

Welcome!



Sam Topping (R&D Manager)

We're kicking off 2024 with a brand look— we hope you like it!

2024 has already seen a flurry of new studies open and initial findings from a study we were involved in last summer along with new team members and lots of opportunities to get involved in research. ANYONE can get involved in Research in some way—read on to find out more.

I hope you find this edition useful and interesting and as always, don't hesitate to [get in touch](#) with any questions/queries/enquires.

Coming up...

- Hear from 1 of our Research Collaborators
- Learn more about newly opened studies
- Get up to date with local and national research news
- Discover training opportunities



Local Team News

Research Team update:



We're very pleased to have welcomed 3 new R&D team members over the last few months and look forward to working with:

- ⇒ Hazel (Clinical Research Practitioner) and Cath (Research Nurse) who will help with the delivery of NIHR research by supporting clinical teams, screening, recruiting participants and data safety.
- ⇒ Sayyida (Clinical Studies Support Officer) who will offer admin and study support in the setting up of and running of studies.

Research Strategy: 2024-2029



Over the next few months our Research Strategy is being reviewed and updated to support the growth and development of Research within this Trust. Alongside the Memorandum of Understanding that was agreed with the University of Worcester in the Autumn we're excited about the future! If you would like to have a say and be involved in this please [get in touch](#).

Local Team News (cont.)

Research Collaborator (ReCo) Update:



HEREFORDSHIRE AND WORCESTERSHIRE
HEALTH AND CARE NHS TRUST
**RESEARCH
COLLABORATOR**

Our ReCo's are key to promoting research within teams across the Trust as well as to service users. ANY-ONE can get involved—you don't have to have a clinical background. We meet Ruth Sandeman who chats about her experience:

Ruth—tell us a little more about your professional background?

I trained in Cambridge at Addenbrookes and Fulborn Hospitals and qualified as a RMN (Registered Mental Health Nurse) in 1997 so I've been knocking around in the NHS for quite some time now!

I moved into child and adolescent mental health services around 2001 and qualified as a specialist children's nurse in 2003.

I've worked for this Trust since 2017 when I joined to take the Role as a Clinical Lead for the Hereford CAMHS Eating Disorder Service. Over the last three years I've moved into a Trainee Advanced Clinical Practitioner role (ACP) for the CAMHS Eating Disorder Service (CEDS) covering both Herefordshire and Worcestershire and as part of this training I've also become a non- medical prescriber.

I'm about to qualify in June 2024 to become a fully-fledged ACP which I'm really looking forward to—mostly so I can watch Netflix again without feeling guilty that I should be doing an assignment of some kind! 😊



Why did you become a Research Collaborator (ReCo)?

As I'm in the final year of studying for my Msc in Advanced Clinical Practice and improving my research skills is the focus for this final year, I thought that being a ReCo would be a great way of understanding and getting actively involved in research studies the Trust is supporting.

What's your experience been like so far?

- ⇒ It's been really interesting as I had no idea how the Research & Development (R&D) team worked and how much support they can offer to others in terms of engaging in research.
- ⇒ We have regular ReCo meetings where we hear about the different studies being undertaken as well as information about training and development opportunities that are available.
- ⇒ I've also been able to spend a day shadowing the team and seeing how they oversee and manage all of the different studies that are being planned or currently being run.
- ⇒ I've also been able to complete the Good Clinical Practice training with the National Institute of Health and Care Research so that I can act as a Co-Principal Investigator (Co-PI) on a new study that is about to be launched this January and begin to become more actively involved.

What's your favourite aspect of the role?

- ⇒ I've loved learning more about the different studies that the Trust are supporting and understanding the processes involved to make sure that all of the requirements of the study protocols are met.
- ⇒ Its also been good to meet new people from different departments within the Trust.

Has it changed the way you think when talking to patients and staff about research?

