

Research Newsletter

Issue 4 2024 (December)



Foreword by Dr Lindsay Guest

My work at King Street Medical Centre first brought me into contact with the research team a couple of years ago. I am really pleased to see the growth of research being offered in general practice. I have been involved with several studies locally. It is extremely interesting to be involved with research and it is of course relevant to my role as a GP. I appreciate the opportunity to have personal input and involvement with research activities and it's great to be able to support patients to take part in something new and different. Thus far I have worked on studies looking at the care of patients with osteoporosis, dementia, and antibiotic therapy. I feel that there is a growing sense of collaboration and teamwork amongst colleagues engaged in research. This increase and support for research delivery across our practices is reflected in the number of staff completing their 'Good Clinical Practice' training. It's great to see opportunities for engagement with research visible in the practices and good to know that our clinicians raise the topic of research during consultations. I would urge anyone interested to get involved in research. Being involved with research is rewarding and is an excellent learning opportunity with a real sense of improving patient care.



Staff Awards 2024

Congratulations To Dr Hannah Armitt and Jean Hart

We were delighted that Jean Hart, volunteer Research Champion, was shortlisted for the Volunteer Of The Year award. Although she didn't win outright, Jean is a winner in our eyes and we thank her so much for everything she does for our Trust, especially in relation to helping our research team.



A huge congratulations to Dr Hannah Armitt, Clinical Research Psychologist, who was the winner of the Patient & Carer Experience award, named after the wonderful Wendy Mitchell who sadly passed away this year and who had been a huge supporter of research for so many years. This was a fitting tribute to Wendy and I'm certain she would've been over the moon to see Hannah winning this award for her unwavering dedication to and passion for involving patients and communities in everything she does. For further information about some of the research Hannah is involved with please see [Researchers to explore benefits of forest school on children's mental health - News and events, University of York](#) and [Forest school Interventions for Children's Health \(FINCH\): a feasibility cluster randomised controlled trial - NIHR Funding and Awards](#). Unfortunately Hannah wasn't available on the night to collect her award, so our Assistant Director R&D, Cathryn Hart, was delighted to pick it up on Hannah's behalf.

Save the Date

8th Annual Research Conference

19 November 2025

Studies we need your help with please

Understanding the Impact of life Experiences on Maternal Wellbeing and Mental Health

Are you currently pregnant or given birth in the last 12 months?

The National Centre for Mental Health works to improve diagnosis, treatment and support for people affected by mental illness. Help make a difference by taking part in this national maternal wellbeing and mental health survey.

This study aims to capture the effects that life events have on experiences of pregnancy.

Take part by visiting: www.bit.ly/maternalHTS
Please share this link widely.



Please help with our trauma survey?

Are you aged 18 or over and experienced or witnessed some form of trauma, either during childhood or as an adult (e.g. accidents, serious illness, abuse, assault).

This national survey is trying to understand the impact of trauma on mental health, to help improve support. It will take around 15 minutes to complete, depending on how you answer the questions. You don't need to answer any questions you don't want to.

Take part online by visiting: Bit.ly/TSHumber

Please share this link widely.



You, Me and Nature - Pilot Study

This study is testing a caregiver-led nature-based intervention, which has been co-developed with people living with dementia, supporters/caregivers and professionals. The results will contribute to the evidence of nature-based interventions for people living with mild cognitive impairment or dementia.

We are looking for people with mild cognitive impairment or dementia and their supporters/caregivers. Each pair will either: 1) receive the intervention straight away, or 2) receive the intervention at the end of the study.

Supporters/caregivers in the group who receive the intervention straight away will attend a one-off online training session on how to use the manual. The intervention involves 8 weekly sessions of nature-based activities.

Hybrid Research Placements

Autumn 2024 saw the first three undergraduate allied health professional students complete our Trust course 'Introduction to Research in the NHS and Humber'.

As part of their clinical placement hours, the Occupational Therapy students from the University of York joined nursing students from the University of Hull for our eight-week programme.

Our aim is to develop clinicians who:

- ♦ will advocate for research
- ♦ be research ready
- ♦ understand how research is conducted in the NHS
- ♦ learn how to locate their R&D departments
- ♦ know how they can become involved in research

All students said their knowledge about research had been transformed and when qualified would feel comfortable encouraging patients to find out about and participate in research.

Student feedback included:

"Really engaging sessions, well delivered."

"It's been eye opening to learn about how the Trust gets involved in and drives research, delivering the new evidence-based practice of the future."

If you or your team are supporting healthcare students on clinical placements who wish to access future courses, please email hnf-tr.researchteam@nhs.net

New studies in Primary Care

Relief Asthma Trial at Market Weighton Practice



Asthma affects around 10% of the population and is characterised by inflammation in the airways, making it difficult to breathe. Our research team is working with staff and patients at Market Weighton Practice on a trial looking at the care of people living with Asthma. This important study is being coordinated centrally by Nottingham Clinical Trials Unit.

