

Research Newsletter

Issue: 02 | 2023 (June)



Foreword by Louise Shelley,
Specialist Speech and Language
Therapist/Professional Lead Adult
Speech and Language Therapy.

Allied Health Professions (AHP) research is very much on the national agenda, with the 'AHPs Research and Innovation Strategy for England 2022-27' being published last year. Within our Trust, plans to develop AHP research are also identified in our professional leads work plan.

Time and resources are often identified as being barriers to involvement in research for our workforce, but help and support is available! Perhaps you've heard of a study that would be of interest to people accessing our services, but you're not sure you have the time to explore or get involved. Please get in touch with our research team who can establish if it's a study we can get involved with and they can help support.

As part of professional development we should be reviewing new evidence, e.g. running a journal club as part of staff meetings. Did you know that our local NHS Library and Knowledge service will run searches for our teams to help appraise the evidence? For advice and support on this, a 'library and research evidence' webinar took place in June. If you would like access to the recording, please email me, louise.shelley1@nhs.net.

My research interest began with a NIHR Internship programme in 2016. Since then, I've been awarded NIHR funding to complete my MSc in Clinical Research Methods. I'm now looking for new NIHR studies to open in our Trust, increasing our offer to those accessing our services. I'm also exploring funding for my research interests relating to stroke and aphasia. There are many ways you can easily get involved in research and they don't always need to take up much time. Please get in touch with the research team if you would like to find out more.

Celebrating International Clinical Trials Day around the Trust

This year our Research Team celebrated International Clinical Trials Day in May with various research roadshows around our Trust.



Here's Lisa, Karon and Emma at Rosedale Community Unit

And John at Bridlington and Driffield CMHT, East House, Bridlington.



Prize Draw Winner

As part of these celebrations we asked teams to register their interest in research via our research team inbox and in turn be entered into a draw for a £50 Amazon voucher. Congratulations to our lucky team: YOURhealth, Prevention and Recovery Service, Goole.

Save the date

7th Trust Research Conference

22 May 2024

More details to follow

Studies we are involved with

CONTACT-GAD

Are you aware of anybody aged 60+ who has difficulties with worrying? This research study aims to reduce anxiety in older people with chronic worry that have not responded to treatment.

We are looking at whether a new form of talking therapy called Acceptance and Commitment Therapy is helpful for these people.

Acceptance and Commitment Therapy helps people learn how to live as best a life as they can with chronic worry. It helps them to do things that are important and matter to them, alongside any worries or concerns they may have. To find out more please contact us.

What people think about doing physical activity

Many people who experience psychosis spend do not spend enough time exercising. To help design effective interventions to help with this, we need to understand what helps and hinders physical activity. A previous study indicated that the thoughts people have can impact upon the physical activity they do. It is therefore important that we develop ways of assessing problematic thoughts, which can later be targeted in treatment.

This study is aimed at people aged 16+ who are in contact with mental health services and have a diagnosis of non-affective psychosis (e.g. schizophrenia, schizoaffective disorder, delusional disorder or psychosis not otherwise specified).

Understanding Anger and Aggression

The purpose of this research is to develop a new psychological treatment to understand and reduce aggression in forensic patients with psychosis. This current study aims to (a) create a new questionnaire measuring beliefs and thinking that lead to aggression, and (b) examine what psychological factors 'drive' aggression (keeps it going). To take part people must:

- ◆ identify as male,
- ◆ aged 16+
- ◆ diagnosed with a non-affective psychosis (i.e. schizophrenia, schizoaffective disorder, delusional disorder, psychosis not otherwise specified) a
- ◆ Be attending NHS adult secondary mental health services including: CMHT, Forensic Services, Inpatient Unit.



Hitting Targets

We are currently recruiting into the NaIPORS study. This is looking at how effective naloxone administration is by lay people in reversing opioid overdose.

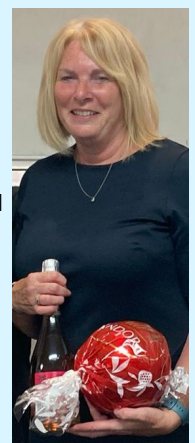
We have already hit our target of 15 participants taking part in the study. The Chief Investigator leading this study has asked us to continue, given our great progress so far.

A special mention to East, West and Central sites of the East Riding Partnership for their wonderful support. Of this important research

Highest recruiters in England for the Pathfinder Trial

Problem adaptation therapy for individuals with mild to moderate dementia and depression: the PATHFINDER trial

Katie attended the Pathfinder findings meeting in London in June and received a lovely thank you for us being the highest recruiting site in England.



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Primary Care

Eat well, feel well, stay well (The STREAM Trial)

Trainee practice nurses working in our general practices are getting involved in an important national study called STREAM (Screen and treat for malnutrition), led by University of Southampton, University Hospital Southampton NHSFT and in collaboration with University of Warwick. 150 practices are involved in this study nationwide.

