

Research Newsletter

Issue 2 2024 (July)



Foreword by Dr Gary Dyson, Deputy Medical Director, Humber Teaching NHS Foundation Trust.

I've recently been appointed as Deputy Medical Director and one of the great

surprises was the breadth of work that the Humber team are involved with. One of the most exciting aspects is research. It has been very inspiring to review some of the recent research highlights i.e. "Active Brains" which looked at the effect of online tasks at improving cognitive decline in older adults and there are lots of other interesting and different projects ongoing.

"The only thing constant is change" and research gives us the opportunity to be part of that change. The Trust has really focussed on the type of research that involves and benefits our patients, the wider community (and us!).

My advice to anyone who is interested in research is to contact the Research Team. Their enthusiasm is infectious and who knows where getting involved could lead?

Research Conference 2024 Highlights

This year we held our 7th Annual Research Conference as a hybrid event, enabling people to join online or in person. It was held in May to coincide with International Clinical Trials week. Despite some technical problems first thing for those joining online, which were out of our control, overall the conference was very well received. We had over 400 delegates register this year from over 90 different organisations and many different professions and backgrounds.

We opened the conference with a tribute to the wonderful Dr Wendy Mitchell, Trust Research Champion and Recovery College Facilitator for many years, who sadly passed away in Feb 2024.



Speakers also included Trust staff from various professions and specialties, people with lived experience, as well as national experts talking about research we are supporting in our Trust.



The buzz in the room and at breaks networking was fantastic.

The evaluation feedback has been very positive too; of those completing the evaluation, 98% rated the conference content as excellent/good and 91% the conference overall.

'Just wanted to say it was an incredible day. I feel so proud to be HUMBER. The speakers were all amazing.'

'Fantastic conference, inclusive and well organised'.

You can now watch the conference highlights by clicking on this link: <https://youtu.be/Bcq7Kku0rlQ>

Studies we need your help with please

'**CognoSpeak**' is 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.



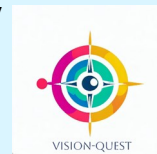
Associate Principal Investigator (PI) Scheme

We would like to say a huge congratulations to Maggie Bean, Modern Matron for successfully completing the NIHR Associate PI Scheme. Well done Maggie!



Hitting Target

We would like to thank everyone who took part in the Vision Quest study and helped us to hit our target.



Forest School and children's health and wellbeing

We are delighted to announce that we have been awarded grant funding from the NIHR Public Health Research programme. This 22 month study, starting Sep 2024, will be led by Dr Hannah Armitt, Trust Clinical Research Psychologist, and Prof Peter Coventry, University of York.



Understanding the effectiveness of school-based interventions in promoting and developing emotional wellbeing is a core research priority. A school-based intervention which is inclusive and has the potential for widespread delivery is 'Forest School'. This provides children with immersive experiences in nature which are non-classroom based and have a core focus on child-led activity and exploration. Despite widespread implementation, evidence about the best delivery methods of Forest School and the impact on mental health and emotional wellbeing is scarce. This study will generate new knowledge about the feasibility of running a definitive Forest School trial with children aged 7-11.

We are looking for schools with an interest in Forest School delivery to children in Key Stage 2 to take part in our study and welcome early informal conversations.

Please contact Hannah.armitt@nhs.net for further details.

Summer Events

The Research Team will be holding stalls at the following events, so why not pop along and say hello!

Peel Project Women's Empowerment Programme
16 Jul, 12-2.30pm. At the Spring Bank Community Centre, West Parade, Spring Bank, Hull HU3 1BX

Humber Summer Showcase
25 Jul, 2-4pm in the Trust's Lecture Theatre, Willerby Hill, Willerby, HU10 6ED

Peel Project Health Fair, 22 Aug, 10-4pm, Peel St Hub, Peel St Park, Hull HU3 1QR



Caring, Learning
& Growing Together



Humber Teaching
NHS Foundation Trust

Studies we need your help with please

FUNDED BY
NIHR | National Institute
for Health Research



We have just opened the Snackactivity™ study, led by Loughborough University, in partnership with the Universities of Birmingham, Leicester, Edinburgh, and Birmingham Community Healthcare Foundation NHS Trust. This aims to develop a new approach to promoting physical activity.

