

Welcome!



Alice Madden
(Research Project
Support Officer)

Hello!

Sam (R&D Manager) thought she's pass the 'welcoming baton' to another R&D team member so it's my turn for this edition! I work 3 days a week supporting Sam & the R&D team with projects, organising events, training and overseeing comms—basically getting the 'research word out there'! I also support other Trust projects.

Since our last newsletter more new studies have opened; works progressed on the CLER and REN projects with partners from across the wider health system; planning for #Red4Research day & our R&D conference progresses & study results reported.

I also just wanted to say MASSIVE thanks to everyone who helps us deliver research in this Trust—we really couldn't do it without you. And finally, as always don't hesitate to [get in touch](#) with any questions/queries.

Local Team News

Research Collaborator (ReCo) Update:



⇒ Face to Face meeting:

We're excited to announce our next F2F ReCo meeting will be on 16.5.24 in Malvern. We meet virtually once a month to keep everyone up to date but there's nothing like meeting face to face!

⇒ A bit of fun!

Congratulations to Victoria and Sally who indulged me in a bit of fun by taking their ReCo take-out cups out and about whilst spreading the research word! Thank you and look out for a little treat in the post!



⇒ New ReCo's

A big welcome to staff who have joined our crew over the last few months. If you're interested in research, promoting studies and meeting like minded people then become a ReCo too! [Email Alice for further info.](#)



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 with this please [get in touch](#).

Read on for...

- Red for Research—get involved!
- R&D conference dates & speakers announced
- Learn more about open studies
- National Research news

Local Team News (cont.)

#Red4Research— Friday 7.6.24



#Red4Research aims to get as many people as possible wearing red to show their support and appreciation for all those participating, undertaking and supporting health research. It's an opportunity to showcase and celebrate the phenomenal work, learning legacy and innovative treatments/systems/techniques that have arisen from health research and development.



The R&D Team have obviously got involved in the past—the photos here are testament to that! But THIS year we're excited to launch an art competition to get more local people involved too—yes that includes YOU so get ready to get creative and be in with a chance to see your artwork printed on a poster and displayed around Herefordshire and Worcestershire as well as winning 'One for all' shopping vouchers—up to £50!

We want people to design and create art that's been inspired by the positive impact of health research. You can draw, paint, use textiles, sculpt etc then take a photo and send it in to us.

The competition will be launched on #Red4Research day—Friday 7.6.24— and run until 31.7.24. Look out for further details about taking part in our June newsletter.

Any age, any ability – everyone is welcome to enter!

2024 Research & Development (R&D) Conference: dates & speakers announced



We're excited to share that our 4th annual (virtual) R&D national conference, hosted by Sam Topping (R&D Manager), will run **from Monday 14.10.24—Thursday 17.10.24 with daily sessions at 10.30am—1.15pm.**

We're now in a position to announce some of the truly fantastic speakers that we'll be welcoming:

- ⇒ **Dr Claire Minshull; Prof Danielle van der Windt and Dr Serenna Simmons** on Monday 14 Oct: Strengthening & Conditioning and MSK Focus inc session on behavioural change
- ⇒ **Prof Matthew Broome and Prof Joanna Moncrieff (speaker 3 tbc)** on Tuesday 15 Oct: Psychiatry - Psychosis focus
- ⇒ **Dr Emma Wolverson; Dr Vanessa Raymont and Adam Smith** on Wednesday 16 Oct: Dementia focus
- ⇒ **Saff Davies; Dr Natasha Lord & Aaron Smith (other speakers tbc)** on Thursday 17 Oct: What's happening in Herefordshire and Worcestershire?

This virtual conference is FREE to attend and open to EVERYONE. It will be marketed nationally so please share with colleagues, friends, family etc. Certificates of attendance available on request. Over 600 tickets were allocated across the week last year and we hope this year's will be as successful.

Tickets (bookable via Eventbrite) will be available to book in July so save the date and look out for the bookings link. Also keep up to date by scanning the above QR codes to access our intranet & webpages.

Local Team News (cont.)

CLER: Community Led Research Project & REN (Research Engagement Network)



In partnership with VCSE (Voluntary and Community Sector) organisations across Herefordshire and Worcestershire, University of Worcester and other partners within the wider health system, the aim of this project is to:

- ⇒ widen engagement in health and care research across the region
- ⇒ better understand and ultimately reduce health inequalities
- ⇒ we aim to co-design a community-led research framework which can be sustained beyond the life of this project
- ⇒ learnings from this study will feed into our long term goal of getting communities involved in co-designing and supporting research projects

The project has been funded by the Clinical Research Network West Midlands (CRN-WM) and although nearing completion it is continuing via funding from REN.

