

# Research Newsletter

Issue 1 2024 (March)



**Foreword by Tracey Dorey, Research Fellow, Humber Teaching NHS Foundation Trust**

Having been involved in research in multiple roles, including as a participant, as a researcher, and as a public contributor, I have

had the opportunity to experience research from many angles. This has shaped my beliefs about how research should be conducted, heavily influencing my belief that research is something that should be done *with* and not *to* people. One way of achieving this is through co-production.

This way of working prioritises a genuine partnership between patients, carers, members of the public, researchers and practitioners, helping to keep it 'people-centred'. It recognises that people with a lived experience of a particular condition are often best placed to advise on the support and services that will have a positive effect on their lives.

Importantly, co-production involves working together from the beginning to the end of a piece of research. This means that setting the research agenda, defining the research question, and creating and sharing the knowledge are all done together as a group. There are many benefits to this type of work, but mainly that the outcomes achieved through true coproduction could not be achieved otherwise.

As part of the most recent 'Community of Practice' session in our Trust we discussed with practitioners the research that is important to them, and how we can best work with people with lived experience to identify areas of importance, so we can enhance support and services through research.

The Community of Practice sessions are friendly and informal, designed to network and share knowledge and experiences, and are open to all. The next session will be in summer. For further information please contact [hnf-tr.ResearchTeam@nhs.net](mailto:hnf-tr.ResearchTeam@nhs.net).

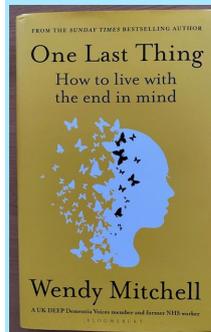
**Dr Wendy Mitchell**

**Trust Research Champion, Author and Dementia Campaigner**



Wendy Mitchell, whose journey battling young onset dementia has been an inspiration to so many, sadly passed away on 22 Feb 2024.

Such an incredible supporter of research in our Trust and a truly wonderful lady. Our research team will miss Wendy so much and would like to say a huge thank you for everything she did.



You can read our full tribute by clicking on the link [Wendy Mitchell: Author and Dementia campaigner \(humber.nhs.uk\)](https://www.humber.nhs.uk/tribute-to-wendy-mitchell)

Wendy's final book 'One last thing' was recommended by Waterstones as one of the best books of 2023

[One Last Thing by Wendy Mitchell | Waterstones](https://www.waterstones.com/book/author/wendy-mitchell)

## 7th Annual Trust Research Conference, 22 May 2024

We are pleased to announce some of the confirmed speakers, click on this link

[Research Conferences \(humber.nhs.uk\)](https://www.humber.nhs.uk/research-conferences)

In person places have now all gone, but you can still join online by registering here: <https://www.trybooking.co.uk/46666>

Those who register will also receive a link to the recording afterwards.

## Primary Care

Staff at Market Weighton Practice are working with our research team to help deliver an important study in our community. Advanced Clinical Practitioners will be inviting



eligible patients to consider being part of a national study, known as COAT, which is involving the use of antibiotics. Overuse of antibiotics can be harmful and contributes to antimicrobial resistance. One way of reducing overall antibiotic use is to use shorter courses. For many infections, including community acquired pneumonia, there is good evidence that 5 days or less is as effective as longer courses. The COAT study is looking at whether lower limb cellulitis can also safely be treated with a 5 day course of antibiotics.

Maggie Bean, Primary Care Matron said “We are very pleased to be involved with this important study which may benefit patients. Being involved in research such as this helps to drive better outcomes for patients and raises the profile and credibility of the professions.”

If you are a health professional working in the community and you'd like to know more about getting involved in research please email our Research Team - [hnf-tr.ResearchTeam@nhs.net](mailto:hnf-tr.ResearchTeam@nhs.net)

## The Measuring Loneliness in UK (INTERACT) study

Our Research Team have been working with Imperial College London to look at themes of loneliness and social isolation in our region.

The Measuring Loneliness (INTERACT) study aims to map loneliness and highlight the scale of the issue to help decision makers consider new ways to support individuals who are lonely.

The study is the first of its kind and aims to produce a visual snapshot of social isolation and loneliness across the UK.

Staff working at the Trust were invited to share their views with researchers. 300 Trust staff volunteered to give their views on this important subject. Over one thousand people living in our local community have also participated.

Responses from the brief online survey are helping to build a clearer picture of how loneliness affects people.

Clive Nicholson, Trust Research Nurse working on the study, said “It’s been great to see colleagues from across the Trust engaged in research. The research team want to say a huge thank you to everyone who volunteered.”

**Imperial College  
London**

## Findings

**Psychological care delivered over the phone is an effective way to combat loneliness and depression according to the BASIL+ study**

Findings from the BASIL+ study have now been published in The Lancet Healthy Longevity journal - see here for the full paper [https://authors.elsevier.com/sd/article/S2666-7568\(23\)00238-6](https://authors.elsevier.com/sd/article/S2666-7568(23)00238-6) and a podcast <https://www.buzzsprout.com/1746618/14334150>.

Our Trust was a site for this major clinical trial which was carried out during COVID-19, led by a team based at the University of York and Hull York Medical School and Tees, Esk and Wear Valleys NHS Foundation Trust. A significant reduction in depression and emotional loneliness for those offered this Behavioural Activation support, was found.



Our research team would like to thank participants who consented to take part in the Active Brains study. All of our general practices were involved in this study. Market Weighton Practice and King Street Medical Centre were amongst the highest recruiting sites in the whole of the Yorkshire and Humber region. This study, now in follow up, is testing an interactive programme to help people aged 60-85 with lifestyle changes.



