

# Research Newsletter

Issue: 01 | March 2022



## Foreword by

### Liam Smith, Assistant Psychologist & Research Champion

I am privileged to be writing this foreword for the Spring research newsletter. Research has always been an interest of mine in the field of psychology and mental health, so I jumped at the opportunity to become a Research Champion in Humber! I initially became involved in the SCENE intervention helping people with psychosis to build their social networks through activities. Together with clients, we were able to explore their stories of becoming unwell and losing touch with the things they enjoyed. It has been so rewarding to help these people reignite their interest in the activities they love and connect with new people on the way.

My role as a Research Champion involves raising awareness of the ongoing research in the Trust and recruiting potential clients, their families, and staff into relevant studies. Initiating conversations with patients around ground-breaking research has enabled them to use their own experiences of mental health conditions to inform the evidence-base and directly help others with similar experiences. I have also had the opportunity to participate in research myself, contributing my experiences as a clinician.

Being immersed in research has sparked many ideas about how we can evaluate our own practices at the STaRs team and disseminate the amazing work we do on a daily basis. Although nothing is set in stone, we aim to conduct some research that we hope could shape the future of specialist mental health treatment and rehabilitation services. Watch this space!

Together, through research, we continue to improve our services and treatments to help those who need us the most!



## Section 17 leave: Supporting Unpaid Carers

Humber adult inpatient services are one of three sites in England taking part in this study with the University of York. Researchers from the University have developed a Standard setting out how inpatient staff can support carers before, during and after periods of Section 17 leave. If it's effective, the new Standard will be incorporated in a future revision of the Triangle of Care (Carers Trust, 2016) which aims to achieve better collaboration and partnership with carers.

During phase one (Oct 2020-Oct 2021) the team from York interviewed carers and practitioners involved with section 17 leave to inform the Standard.

During phase two (Mar 2022-Jun 2023) the Standard will be tested to see how it works in practice, what it costs, and if there are signs that it makes a difference for carers. It will be introduced in some wards and not in others and then the results compared. Given positive signs, the Standard will then be refined and funding sought to do more testing in relation to improving outcomes for carers.

For further information contact Dr Haley Jackson, Clinical Effectiveness and Research Nurse ([haley.jackson@nhs.net](mailto:haley.jackson@nhs.net))

## Save the Date

Humber Teaching NHS Foundation Trust  
6th Annual Research Conference

Thur 3 Nov 2022

Online and in person at the Mercure  
Grange Park Hotel

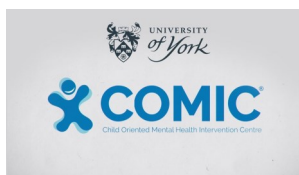
More details coming soon

## Successful NIHR Grant

### CONIFA: Co-design Of Nature-based Interventions For children with ADHD

We were delighted to find that funding through the NIHR's Research for Patient Benefit (RfPB) programme was confirmed this month for a study which will be conducted in our region. Dr Hannah Armitt, a member of our Trust's Research team is co-leading this alongside Dr Pete Coventry (University of York). The study will involve working with families and professionals to co-produce a nature-based intervention for children with Attention Deficit Hyperactivity Disorder (ADHD) and their families.

Hannah is working closely with colleagues at the Child Orientated Mental Health Intervention Centre (COMIC) based at The University of York as well as colleagues from The Wildlife Trusts, ADHD Foundation and family representatives to ensure the study is a success.



Children with ADHD can have difficulties with excessive activity, attention and problems controlling behaviour. They can also be highly creative, energetic and dynamic. Early intervention to develop skills to support these difficulties can be helpful for mental wellbeing, relationships, educational and working opportunities. Engaging with nature has been shown to reduce these symptoms and have a positive impact on children's mental health.

This study will co-design a nature based intervention for children with ADHD. The intervention will be based on the Five Ways to Wellbeing (Connect, Be Active, Take Notice, Learn and Give), an evidence based public health campaign. It will be developed with



**The Wildlife Trusts**

The Wildlife Trusts who have experience developing large nature based campaigns as well working with parents, young people and professionals.

We will be seeking families with children and young people between the ages of 5-11 who have an ADHD diagnosis and professionals who work with children and young people with ADHD to take part in this study. There will be the opportunity to take part in fun, nature-focused wildlife workshops to help us produce this intervention. If you are interested please contact

[Hannah.armitt@nhs.net](mailto:Hannah.armitt@nhs.net)

**NIHR** | National Institute for Health Research

## COVID-19 Research

Message from

Chief Investigators of the ISARIC4C's Clinical Characterisation Protocol (CCP-UK) study.

"Our study has been incredibly successful ..... provided dynamic data in near real time to policy makers, characterised COVID-19 disease in adults and children, described the magnitude and variation of hospital acquired infection by site and region, and developed tools to identify people most at risk of deterioration and death... We'll continue to summarise our outputs on the study website: <https://isaric4c.net/outputs>

Although the COVID-19 pandemic is far from over, the primary objectives of this study have now been met.....we return to a state of hibernation in readiness for future outbreaks or other events of public health importance.

It is important to note that the study is not closed. The CCP remains in place as a "sleeping" protocol to activate in the event of any new threat.

We would like to thank you all for the diligence and humanity with which you approached this work, and for all that you have achieved to help the NHS to navigate through this crisis."

Prof Calum Semple and Dr Kenny Baillie, Joint Chief Investigators ISARIC Clinical Characterisation Protocol (UK)



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## Research studies

### Practices, attitudes and outcomes of patients with memory complaints but with no dementia diagnosis following memory clinic assessment

Patients referred to memory clinics who do not meet criteria for dementia diagnosis are mainly diagnosed with mild cognitive impairment, subjective cognitive impairment and age associated memory decline. Patients with these diagnoses are generally discharged. The reaction, impact and outcome for these patients following diagnosis is not clearly established.



