



Research

NHS

Sussex Community
NHS Foundation Trust

March 2023

newsletter

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

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)

Children

Study Title: [Breathe-Easy](#)

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This study is looking at the experiences of children with complex neuro-disability and their families when they use a new postural management night-time intervention. The intervention involves positioning children safely on their fronts to lower the risk of aspiration and, therefore, to lower the risk of respiratory illness. Observations and measures of children's respiratory and sleep outcomes will be carried out before and after carefully introducing the night-time intervention. Additionally, interviews will be held with children, parents, carers and relevant health professionals to find out what they think and feel about the new intervention, including any issues/challenges that occurred.

Who can take part? Contact Dr Sarah Crombie sarah.crombie@nhs.net. For more information click [here](#)

Study Title: [Implementing EDACS](#)

NHS

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Implementing the Eating and Drinking Ability Classification System across health and social care settings for adults with cerebral palsy to improve shared decision-making and eating and drinking outcomes.

Who can take part? Patients & carers identified by wheelchair services or self-referral from adults with cerebral palsy or their Carers by emailing: sc-tr.iedacs@nhs.net. For more information click [here](#)

Study Title: [Sialanar Drug Utilisation Study](#)


Proveca

Sialanar is a treatment for drooling. This research project will test the understanding of the information that is provided with Sialanar and that patient's carers understand how Sialanar is used, how to change the dose and when to change the dose if the patient experiences side effects.

Who can take part? Patients and carers identified via Chailey Clinical Services.



Excellent care at the heart of the community

Diabetes

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.

Frailty

Study Title: **LiFE - Living Well with Frailty Experiences Study**

The aims of this study are: 1) to understand what frailty means for older people and their family carers, and to understand what it is like to experience and live with frailty. 2) to use these understandings to help design person-centred interventions for people with frailty.



University of Brighton

Who can take part? Service users and health care professionals who deliver frailty services.

Mental Health

Study Title: **PRedictors Of Psychological trEatment outcomes for common mental health problems in Improving Access to Psychological Therapy (IAPT) service users (PROPEL)**

Psychological treatments, such as cognitive-behavioural therapy are effective, however, there are mixed findings and overall, appear only effective for half of the treated adults. Identifying predictors of treatment outcomes could have important clinical implications and allow for tailoring of treatments or development of new interventions. In this cohort study, the impact of a wide range of factors on psychological treatment outcomes for CMHP (Common mental health problems) in the IAPT services will be assessed.



Who can take part? People identified via the IAPT services.

Multiple Sclerosis

Study Title: **Accuracy of Brief International Cognitive Assessment (BICAMS) for MS when scored by MS nurses and impact on MS nurses' and MS patients' perception of cognitive impairment.**

The purpose of this study is to assess the accuracy of MS nurses' scores by comparing them with scores of a trainee clinical psychologist (TCP). We will also explore the MS nurses' and patients' experiences of completing BICAMS and how this impacts their understanding of cognition.



Who can take part? People identified by MS Nurses.

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.

NIHR | BioResource

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.

NHS
King's College Hospital
NHS Foundation Trust

Who can take part? Patients identified by the MND team. 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. This part of the study involves talking to older people and their family carers to better to understand their priorities and needs for care and current experiences of receiving community services.

 UNIVERSITY OF
SURREY

Who can take part? Patients and carers identified by the Coastal Community Nursing Team.

Primary Care

Study Title: **Active Brains**

This national study is being run by the University of Southampton and funded by the National Institute for Health Research. The study is testing an online programme to help people aged 60-85 with lifestyle changes and brain training activities which may help with memory and thinking skills.



Who can take part? Patients identified via Dolphins GP Surgery. Please contact sc-tr.activebrains@nhs.net for further information. For more information click [here](#)

Rehabilitation

Study Title: **Exploring team responses towards service users who identify as an ethnic minority and are considered to have a disability following a stroke**

Ethnic minorities are at higher risk of experiencing a stroke and they are therefore more likely to need input from specialist services. This research project aims to investigate the important factors clinicians consider when ethnic minorities present to rehabilitation services following a stroke. The study aims to understand staff perspectives on the needs of members of ethnic minority communities who present to services.



Who can take part? Health care professionals working in neurorehabilitation or stroke services e.g. Nurses, health care assistants, speech and language therapists, physiotherapists, doctors, psychologists etc.

Study Title: **RECREATE - Reducing sedentary behaviour after stroke**

A multi-centre study looking at the clinical & cost-effectiveness of an intervention versus usual care to reduce sedentary behaviour in people after stroke.



Who can take part? Worthing Neuro rehab team are involved in this study. [@recreate_stroke](#)

SCFT Research Champions

We are delighted to announce our newly appointed research champions **Alan Sutton** and **Gráinne Saunders**. Alan is a Lead Governor at SCFT and Public Governor for Chichester and Grainne is SCFT's Children & Young People Appointed Governor and Deputy Lead Governor. They will provide valuable support such as engaging service users in research discussions, providing feedback to researchers on study materials and information and participating in research strategy meetings and community events.



