



Be Part Of Research

Happy New Year from everyone at Leicestershire Partnership NHS Trust's (LPT) research and development (R&D) team! Find out here about exciting research projects and events in the Trust that you can look forward to in 2020!

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Hello! From the LPT R&D Team!



Recruiting now: NIHR Open Studies

Upcoming Events

Keep up to date

Clinical academic careers East of England

Clinical academic careers East of England (CLAC East) is a dedicated information hub for anyone interested in clinical academic careers in the East of England. To find out more about the role of a clinical academic please follow the link: www.claceast.net. Here's five reasons to visit the site!:

- 1 A clinical academic engages concurrently in clinical practice and research
- 2 Find out how to become a clinical academic with #YourPathInResearch
- 3 Funded fellowships and internships for nurses, midwives and allied health professionals
- 4 The integrated academic training (IAT) pathway for doctors.
- 5 Guidance for employers and managers to work with their staff in identifying clinical priorities

The Leicester clinical academic practitioner network (LCAPN)

hosted by Lizelle Bernhardt and Lyn Williams

As a sub-group of the East Midlands clinical academic practitioner network, the group provides an opportunity to meet other **aspiring or established clinical academics** and to share experiences.

The vision of LCAPN is to **make clinical academic careers a reality** for nurses, allied health professionals, pharmacists and psychologists across LPT, University Hospitals of Leicester and Northamptonshire.

The group meets quarterly and **welcome to any member of staff** who are interested in research or clinical academic careers to join us.

Meeting Dates
for 2020:



Wednesday 22 April 2020
Wednesday 8 July 2020
Wednesday 7 October 2020



Follow us on Twitter:
[@LeicesterCAPN](https://twitter.com/LeicesterCAPN)

DINARC

www.dinarc.com



www.claceast.net



[@emcapn2017](https://twitter.com/emcapn2017)

Research updates

CARDIOPHITNESS

"Role of pharmacy in the management of cardiometabolic risk and metabolic syndrome in severe mental illness (SMI)"

PhD research study undertaken by Dolly Sud, senior mental health pharmacist.



I am currently in the final year of my PhD and it's a really exciting time! We (the research team) have achieved many important milestones. We have completed recruitment of participants for the study; this has included 21 care professionals, 15 service users/patients, 7 informal carers and 10 pharmacists to the study. This study is important because it is the first qualitative study exploring the role of pharmacy in supporting cardiometabolic health problems (e.g. diabetes) for those with severe mental illness (SMI) (e.g. schizophrenia). It is also the first study to undertake qualitative exploration with informal carers who are dyads (that is informal carers of service users also recruited to the study).

We have received great feedback from those who have taken part. Recruiting to any research study is no mean feat and we have had great support from various individuals and groups (please see our newsletter below).

Latest study newsletter (updating participants on progress):

<https://www.leicspart.nhs.uk/wp-content/uploads/2020/01/Study-Newsletter-January-2020.pdf>

Research webpage (hosted by LPT):

<https://www.leicspart.nhs.uk/about/research-and-development/cardiophitness-research-study/>

Research updates - The Next Steps

CARDIOPHITNESS



Dolly Sud



It is a critical time both with regards this study but also for me as a researcher; reviewing, synthesizing and reflecting and thinking about structuring my final thesis as well making steps towards establishing my role as a researcher! I am supported by an amazing supervisory team from Aston University (Dr Ian Maidment and Professor Jonathan Tritter) and the University of Worcester (Professor Eleanor Bradley) and meet with them regularly. Undertaking a PhD brings with it some brilliant opportunities. Some of the things I am taking part in include:

- Writing blogs for students4best evidence (<https://www.students4bestevidence.net/>)
- Being an active member of the Cochrane Early Career Professionals group (<https://community.cochrane.org/organizational-info/people/early-career-professionals-cochrane-group>)
- Delivering two sessions for the research forum within LPT NHS Trust in 2020 (the first one ('Making sense of lived experience through research') will be on Tuesday 25 February 2pm-4pm, Boardroom, Bradgate. Please try and make it if you can it would be great to see you there)
- Networking, forming research links and finding allies for research from different disciplines (from here at LPT but also across the country)

The research is being undertaken and supported jointly by Aston University and Leicestershire Partnership NHS Trust. The funding for this research was awarded as part of a research capacity building award from charitable funds by Leicestershire Partnership NHS Trust. If you would like to find out if you can benefit from charitable funding, as Dolly did, please see overleaf.



In honour of Valentine's Day

The LPT **Research and Development** team are

Sharing the love for research!

"Come and hear about how we could cover the fees for up to 3 **Masters in research methods**; and to get details of the new **NIHR-funded internship** and **Pre-doctoral bridging programmes** (formerly bronze and silver awards)"

Find out more about these amazing opportunities at:

Research Opportunities Workshop

at Swithland House (352 London Road, LE2 2PL)

Wednesday 12 February 2020

2pm - 4pm



Funding Opportunities



Medical
Research
Council

Clinical research training fellowship (CRTF) provides an opportunity to undertake a PhD or other higher research degree.

