



Newsflash

Your regular update
from the research
and development team



April 2024



Team updates

Well done to Sabina Maas – who worked on a study called ‘psychosocial goal-setting and manualised support intervention for independence in dementia’ (NIDUS-Family). The study looked a new way of offering treatment versus goal setting and routine care. The results showed the new therapy for dementia patients may help them live independently for longer. Read more about it from the full [Lancet article](#).



Bookings are now open for our research and development conference: Research and Innovation: Expanding the Frontiers of Research which will be held on Thursday 9 May 2024. Visit our Eventbrite to register: <https://www.eventbrite.co.uk/e/research-and-innovation-conference-expanding-the-frontiers-of-research-tickets-862103062467?aff=oddtcreator>

The conference is free to attend but places are limited so please book early. If your team would like to have a stall or poster presentation at the conference, please email us – research@swyt.nhs.uk - with your interest and we will get back to you.

Our research studies

Eating Disorders Genetics Initiative - EDGI

The Eating Disorders Genetics Initiative (EDGI) is the UK's largest ever research project on eating disorders. Our aim is to collect the psychological, medical, and genetic information of 10,000 people with experience of any eating disorder. This will help us to better understand the role both our genes and environment play in the development of these illnesses. A deeper understanding of eating disorders means we will be better equipped to help those who are experiencing them. EDGI UK is part of an international collaboration, with many countries coming together as part of the same initiative. For too long, eating disorders have been stigmatised by society, underrepresented in mental health research, and overlooked by research funding bodies. Together with your help, we want to change this. Help make a difference by signing up to EDGI UK today. Watch this [YouTube video](#) to find out more about the consent process. EDGI is still recruiting, if you or someone you know maybe interested in participating get in touch with the research team.

MoreKare

The MoreKare study is an exciting new £2.4 million phase III trial delivered across seven NHS sites across the UK. It will investigate whether ketamine-assisted therapy could help people who are dependent on alcohol stay off alcohol for longer. Led by the University of Exeter, the new trial is being funded by the National Institute for Health and Care Research (NIHR) and the Medical Research Council, with additional funding from Awakn Life Sciences, a biotech company who specialise in researching and developing therapeutics to treat addiction.

The latest trial builds on a [positive result of an earlier phase II trial](#), designed to test whether the treatment is safe. It showed ketamine and therapy treatment was safe and tolerable for people with severe alcohol use disorder. The earlier study found that participants who had ketamine combined with therapy stayed completely sober, representing 86 per cent abstinence in the six-month follow-up. Now, the Ketamine for Reduction of Alcohol Relapse (KARE) trial will move to the next step of drug development, a phase III trial. It will test this promising finding further, with the aim of rolling it out into the NHS if it proves effective. Click on the following link to find out more about the study - [MoreKARE](#) – get in touch with the R&D team if you would like more information.

Your chance to get involved – answer a short survey on weight discrimination

Weight discrimination is the unfair treatment of, or attitudes towards, individuals because of their weight and body size. Weight discrimination is rooted in weight bias and the two terms are often used interchangeably. Weight bias refers to the negative assumptions made (often unconsciously) about people who are classed as 'overweight' or 'obese'.

Researchers at Durham University are developing a continuing professional development (CPD) toolkit for healthcare professionals. They are interested in hearing your views. Their current phase of research is a national survey of healthcare practitioners (specifically nurses, doctors, midwives, SLTs, OTs/physiotherapists, dietitians). It should take no more than ten minutes to complete. The survey is completely anonymous although participants are invited to provide their email address to be entered into a prize draw to win £150 Love2Shop vouchers and/or to participate in a follow-up interview. The survey, can be accessed [here](#), is a mix of closed and open-ended questions focused on weight discrimination and training in this area.

Training and education opportunities

Research delivery

What to learn more about how to take your work to the next level. Yorkshire Humber NIHR Improvement Academy are the people to meet. They have a wealth of knowledge with team of improvement scientists, patient safety experts and clinicians who are committed to working with frontline services, patients, and the public to deliver real and lasting change. They adopt a theory-based approach to improvement that's practical, tried and tested. Get in touch if you are thinking of meeting with them as we are here to help support you with project ideas you may have. Visit their website - [Home - Improvement Academy](#)

The NIHR Pre-doctoral Clinical and Practitioner Academic Fellowship (PCAF) scheme offers salaried time to develop a doctoral fellowship application and to undertake funded academic training that will equip awardees with the skills and experience to access doctoral level funding. The PCAF is open to early career researchers (new to practice or experienced practitioners) who are committed to a practitioner academic career; combining research with continued practice and professional development. Applicants must hold registration with one of the [HEE/NIHR ICA Programme approved regulatory bodies](#), or have plans in place to hold the required registration by the proposed award start date. Get in touch if you are thinking about applying – we are here to help and can offer examples of successful applications and top tips around developing a successful application.

Frailty

This course is aimed at health and social care professionals who are working within a role involving caring for people with frailty. Frailty is a recognised syndrome which affects around 10% of people over 65, rising to between 25% to 50% of those aged over 85 years old (British Geriatric Society, 2014). This course offers you the opportunity to develop your knowledge and understanding of Frailty assessment tools, models, and theories, as well as exploring the relationship between comorbidity, polypharmacy, and ageing.

- This course provides you with an opportunity to develop the expertise required to manage frail individuals.
- You will consider the implications for patients and carers facing the reality of living well or dying as a result of frailty.
- You will have the opportunity to explore research relevant to your individual professional developmental needs and apply this in your specialist area of practice.
- This inter-professional course provides you with an opportunity to study alongside a diverse range of students from other health professions providing a richness to the course.

This course may be eligible for funding from Health Education Yorkshire and the Humber. You must have your employer's support in order to access a funded place. Employers can draw on CPD funding to fund this course. Detailed guidance on such funding arrangements is available in their funding guide. If you are not eligible for funding, the tuition fee to study this course in 2023/24 entry is £921.80. Find out more on the University of Huddersfield website - [Frailty, Identification and Interventions \(Distance Learning\) \(hud.ac.uk\)](#)

Spotlight of the month



Thinking about getting started in research can be daunting, but there are lots of ways to be involved in research. Watch this short [video](#) about #Beinvolved to find out more.

Did you know being kind is good for your mental health? 63% of UK adults agree that when other people are kind, it has a positive impact on their mental health, and the same proportion agree that being kind to others positively affects their mental health. Find out more by clicking on this link: <https://www.mentalhealth.org.uk/our-work/research/kindness-research-briefing>

Celebrating:

- **Stress Awareness month**
- **Little By Little, A Little Becomes A Lot.** The theme #LittleByLittle highlights the transformative impact of consistent, small positive actions on over-all wellbeing.
- Click on this link for information about small changes you could make <https://www.stress.org.uk/sam2024/>

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research@swyt.nhs.uk