This study aims to understand the attitudes, views and practices of patients with memory problems but no diagnosis of dementia, immediately after memory clinic assessment and then a year later. It also seeks to understand how the assessment may impact the patients' lifestyle practices for the next year.

The main study will involve the completion of a baseline questionnaire measuring patients' attitude to the diagnosis they received at the memory clinic and their future intentions and actions in relation to their health, social and lifestyle practices in response to their diagnosis. Patients will also be invited to complete a follow-up questionnaire to identify any changes within the year after memory clinic assessment.

### Research studies looking at how the NHS can support people with psychosis to increase their physical activity...

We need staff, service-users, and carers to take part in a one-off focus group or one to one interview as part of the Getting more Physically Active study led by Dr Rowan Diamond, Clinical Psychologist from Oxford Health NHS. This study is running until the beginning of April.



We're also looking for service-users to take part in a brief (30 minute) survey on lifestyle and physical activity, led by Dr Emily Peckham, from the 'Closing the Gap Network' team at University of York. This is running until the end of April. You can complete by post, online or over the telephone. [Collaborative studies - Closing the gap, University of York](#)



THE UNIVERSITY of York  
The Department of Health Sciences

Both studies aim to find out personal preferences and what helps and hinders in terms of engaging in physical activity.

## Active Brains

### Market Weighton Practice



Dr Iqbal Hussain, Trust GP Research Lead, invited some patients from our Market Weighton Practice to consider becoming involved in a study called Active Brains. The study is testing an interactive programme to help people aged 60-85 with lifestyle changes and brain training activities which may help with memory and thinking skills.

The response has been very positive and over 30 patients from the practice have signed up. This is being led by the University of Southampton and lasts for five years. Clive Nicholson, Trust Research Nurse/Practitioner said "It's great to see such enthusiasm for research in the community. Our team is hoping to provide more opportunities for patient involvement in research in the near future."

### Research Drop-In Session

**Thur 5 May, 12-12.30pm**

An informal session for anyone interested in research or who would like to become more involved in our studies. Contact us for the meeting link.

Contact us: [HNF-TR.ResearchTeam@nhs.net](mailto:HNF-TR.ResearchTeam@nhs.net) or 01482 301726



## Recent publications involving our Trust

Edmans, B.G., Wolverson, E., Dunning, R., Slann, M., Russell, G, et al. Inpatient psychiatric care for patients with dementia at four sites in the United Kingdom. *Int J Geriatr Psychiatry*. 2021 Dec 1;37(2). doi: 10.1002/gps.5658. Epub ahead of print. PMID:34850970



Pearson, M., Clarke, C. and Wolverson, E. (2021) The meaning and experience of gratitude for people living with dementia. *Dementia* 2021, Vol. 0(0) 1–18 DOI: 10.1177/14713012211040675

Wolverson, E., Glover, L., Clappison D.J. (2022) Self-Care for Family Carers: Can the Alexander Technique help? *Complementary Therapies in Clinical Practice* 46 (2022) DOI.101546

Wolverson E, Moniz-Cook E, Dunn R, Dunning R. (2022). Family carer perspectives on the language of behaviour change in dementia: an online mixed methods survey. *Age & Ageing*. 2022 Mar 1;51(3):afac047. doi: 10.1093/ageing/afac047. PMID: 35231095.

Tee H, Chevalier A, Webber M, Xanthopoulou P, Priebe S, Giacco D, Who wants more social contacts? A cross-sectional study of people with psychotic disorders in England, *Schizophrenia Research*, Volume 240, 2022, Pages 46-51, ISSN 0920-9964, <https://doi.org/10.1016/j.schres.2021.11.047>.

Xanthopoulou, P.D., Mbanu, J., Chevalier, A. et al. Social Isolation and Psychosis: Perspectives from People with Psychosis, Family Caregivers and Mental Health Professionals. *Community Ment Health J* (2022). <https://doi.org/10.1007/s10597-022-00941-x>

Giacco D, Kirkbride JB, Ermakova AO, Webber M, Xanthopoulou P, Priebe S. Neighbourhood characteristics and social isolation of people with psychosis: a multi-site cross-sectional study. *Soc Psychiatry Psychiatr Epidemiol*. 2021 Nov 17. doi: 10.1007/s00127-021-02190-x. Epub ahead of print. PMID: 34791516.

Gilbody S, Littlewood E, McMillan D, et al. Behavioural activation to prevent depression and loneliness among socially isolated older people with long-term conditions: The BASIL COVID-19 pilot randomised controlled trial. *PLoS Med*. 2021 Oct 12;18(10): e1003779. doi: 10.1371/journal.pmed.1003779. PMID: 34637450; PMCID: PMC8509874.

## Farewell

We would like to bid a very fond farewell to Katie Gilgallon, Senior Research Assistant, who left our team in March.



Katie is one of our longest serving in the research team and a very popular lady with staff and study participants alike. We'd like to say a huge thank you to Katie for all her hard work and dedication over the years and wish her well in her semi-retirement (fingers crossed she'll miss us so much she'll be back!).

## Living with Dementia Workshop 29 Mar 2022, 10:30-12:30



Join Wendy Mitchell, who lives with dementia,

and Cathryn Hart from our research team, for an online session hosted by our Recovery and Wellbeing College .

This online workshop explores ways people with dementia can live well and be better supported and how they, and those who support them, can help contribute to improvements in healthcare, treatment and support. People report this helps them feel valued, gives a sense of purpose and hope for the future.

For details of how to register please go to:

[NHS Humber Recovery and Wellbeing College \(humberrecoverycollege.nhs.uk\)](https://humberrecoverycollege.nhs.uk)