- The CRTF supports clinicians, including (but not limited to) medics, surgeons, dentists, clinical psychologists, public health speciality trainees, allied health professionals, nurses, midwives and veterinarians.
- The CRTF also accepts post-doctoral applicants who wish to reacquire their research skills.



Transforming
mental health
through research

The MQ Fellows Award supports talented researchers with bold ideas from across the globe, who aspire to be the next generation leaders in mental health research.

- Applications to the 2020 MQ Fellows Award must have a focus on children and young people (which we define as from prenatal development up to 24 years of age).
- Projects should focus on genuine impact by charting, informing, developing and/or testing preventative or therapeutic interventions.
- Submission window will open 24 February 2020.

The next big thing in psychiatry research: Copy number variants in the context of evolving psychogenomic understanding.

Dr Kris Roberts, CT2

I've recently found out that I have been awarded second place in the annual Duncan Macmillan Essay Prize, a competition held jointly by the Royal College of Psychiatrists and the Institute for Mental Health (IMH) in Nottingham. I'm thoroughly chuffed.

It was based on the potential of Copy Number Variants (CNVs) – essentially, structural chromosomal variations – to greatly enhance understanding of Psychiatric disorder and offer novel treatment options for the future.

CNVs have links to many exciting and expanding scientific research domains within Psychiatry, including the understanding of prodromal conditions, neuroplasticity and brain microstructure, and pharmacogenetic optimisation. Recurrent CNVs are now linked with many Psychiatric disorders including ASD, and more recently, depression.

Therefore their identification offers a research avenue that could provide clinically-appropriate genetic information at any point throughout the disease process and infer options

for the management of disorder which could include personalised pharmacogenetic targets. This could lead to a huge shift in the standards of care we can offer our patients.

Psychiatry could benefit hugely from such research due to the observed variation in symptomatology and the difficulty in reaching optimal patient outcomes.

Scientifically rigorous data will also offer academic integrity to the wider Psychiatric discipline that has historically been perceived to be lacking.

An extra bonus of engaging with this competition was finding out about Dr Macmillan himself, a Nottinghamshire-based Psychiatrist who arrived from Scotland in 1930. He was a fierce advocate of his patients, reduced the number of beds in Nottingham significantly with initiatives to reduce institutionalisation and put a high importance on collecting data to ensure he could accurately appraise the effects of his work and prove to the world that "being mentally ill did not mean that patients should be locked up forever." He was awarded an OBE in 1960.

Hopefully, we are witnessing another positive evolution in attitudes towards mental ill-health much like the one he presided over in the 1940's and 1950's and his skills and values are ones we can all aspire to.

- Dr Kris Roberts, CT2, The Duncan Macmillan Essay Prize - Second Place (pictured bottom right).

If you would like to be featured on our next 'Be part of research' quarterly newsletter, please contact: Kimberley.Adams@leicspart.nhs.uk



Above: Dr Macmillan, 1902 - 1969, O.B.E., B.S.C., M.D., F.R.C.S. ED.

Below: Dr Kris Roberts



YOUR PATH IN RESEARCH



#YourPathInResearch

(To find out more scan the QR Code)

- 1 Contact your R&D Team (research@leicspart.nhs.uk) to find out what research is happening in your Trust.
- 2 Sign up for NIHR Signals for updates on the latest research.
- 3 Signpost patients who may be interested in taking part in the research to the 'Be Part of Research' website.
- 4 Tell NIHR where research is required by suggesting a research question.

We can help you find your path in research

East Midlands Early Career Researcher Event

The event will include an informative agenda to enable you to learn more about how you can make research part of your career, and allow you to network with people who can tell you about their research experience.

9.00a.m. - 1.30p.m. Thursday 5 March 2020
Link Hotel, Loughborough

We would like to invite you to join us for our Early Career Researcher event 2020. Early Career Researchers are healthcare professionals in training or within five years of appointment to a substantive NHS (or equivalent) position. To register your interest in attending the event, please visit: <https://nihr.us13.list-manage.com/track/click?u=56c8174ce0a3eed0453422b7d&id=694fbc203&e=626df600b4>.

An Interview with a: Principle investigator

In this quarter we talk to Elissa Fisher, who has recently worked as a study principle investigator for the first time on the '*Power Up for Parents*' study.

Let's start with the formalities. Could you tell us your name, your job, and what area of research interests you?

Elissa Fisher, clinical and professional lead, occupational therapist, CAHMS. Interested in research around occupational therapy and mental health and wellbeing for young people and families.

What motivated you to get involved in research?

To learn more and to develop our evidence base. Research can feel quite scary so being part of a pilot study was a good first step into the research world.

What have been some of your greatest challenges so far with research?