We want to know if a new combined inhaler, when used as a reliever alongside a brown inhaler, is better for treating mild asthma. People prescribed regular preventer treatment for mild Asthma may be suitable to take part. They will be randomised into two groups. One group of patients will be given a new combined relief inhaler alongside their brown preventer inhaler, and the other group will continue with their blue reliever and brown preventer inhalers.



Optimal Times

The Academy of Primary Care at Hull York Medical School is conducting a study within GP practices, called Optimal TIMES.



This research is focusing on understanding the shared learning between health professionals and patients and includes looking at how research is integrated into care.

It involves observations of clinical practice and practice meetings and conducting focus groups. All participation is voluntary.

Dr Stephen Opare-Sakyi GP and local project lead said:

"I would like to thank all the staff members for their support, including the Practice Manager, who contributed to making this trial a success. Their hard work and dedication have been instrumental in achieving this milestone for King Street Medical Centre."

Celebrating Research in our Community

In October our Market Weighton Practice hosted an event to showcase



services available to our local community.

This was organised as part of the Market Weighton (Patient Participation Group) 2024 Action Plan, with the Market Weighton Practice Management team. It was an opportunity to engage and share information with members of the public about the services provided by the practice, to meet staff and for people to learn more about how to access a range of other health and wellbeing services provided by the Trust and partnership organisations locally.

Phil Anastasi, Patient & Carer Experience Lead for Community Services and Primary Care Division said:

"I was so grateful that the Research Team were able to attend the event. There are so many important research initiatives that patients can get involved with. Events such as this really can help promote excellent opportunities for members of the public to get involved with services that they may not have previously known about. Thank you so much to all those who attended."



Afro Caribbean Et South American
Peace Unity Love Respect
and Inclusion for All
ACES Bridlington Club and Friends by the Sea

ACES Bridlington Club and Friends by the Sea Charity held their second annual exhibition on Sunday 17 November. The charity strives to bring successful community involvement and cohesion that is beneficial to all local communities. Our research team were present at the event, alongside other local services and voluntary groups.

Exciting News: Centre for Addiction and Mental Health Research launched Nov 2024

Our Trust is proud to be a key partner in a groundbreaking new mental health research initiative led by Professors Tom Phillips and Judith Cohen at the University of Hull. The University has secured £11 million from the NIHR to establish the Centre for Addiction and Mental Health Research (CAMHR), with our Trust's colleagues playing a crucial role in its development and impact. This includes Dr Hannah Armit, Clinical Research Psychologist and Dr Laura Voss, Consultant Liaison Psychiatrist, as named collaborators. Other partners and collaborators include King's College London, University of York, University of Kent and Hull University Teaching Hospitals.

CAMHR aims to significantly improve the provision and access to essential addiction and mental health services provided in the community, including services for children and young people. The centre's target area covers a diverse population of 1.7 million people in cities, market towns, rural villages and coastal communities across the Humber and North Yorkshire, which includes some of the most deprived communities in the UK.

[£11m for new centre for addiction and mental health research at University of Hull | University of Hull](#)

Exploratory study comparing outcomes for 2 different service delivery methods of pulmonary rehabilitation

Kevin Atkinson (Chief Investigator), Physiotherapist, Humber Teaching NHS Foundation Trust

This study explored 2 methods of delivering pulmonary rehabilitation (PR) for people with long-term respiratory conditions. PR combines exercise and education to enhance independence and quality of life. This research compared the traditional approach, 2 supervised sessions per week for 6 weeks, with a hybrid model of 1 supervised session and 1 home-based session weekly over the same period. Both methods included the same overall exercise volume and 6 educational sessions, as per British Thoracic Society guidelines.

48 participants were recruited, 24 in each group. Outcome measures included walking tests and questionnaires on respiratory health, anxiety, and depression.

Findings showed that the hybrid model resulted in similar clinical improvements to the traditional approach. This suggests that incorporating home-based elements into PR could offer greater flexibility for patients without reducing effectiveness. These insights challenge current guidelines and highlight the potential of hybrid models for the long-term management of chronic respiratory conditions, improving accessibility while maintaining health benefits.

Recent Publications involving our Trust

Yuille A, Davies J, Armit, H. et al (2024). Moving from features to functions: Bridging disciplinary understandings of urban environments to support healthy people and ecosystems. *Health & Place*, Vol 90, 2024, 103368, ISSN 1353-8292, <https://doi.org/10.1016/j.healthplace.2024.103368>.

Hardy K., Price R. & Baldwin S. (2024). Contributing to health visiting research: Participating in the ADBB Study. *Journal of Family and Child Health*, 2024; 1 (3) <https://doi.org/10.12968/jfch.2024.1.3.144>

Review

[Community perinatal mental health teams reduced risk of relapse](#)

Reviewer: Claire Marshall, Specialist Perinatal Mental Health Nurse, Humber Teaching NHS Foundation Trust'.

Research Community of Practice

The next Community of Practice session will take place on Tues 4 February, 1:30-2:30pm

Look out for your invitation via Trust Communications

Festive thank you

We would like to say a huge thank you to everyone who has taken part in research this year.

Festive wishes to you all and a Happy New Year

