

Be Part Of **Research**

January
2021



Leicestershire Partnership
NHS Trust

Welcome to the latest edition of our '**Be Part of Research**' quarterly newsletter, offering you a snapshot of research projects currently being conducted in the Trust, brought to you by the LPT Research and Development (R&D) Team.

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WELCOME TO THE TEAM, MEERA!



Hi, I am Meera Bentley and I have recently joined the team as an eager Developmental Assistant Clinical Research Practitioner.

My background is in mental health and I have always had a keen interest in research since studying for my Degree in Psychology. I am excited to understand the complexities of various issues and behaviours; exploring the 'why' and the 'how', using new knowledge and information to offer and provide better care and treatment options. Research impacts all our lives in many ways and now more than ever, due to the current pandemic, the significance of research has been highlighted all around the globe.

In my spare time, I enjoy spending time with my family/friends, baking/cooking, reading, yoga, walks and going to the gym.

I am very excited to be part of such a welcoming and supportive team where the work is so rewarding in many ways.

And so, the adventure begins...

WELCOME TO THE TEAM, SOPHIE!



I'm Sophie Cairns and I have recently joined the Research and Development team as an Assistant Clinical Research Practitioner.

I previously worked for a Community Mental Health Team in Leicester City after completing my Masters in Mental Health Studies at King's College London.

I feel extremely proud and excited to be supporting the clinical research within LPT and specifically the current Urgent Public health studies during the Covid-19 pandemic.

SIREN

SARS-CoV2 Immunity & Reinfection Evaluation

LPT's Research and Development team are proud to be involved in delivering **Public Health England's SIREN (SARS-CoV-2 Immunity & Reinfection EvaluationN)** study.

The on-going SIREN study involves antibody and PCR testing of tens of thousands of healthcare workers from 102 trusts, including LPT. Antibody testing shows if someone has been infected with COVID-19 before, whereas PCR testing will show if someone is currently infected with COVID-19.

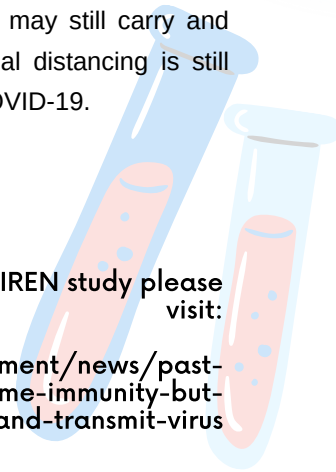
The SIREN study identified 6,614 healthcare workers who were positive for COVID-19 antibodies. Interestingly, 44 of those people with antibodies were potentially re-infected with COVID-19. This suggests that the natural immunity from past COVID-19 infections provides an 83% rate of protection from re-infection. Results from the SIREN study have highlighted that antibody protection lasts for at least 5 months, after which someone might become vulnerable to catching COVID-19 again.

As COVID-19 vaccines are rolled out, the SIREN study will continue to follow all those who have taken part to investigate how long any antibody immunity lasts, and how effective the response to vaccines is.

Whilst antibodies may protect an individual from becoming ill with COVID-19, they may still carry and pass the virus on to others. Social distancing is still vital in preventing the spread of COVID-19.

For further information on the SIREN study please visit:

<https://www.gov.uk/government/news/past-covid-19-infection-provides-some-immunity-but-people-may-still-carry-and-transmit-virus>

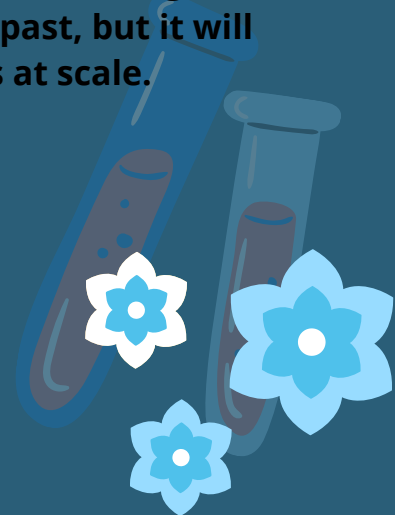
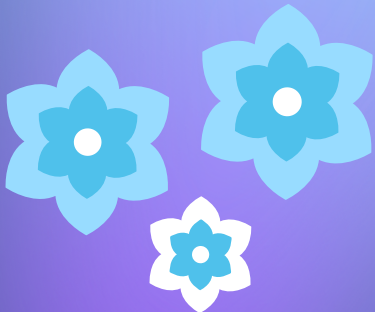


We would like to thank all LPT Staff (over 140 of you!)
who are participating in the SIREN Study!

