

Research Newsletter

Issue 3 2024 (October)



Foreword by

My name is Charlotte Harrison (RMNH BSc). I am a newly qualified mental health nurse at Mill View Court and want to tell you about a fantastic opportunity I was given to spend time looking at healthcare research as part of a clinical placement with the Research Team here in Humber.



Before completing the sessions, I had some awareness research took place in the NHS but didn't know how to get involved nor had any prior knowledge of ongoing studies within the trust. It was an incredible experience and I felt like I learnt so much during our time together. The experience helped me with the final project of my degree and made it more exciting. I also signed up to be a Research Champion, to stay involved and up to date with the fantastic work the Research Team does. As further validation of how much my placement inspired me, I am officially a public reviewer for the National Institute of Health and Care Research (NIHR).

Thank you to the Research Team for giving me the opportunity and the wonderful placement, I really enjoyed it!

Keep inspiring the next generation of Research Nurses!

Dates for your diaries

Our research team are involved in our local communities and will be attending this free

Health and Wellbeing Event

Saturday 19 October 12:30pm-4pm

Market Weighton Community Centre

2 Station Road, Market Weighton, YO43 3AX

Join us online at our next Community of Practice for Research session

With special guest speakers: Nifty Fox

Wednesday 23 October 2024, 12.30-1pm

This welcoming and informal space, taking place quarterly, and provides the opportunity to meet with other professionals interested in research and can support you to become more research active.

Email HNF-TR.ResearchTeam@nhs.net to request the meeting link

New AHP Community of Practice for Research

Are you an Allied Health Professional with an interest in research? Would you like to become more research active? Are you interested in research training opportunities? Would you like to find out about existing research opportunities to offer your patients/service users?

The inaugural meeting will be on **Thur 7 Nov 10am-11am (on Teams)**.

To receive an invite, please contact louise.shelley1@nhs.net

Save the Date

8th Annual Research Conference

19th November 2025

Studies we need your help with please

CognoSpeak

This study is evaluating a computer generated AI image of a human looking clinician that asks and records participants' responses and interaction to a series of questions about their health, well-being and daily experiences. All participants responses are recorded and then analysed to see if features of dementia or other memory disorders can be identified from speech patterns.



At Humber we are continuing to recruit patients referred with any suspected memory complaint diagnosis with capacity to consent to the study. We are also recruiting 'healthy volunteers' (someone without a diagnosed memory complaint) to respond to the same sets of questions so that the data can be compared. The more people that take part in the study by recording their responses, the more refined the programme will become in analysing the speech patterns. It is hoped that the findings from this study will assist future clinical trials and 'CognoSpeak' will be used as a cognitive diagnostic aid, enabling more accurate and faster diagnosis of memory problems.

You can now refer yourself by following these links:

Healthy Volunteers - <https://forms.office.com/e/AWV6KbZtkQ>

People with Memory Problems - <https://forms.office.com/e/wcceJPz38E>



The COMMITs Trial

The COMMITs trial, led by University of Lancashire, aims to test if a talking therapy (Motivational Interviewing Based Intervention (MIBI)) helps stroke survivors come to terms with their stroke and reduce depression. Stroke can have a devastating effect on people, physically and emotionally. Depression affects about 1 in 3 stroke survivors at any one time, and up to half of all stroke survivors. Depression reduces ability to take part in rehabilitation, resulting in poorer recovery, and prevents people from taking part in social and leisure activities. Depression can be treated with drugs, but these do not always help or suit everyone.

To test whether the MIBI improves mood, participants are randomised into 1 of 3 groups; 1) receive MIBI, 2) spend the same amount of time with a visitor, or 3) usual care. This will allow us to work out whether it is the MIBI, attention or simply time that leads to any improvements. Postal questionnaires will also be used to gather information about depression and quality of life at various timepoints.

For further details please contact louise.shelley1@nhs.net

MELODIC

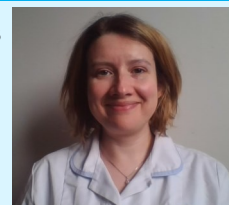
This study is co-developing a Music therapy intervention Embedded in the Life Of Dementia Inpatient mental health Care to reduce agitation and related physical assaults.

The intervention has been co-designed with experts-by-experience, including people with dementia, family members, staff members and managers. We are now piloting the music therapy intervention for 4 weeks in one of our wards to see whether it is possible to deliver and has the potential to be helpful for patients, staff, and family members. This will help improve the intervention for future research and practice.



Associate Principal Investigator (PI) Scheme

Congratulations to Louise Shelley, Specialist Speech and Language Therapist, for successfully completing the certified NIHR Associate PI Scheme. *Well done Louise!*



Studies we need your help with please

Visual Hallucinations

One in three people with psychosis have visions, also known as visual hallucinations. Surprisingly, little is known about these experiences. We are working with Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust to identify people who experience visual hallucinations. They will be asked to complete a questionnaire which takes approximately 45-60 minutes. Those taking part will be given a £10 voucher for their time.



This study is for people who experience visions (visual hallucinations) and psychosis.

For more information,
scan here:



National Centre for Mental Health (NCMH) study on Life experiences and maternal mental health

It's important to consider factors that may have an effect in pregnancy and in the first year after childbirth. NCMH is trying to understand more about how life experiences impact on maternal wellbeing and mental health during this period.



