

Research and development highlights 2017-18



1. Research supported by the National Institute for Health Research (NIHR) Clinical Research Network (CRN)

More people took part in research at the Trust

The number of people taking part in research at the Trust (staff, service users, carers and family members) has risen for the 3rd year in a row. Overall recruitment to NIHR portfolio studies rose to 873 participants compared with 785 (2016-17) and 692 (2015-16) and 324 (2014-15). This represents an overall rise of 170% over three years.

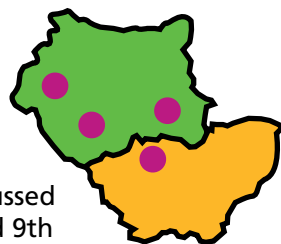


22 individual research studies were supported in 2017-18 across a range of clinical specialties including mental health, dementias, public health and primary care.

Clinical services involved in research studies included CAMHS teams, enhanced, core, early intervention and acute mental health teams, forensic services, older people's services, stroke rehabilitation unit, and school vaccination service plus many more.

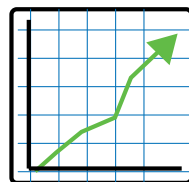
Our performance compared with our peers in Yorkshire and Humber improved

The Trust's performance in terms of the number of people taking part in research compared with NHS organisations offering similar services in our region also improved: For research in the mental health setting, the Trust ranked 3rd place for overall recruitment (compared with 4th and 6th place in 2016-17 and 2015-16 respectively). For studies focussed on dementia, the Trust ranked 5th (compared with 6th and 9th place in 2016-17 and 2015-16 respectively).



We supported activity in more complex research

Recruitment to interventional research studies (arguably those most likely to influence changes in clinical practice) has increased for the 2nd year in a row. 129 people took part in an interventional study at the Trust compared with 24 (2016-17) and 7 (2015-16).



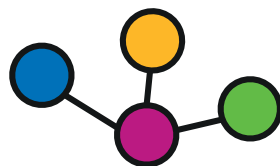
We received more income to help support research at the Trust and expand our research and development department

Because we have been consistently improving levels of participation in research over recent years and in particular interventional studies we successfully attracted additional income to the Trust in 2017-18 of approximately £42,000. This represents an increase of 35% on the opening funding allocation for the year and as a result we were able to recruit a new staff member for the department.



More staff from a range of professional disciplines, including psychiatry, psychology, social work, physiotherapy and nursing got involved with delivering research projects at the Trust

We encourage and support staff from all disciplines to get involved in helping to deliver research. In 17-18 we were showcased by the local Clinical Research Network for involving Allied Health Professionals as Local Principal Investigators and Local Collaborators.



Examples of NIHR CRN supported research we have contributed to in 2017-18 include:

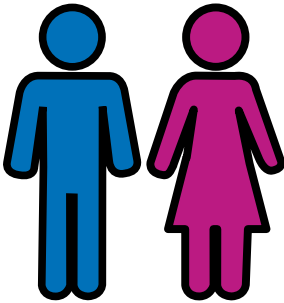
- Piloting a new intervention to support the sexual health of people with serious mental illness
- Development of a new outcome measure for the impact of voice hearing
- Testing a new group intervention to support people with dementia
- Gathering views and experiences of carers and family members of those with dementia (the Trust was particularly successful compared with other participating sites at recruiting participants from the South Asian community)
- Assessing whether a shorter, more intensive version of therapy for children with phobias is as effective as the CBT gold standard
- Safety monitoring of a childhood flu vaccine
- Developing a new app to help people recover their speech after a stroke
- Helping to develop fidelity tools that can be used to benchmark local services against national guidelines and standards (early intervention and assertive outreach teams).