THANK YOU

SIREN is a very high public health priority study at a national level. The study will not only be able to inform public health policy through estimating re-infection risks among people who have had COVID-19 in the past, but it will also be able to provide vaccine effectiveness estimates at scale.

And it's all thanks to you.



ISARIC CCP-UK



What is ISARIC CCP-UK?

- ISARIC's (International Severe Acute Respiratory and emerging Infection Consortium) purpose is to prevent illness and deaths from infectious disease outbreaks.
- The CCP (Clinical Characterisation Protocol) is designed for any severe or potentially severe acute infection of public health interest and feeds into the data collated by ISARIC.
- It has been previously initiated in response to other acute infections, including MERS-CoV and Ebolavirus, and has now been initiated in 2020 for COVID-19.

The Role of LPT Research and Development Staff:

- All patients admitted to the Trust with a diagnosis of COVID-19 are enrolled in the study.
- The LPT R&D Team gather data about these patients such as: demographics, co-morbidities, signs, symptoms, treatments and outcomes.
- This data is then combined globally in the hope to provide answers to many urgent questions about the virus in real time. This includes establishing who is most at risk, common signs and symptoms and potential treatments.



BASIL
Behavioural Activation
in Social Isolation

NIHR | National Institute
for Health Research

The BASIL study aims to investigate whether a remotely-delivered psychological intervention is effective at preventing or reducing depression and loneliness in older people with long-term health conditions who have self isolated.

As a result of the COVID-19 pandemic, enforced isolation may lead to disruption of daily routine, loss of social contact and loneliness, which may in turn impact on mental health.

Behavioural Activation (BA) is a brief psychological intervention which has been shown to reduce or prevent depression in high risk groups. The intervention involves supporting older adults to stay active, basic monitoring of depressive symptoms, and facilitating communication with the older adults' healthcare team as part of a collaborative care framework.

For the BASIL study we will be recruiting participants from GP surgeries.

**If you would like to find out more about this study, please contact
Deborah.Glancy@leicspart.nhs.uk or Rebekah.Pole@leicspart.nhs.uk**



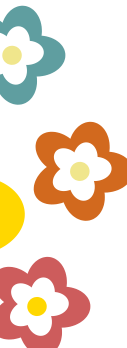
GENETIC LINKS TO

GLAD

ANXIETY & DEPRESSION


The **GLAD** Study is a project set up to explore risk factors in individuals who have experienced depression and/or anxiety.

The **GLAD** Study aims to better understand depression and anxiety in order to find effective treatments and improve the lives of people experiencing these disorders.



The majority of this study is online, and would require you to collect your own saliva sample (kit provided).

By participating in the **GLAD** Study, you can choose to be involved in the **COPING** study, investigating the effect of COVID-19 on mental and neurological health.



If you do decide to take part, remember to register under **Leicestershire Partnership NHS Trust** when signing up!

To find out more about these studies or to register to take part please visit www.gladstudy.org.uk



COPING
COVID-19 Psychiatry and Neurological Genetics study

COVID-19 & PSYCHIATRIC SERVICES

Professor Nandini Chakraborty

Psychosis Intervention and Early Recovery

Research and publications as a full time clinician are not easy. However the data from frontline clinical work is important to give us a picture of practice as usual. The impact of COVID-19 on psychiatric services has been an important area to explore. Below I will describe publications over 2020 from early intervention in psychosis and other areas of psychiatry in Leicestershire Partnership NHS Trust which I led on.

The COVID-19 pandemic and its impact on mental health

Nandini Chakraborty MD, FRCP

This was my first publication and gave me an insight into the existing literature on previous viral pandemics and the quickly evolving literature on COVID-19.

Chakraborty, N. (2020), The COVID -19 pandemic and its impact on mental health. *Prog. Neurol. Psychiatry*, 24: 21-24. doi:10.1002/pnp.666

Patterns of use of secondary mental health services before and during COVID-19 lockdown: observational study

Samuel Tromans, Verity Chester, Hannah Harrison, Precina Pankhania, Hanna Booth and Nandini Chakraborty

This was a study which looked at acute services throughout the Trust and was done together with colleagues from Research and Development and junior doctors.