- ⇒ Yes it has. I feel much more confident in terms of knowing which research studies the Trust are involved in and how staff can support the promotion of research activities to their colleagues and patients.
- ⇒ I think others can feel like research is a complicated activity requiring a massive time commitment and don't realise that even just putting up posters in a waiting room advertising different studies can all help promote research within the Trust.



How do you find juggling/fitting it into your busy work schedule?

- ⇒ I can't always get to all of the research collaborator meetings which tend to be bimonthly, but Alice the Research Project Support Officer, is great at sending out updates and information following the meetings so I can always catch up with what I've missed.
- ⇒ The R&D team are also really supportive and available to discuss anything at any time if you have any queries.

What would you say to people who are considering becoming a Research Collaborator (ReCo)?

- ⇒ I think it's a great way to increase your understanding of how research works and building confidence in being able to become more involved in the research activities.
- ⇒ There's always the opportunity and support to take this further if you want to.
- ⇒ Being a research collaborator is a great introduction into the world of R&D 😊

If you want to help us promote research within your teams as well as to patients, learn something new, meet a group of like-minded people, and can give 1 hour a month (max), then we'd love to hear from you. For further information and to register your interest please email: alice.madden1@nhs.net and visit our [research collaborator intranet pages](#).

Colleagues' work published



Huge congratulations to Saff Davies (Community Learning Disability Nurse) and Dr Natasha Lord (Consultant Clinical Psychologist) who are co-authors of articles that have been published in the Jan/Feb edition of the Journal of Dementia Care.

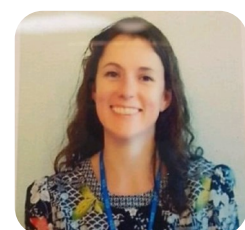
Saff's article looks at: *'Preparing to care: Training for carers of people with dementia and a learning disability.'*

Natasha's article explores: *'Implementing a Digital Life Stories Project on an patient dementia ward: Initial findings and reflections.'*

[Click here to read the articles in full](#) — then choose the 'Local news' drop down.



Saff Davies



Natasha Lord

Newly opened studies—[find out more here](#)

We have opened 4 studies so far this year:

- ⇒ **Contact-GAD:** Acceptance & commitment therapy (ACT) for older people with treatment resistant generalised anxiety disorder (TR-GAD).
- ⇒ **PANDA-S:** Prognostic & Diagnostic Assessment of Shoulder Pain.
- ⇒ **DIAMONDS:** Diabetes and Mental Illness, Improving Outcomes and Self-management
- ⇒ **SOCIAL:** Social cognition & functioning in Alzheimer's Dementia

Don't forget that details of ALL the studies that are currently open in this Trust can be found on the [R&D intranet pages](#).

Research Study Results

Building a supportive culture to retain doctors-in-training



Firstly, huge thanks to the staff who supported this study.

As part of the Trust's commitment to improve trainee doctors' working lives, The R&D team supported Dr Wen Wang's research project "Building a supportive culture to retain trainee doctors" (Leicester University Business School). This was funded by the British Academy. More information can be found at <https://careinuncertainty.le.ac.uk>.



The first project's survey was completed by more than 300 trainee doctors from England and Wales. The research findings have been disseminated amongst the 25 participating NHS Trusts. Based on the findings, an event was curated and well-attended on 30th November 2023 ([Leading the Future Healthcare CPD Day – Report](#))

73 guests were hosted at the Brookfield House, among them 60 are trainee doctors from the NHS Trusts. The programme was well received with 90% of the trainee doctors who attended wanting to recommend this event to a fellow doctor; and 79% wanting to attend a similar event again.

The recommendations (3Rs: Responsiveness, Relationship, and Recognition) from the findings are

similar to the core values already adopted by the trust.

The Medical Directorate thanks the study team for sharing this information with them and acknowledges the importance of increased engagement between senior leaders and trainee doctors to form good working relationships to support trainee doctors, and to recognise their valuable contribution by informing trainee doctors' their achievements. There will be a follow-up survey in February and a CPD event in April 2024.

