

Research & Development

Annual Report

2015/2016



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INTRODUCTION AND BACKGROUND

In December 2013, the Trust Board approved the Research and Development (R&D) Strategy for 2014–18. The purpose of the strategy is to enable LPT to build a strong and visible reputation for an excellent research culture where there is integration of research into the delivery of care. It was developed to explicitly support the Trust’s objective “*to continuously improve quality, with services shaped from user experience, audit and research*”.

The strategy has four goals:

- Focus on and foster high quality research supporting Trust strategic objectives
- Build research capacity within the Trust workforce
- Instil and embed a culture where research informs services and leads to improvements in patient care
- Build a reputation of research excellence

In addition, the R&D team have established the following mission for all its work: “*to strive to offer staff and service users every opportunity to contribute to research*”.

This report outlines achievements in 2015/16 and throughout it are examples of impact of research on the quality of care delivered to LPT services. The blue ‘impact’ boxes throughout enable readers to learn how research has been impacting and leading to improvements on the care provided to our service users, provision of health care nationally and internationally and on the growth and understanding and skill amongst our workforce.

ACHIEVEMENTS AGAINST GOALS

GOAL 1. FOCUS ON AND FOSTER HIGH QUALITY RESEARCH SUPPORTING TRUST STRATEGIC OBJECTIVES.

GROW CLINICAL ACADEMIC ROLES AND RESEARCH PARTNERSHIPS WITH REGIONAL UNIVERSITIES.

A range of activities in 2015/2016 have contributed to the achievement of this objective including:

- A range of honorary academic roles were awarded by University of Leicester and De Montfort University to LPT staff. This included nine consultants, senior nurses and Head of R&D with awards ranging from Professor to Senior Lecturer. These are in recognition of the contribution of healthcare practitioners to the academic mission of the universities.



Figure 1: LPT staff awarded honorary roles by University of Leicester

- Joint event hosted with DMU “***Changing the Mind-set... Exploring the Journey from Research to practice: a joint Research Symposium.***”
- Securing a ***Clinical Academic Career Fellowship*** (CACF) for a Trainee Doctor for 2016/17 for MHSOP. This four year fellowship includes 30% of the time directed to research and the remainder to clinical work.
- Informal and formal partnerships have continued to develop with a wide range of

regional and national organisations (Figure 2).

- The development of the Leicester Academy for the Study of Ageing (**LASA**) was a key partnership initiative in 2015/16. This is a joint initiative between University Hospitals of Leicester, LPT, De Montfort University, University of Leicester and Age UK. This, in time, will provide opportunities for development of academic posts within Mental Health Services for Older People as well as within other areas in the Community Health Service (CHS). This would be an important lever for LPT to establish a “**research nest**” in CHS focusing on the health of older people.
- The Leicestershire Improvement, Innovation and Patient Safety (**LIIPS**) Unit is another strong partnership initiative with the Leicestershire NHS Trusts, CCGs and Universities. There is active engagement of LPT staff including membership of the steering group, core development group and co-lead of the Research and Evaluation Group.

DEVELOPING RESEARCH LEADERSHIP

During 2015/16 all three Services (formerly Divisions) have ensured they have a Leader for Research. They work with Head of R&D to support Service thinking that aligns to the Trust R&D strategy. This has resulted in research being a regular agenda item on senior team meetings in FYPC and CHS, whilst research is discussed at CASE in AMH.LD, raising its visibility throughout the Trust.

In addition, AMH.LD has appointed a Clinical Research Consultant in Learning Disabilities, enabling the LD service to build on its track record in research including the nationally known LD register and thus creating one of the Trust’s first “**research nests**”.

The establishment of a Trust Research Support Group by Dr Lisa Hopkins, Research Support Officer, for staff undertaking research at Masters or Doctoral Level, or other research, is another achievement in building both a critical mass of skilled researchers and community of research leaders. Over 25 staff are now engaged in peer learning and support through this group which meets bi-monthly.



