

Research Newsletter

Foreword by Alison Williams, Specialist Occupational Therapist

For me, the most important reason that I'm involved in research is to make a difference to patients, their carers and our colleagues. Being involved has enabled me to be part of delivering new assessments and interventions to people who would not otherwise have access to them and to contribute to the evaluation of these.



Although always interested in research and numbers, I have learnt so much more about the process of research, ethics, protocols, delivery – the list is endless! Importantly though it's not just about the research process, as our research team are always there to help with this, but it's also about the opportunity to develop my own skills in delivering new interventions.

Being involved in research enables me to develop transferable skills to support me in different work related avenues that I might wish to take in the future. What better for an employer than seeing that you are willing to be at the cutting edge of your clinical area? Not only that but involvement in research also supports our Trust values of 'Caring, Learning, Growing'.

Hopefully the outcomes of research go forward to being part of our usual practice, but even if they don't I know that I have made a difference to the people that I have worked with and that is a good feeling to have!

Importance of research during COVID-19



COVID-19 has really highlighted the importance of research. Early on the Chief Medical Officer, Professor Chris Whitty, announced his action plan to coordinate the UK response to COVID-19: 1) Contain, 2) Delay, 3) **Research**, and 4) Mitigate.

Televised Downing Street briefings have regularly highlighted the importance of research, and more recently the key discoveries.

Particular studies in the fight against COVID-19, were classified as 'Urgent Public Health' and so our research team have been working hard on these studies over the past few months.

As the number of COVID-19 cases has reduced in the UK, where it is safe to do so we are now restarting some of the research we had to put on hold and opening up new studies, whilst still prioritising the COVID-19 research.

(Virtual) Research Conference 2020

Save the dates: 17 & 18 Nov 2020

We are pleased to announce that we will be holding our fourth annual research conference as a virtual conference over two half days on Tues 17 Nov (pm) and Wed 18 Nov (am). Will include COVID-19 research.

This is free and open to anyone.

Programme and booking details will be released soon.



New studies – we need your help please

Hearing nasty voices:

Developing new ways to measure the experience

This study is aimed at anyone aged 16+ who hears voices which threaten and/or make derogatory remarks. Hearing voices is one of the most common symptoms of schizophrenia.

We aim to learn why some patients listen to and believe distressing voices. This will help in developing psychological therapies which assist people to disengage from distressing voice content. An important step in this research is developing questionnaires that provide the most helpful and accurate information.

In this study we are asking people to answer two questionnaires that are being tested. The content of these have come from i) interviews with people who hear distressing voices, ii) a lived experience advisory panel and iii) clinical psychologists.



Supporting independence at home for people with dementia: New Interventions for Independence in Dementia Study (NIDUS)

This study is for people living with dementia in their own homes, who also have a carer in regular contact with them. They will either receive the new intervention (NIDUS-family) alongside their usual care, or they'll continue with their usual care. We will then compare if those who receive NIDUS-family do any better than those who do not receive it.



A trained researcher will deliver NIDUS-family to those in the intervention group in up to eight sessions over a nine-month period. The intervention will be tailored to each individual and will involve setting goals, monitoring progress, signposting people to resources and identifying activities to help achieve their goals.

Please help by completing this short questionnaire (takes approx. 20 mins)

Open to anyone aged 16+.

Complete it here:
<https://bit.ly/2SnQvg1>

(select Humber Teaching NHS Foundation Trust when asked where you heard about the survey).

Expected to close end Jul 2020.

 The logo for NHS Southern Health NHS Foundation Trust, featuring the NHS logo and the text 'Southern Health NHS Foundation Trust'.

**Psychological impact of the Coronavirus (COVID-19) pandemic and experience:
An international survey**

Help us increase our understanding of how coronavirus and the lockdown is affecting peoples' mental health and wellbeing.

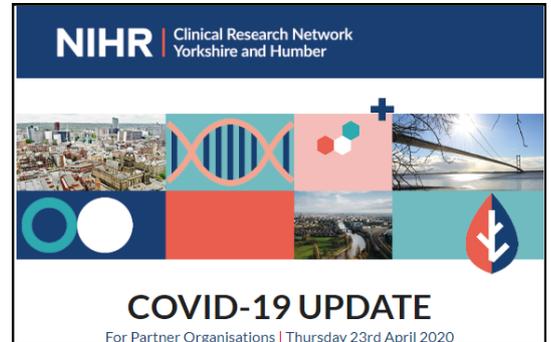
A day in the life



Emma featured in an article in April 'A Day in the Life: A Redeployed Research Assistant's Story'; published by Yorkshire and Humber Clinical Research Network. At the start of the pandemic she helped at Market Weighton practice .