2. Research not included in the NIHR CRN portfolio

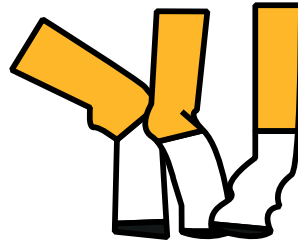
Typically this includes research to support higher educational training, for example Masters and Doctoral level qualifications. It also includes smaller scale projects which may be linked to an NIHR programme or supporting pilot work ahead of a funding bid.

In 2017-18, the Trust supported 15 of these projects, helping to advise researchers on the Health Research Authority approval and NHS Research Ethics Committee review application process and liaising with the clinical services hosting the projects.

Examples of projects supported include:



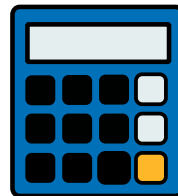
- Exploring the views of learning disability staff about the provision of sex and relationship education for service users



- Addressing tobacco dependence in people with mental health problems



- Using the 'photovoice' technique to explore health lifestyles in people with serious mental illness



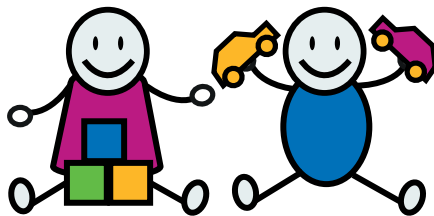
- Examining the Creative Minds model from a business sustainability perspective

3. Funding and developing Trust-led research and collaborations

We continue to be actively involved in collaborations with NHS, academic and other partners to seek funding for new research projects and programmes and have been involved in a number of bids to the National Institute for Health Research and other research funders during 2017-18 with outcomes expected in the coming year.

In 2017-18, because over 500 people had taken part in research in the previous year, we were awarded some additional funding to help support research capability at the Trust. The funding has been used to support staff time to contribute to NIHR and other grant applications which if successful will attract further research funding to the Trust.

The additional funding also helped indirectly contribute to the 'Research for Change' award. This is a new competition launched in 2017-18 to encourage staff to get involved in research. Three projects have been awarded funding to date:



- Young Creative Minds – exploring how this initiative could be extended to provide support for children and young people



- Exploring spirituality and mental health



- Evaluating a recovery-focused psychology pathway

4. Research involvement group development

The research involvement group comprises Trust volunteers who help provide researchers with advice on their projects from a participant perspective. During 2017-18 we have welcomed 3 new members to the group. We have expanded the scope of the group's activities and members are now recognised as 'patient research ambassadors' by the NIHR Clinical Research Network: Yorkshire and Humber.

In addition to reviewing several new research projects, the research involvement group members have helped to judge the 'Research for Change' awards, helped to co-design an experience survey for research participants which we will be rolling out in 2018-19 and have attended various network events and training opportunities. Members also support the department at the 'marketplace' promoting the research and development department to new starters at the Trust's welcome events.



5. Advising and supporting staff and researchers

We are the first point of contact at the Trust for all enquiries relating to research. We do not routinely track the volume of enquiries we manage but we have anecdotal evidence that the number of enquiries is increasing over time. In 2017-18 we handled approximately twice as many enquiries as the previous year (involved approximately **50 individual contacts**).

Enquiries are wide ranging in nature and come from staff or supervisors within the Trust or from external researchers. Queries typically involve helping to define new projects and identify an appropriate regulatory route for them or where projects are not defined as research helping to signpost internally to relevant departments for further consideration (e.g. quality improvement and assurance, information governance, human resources etc). Where the initial contact identifies a project defined as 'research' the department will continue to provide support and guidance to the researcher as they apply for relevant regulatory approvals. Other types of queries include requests for information to support funding bids, seeking advice on publication or data analysis of ongoing projects, and seeking potential collaborators for planned projects.



In closing we would like to extend our sincere thanks to everyone who has contributed to research at SWYPFT; the progress and achievements we have outlined have only been possible thanks to your continuing support and enthusiasm for research. We look forward to continuing to promote and develop research opportunities for the benefit of SWYPFT service users and our services. If you are interested in finding out more or getting involved in research please contact research@swyt.nhs.uk.