Figure 2: Breadth of LPT's research partners

PROVIDE SKILLED SUPPORT FOR GRANT APPLICATIONS AND ALL REGULATORY, APPROVAL AND DELIVERY ASPECTS OF STUDIES

In 2015/16, the R&D Team directly supported a number of bids for external funding. These included four educational awards which were successfully achieved, three for Health Education East Midlands Bronze or Silver Scholarships and one for a Master in Research. Collectively, these latter awards have a value of c. £130,000. Also in year we learned of the success of a joint bid (originally supported from inception in 2013-14) by Institute of Psychiatry and the Leicester Adult Eating Disorders Service for the “TRIANGLE” Study with funding from NIHR HTA worth £1.7m to be run in centres across the UK. Two applications with a collective value of £460k were submitted to the EM-AHSN Innovation Fund but although one passed the first round, neither were finally successful. A Health Foundation bid from 2015-16 for £75k is awaiting confirmation.

Research support staff work closely with the East Midlands Research Design Service to ensure the best support possible for staff across the Trust. This has included joint support for the Homeless Team amongst others.

GOAL 2. BUILD RESEARCH CAPACITY WITHIN THE TRUST WORKFORCE.

NIHR PORTFOLIO STUDIES IN LPT

LPT is a partner organisation of the East Midlands Clinical Research Network, and therefore received £450k (plus additional service support costs to clinical areas) in 2015-16 for salary and non-pay costs for staff working to fulfil our contractual obligation to support NIHR portfolio studies. In 2015/16 we recruited a total of 569 participants. This is a reduction from 2014/15 but reflective of the national picture in terms of a significant reduction in both the number and scale of studies on the NIHR portfolio.

Figure 3: Study recruitment performance data

LPT Research Performance	Target	LPT Achievement At Year End	National Comparison (Estimate)
Initiating Research (CRN)	% within 15 days (≥ 80%)	75%	70%
Initiating Research (National)	% within 30 days (≥ 80%)	100%	84%
First Patient First Visit Timeline (CRN & National)	% studies within 70 days (≥ 80%)	73%	75%
Deliver to Time & Target (CRN/ National) (Closed Studies)	% achieving TnT (≥80%)	65% (but 100% closed trials)	60%
Delivering to Time and Target (CRN & National, Open Studies at year end)	% achieving TnT (≥ 80%)	72%	78%

Particular highlights where recruitment was especially good were StudyID19958 “Daily Activity, Motivation and Performance in Dementia (CAD-L), which not only recruited above target, but also enabled more people to join our RIL (Research Interested List) via Alzheimer’s Society and Care events and memory cafes.

The EQUIP Study - Enhancing the quality of user involved care planning in mental health services, a clinical randomised control trial and process evaluation with the University of Manchester also exceeded recruitment.

EXCEED was also a success, despite Smoking Cessation services moving out of LPT, the CRN Delivery staff continued to recruit well to the more difficult, non-primary care arm of the study.

Figure 4: Recruitment comparisons with similar Trusts in East Midlands

NIHR studies in similar East Midlands Trusts	Total recruits	No of Studies
LPT	569	32
Derbyshire Healthcare	1180	28
Lincolnshire Partnership	381	23
Northamptonshire Healthcare	146	21
Nottingham Healthcare	429	32

LPT secured an additional £16k from EM:CRN to support the delivery of NIHR dementia studies. This facilitated a new research secondment opportunity, with CHS/MHSOP focusing on supporting a clinical member of staff to raise awareness of research opportunities particularly for dementia service staff, service-users and their carers. A Health Care Support Worker was seconded 0.1wte to support the promotion of dementia studies to service users and carers as well as staff. A series of leaflet drops and information sharing about the NIHR initiative Join Dementia Research (JDR) occurred across LPT services and memory cafes in LLR. This has resulted in an increase in individuals volunteering to be contacted about research both on JDR and on the LPT dementia R&D Research Interested List (RIL).