We have been lucky to have fantastic support from the R&D team so this has felt a fairly smooth process for us. Recruitment of people can be tricky.

With what you learned, what advice would you give to your past self about research?

Allocate adequate time, set a clear plan and seek all support you can.

How have your experiences in research influenced your working role in LPT?

It has given me greater confidence to get involved in research and the benefits of this for service users we are also having more discussions about possible research we could do and research we can engage with and learn from.

What have you got planned for the future?

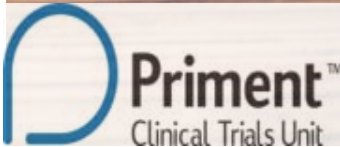
- Follow through with the outcome of the pilot study.
- Be involved in future research.
- Explore research training for O.T staff and ensuring skills of OTs who have undertaken research masters are protected and used for service developments.



**POWER
UP**



'We have been lucky to have fantastic support from the R&D team'



Pathfinder Trial

- Difficulties with memory and concentration often mean that people with Alzheimer's disease (AD), mixed AD or vascular dementia (VAD) give up some of the activities that they previously enjoyed.
- This can contribute to feelings of depression and being unable to enjoy what would normally be pleasurable experiences.
- The purpose of this study is to adapt a form of talking therapy called Problem Adaptation Therapy. Allowing people with dementia and their caregivers to find ways that they can change their environment and activities so that they can enjoy a more positive state of mood.
- The research is important because antidepressant drugs and Cognitive Behavioural Therapy are not always effective in improving depression in people with AD, mixed AD or VAD.
- Those over 50 who have received a diagnosis of probable AD, mixed AD or VAD, currently experiencing mild to moderate depression, are eligible for this study.

For more information regarding this study, Please contact
Deborah.Glancy@leicspart.nhs.uk



GLOBAL BRAIN HEALTH SURVEY

Do you think about your brain health?

What are you willing to do for your brain?

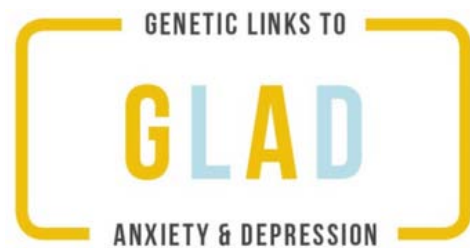
The Global Brain Health Survey is to learn about people's views on the brain and brain health. Take the survey now and help us develop policy recommendations for brain health!



SCAN ME



Survey this way!



TELL A FRIEND OR SIGN UP TODAY AT

WWW.GLADSTUDY.ORG.UK

DON'T FORGET to register under
Leicestershire Partnership NHS Trust when
signing up!



UPCOMING LPT RESEARCH WORKSHOPS

Come along to our LPT Research Workshops to meet like-minded colleagues who are interested or involved in conducting research in LPT for peer support and sharing ideas.

FORTHCOMING EVENTS:

Research opportunities workshop with Laura Venn from RDS

Wednesday 12 February 2pm - 4pm

Meeting Room, Swithland House, 352 London Road, LE2 2PL

Topic: How to generate a research question

Wednesday 8 April 9am-11am

Board Room, Bradgate Unit, Glenfield Hospital, Groby, LE3 9QP



UPCOMING RESEARCH FORUMS



1pm - 3pm Tuesday 25 February 2020

Dolly Sud - Making sense of lived experience through research

Board Room, Bradgate Unit, Glenfield Hospital, Groby, LE3 9QP



1pm - 3pm Friday 27 March 2020

**Terry Brugha - Psychiatric epidemiology and clinical research:
Is there a difference?**

Meeting Room, The Evington Centre, Gwendolen Road, LE5 4QG



10am - 12pm Wednesday 29 April 2020

Peter Tyrer - Nidotherapy

Meeting Room, Swithland House, 352 London Road, LE2 2PL

Principal Investigator (PI) Awareness Training

Would you like to understand what responsibilities are required to be a Principal Investigator on one of our Research Projects running in LPT.

“Principal Investigator: The lead researcher for a research project at a particular site. Has responsibility for the conduct of the project at that site.”
UK Policy Framework for Health and Social Care Research (2017)



Wednesday 4 March 2020

1pm — 4.30pm

Meeting Room, Swithland House, 352 London Road, LE2 2PL

To register and reserve your place please email research.delivery@leicspart.nhs.uk or telephone 0116 295 7647

Keep Up To Date:

Want to keep up to date with research funding or training opportunities available to LPT staff?

Email us:

research@leicspart.nhs.uk

to find out how you can be added to the research mailing list.

Interested in hearing about the research being conducted in the Trust?

Follow us on Twitter:

@[LPTresearch](https://twitter.com/LPTresearch)

Research changes lives!

It's only through research that we can develop better treatments and care, as well as improve diagnosis and prevention.



www.nihr.ac.uk/bepartofresearch

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