to adults and children	-Patients referred or self-referred to participating physiotherapy services -aged 18+ -presenting with an episode of shoulder pain	-Aged 60+ -Diagnosis of TR-GAD	-Diagnosed severe mental illness -Type 2 diabetes of at least 3 months
What's involved?	Questionnaire and interviews - blood/saliva samples were needed	- pre-consultation form (6 weeks), a personalised guided consultation (6 months) and a post-consultation form (12 months).	-Receive Acceptance & Commitment Therapy (ACT) – up to 14 1:1 sessions and usual care. Or receive usual care only	<p><b>1.The DIAMONDS programme.</b> -Involve 1-to-1 sessions with trained coaches who will work with participants to support their diabetes self-management -Over 6 months.</p> <p><b>2.Usual Care.</b> The participant will continue to receive care as per routine clinical practice.</p>