A key development opportunity for clinical staff is to take on the role of Principal Investigator for NIHR portfolio studies. During 2015/16 14 clinical staff took on the role as Principal Investigators. These staff participated in research relevant to the care of their service users, covering a range of specialities including old age psychiatry, adult mental health, children, learning disability, child and adolescent mental health and public health.



Figure 5: R&D staff promoting 'It's ok to ask'

EDGE (Local Portfolio Management System) was implemented and went live in December 2015. There was a progressive roll-out and training for relevant LPT staff with key R&D staff appointed as the Local Data Administrators for the system.

This year has seen the full implementation of the Health Research Authority (HRA) through a phased roll-out until March 31st 2016. This has, and is, introducing systemic changes to the regulatory and approvals framework for NHS Research. As part of in-house developments, the Systems & Approvals Working Group has been established to develop and steer our internal processes for "Assess, Arrange, Confirm" and to continue our excellent performance metric figures in this area. This work is ongoing.



Figure 6 LPT R&D team members and CEO at EM:CRN awards event

The LPT R&D team were shortlisted as finalists for the Clinical Research Network: East Midlands Awards in the category of “**outstanding LCRN partner contribution**”. In addition, two R&D team members were shortlisted for LPT’s Celebrating Excellence award: Debbie Glancy (Clinical Studies Officer) for **Excellence in Partnership Award** and Sarah Thomason- (Clinical Studies Officer) for **Supporting our Services Award**. These are a reflection of the excellent hard work of the team.

LPT helps with & implements national research: PARADES

As a demonstration of the timescales involved in bringing research into clinical practice, we would like to cite the example of PARADES.

In 2005-06 the Trust was involved in the feasibility study for the subsequent multi-centre randomised controlled trial for this psycho educational package for bipolar disorder. Although efficacy was demonstrated, LPT were not included as a site within the subsequent RCT as a result of the key clinician leaving for pastures new.

The RCT indicated that introducing the intervention into practice significantly reduces relapse and length of in-patient stays, whilst also reducing costs.

This initiative is now being rolled out in clinical settings in Nottinghamshire, Manchester, Derbyshire and so forth through the East Midlands AHSN funding scheme. The capacity for introducing this in LPT is currently being explored.

DELIVER BESPOKE EDUCATION AND TRAINING ADDRESSING TRUST STAFF NEEDS AND PROMOTE EXTERNAL OPPORTUNITIES

A range of education and training has been delivered by members of the R&D team including:

- Good Clinical Practice (GCP) introduction and refresher training

- Research standards training session for SUCRAN members
- Ethics, Governance and Regulation (HRA Briefing) for NHS Research for Clinical Psychology Doctoral students
- Bespoke one to one sessions on analysing qualitative data using NVIVO software
- Bespoke one to one sessions on obtaining HRA and ethical approval through the IRAS system.
- Connected a trio of medical students with Trust researchers to enable them to undertake volunteer research activity

In addition, scoping of LPT staff views on research education and training needs has taken place.

PROVIDE ACADEMIC MENTORSHIP INCLUDING SUPPORT TO EMERGING TALENT AND GROWING RESEARCH LEADERSHIP

Ongoing support was provided to several staff who are planning to submit applications for NIHR Doctoral Research Fellowship in 2016.

Head of R&D was formal mentor for FYPC CAMHS Occupational Therapist on HEEM Bronze Clinical Scholar Research Internship Scheme.



Figure 7 LPT pharmacist Azra Sumar (left) sharing her research

AMH.LD Pharmacist Azra Sumar successfully completed the Clinical Scholar Bronze Internship Scheme, a research taster internship for nursing and allied health professional staff. She was supported by Prof Susan Corr, Head of R&D, Dr Peter Rivers, Pharmacy DMU and Antony Oxley, Head of Pharmacy and subsequently was successful with an application to NHIR Masters in Research covering her fees and salary for one year. This is allowing her to continue her research into shared decision making in relation to psychotropic medication in mental healthcare.