Current guidelines advise adults to undertake 150 minutes per week of at least moderate-vigorous intensity physical activity, which is usually suggested as being spread over the week in five 30-minute sessions. This approach often requires people to make large changes to their lifestyle and the target isn't managed. Snackactivity™ takes a different approach, seeing the whole of a typical day as opportunity for activity 'snacks', each lasting 2-3 minutes e.g., walk-talk conversations, walking coffee breaks, using stairs not the lift, calf raises while brushing your teeth and squats while waiting for the kettle to boil.

Participants will be randomised to receive current NHS guidance about physical activity or the Snackactivity™ intervention. The Snackactivity™ intervention is designed to be delivered by health care professionals in NHS settings, including the community, and takes five minutes to deliver within consultations/contacts. It uses a mobile phone App (called the SnackApp) synchronised with a physical activity tracker (Fitbit watch) to help participants to self-monitor their Snackactivity™ throughout the day. These resources will also offer prompts and feedback on how much Snackactivity™ participants are doing each day.

CHANSS: characterizing negative symptoms in schizophrenia

The purpose of this study is to investigate a group of 'normal' behaviours that are typically taken away in patients with schizophrenia, e.g. motivation and emotional expression.

Despite intense research, we have little understanding of causes and treatment of apathy or poor motivation. This study aims to understand the brain mechanisms of apathy using computer-based tests to deduce how the brain processes information

People potentially eligible to take part are:

Aged 18-65, diagnosis of Schizophrenia, stable on treatment.

Recent Publications involving our Trust



Armitt, H.A., Attwell, L., Kingsley, E.N. et al. Reflections and practical tips from co-producing an intervention with neurodiverse children, their families, and professional stakeholders. *Humanit Soc Sci Commun* 11, 813 (2024). <https://doi.org/10.1057/s41599-024-03278-w>

Dunn, V. S., Petty, S., & Laver-Fawcett, A. (2024). Provenance of a "sense-sational" wait: A call for introducing sensory processing differences into diagnostic criteria for attention-deficit/hyperactivity disorder. *Brain and Behavior*, 14, e3501. <https://doi.org/10.1002/brb3.3501>

Davenport, C., **Price, R.**, Keynejad, R C. and Mughal, Faraz. (2024) Improving care for fathers with perinatal depression in the community. *Editorials British Journal of General Practice*, p 246/7. June 2024

Community of Practice Summer Session

The next Research Community of Practice session will take place online on

Tuesday 16 July, 1.30-2.30 via MS Teams.

Please contact us for the link to join this session.

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

Primary Care Update

Our Trust research team works within the primary care team to make research as accessible as possible to patients. The research team also supports colleagues to access training and development opportunities.



Dr Iqbal Hussain, Clinical Lead for Primary Care and Addictions Services, and GP Research Lead for Primary Care

We continue to work to engage specific groups within the community, offering opportunities for people to become involved with research.

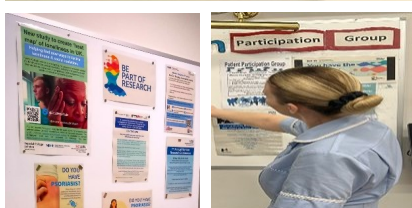
Each of our three practices has a Research Link Worker who helps promote awareness of research opportunities locally. There is a strong focus on Patient Participation, Involvement and Engagement.

The research team provides regular updates to all the Patient Participation Groups (PPGs) connected to our general practices and encourages each PPG to raise awareness of research opportunities.

Research information is visible in all our practices, including in patient waiting areas.

Clinical staff undertake specialist training to help deliver research studies which may be of benefit to patients.

We will continue to develop and maintain a research culture within primary care.



Open to Recruitment



Staff at Market Weighton Practice are working with our research team to help deliver an important study in our community. Advanced Clinical Practitioners will be inviting eligible patients to consider being part of a national study, known as COAT, which is involving the use of antibiotics.

Overuse of antibiotics can be harmful and contributes to antimicrobial resistance. One way of reducing overall antibiotic use is to use shorter courses. For many infections, including community acquired pneumonia, there is good evidence that 5 days or less is as effective as longer courses. The COAT study is looking at whether lower limb cellulitis can also safely be treated with a 5 day course of antibiotics.

Maggie Bean, Primary Care Matron said "We are very pleased to be involved with this important study which may benefit patients. Being involved in research such as this helps to drive better outcomes for patients and raises the profile and credibility of the professions."

If you are a health professional working in the community and you'd like to know more about getting involved in research please email our Research Team - hnf-tr.ResearchTeam@nhs.net