Tromans, S., Chester, V., Harrison, H., Pankhania, P., Booth, H., & Chakraborty, N. (2020). Patterns of use of secondary mental health services before and during COVID-19 lockdown: Observational study. *BJPsych Open*, 6(6), E117. doi:10.1192/bjo.2020.104

The impact of COVID-19 on an early intervention in psychosis service

Nandini Chakraborty MD, FRCPsych, Richard Carr MBChB, Samuel Tromans BSc, MBChB, PGCertMedEd, FHEA, MRCPsych

This study looked at service utilization in early intervention in psychosis services in Leicestershire.

Chakraborty, N., Carr, R. and Tromans, S. (2020) The impact of COVID-19 on an early intervention in psychosis service. *Prog. Neurol. Psychiatry*, 24: 17-21. <https://doi.org/10.1002/pnp.682>

COVID-19 and the psychopathology of patients in an EIP service: a case series

Hanna Booth *MChB*, Nandini Chakraborty *MD, FRCPsych*

This was a paper which looked at the qualitative aspects of clinical presentation in early intervention in psychosis rather than just numbers.

Booth, H. and Chakraborty, N. (2020), COVID-19 and the psychopathology of patients in an EIP service: a case series. *Prog. Neurol. Psychiatry*, 24: 7-10. <https://doi.org/10.1002/pnp.679>

This was a short letter to editor to describe remote working from my own clinical experience.

Chakraborty, N (2020), Remote working – lessons from the COVID-19 pandemic and lockdown. *Prog. Neurol. Psychiatry*, 24: 30-30. <https://doi.org/10.1002/pnp.685>

Letter

Remote working – lessons from the COVID-19 pandemic and lockdown

There is another publication in the pipeline by Sam Tromans, Shiraz Ahmed and me for *Progress in Neurology and Psychiatry* looking at the bi-directional relationship between COVID-19 and mental illness. This was commissioned by the journal.

The next phase in clinical research would be to repeat the same studies in 2021 a year on from the first lockdown to look at emerging patterns and how the impact of COVID-19 on mental health and related services have evolved.




VACCINE MYTHBUSTERS



In the UK there are two COVID-19 vaccines currently in use: Pfizer/BioNTech and Oxford/AstraZeneca. Two doses of the vaccine are needed for the best protection.

Is the COVID-19 vaccine safe?

In the UK, the COVID-19 vaccines have been approved by the Medicines and Healthcare products Regulatory Agency (MHRA) who have strict standards to ensure they are safe and effective. Clinical trials ensure the safety of the vaccines and help to identify any potential side effects.



Will the vaccine give me COVID-19?

The vaccine can not give you COVID-19 as it does not contain any live virus. Instead the vaccine will trigger your body to produce antibodies to generate an immune response in case you do become exposed to COVID-19.

Will I need to wear a mask after being vaccinated?

It is not yet known if the COVID-19 vaccine will stop someone from catching and spreading the virus to others. Therefore it is still important to practice social distancing, to wear a face mask and to wash your hands.



For more information, please visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

THE RESEARCH AND DEVELOPMENT TEAM PRESENT
VIRTUAL RESEARCH FORUMS AND
WORKSHOPS 2021

15 FEB
2021

PROFESSOR TERRY BRUGHA

1 - 3PM | MS TEAMS

**The renewed Schedules for Clinical
Assessment in Neuropsychiatry -
SCAN version 3**



3 MAR
2021

DR TANIA HART

1 - 3PM | MS TEAMS

**Making a Difference by Listening and
Involving Children**

12 MAY
2021

**DR SARAH BAILLON &
KARISHMA JOSHI**

1 - 3PM | MS TEAMS

**Research Workshop:
A Beginner's Guide to Writing for Publications**



7 APR
2021

DR ANNE PATTERSON & MATILDA HANJARI

1 - 3PM | MS TEAMS

**Thinking Ahead About Medical Treatments in Advanced
Illness: Exploring & Understanding Experiences of
Patients and Families from BAME Backgrounds**



RESEARCH STAR OF THE MONTH

THIS CERTIFICATE IS AWARDED TO:

The Communications Team

For their continuous efforts and support in
maximising promotion of research
opportunities for staff in LPT.



January 2021

Keep Up To Date:

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

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

Email us:

research@leicspart.nhs.uk
to find out how you can be added to the research mailing list.

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.



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