Follow us on  @ResearchHumber

## Coming soon 'Vision Quest'

Visual hallucinations, or visions, is the term used to describe seeing things that others do not. At least one in three people who experience psychosis have reported seeing visions. Despite this, little is known about the nature of these experiences. Therefore, researchers are trying to understand more about the thoughts people have about their visions and the impact they can have on their lives. They want to develop a new questionnaire which will help to identify what types of thoughts people have. Also, they want to explore how these thoughts relate to other psychological difficulties, such as sleep and worry.



Understanding more about the way in which people make sense of their visual hallucinations, and the impact it has on their lives, will be very helpful in enabling us to develop better treatments for people with visions.

We are looking for people aged between 16-65, and currently experiencing visions (present within the last 4 weeks). This study involves completing some questionnaires that take about 30-45 minutes. People can do this with the support of our research staff (in person or virtually over the phone or video call) or on their own online. Everyone is paid £10 (voucher or cash) for their time.

## Diamonds

### Diamonds: a new support programme to help people with diabetes and mental health issues

This study is testing a diabetes self-management programme tailored to address the unique challenges of people with mental health difficulties and diabetes.

Those taking part will have a 50/50 chance of receiving up to 6 months of additional support with a trained coach as part of the study intervention.

Everyone will be asked some questions and have some health tests at the start of the study and at six and 12 months later. They will also be offered two £10 gift vouchers (at six and 12 months) to thank them for their contribution.

People are also asked to wear a wrist-band for one week. This measures if people are moving or staying still throughout the day. However, it does not track where they are or record any other information.

Taking part could help improve future support for people who have diabetes and a mental health issues.

## Recent Publications



Cooper C, Vickerstaff V, Barber J, et al. (2024). A psychosocial goal-setting and manualised support intervention for independence in dementia (NIDUS-Family) versus goal setting and routine care: a single-masked, phase 3, superiority, randomised controlled trial. *The Lancet Healthy Longevity* 5, 2, (2024) e141-e151. [https://doi.org/10.1016/S2666-7568\(23\)00262-3](https://doi.org/10.1016/S2666-7568(23)00262-3)

Gilbody S, Littlewood E, McMillan D, et al (2024) Behavioural activation to mitigate the psychological impacts of COVID-19 restrictions on older people in England and Wales (BASIL+): a pragmatic randomised controlled trial. *The Lancet Healthy Longevity* 5,2, (2024) e97-e107. [https://doi.org/10.1016/S2666-7568\(23\)00238-6](https://doi.org/10.1016/S2666-7568(23)00238-6)

**Wolverson, E.**, Hague, L., West, J., Teague, B., Fox, C., Birt, L., Mills, R., Rhodes, T., Sams, K. and Moniz-Cook, E. (2023), "Building an initial understanding of UK Recovery College dementia courses: a national survey of Recovery College and memory services staff", *Working with Older People*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/WWOP-02-2023-0003>

## CognoSpeak now open to recruitment

This study aims to understand whether patients with memory complaints, can talk to a computerised doctor (CognoSpeak) about their neurological health.

'CognoSpeak' is a human looking computer-generated image that asks questions to the participant about their health, well-being and daily experiences. 'CognoSpeak' is not able to respond to answers but analyses features of the participants' speech and interaction - those identified in dementia or other memory disorders.

To compare data, the study is also recruiting 'healthy volunteers' to respond to the same sets of questions. At Humber we are seeking to recruit patients referred with any suspected memory complaint diagnosis with capacity to consent.

The study results could support future clinical trials to use CognoSpeak as a cognitive diagnostic aid, enabling more accurate and faster diagnosis of memory problems.

**NIHR** | Sheffield Biomedical Research Centre



Sheffield Teaching Hospitals **NHS**  
NHS Foundation Trust

## Would you be interested in becoming a Staff Research Champion?

**We need your help to promote research that will help us discover new ways to improve NHS care and treatments.**

### Who can be a research champion?

- Anyone, no special skills required
- Those who have been involved in research before, as well as those who haven't
- Staff who are passionate about making sure more people get the chance to take part in studies
- Those who want to make a difference

### What to expect

- Research champions volunteer their time to spread the word about health and care research
- Can involve regular activities or just volunteer as opportunities arise
- Being a point of contact for the research team to help them promote research
- Encourage others to consider taking part in research
- What you do would be shaped around your interests, skills and time
- Quarterly research champion meetings to discuss current research



I'M A RESEARCH CHAMPION

## IDEAL: Improving the experience of Dementia and Enhancing Active Life

Our Trust took part in the IDEAL programme of research led by the University of Exeter. This programme explored people's experiences of living with dementia across Great Britain. The IDEAL programme ran from 2014 to 2023. Below are publications from this research.

Sabatini, S., Martyr, A., Hunt, A., et al. (2024). Comorbid health conditions and their impact on social isolation, loneliness, quality of life, and well-being in people with dementia: longitudinal findings from the IDEAL programme. *BMC Geriatrics*, 24(1), 23. doi: 10.1186/s12877-023-04601-x (open access)

[IDEAL PwD CCI longitudinal accessible summary.pdf \(idealproject.org.uk\)](#)

Others are available here -

[Publications | IDEAL: Improving the experience of Dementia and Enhancing Active Life | University of Exeter \(idealproject.org.uk\)](#)

## Welcome

### Ruby Ramsay, Assistant Research Practitioner

I am excited to join the research team at Humber so that I can put my academic studies and passion for research into practice. Research is an important part of what helps our local services to grow and improve, for both staff and patients, so I feel privileged to be a part of the team that makes it possible.

Contact us: [HNF-TR.ResearchTeam@nhs.net](mailto:HNF-TR.ResearchTeam@nhs.net) or 01482 301726