



Research

**NHS**

**Sussex Community  
NHS Foundation Trust**

# newsletter

December 2023

There are opportunities for SCFT patients & staff to be involved in Research.  
For further details about the studies and full inclusion/exclusion criteria please contact  
the Research Team: [SC-TR.Research@nhs.net](mailto:SC-TR.Research@nhs.net)

For the latest research news, events & funding opportunities follow social media:  
Twitter [@scft\\_research](https://twitter.com/scft_research) Facebook [@scftresearch](https://www.facebook.com/scftresearch)

## Studies for Staff - Please share widely with your colleagues Opportunities for SCFT staff to take part in Research

### Study Title: **REDUCE Carbon**

This study is looking to see if knowing the carbon footprint of inhalers would influence HCP prescribing choices for people with Asthma or COPD. Taking part involves completing a short online anonymous questionnaire (10 minutes).



Randomised control trial to Understand whether prescribing Choice for  
inhalers is influenced by knowledge of the CARBON footprint

**Who can take part?** All Health Care Professionals can take part, you don't need to be a prescriber or currently working with respiratory patients but do need to have a basic understanding of respiratory guidelines. Full details and click here to take part: [reduce.pttu.org.uk](https://reduce.pttu.org.uk)

### Study Title: **The ELSA study: EarLy Surveillance for Auto-immune diabetes**

The ELSA study is testing children (aged 3-13 years) to find markers in the blood (autoantibodies) which will indicate their risk of getting type 1 diabetes in the future. The ELSA study wants to find children with antibodies so that help can be provided sooner by:



- Stopping high risk children from becoming too unwell, by starting treatment sooner.
- Offer further research studies that monitor children's risk over time.
- Trial new treatments which aim to delay the start of type 1 diabetes.

**Who can take part?** Children aged 3-13 years of SCFT staff. Full details: [www.elsadiabetes.nhs.uk](https://www.elsadiabetes.nhs.uk)  
If you are interested in taking part, but would prefer not to do the finger stick test at home, please email:  
[Sc-tr.diabetesresearch@nhs.net](mailto:Sc-tr.diabetesresearch@nhs.net)



*Excellent care at the heart of the community*

# Studies for patients and carers

## Children

### Study Title: **Children's Palliative care Outcome Scale Validation Study (CPOS)**

This project aims to help test a questionnaire developed for children and young people who are unwell and their parents/carers. The questionnaire assesses the concerns of children and young people with a serious condition and those of their parents/carers. It is intended to ensure that health professionals ask about and address the things that matter to children and young people and their families.



**Who can take part?** Participants identified by our children's community nursing teams.

## Diabetes

### Study Title: **EQUIPD - A process evaluation of the National Diabetes Audit Quality Improvement Collaboratives**

The purpose of this study is to explore how people engage with, and respond to, the National Diabetes Audit Quality Improvement Collaborative. To achieve this, we would like to interview both people who are involved with the Collaborative and people who have not yet joined.



**Who can take part?** Participants identified by the SCFT Diabetes Services.

### Study Title: **A cohort study to investigate frailty and glycaemic control in older adults with type 1 diabetes mellitus**

The aim on the study is to assess whether frailty is associated with increased frequency of hypoglycaemia in older adults with type 1 diabetes.



**Who can take part?** People aged over 65 with a diagnosis of Type 1 diabetes for more than 3 years.

### Study Title: **REDUCE Trial - Reducing the impact of diabetic foot ulcers**

This study is part of a larger programme of research which aims to reduce the impact of diabetic foot ulcers on patients and the health service (the REDUCE programme). This study will be testing a package of support aiming to help people reduce the chances of another ulcer happening and, should one occur, to help people to access the right support quickly.



**Who can take part?** Adults who receive footcare from the Diabetes Care For You Service, and who have a recently healed diabetic foot ulcer.

## Musculoskeletal

### Study Title: IMID (Immune-Mediated Inflammatory Diseases) BioResource

The IMID BioResource is a component part of the NIHR BioResource. It aims to help research into the causes of Immune-Mediated Inflammatory Diseases and understand determinants of IMID severity and treatment response. All volunteers donate a blood sample and consent to be contacted and invited to participate in future medical research, based on analysis of their samples and information they have supplied.



**Who can take part?** Patients with immune-mediated inflammatory diseases (IMIDs) and relatives identified by MSK services. For more information click [here](#)

## Neurological

### Study Title: MND Register for England, Wales and Northern Ireland

This is a research database that will act as a central resource of information from patients with Motor Neuron Disease (MND) in England, Wales and Northern Ireland.



**Who can take part?** Patients identified by the MND team specialists & Midhurst Macmillan Service. For more information click [here](#)

## Palliative Care

### Study Title: PALLUP Study- improving home- based support for older people with complex needs

The study aims to improve the way older people and their families are supported in their final years to have as good as quality of life as possible. The study focuses on older people who are entirely reliant on others for help with needs such as personal care and getting out of the house. Older people and their family carers from community services have already been recruited to the study.