The Trust is a core member of the project and these opportunities are open to trainee doctors.

Study focus: online questionnaire studies

- ⇒ These are a great and easy way to get involved in research both for staff promoting them and participants taking part.
- ⇒ They can be promoted in any service across the Trust (posters/flyers are available upon request) with participants following a website link/QR code and viewing the participant information and giving their consent. Find out about 2 online studies currently open below:

Genetic Links to Anxiety & Depression



What's this study about?

- ⇒ It explores how our genes & the environment influence the development of anxiety and depression in order to improve future treatment.
- ⇒ Involves joining the NIHR* Mental Health BioResource (central library of information about people's health made up of genetic & clinical data)

How to get involved:

- ⇒ <http://gladstory.org.uk> / scan the QR code

Who can take part?

- ⇒ Age 16+
- ⇒ Experience of anxiety or depression symptoms in their lifetime.

*National Institute for Health and Care Research



Eating Disorders Genetics Initiative



What's this study about?

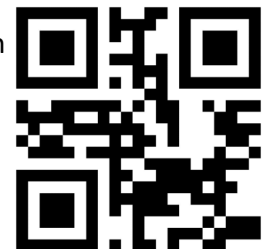
- ⇒ To better understand the genetic & environmental links to eating disorders & help develop better treatments.
- ⇒ It involves joining the NIHR Mental Health BioResource.

How to get involved?

- ⇒ <http://edgiuk.org> / scan the QR code

Who can take part?

- ⇒ Age 16+
- ⇒ Have experienced, or have been diagnosed with an eating disorder



Training—[click here for further information](#)

Trust-run virtual PI* Training: 19 & 21 March, 10-12noon

What is a PI (Principal Investigator)?

The primary individual responsible for the preparation, conduct & administration of a study on site. They ensure the safe & productive running of a study supported by the Trust's R&D Team.

Who's this course suitable for?

- ⇒ New PI's (within the first 18 months or first few studies)
- ⇒ People interested in becoming a PI or people interested in finding out more.

What's the aim of the course?

- ⇒ Discuss the PI leadership role in effective study identification, set up, recruitment and conduct
- ⇒ Explore engagement, oversight and communication
- ⇒ identify the skills and behaviours required

Training (cont.) [click here for further information](#)

Trust-run shadowing opportunity



- ⇒ Available on Mondays at KC2
- ⇒ Come and learn more about research, the process, what's involved in getting a study opened in the Trust etc. Open to all! [Email Alice](#) to book.

Trust-run Research Conference 2024



- ⇒ This will be our 4th Annual Research Conference which will be running w/c 14 October 2024.
- ⇒ We are in the early planning stages at the moment so look out for future updates!



Research Learning Lectures



Confirmed dates through to April 2024

- ⇒ Hosted by the NIHR Associate Principal Investigator Scheme, the Research Learning Lectures are open to all and offer a fantastic, virtual schedule of FREE events over the next few months.
- ⇒ Please [click here](#) for further info and to book.

CRN-WM Award Programme



Clinical Research Network West Midlands Health & Care Research Scholars (HS) & Personal Development Award programmes for 2024-2026.

- ⇒ These programmes are aimed at future Chief Investigators & Principal Investigators.
- ⇒ For more information on the programmes, timelines & to download the guidance document & application forms please visit our site [here](#) & view our flyer about the scholar scheme [here](#).