CHS Physiotherapist Graham Boniface, had successfully secured funding for and completed an NIHR Funded Masters in Clinical Research, studying full time for one year. His research explored district nurses' experiences of musculoskeletal wellbeing. His findings informed the wellbeing of staff agenda and are being disseminated widely both within the Trust and at external conferences and through a journal publication. On his return to clinical practice, he brought new research knowledge to his colleagues enabling them to grow their critical appraisal and literature searching skills.

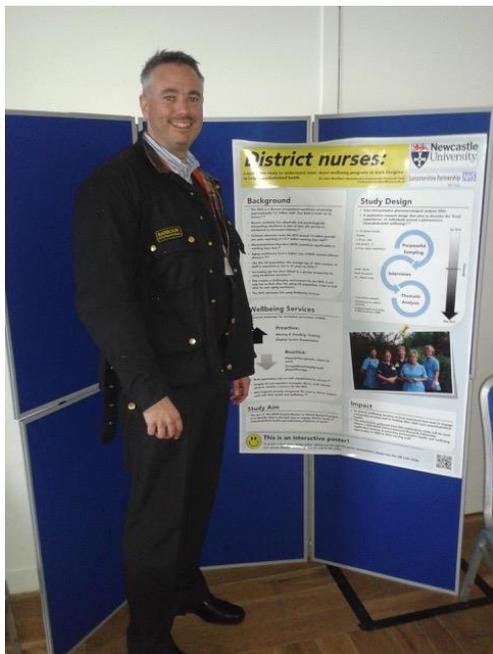


Figure 8 LPT Physio Graham Boniface presenting his research

LPT research impacting internationally

A paper co-authored by Naomi Corten (whilst employed by the Trust) which investigated group compassion-focused therapy for personality disorder was published in *Psychology & Psychotherapy: Theory, Research & Practice* in 2013. This journal has an impact factor of 1.66 and according to Google scholar, has been cited 49 times in international journals such as the *International Journal of Cognitive Therapy* and the *Journal of the Korean Neuropsychiatric Association*.

Lucre, K. M., & Corten, N. (2013) An exploration of group compassion-focused therapy for personality disorder. *Psychology & Psychotherapy: Theory, Research & Practice*, 86(4), 387-400.

DEVELOP RESEARCH CAREER OPPORTUNITIES INCLUDING STUDENT PLACEMENTS AND RESEARCH SECONDMENTS

The R&D team hosted a psychology undergraduate work experience placement and research placement for a student Learning Disability nurse, each of two week duration; the psychology student has gone on to pursue a career in research. In addition the Adult Eating Disorder Service hosted two psychology undergraduate from Loughborough on a 8 month 'sandwich' placement.

After significant negotiations, the Charitable Funds Committee agreed to ring-fence funding for three Research Capacity Building Awards of £45k each. A robust and comprehensive application process was developed to ensure suitable candidates applied and demonstrated a research idea that fitted with the strategic objectives of LPT and their service, with full support of their manager(s), an academic environment that will develop their research skills to higher degree level, and a passion to be a future research leader in LPT. Members of the Charitable Fund, external academics

and service users contributed to the selection process and recommendations were being presented to the Charitable Fund Committee in Quarter 1 of 2016/17.

CREATE A COMMUNITY OF SERVICE USERS AND CARERS TO SUPPORT, DRIVE AND PARTICIPATE IN RESEARCH.

- Charitable funds have been provided for the EPPIC project (Embedding Patient and Public Involvement Collaboration). A Research Manager will lead this project in collaboration between LPT, DMU and SUCRAN. The project has started and is in the planning phase. Action research methodology will identify how research in LPT can be improved by service user involvement. Service users have already contributed to a literature search and designing data collection tools.
- Members of SUCRAN contributed to the review process including interviews with applications for the Research Educational Award from Charitable funds.