Nursing staff will help identify patients aged 75+, living in their own homes, and who may be at risk of malnutrition. They will help researchers compare the research intervention with usual care. This will let us see what effect it has on the participants' quality of life and infections over 18 months.

Practices that deliver the intervention will offer eligible patients a screening appointment, either at the practice or over the phone.

Patients will complete questionnaires throughout the study and all those 'at nutritional risk' will be invited to attend a follow up appointment with a research nurse after 18 months.

Maggie Bean, Primary Care Matron stated:

"This is an exciting opportunity for trainee Practice Nurses to engage within a national study as part of their career development. With all three GP practices (Bridlington, Market Weighton and Cottingham) taking part, this will undoubtedly help to raise the profile of Primary Care Research within East Yorkshire for the benefit of patient care".



University Hospital Southampton
NHS Foundation Trust

UNIVERSITY OF
Southampton

Recent Publications involving our Trust

Javaid, A., Rasool, S., Hamid, Z., Michael, D. and Amir, A. (2023),



Impact of COVID-19 on rate of admissions in the Humber Teaching NHS Foundation Trust in Yorkshire. *Prog. Neurol. Psychiatry*, 27: 39-40. <https://doi.org/10.1002/pnp.793>

Mayet S, Gledhill A, McCaw I, Hashmani Z, Drozdova Z, Arshad S, Shahbaz S, Huang C, and Phillips T (2023) Telemedicine in addictions: Feasibility randomised controlled trial. *Heroin addiction & related clinical problems* 25, 27-36 2023

Mayet, S, Arshad, S, McCaw, I, Hashmani, Z, Drozdova, Z, Gledhill, A, Shahbaz, S. and Phillips, T. (2022) Patient satisfaction with telemedicine in addictions. *Heroin Addiction and Related Clinical Problems* 24 (2):13-17, 2022.

Ngamaba, K.H., Webber, M., Xanthopoulou, P. et al. (2023) Participation in leisure activities and quality of life of people with psychosis in England: a multi-site cross-sectional study. *Ann Gen Psychiatry* 22, 8 (2023). <https://doi.org/10.1186/s12991-023-00438-1>

Giacco D, Chevalier A, Mcnamee P, Barber N, Shafiq K, Wells I. (2023). Patient and Public Involvement in Developing and Testing Mental Health-Care Interventions: Strategies and Reflections from Three Research Programs. *World Soc Psychiatry* 2023;5:77-81

Coming soon

The Measuring Loneliness in U.K. (INTERACT) Study **Imperial College London**

We're working with Imperial College London to explore loneliness and social isolation in our region, something that can affect people of all ages and from all walks of life. This study aims to map loneliness and highlight the scale of the issue. It is hoped it will help decision makers consider new ways to support people who are lonely, feeling socially isolated and who may be suffering in silence. The study is the first of its kind and aims to collect data from thousands of people aged 16+, to produce a visual 'heat map' of social isolation and loneliness across specific parts of the UK .

Taking part involves completing a very brief online survey. Responses will help build a clearer picture of how loneliness affects people. The study is currently open to all patients aged 16+ in our Trust GP practices and has been really well received, with 700+ taking part already. It will soon also be open to Trust staff and across our wider community to help gain insights from as diverse a range of people as possible.

Congratulations Dr Wendy Mitchell, Trust Research Champion



Dr Wendy Mitchell, Trust Research Champion, also living with dementia, has just had her third (and final) book published. She's also been honoured with a British Empire Medal (BEM) in the King's birthday honours list.

Cathryn Hart, Assistant Director of

Research & Development, and our Team would like to say a huge thank you to Wendy for all her support of Dementia Research over many years and a huge congratulations on her third book and British Empire Medal. We are truly honoured to have you in our lives Wendy!



Shortlisted for regional awards

We're proud to announce that we've been shortlisted in 3 categories at the NIHR CRN Yorkshire and Humber Research Awards 2023:

Research team of the year – Humber Teaching NHSFT Research Team

Early career researcher – Claire Marshall, Specialist Perinatal Mental Health Nurse, Perinatal Mental Health Team

Best patient experience – Karon Foster, Assistant Research Practitioner, Research Team

The ceremony will take place on 13 Jul at the Queens Hotel, Leeds

Findings

Results for the Psychological Impact of Covid, international study, are now starting to be published. This was a study that many of our staff and our wider community took part in during the pandemic.

You can watch Prof Shanaya Rathod, Consultant Psychiatrist, Southern Health NHS Foundation Trust, present some of the findings here:

<https://youtu.be/HEPsko-B6Lw>

Research 'Community of Practice' Special Collaboration Event

Tues 9 Sep, 13:30-14:30

With special guest Prof Lina Gega, Institute of Mental Health Research, University of York

To join this meeting look out for the staff invite from Communications in your inbox. You can also contact our team.

Happy 75th Birthday NHS

Why not celebrate by signing up to Be Part of Research. Being part of research changes lives!

[Be Part of Research \(nihr.ac.uk\)](https://www.nihr.ac.uk)



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