**Who can take part?** There will be an opportunity for staff from the Coastal Community Nursing Team to take part in the study by attending Staff Focus Groups led by the researchers in February.

## Post Covid

### Study Title: Cognitive Impairment in Long Covid: PhEnotyping and RehabilitatiOn - CICERO

The study is investigating cognitive impairment in long Covid ("cognitive Covid"). This study has two objectives. The first is to establish how long Covid affects the brain, both in terms of cognitive function and in terms of MRI measures of brain structure and circuitry. The second is to determine whether



neuropsychological rehabilitation can improve the outcome of people with cognitive Covid, in terms of helping them return to normal function.

**Who can take part?** Patients identified by the SCFT Post COVID assessment and support service.

## News

### Medicines Management Team

We would like to **congratulate** and thank the Medicines Management Team for completing the 'Making Time for Research' Toolkit and supporting this initiative. They were presented with a small thank you gift at their recent in-person team away day. The Team completed the Toolkit over a six-month period between April and October 2023.

The Toolkit comprised six PowerPoint presentations. The content directed attendees on how to make time for research in everyday working life, by encouraging curiosity, being research aware, being open to being approached about research or talking to patients about research. The toolkit sessions were embedded within a routine team meeting, lasting about 15 minutes and made available as a slide set resource for those unable to attend on the day. Staff were encouraged to keep a record of their activity and engagement using a research diary, which contributed to CPD and reflective practice.

We would especially like to thank **Dr Iben Altman**, Chief Pharmacist at SCFT, for her support for this initiative, and **Clare Knight**, Principal Clinical Pharmacist and Lead Pharmacist for Research, for her collaboration and facilitation of the Toolkit.



An evaluation of the Toolkit initiative is currently underway, and the results will help ensure future research resources and support are appropriate and effective. This project is part of a wider trust initiative to increase research activity within the Trust, which began with the SCFT Research Engagement Staff Survey in 2022.

If you have any questions about the Toolkit, please contact the Research Team: [sc-tr.research@nhs.net](mailto:sc-tr.research@nhs.net)



## NIHR Shape the Future

As part of the NIHR's recent campaign, **Chris Horler**, Advanced Practitioner Physiotherapist at Sussex Community NHS Foundation Trust, talked about building skills to apply for other research programmes or national fellowships. Chris is an ARC KSS Individual Development Award (IDA) Springboard Awardee. These awards are aimed at individuals employed by a health or social care organisation who are an ARC KSS member organisation to undertake activities aimed at developing research skills: <https://t.co/elCuVRPLSj>



## Research Strategy & Governance Group

We are looking for new members to help encourage a research-positive culture at SCFT. If you are interested, please email us for details: [sc-tr.research@nhs.net](mailto:sc-tr.research@nhs.net). If you are undertaking any projects at SCFT, there are opportunities to do a 10-15min presentation to the group and receive feedback & support from research interested colleagues. Next meeting: **Monday 22<sup>nd</sup> January**

The benefits include:

- Contribute to our strategy to increase research activity in the Trust
- Help shape the future of research at SCFT
- Hear about staff led projects
- Network with a group of research interested people
- Inclusive and friendly group
- All levels of research knowledge/experience welcome
- Become the research contact for your team/service
- Minimal requirement of 1.5hr meetings four times a year (we welcome deputies if you can't make a meeting)
- Knowledge sharing opportunity
- Experience for your PDR and CV
- Finding out what is going on in other clinical areas

## Clinical Research Network Kent, Surrey and Sussex



## Nurses, Midwives and Allied Health Professional (NMAHP) Research Event 25th January 2024, Gatwick

Hosted by the CRN KSS, this event aims to showcase NMAHP research throughout the region and share experiences of those that support research as part of their clinical roles.

So whether or not you have research as a pillar of practice, you're interested in research but just don't know how to get involved, or you currently support research in a delivery or academic role, then this is the event for you! Register [here](#)

## Young People's Advisory Group

The next Young People's Advisory Group, Kent, Surrey & Sussex **YPAG KSS** meeting will take place on **Saturday 27th January** at the Royal Alexandra Children's Hospital in Brighton. If you are interested in presenting your project to the group or know any young people who may be interested in joining the group, please get in touch: [ypagkss@nihr.ac.uk](mailto:ypagkss@nihr.ac.uk)  
To find out more about the group visit: <https://generationr.org.uk/kent-surrey-sussex>



## Research Conference 2024

A collaboration of Sussex Community NHS FT, Kent Community Health NHS FT, and Medway Community Healthcare CIC research departments are hosting our annual NHS research conference online (via MS Teams). With lunchtime sessions across the week, starting **10th June 2024**.

Look out for further details and the call for abstracts in the new year.



## Season's greetings

Thank you to all those who have supported research this year.



We wish you all the best and look forward to working with you in 2024.

Research, Brighton General Hospital, Elm Grove, Brighton BN2 3EW, 01273 696011  
[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk) | [SC-TR.Research@nhs.net](mailto:SC-TR.Research@nhs.net) | [Unsubscribe](#)