

# Research Newsletter

Issue: 01 | 2023 (March)



**Foreword** by Dr Haley Jackson  
**Clinical Effectiveness and  
Research Nurse**, Humber  
Teaching NHS Foundation Trust.

Making research matter: The NHS  
Chief Nursing Officer for England's  
strategic plan for research (2021)

stated that research is everybody's responsibility and highlighted the need to embed research into healthcare, as research-active healthcare services have better patient outcomes.

The Humber Research Team actively promote research, supporting service users and clinicians to be research active. We recruit service users for studies, support them to take positions on advisory panels and act as Research Champions. We encourage clinicians to signpost service users to studies, be participants themselves, help deliver interventions, plus link them to career opportunities to develop their own research ideas or complete research training.

Working in research does not mean you have to be an academic or give up your clinical role. My interest in research began around 20 years ago during my pre-registration nurse training. Years later I secured a secondment to work on local research and completed a research-based PhD. Currently I work in a split clinical-research role between Adult MH Services and the Research Team. I support the delivery of nationally funded projects within our inpatient wards. Currently we are recruiting carers and staff who support detained patients on leave, and a study to evaluate the impact of a mobile phone app delivering therapy sessions for paranoia. My role also involves creation of research, and I am collaborating with the Humber Pharmacy Department and local universities to explore the role of pharmacy technicians on inpatient units.

Involvement in research changed the course of my career and provided opportunities to meet people, travel and pursue my own ideas. No two days are ever the same, so why not give it a go yourself!

## Celebrating International Clinical Trials Day

This year our Research Team will be celebrating International Clinical Trials Day with various events throughout April and May; research roadshows, webinars and visits to clinical areas. Please come and say hello. Everyone welcome, here's where we'll be:

Mon 17 Apr, Market Weighton Practice, 10am-1pm

Fri 5 May, 10am-2pm, Multiuse Rm, Trust HQ

Mon 15 May, 11am-2.30pm, Conservatory Room, Bartholomew House, Goole

Tues 16 May, 10am-1.30pm, Kings St Medical Centre, Cottingham

Tues 16 May, 11am-2pm, Staff Room, Miranda House, Hull

Thurs 18 May, 11am-2pm, East House, Bridlington

Mon 22 May, 2-5pm, Health Education Room, Rosedale Community Unit, Hedon

Mon 15 May, 1.30-2pm - webinar with Dr Hannah Armitt & Claire Marshall on 'Early life and family research'



## Studies we are involved with



### Using Primary Care to tackle Domestic Violence and Abuse in the community setting

**Bridlington takes part in important research about domestic violence.**

Researchers have been working with people in the local area to help improve ways to identify and support people living with domestic violence. This research included an electronic survey and a short, personal interview with a researcher. Participants were invited to express their views and share some of their experience in a confidential and secure setting. All information provided by participants was held securely and the identity of participants kept confidential. Those taking part were also provided with information about support services where appropriate.

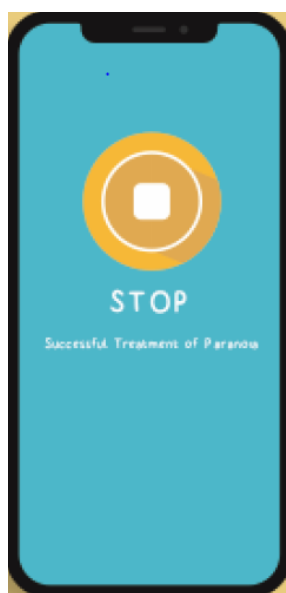
This study has been very well received locally and 172 people have taken part from our area. The findings from this research, conducted by Imperial College London, aim to influence the way people living with and affected by domestic violence are supported in the community.

### Successful Treatment Of Paranoia (STOP): Replacing harmful paranoid thoughts with better alternatives

STOP is a mobile app (self-administered psychological procedure) that has been developed by combining research with established intervention techniques. This study is building on a promising feasibility study.

Participants read stories on a computer screen, complete missing words and answer a question about each story. It's done in a way that encourages more helpful beliefs about themselves and others. STOP encourages people to develop alternative ways of interpreting paranoid thoughts (i.e. "someone is watching me"), leading to people changing their understanding of what these situations might mean.

The aim is to test whether STOP could be an effective treatment for paranoia and identify an optimum dose (number of sessions). If effective, STOP would have a number of potential advantages over other approaches, including minimal effort to complete, no homework, no therapist, and accessibility.



A national video has recently been released to promote 'Join Dementia Research' (JDR). It features Wendy Mitchell, our Research Champion living with dementia, Cathryn Hart, Trust Assistant Director R&D, and brief appearances by others in our research team. Some of the video was filmed in our old Trust HQ building.