Improving the wellbeing of NHS staff **STUDY**

Are you interested in finding ways of improving your wellbeing and managing work related stress?

For more information about the study and how to take part...

www.studylink.co.uk

US In partnership with the University of Sussex

Take part and be entered into a prize draw to win... **£50** AMAZON VOUCHER

MindSHINE3 study findings

The preliminary findings for this study involving patient-facing NHS healthcare staff have now been published. The study was a randomised control trial comparing the unguided mindfulness-based self-help (MBSH) app/website Headspace to the NHS Moodzone website. Read the lay summary attached or follow this link to the published article: <https://pubmed.ncbi.nlm.nih.gov/36006668/> If you were a participant in the study and would like to receive debrief/any other information, please contact Heather Taylor ht207@sussex.ac.uk

ARC KSS Funding

ARC KSS has launched its 2023 round of Individual Development Awards (IDAs) to help support individuals to build their research careers through our **SpringBoard Awards**. This year, they are seeking applications from individuals wanting to build research skills in the area of Children & Young People's mental health. The awards are for £5,000, over six months, to undertake activities aimed at developing research skills and/ or take your research idea forward.

First application deadline for this year: **31st March**





Research Design Service South East

Wednesday 19th April

NIHR Research Programmes Webinar

Find out about the various programmes for research project funding from the NIHR.

Register: <https://bit.ly/3xUoe59>

Email: A.Lux@brighton.ac.uk for more details.

Plus Weekly Project Development Sessions

Check: www.rds-se.nihr.ac.uk for all workshops, seminars, and funding opportunities from the RDS.

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. 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: **20th April 12noon**. The research strategy is due to be launched and reviewed at this meeting.

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



Research Lunch & Learn

17th May 2023 - 12.30-1.00pm ONLINE

In celebration of **International Clinical Trials Day** on 20th May and **Learning at Work Week** (w/c 15th May), with the theme this year 'Create the Future', the Research Team will be hosting a lunchtime session: **'Introduction to Research'** - What it is, How we do it, What it means, and Who can do it? Remember.....

Clinical research is everyone's future!

Email us to register: sc-tr.research@nhs.net

Research Champions Programme

Kent Community Health NHS Foundation Trust are working with the Centre for Health Service Studies at the University of Kent to develop the research capabilities of clinical staff across the region. The programme aims to increase understanding and knowledge around developing your own clinical questions into research studies, focusing on understanding and interpreting current evidence and implementing evidence-based practice into clinical work.

We have 10 funded places available on the programme for Band 5/6 non-medical, patient-facing KCHFT colleagues and 8 spaces for local participating organisations*

No previous research experience is required.

If you would like further information about the programme and an application form please email bethany.ballock@nhs.net

(we care)

*External places require funding from the individual's employing organisation

12 month programme commencing September 2022

Initial assessment (one-to-one) → Intervention (2 days) → Workshop 1 → Workshop 2 → Workshop 3 → KCHFT session → KCHFT Session → KCHFT Session → KCHFT Session → 2 days intervention (2 days a month for 12 months) → Academic supervision and organisation based mentorship

Programme outline

KCHFT Research Champions

Developed by Kent Community Health NHS Foundation Trust and the Centre for Health Service Studies at the University of Kent, this programme is aimed at nurses, AHP's, dental and other patient-facing staff, and designed to develop the research capabilities of clinical staff.

External places are available to staff in the Kent, Surrey & Sussex region and require funding from employers. SCFT staff must apply via the Funding Panel. Contact the **SCFT Research Team** for full info.

Deadline for applications: **5pm 12th June 2023.**



Research Week

12-16th June 2023

A partnership event between **Sussex Community NHS Foundation Trust & Kent Community Health NHS Foundation Trust.**

Online lunchtime sessions each day.

CPD points for each session (subject to approval).

Agenda & joining details to be confirmed.

For the latest news follow: [@scft_research](https://twitter.com/scft_research)

Young People's Advisory Group

The recent Young People's Advisory Group, Kent, Surrey & Sussex **YPAG KSS** meeting took place at the Royal Alex on 4th March. Celebrating their 5th Anniversary they took part in an animation workshop, making a mini stop motion film about YPAG, what they do and some important reminders for researchers. We look forward to seeing the edit.

The next meeting will take place on **20th May.**

If you are interested in presenting your project to the group please contact: ypagkss@nhr.ac.uk



MOTION

The CCCU research team working on the Interreg funded **MOTION** Project (Mechanised Orthosis for Children with Neurological Disorders) are pleased to announce the launch of Unit 2 of the training package. This will be helpful for health, education & social care professionals (including students, trainees, technicians, bio-engineers & qualified practitioners) who are interested in or already working with paediatric lower limb Robotic Assistive Technology, aimed at enhancing gait and overall functional mobility. CPD certificates issued on completion: <https://motioncccu.moodle.school/login/index.php>



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