Sam Topping (R&D Manager at HWHCT) says:

“This has been a co-produced activity reflecting the lived experiences and health agendas of people across both counties. It’s been fascinating working with our partners and seeing the progress made over the last 9 months. Real, long lasting engagement with communities takes a HUGE amount of delicate work over a long period of time to really build up trust. We need people from all our local communities taking part in research so that our population is properly represented in the outcomes, so this is critical work.”

Keep a look out for further updates & get in touch if you’re interested in finding out more/getting involved.

Study updates: Focus on...

DIAMONDS: Diabetes and Mental Illness, Improving Outcomes and Self-Management



What is this study about?

- ⇒ to help people living with type 2 diabetes and serious mental illness to improve their diabetes self-management by making small changes to their daily life using the DIAMONDS diabetes self-management intervention.
- ⇒ this phase is looking to investigate whether the intervention changes participants blood glucose levels.

Who can take part?

- ⇒ aged 18+
- ⇒ diagnosed with a severe mental illness AND diagnosed with type 2 diabetes (insulin and non-insulin user) for at least 3 months.

What’s involved?

- ⇒ Participants will be randomised to either the DIAMONDS programme or care as usual

Please [get in touch](#) for further info.

Study updates: New studies just opened

SUSTAIN: Supporting service users to manage antipsychotic induced hunger: co-development and refinement of a non-pharmacological intervention

- ⇒ Aim: to work with service users, carers and professionals to develop a support package to help adults manage the hunger caused by antipsychotic medication
- ⇒ Complete the online questionnaire: https://www.qualtrics.manchester.ac.uk/jfe/form/SV_6Mwfy3fQ2mM4diC

STORY: Characterising Illness Stages, Progression and Recovery Trajectories of Eating Disorders (ED) in Young People

- ⇒ Exploring the diverse experiences of young people with ED inc symptom progression, what helps/ hinders
- ⇒ <https://redcap-phidatalab.brc.iop.kcl.ac.uk/surveys/?s=RJCKPEELNYHYJYPC>

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](#).

Study updates: Study results

Study results: Hearing Nasty Voices



We were pleased to be one of the first NHS Trust's to open this study in February 2020 and, although paused during COVID, was open through until December 2021. 3 people were recruited contributing to the 308 participants recruited in total.

HUGE thanks to teams in this Trust involved in this study who have helped broaden understanding of the potential causes of distress in voice hearers focussing on one type of experience – hearing derogatory or threatening voices.

[In February 2023 the below final reports were shared which can be found here.](#)

Outcomes published from the YourTube study



Alix Ginever (Community Paediatric Dietician)

It can take a long time for outcomes from research studies to be disseminated and published. So - we were really pleased to receive the results last month from the YourTube study (home blended diets for children who are gastrostomy fed) which was open in this Trust in 2019. Alix Ginever oversaw the running of the study in which 3 participants were recruited.

Alix says: 'It was great being part of the YourTube study and contributing to the evidence base available as well as promoting the benefits of blended diets to the families on my caseload. Findings included showing home-blended foods should be seen as a safe alternative to formula feeds for children who are gastrostomy fed, unless there is a clinical contraindication.'

HUGE thanks to Alix and everyone involved.

Training [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.

NIHR ARCs National Webinars: Health Inequalities



- ⇒ Across these 3 FREE webinars health inequalities and how it cuts across life stages and places is explored.
- ⇒ [Click here](#) for further info & to book you place.



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

We were deeply saddened to hear of the death of Wendy Mitchell, writer and dementia campaigner, who wrote 3 bestsellers about her experiences after being diagnosed with young-onset vascular dementia and Alzheimer's disease in 2014 at the age of 58. She was shocked by the lack of information and support for people who were newly diagnosed and campaigned tirelessly for dementia awareness also raising a huge amount of money for Dementia UK with her 'wacky challenges.' She died on 23.2.24.



Other news:

[NIHR funded study offers hope for targeted treatment of long COVID](#)—11.4.24

[Blood tests for diagnosing dementia a step closer for UK](#)—4.4.24

[App can help people reduce their alcohol intake](#) —27.3.24

[Renewing the NIHR's commitment to public partnerships](#)—26.3.24

[Scientists close in on blood test to stop spread of tuberculosis](#)—22.3.24

[£17.9m for Advanced Therapy Treatment Centre network to bolster clinical trial infrastructure in the UK](#)—21.3.24

[New mpox vaccine being tested in the UK](#)—14.3.24

[Review reveals how to achieve effective 'virtual wards' for patients at risk of frailty crisis and ease pressures on the NHS](#)—14.3.24

[NIHR launches £50m 'Challenge' funding to tackle inequalities in maternity care](#)—13.3.24

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: June 2024