People taking part in this study are asked to provide some basic information about themselves, their mental health, wellbeing and past experiences, but they do not need to answer all questions.

To take part you can click on this link:
ncmh-surveys.cardiff.ac.uk/redcap/surveys/?s=CFHWKLPP7K8KL3EX&source=humberteachingnhsfoundationtrust

Or Contact Claire.Marshall7@nhs.net for more information

Recent Publications involving our Trust

Little, P., Vennik, J., Rumsby, K., et al. Nasal sprays and



behavioural interventions compared with usual care for acute respiratory illness in primary care: a randomised, controlled, open-label, parallel-group trial. (2024) *The Lancet Respiratory Medicine*. Open Access Published: July 11, 2024
DOI: [https://doi.org/10.1016/S2213-2600\(24\)00140-1](https://doi.org/10.1016/S2213-2600(24)00140-1)

Diamond R, Waite F, Boylan A-M, et al. (2024) Supporting movement and physical activity in people with psychosis: A qualitative exploration of the carer perspective. *International Journal of Social Psychiatry*. 2024;0(0).
doi:10.1177/00207640241277166

Diamond R, Waite F, Boylan A-M, et al. (2024). Framework for understanding movement and physical activity in patients diagnosed with psychosis. *BMJ Ment Health* 2024;27:1-9.
doi:10.1136/bmjment-2023-300878

Preventing and Tackling Mental Ill Health through Green Social Prescribing Project Evaluation report. <https://randd.defra.gov.uk/ProjectDetails?ProjectId=20772>.

Nature Champions: Empowering Ethnically Diverse Communities to Improve Health through engaging with the Natural Environment (July 2024). <https://www.yorks.ac.uk/research/institute-for-social-justice/events-reports-and-videos/reports/>

New Study in Primary Care

Osteoporosis in Older Women: A qualitative exploration of older women and healthcare professional experiences to guide improvements in osteoporosis care

Our primary care research team and primary care clinicians are working with the Academic Unit for Ageing and Stroke Research at Bradford Royal Infirmary on this important study.

The aim is to use insights from the experiences of older women and primary healthcare professionals to develop strategies to improve osteoporosis care. Information is being gathered through interviews, either face to face, by telephone, or via Zoom/Teams, lasting around 30-60 minutes.



A message from our Primary Care Matron

“Research links to public health initiatives.

Nurses and AHPs are often well placed to lead research activities.

Involvement in research helps to drive better outcomes for patients and raises the profile and credibility of the professions”

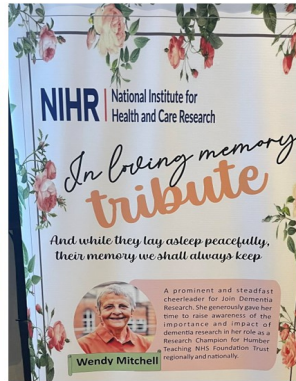
Maggie Bean
Primary Care Matron



Celebrating 10 years of Research Excellence

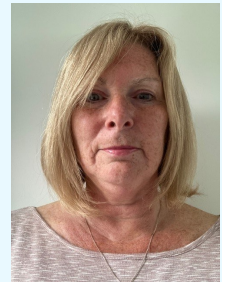
Our Research Team were invited to present at the Clinical Research Network's 10 Years of Research Excellence celebration event held in Leeds on 16 Sep. John and Angela presented about the impact mental health research has had in our GP practices and highlighted some of the community outreach work we have been involved with across Humber.

Humber Teaching NHS Foundation Trust is an exemplary example of successful collaboration across secondary and primary care (Taken from CRN Impact Summary 2014-2024)



Farewell

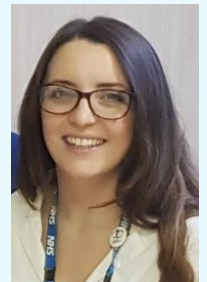
The Team would like to say a fond farewell and a happy retirement to Katie Gilgallon, Assistant Research Practitioner.



Katie has been one of the longest serving members of our team. 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 retirement.

The Team would also like to say good bye 'for now' to Emma Anderson, Research Practitioner.

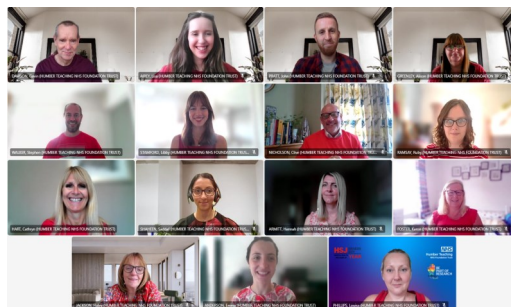
Emma has been with us for many years and we would like to thank her for all her hard work, enthusiasm and dedication. We wish her well in her studies and hope to see her back with us soon (working on the bank).



#Red4Research 2024

Supporting research and all the people making research happen

On 20 Sep our Research Team got together to support #Red4Research day. The aim of the day is to get as many people as possible wearing red to show support for all those involved in research.



Contact us: HNF-TR.ResearchTeam@nhs.net or 01482 301726