<https://www.youtube.com/watch?v=brHA9clVZsg>

### People with Dementia can... event

**15,17-21 April  
Market Weighton**

This event aims to break old views of dementia, promoting rights, hope, creativity and potential.

The days include an exhibition of photography by Sunday Times Bestselling author and Research Champion, Dr Wendy Mitchell. Also poetry by Bob Long, a retired head teacher who has also been involved with dementia research in our Trust.

Our Research team will be supporting this event every day at the Market Weighton Town Hall, High Street, YO43 3AQ



Follow us on Twitter @ResearchHumber

## Living with Dementia Workshop 26 April 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)

## Top of the leader board



\*\*\* Congratulations \*\*\*

First NHS Trust to recruit to this national clinical trial

*'Thank you so much for your continued hard work over the last year with getting the trial up and running at your site. It is much appreciated!'*

This study is still looking for more people with diabetes and mental health issues to take part. Please get in touch.

## Recent Publications involving our Trust

Wolverson  
EL,  
Harrison  
Dening K,  
**Dunning**

R, Crowther G, Russell G and Underwood BR (2023) Family experiences of inpatient mental health care for people with dementia.

*Front. Psychiatry* 14:1093894.  
doi: 10.3389/fpsy.2023.1093894

**Fewings H**, Chambers T, Firth D, Combe K (2022) Trainee nursing associates' understanding of their clinical role: a review of the literature. *British Journal of Healthcare Assistants* 16 (10)

Carswell, C., Brown, J.V.E., Lister, J. *et al.* The lived experience of severe mental illness and long-term conditions: a qualitative exploration of service user, carer, and healthcare professional perspectives on self-managing co-existing mental and physical conditions. *BMC Psychiatry* **22**, 479 (2022). <https://doi.org/10.1186/s12888-022-04117-5>



## Partner of the month

Our Research Team work closely with the Ethic Minority Research Inclusion group (EMRI), which is part of the Yorkshire and Humber Clinical Research Network. This month we feature as a partner organisation - read more here [EMRI Newsletter 3 - Humber Coast and Vale \(2\).pdf - Google Drive](#)

## Research Courses

### New MSc Mental Health Research, University of York

Starts Sep 2023

Led by the Department of Health Sciences and the Hull York Medical School (HYMS) - a new degree that focuses on **research** and **practice** and which introduces the common concepts and approaches in mental health research.



Further details: <https://www.york.ac.uk/study/postgraduate-taught/courses/msc-mental-health-research/>

This course can also be taken as a postgraduate diploma (PGDip): <https://www.york.ac.uk/study/postgraduate-taught/courses/pgdip-mental-health-research/>

If you have any queries or would like to find out more then please email Dr Katie Pybus: [katie.pybus@york.ac.uk](mailto:katie.pybus@york.ac.uk)



## FIRST STEPS INTO RESEARCH

This training programme is open to staff to apply for. It provides an understanding of what research is, and how it can be applied through observing it in practice. Participants will develop an understanding of the NIHR and the role it plays in delivering research, as well as expanding their own development to put them in a great position to establish a research-based career in the future. A cohort for NHS (non-medics) is running in Sep 2023 and for Local authority, Charity Sector and Social care in Jan 2024. The programme runs for 4 months and provides backfill funding for 10 days. Applications are now open and will close in May 2023 and Oct 2023 respectively.

For further information please contact Gail Creswick [gail.creswick@nihr.ac.uk](mailto:gail.creswick@nihr.ac.uk) or 07789 746415.



## Bright Ideas in Health Awards 2022

'Food Insecurity in Adults with Severe Mental Illness' a research study that we have recently taken part in, was chosen as a finalist in the 'Cross-organisation Working to Deliver Research' category of the Bright Ideas in Health Awards 2022. Unfortunately we didn't win but was fantastic to be nominated.

## Farewell

### Jo Holmes

We would like to wish a fond farewell to Jo who will be retiring from



her current post as Research Support Manager in April. Jo has worked mainly in research roles within the NHS for the past 26 years. Her knowledge and expertise in research will be sadly missed by all of us. We all wish Jo a very long and happy retirement.

### 'My Research Journey' Animation (3 mins)

See our updated animation explaining research here:

[Humber Teaching NHS Foundation Trust - My Research Journey \(English Subtitles\) - YouTube](#)



Now also available in various other languages. Please contact us for the links.

### Research 'Community of Practice'

The next meeting will be held on Tuesday 6 Jun, 13:30-14:30. To join this meeting look out for the staff invite from Communications in your inbox. You can also contact our team.

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