Here's a small extract:

'The team of staff there were fantastic, I felt well supported and part of the team from day one; and likewise the patients were very understanding. Overall it was an enjoyable experience, and I felt I was exposed to a lot of new things I wouldn't otherwise have the opportunity to learn. On top of that, I was humbled by the hard work of all the doctors, nurses, HCAs and pharmacists who were rushed off their feet.'



Prior to COVID-19 becoming the immediate focus for the NHS, Claire Marshall, Trust Specialist Perinatal Mental Health Nurse, featured on the National Institute for Health Research (NIHR) website in celebration of the international year of the nurse and midwife - <https://local.nihr.ac.uk/news/your-path-in-research-claires-story/24260>

Here Claire talked about the support she has been given by our Trust to develop her clinical research career, including her pre-doctoral clinical academic fellowship she is now completing with the NIHR.

New Research Strategy 2020-22

Research is central to ensuring services are effective and that new treatments and ways of delivering care continue to be identified that enable recovery and prevention, reduce disease burden, improve quality and increase productivity. We made significant progress across the seven objectives set out in our previous Research Strategy 2017-2019 and now have our new Research Strategy 2020-22 approved by the Trust Board. This aims to build on our previous progress and to continue our journey to achieving an outstanding reputation for research. Our new Research Strategy is now available at <https://www.humber.nhs.uk/downloads/Research/Humber%20Teaching%20NHS%20FT%20Research%20Strategy%202020-22%20V1.0.pdf>

The three overall priorities set out in this strategy are:

- Research embedded as a core component of clinical services
- Enhanced community involvement and awareness
- Growing our strategic research presence and impact



Recent publications involving our Trust

Jackson H (2020) Reporting and recording sexual safety incidents in inpatient mental health settings. *Mental Health Practice*. doi: 10.7748/mhp.2020.e1446



Fry G, **Gilgallon K**, Khan W, Reynolds D, Spencer G, Wright A, Parveen S. (2020) Recruitment of South Asian Carers Into a Survey-Based Research Study (Innovative Practice) *Dementia* (London). 2020 Mar 12:1471301220909246. doi: 10.1177/1471301220909246. [Epub ahead of print]

Keenan, J., Poland, F., Manthorpe, J., **Hart, C. & Moniz-Cook, E.** (2020) Implementing e-learning and e-tools for care home staff supporting residents with dementia and challenging behaviour: A process evaluation of the ResCare study using normalisation process theory. *Dementia* 19, 5 1604 -1620 <https://doi.org/10.1177/1471301218803195>

Deluca P, Coulton S, Alam MF, Boniface S, Donoghue K, Gilvarry E, .. **Phillips T**, ..et al (2020). Screening and brief interventions for adolescent alcohol use disorders presenting through emergency departments: a research programme including two RCTs. *Programme Grants Appl Res* 2020; 8(2)

Manthorpe, J. & **Moniz-Cooke, E** (Eds) (2020) *Timely Psychosocial Interventions in Dementia Care*. London: Jessica Kingsley Publishers.

Rewston, C. & Moniz-Cook, E. (2020) 'Choosing psychosocial interventions for people with dementia and their families: Protocols for decision-making'. In J Manthorpe & E D Moniz-Cook (Eds) *Timely Psychosocial Interventions in Dementia Care*. London: JKP p30-47

Field, B., Mountain, G., Burgess, J., Di Bona, L., **Kelleher, D.**, Mundy, J., & Wenborn, J. (2019). Recruiting hard to reach populations to studies: breaking the silence: an example from a study that recruited people with dementia. *BMJ open*; 9(11)

Welcome Louisa

Louisa Phillips joined us as a Research Assistant a few months ago, after a short time working for another local healthcare organisation. Prior to this she had worked for ten years within our Trust's children's services in the community.

Louisa is currently undertaking a part-time Masters degree in Psychology and is looking forward to using some of this knowledge in her new role and benefiting from the experience of others in the team.

Louisa is working with our research team on a number of National Institute for Health Research studies currently taking place across our Trust.