Research training impacting on LPT Services

During 2015/16, FYPC CAMHS Occupational Therapist, Cara Maddison successfully applied for an internship on the HEEM Bronze Clinical Scholar Research Internship Scheme. She reported half way through: *“From my learning so far, I have agreed to facilitate sessions about how to critique research papers relevant to the delivery of our service as part of our peer supervision sessions with my fellow Band 6 occupational therapists. This will help us understand and keep abreast of advancements relevant to the provision of our care in the CAMHS service.”*

GOAL 3. INSTIL AND EMBED A CULTURE WHERE RESEARCH INFORMS SERVICES AND LEADS TO IMPROVEMENTS IN PATIENT CARE

Throughout this report are blue ‘impact boxes’ indicating the impact research is having within the organisation as well as externally, in relation not only to the improvements in care service users but also to the capacity development of staff. This adds to national and international evidence that recognises that vital role of research to lead to improvements in care (DoH 2014).

Impact of research: CHS Case study

In CHS directorate, there has been the adoption of innovative telehealth monitoring in patients with COPD as part of the service specification for our Respiratory services. This resulted from a three year service improvement/research based pilot study by the Respiratory Specialist team led by Karen Moore, which involved the introduction of a Clini-Touch tele-monitoring device into homes of patients with severe COPD who have high risk of hospital admissions. It was a uniquely designed project using NHS, CCG and private sector collaborations to produce, not only great clinical impact, but lead to a very cost-effective programme which showed a cost reduction of over £600,000 for care services. The project won Silver award from the East Midlands Academic Health Science Network and as a result LPT has adopted tele-monitoring as part of normal service specification for COPD services for 16-17.

FACILITATE INCREASING THE VISIBILITY AND UNDERSTANDING OF THE IMPORTANCE AND BENEFITS OF IMPLEMENTING RESEARCH INTO PRACTICE

On 20th May 2015 R&D team hosted a coffee morning in the Involvement Centre, Bradgate Unit for International Clinical Trials Day. Information was provided on “Ok to Ask” National scheme, promoting the message that service users should be encouraged to enquire about any research going on that they could participate in.

Following their relocation to Swithland House the R&D team hosted an Open House Event which showcased our facilities, Trust research and their work activities. Members of R&D also had stands at the MHSOP showcase event, Trust AGM and Clinical Audit conference to promote research and the support available, awareness of NIHR portfolio activity to staff, services users and external stakeholders.



Figure 9: Photo collage from R&D open day at Swithland House

A discussion paper on visibility of, use of, and acknowledgement of 'best knowledge informed by research' within all aspects of business in LPT was authored by Prof Corr (Head of R&D). Following its presentation to both the Clinical Effectiveness Group and the Learning and Organisational Development Group, it was agreed that a cross Trust steering group "Best evidence for Best Care" would be established. A Listening into Action application was successfully submitted and the group will host a "Big Conversation" in the autumn.

Impact of research: AMH.LD case study

A study *the association of congenital deafness/blindness and autism in adults with LD*, found that being born blind increased the risk of autism in people with learning disability, independent of degree of brain damage and gender (the known risk factors for developing autism). Funding was secured to set up several training days for nursing staff

within the LPT to raise deaf/blind awareness for the ultimate benefit of deaf, blind and deafblind service users with LD. In addition, a training CD-ROM from Royal National Institute for Blind was made available to some of the families whose children had autism, congenital blindness and challenging behaviour and training was delivered to some of the families/carers through a local charity organisation, VISTA. As a result of implementing the changes following research, several vulnerable service users with profound and multiple LD received a detailed and holistic assessment of their needs which resulted in diagnosing conditions that had been otherwise missed (e.g. genetic syndromes, autism etc.). The service users were also benefited from specialist input during home visits such as optician, dentist or nurse. Overall, this has resulted in addressing the complex needs of these service users in a more effective way with the final outcome of improving their quality of life.