National Research News

[Telephone-based care can prevent loneliness and depression finds major study](#) 2.2.24

[Rise in childhood obesity during the COVID-19 pandemic could lead to lifelong health consequences](#) 26.1.24

[Mental health recovery narratives improve the quality of life for others with similar experiences](#) 24.1.24

[Government announces nearly £50m of new funding for dementia research](#) 24.1.24

[COVID-19 vaccines effective in reducing long COVID symptoms](#) 16.1.24

[Novel MRI technique improves treatment for severe depression](#) 16.1.24

[RSV: Winter virus injection could cut baby hospitalisations by 80%](#) 5.1.24

[New blood test can identify those at risk of developing Parkinson's](#) 21.12.23

[Life-changing wearable technology will be rolled out to people with type 1 diabetes](#) 19.12.23

[Study discovers cause of pregnancy sickness and potential treatment](#) 18.12.23



Studies currently open in this Trust, [click here for further info](#)

Mental Health

⇒ **DIAMONDS: Diabetes and Mental Illness, Improving Outcomes and Self-management**

Investigating the clinical and cost-effectiveness of the DIAMONDS diabetes self-management intervention for people with a severe mental illness.

⇒ **CONTACT-GAD: Acceptance & commitment therapy (ACT) for older people with treatment resistant generalised anxiety disorder (TR-GAD)**

What is the clinical and cost effectiveness of ACT plus usual care in comparison to usual care alone for reducing anxiety in older people with TR-GAD?

⇒ **OPAL: One-to-one Peer support for family members and friends of patients treated under the mental health act**

Whether a carer peer support intervention is feasible in England.

⇒ [GLAD: Genetic Links to Anxiety & Depression](#)

The study explores how our genes and the environment influence the development of anxiety and depression in order to improve future treatment.

⇒ [EDGI: Eating Disorders Genetic Initiative](#)

To better understand the genetic & environmental links to eating disorders & help develop better treatments.

⇒ [Understanding the impact of life experiences on maternal health and wellbeing](#)

To explore the factors that may have an effect in pregnancy and in the first year after childbirth i.e. exposure to certain life events etc

Psychosis inc Schizophrenia

⇒ **Understanding anger and aggression: A Questionnaire study**

Develop a new psychological treatment to reduce aggression by forensic patients with psychosis after discharge

⇒ **RADAR: Research into Antipsychotic Discontinuation and Reduction-long term follow-up study**

This program investigated whether there are differences between people originally allocated to anti-psychotic reduction and those allocated to maintenance treatment in social functioning, risk of relapse and other outcomes over the long-term.

⇒ **ADEPP: Antidepressant for the prevention of DEPRESSION following first episode Psychosis trial**

Establish the effectiveness and cost effectiveness of an antidepressant medication (sertraline) for the prevention of a depressive episode following first episode psychosis (FEP).

Alzheimer's & Dementia

SOCIAL - Social cognition & functioning in Alzheimer's Dementia

This study will examine the association between theory of mind impairment in Alzheimer's disease with decline in social functioning and relationships.

NHS staff specific research

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.



Studies currently open (cont.) [click here for further info](#)



Dietetics

Acceptability and Tolerance Study of an adult tube feed. Commercial study

To evaluate the acceptability (including gastrointestinal tolerance and compliance) of an adult tube -feed formula.

Learning Difficulties

MELD: Mapping and Evaluating Services for children with Learning Disabilities (LD) and Behaviours that Change (BtC) (ph.2)

Find out about community based services across England that support children with a learning disability and behaviours that challenge, and their families.

Musculoskeletal

PANDA-S: Prognostic and Diagnostic Assessment of Shoulder pain

What is this study about?

This study will investigate the clinical and cost-effectiveness of introducing a personalised guided consultation to physiotherapy care, compared to current care by physiotherapists

Who can take part?

Keep in touch...



Don't forget to check our [intranet](#) and [webpages](#).
They cover everything...

- ⇒ studies that are currently open
- ⇒ national & local research news
- ⇒ Training & how to get involved
- ⇒ Research Collaborator role

PLUS – if you're on social media find us here: [Twitter](#); [Instagram](#); [LinkedIn](#)
Also please don't hesitate to [email](#) us with any questions.

F2F Events 2024



We are keen to join any live F2F events (where appropriate) to promote research and how people can get involved. If you know of any such events [please email](#)



Next newsletter due: April 2024