PROMOTE CROSS DISCIPLINARY COMMUNITIES OF RESEARCHERS

A wide range of research has been shared and disseminated at the Trust Research Forum in 2015/16. Topics included:

- Delivering improvement in the NHS: barriers to innovation within the socially constructed reality of a large NHS community facing service by John Edwards
- 'Betwixt and between' - trainee clinicians' experiences of practice error by Dr Noelle Robertson
- Barriers in implementing mental health care pathway: Commissioners, Managers and Clinicians view by Dr Girish Kunigiri
- The Medipath App: Digitising Education in a New Way by Dr Mhorag Duff, Jenny Cochrane and Joanne Wilson
- Trial of Electronic Cigarettes: A UK First by Louise Ross
- Psychosis and Culture by Jon Crossley
- Research into research: staff perspectives on barriers and facilitators to research activity by Gail Melvin

- Beyond Budgeting in the NHS: The way forward for successful implantation of payment by results? by Paula Vaughan
- The behavioural and emotional aspects of living with Huntington's disease (HD): Collaborative research undertaken by LPTs HD Service by Dr Maria Dale
- Association of autism spectrum disorder with sensory impairment in people with intellectual disability by Dr Reza Kiani

The R&D team are using regular bulletins in the Trust weekly E-newsletter, on twitter (@LPTresearch), LinkedIn, and Researchgate as means of sharing and promoting activities.

Impact of research: FYPC case study

Within Family, Young People and Children's Services, the Adult Eating Disorders Service recently evaluated a motivational and psychoeducational package for people with eating disorders (MOPED), an initiative that was developed in Leicestershire to help motivate individuals who are often undecided about recovery and change. This showed that patients who received MOPED pre-treatment had overall a higher engagement rate than those who did not. Recent feedback from these questionnaires have led to a number of recommendations leading to practice changes: The patient information booklet has been reviewed to include more comprehensive material about inpatient admission; regular meetings with catering services have led to improvements in the quality of food; the ward round feedback sheet has been amended to be clearer & more concise. The most recent outpatient patient experience questionnaire led to improved signage at the Bennion Centre. Summaries of these questionnaires, with the subsequent actions from these highlighted, are available for all to read on the ward and in the outpatient waiting area.

GOAL 4. BUILD A REPUTATION OF RESEARCH EXCELLENCE.

PROACTIVELY ENGAGE WITH THE EAST MIDLAND RESEARCH COMMUNITIES

Members of the R&D team are actively engaged with a range of EM research communities including:

- EM:CRN Partnership Group
- CLAHRC:EM Executive Group meeting
- EM NHS R&D Leads meetings
- EM:CRN Finance Forum
- EM R EPP Research Engaging Public and Patients
- EM: Research Design Service Management Board
- Research and Evaluation Group of Leicestershire Improvement, Innovation and Patient Safety Unit (LIIPS)
- EM Clinical Academic Careers for non-medical professionals Steering Group

Examples of other engagement activities include:

- Dr Judith West, Associate Medical Director (Medical Education) and Prof Susan Corr, Head of R&D jointly presented '*Healthcare Education and Research: from a community and mental health Trust perspective*' at a Health Education East Midlands networking and collaboration building event.
- Prof Lina Gatsou, Consultant Child and Adolescent Psychiatrist delivered their inaugural lecture as Honorary Professor at DMU
- Prof Susan Corr, Head of R&D participated in CLAHRC:EM's midterm review.
- Dr Lisa Hopkins, Research Support Officer delivered qualitative research methods workshop as part of CLAHRC:EM training series.
- Prof Susan Corr, Head of R&D delivered keynote lecture '*the importance of research to practice*' at launch event for Bronze Scholars of HEEM's clinical academic career internship scheme.
- Dr Dave Clarke, R&D Operational Lead delivered presentation at EM:CRN Division 4 (Mental Health and Dendron) "*Challenges and Opportunities for NHS R&D Offices in the New Divisional Network Structure*"

Research into research in LPT:

R&D staff member, Gail Melvin, conducted an ethnographic investigation into LPT staff perspectives on barriers and facilitators to research activity to support the development of strategic priorities for increasing clinical research capacity in the NHS. Her findings show that further work in promoting research within the organisation is needed. Key findings are:

- Research activity happening within Clinical Service Groups had poor visibility within the Trust and was not prioritised, despite being considered important both at an organisational and personal level;
- Research was poorly supported by managers who acted as barriers and gatekeepers to research activity;
- There is a general paucity of involvement in research by nurses and allied health professionals;
- There is confusion regarding research, audit and service evaluation and how these different activities arise, are funded and resourced.

The R&D team are developing a plan of actions based on the findings from this research

DEVELOP AND INCREASE COMMERCIAL RESEARCH ACTIVITIES

The two groups of staff within R&D services were based in Lakeside House and Bridge Park Plaza until a relocation of the whole team into Swithland House in August 2015. Swithland House has enhanced our attractiveness to commercial studies as the resources now available include a clinic room and interview room. Also Dr Dave Clarke, R&D Operational Lead and Jo Edgar, R&D Business Manager secured £2.1k from EM:CRN for equipment to ensure the clinic room facilities for research use within Swithland House comply with infection control and privacy and dignity policies, and to ensure compliance with MHRA regulations for future clinical trials.

Dr Dave Clarke, R&D Operational Lead authored and presented to R&D Strategy Group a Six-Step Framework for increasing the scale and number of commercial research studies and trials in Leicestershire Partnership NHS Trust. This is the foundation for development of exploring opportunities to increase LPTs activities.

ENABLE AND SUPPORT DISSEMINATION OF RESEARCH TO LOCAL, NATIONAL AND INTERNATIONAL AUDIENCES

Six presentations at the joint DMU/LPT symposium showcased collaborative research with academic partners in DMU in the following areas:

1. Surviving Crying research study
2. Lower limb care
3. Dementia
4. Think Family
5. End of Life Care
6. LGBT

A key objective of the R&D Strategy is to build a reputation for research excellence through the dissemination of research via journal articles and conference presentations.

Examples of presentations include:

- **Gatsou L**, Yates S. Think Family researchers presented at the International Conference in Italy.
- **Ghosh S**, Chronic Heart Failure research presented at the European Cardiology Conference.
- Rehling T, **Corr S**, Sixsmith J, Chard G (2015) Occupational therapists' use of Cognitive Stimulation Therapy in dementia care presented at the Annual Conference of the College of Occupational Therapists, Brighton.

Appendix 2 contains publications by trust staff in 2015 and Quarter 4 of 2015/16. The Impact Factor of the journals published range from 2.46 to 7.99.

LPT research impacting internationally

Dr Alex Mitchell, Consultant Liaison Psychiatrist, with numerous research teams published high quality articles including a review of metabolic syndrome and metabolic abnormalities in Bipolar Disorder. The paper was published in the American Journal of Psychiatry, a journal with a high impact factor (12.295). Since its publication in 2013, this paper has been cited 155 times (source Google scholar). Its spread internationally is evident through its citations, including in a paper published in the Asian Journal of Psychiatry.

Vancampfort, D., Vansteelandt, K., Correll, C. U., **Mitchell, A. J.**, De Herdt, A., Sienaert, P., & De Hert, M. (2013). Metabolic Syndrome and Metabolic Abnormalities in Bipolar Disorder: A Meta-Analysis of Prevalence Rates and Moderators. American Journal of Psychiatry, 170(3), 265-274

CONCLUSION

The report provides progress in relation to research and development during 2015/16 in LPT. Research being conducted within the Trust is clearly impacting positively on our services. Our collaborative partnerships are growing with key milestones occurring in particular in relation to honorary roles within local universities. The focus on developing research capacity is enabling more Trust staff to gain essential research experience and skills and the ongoing support provided by R&D assists with grant application development leading to success.

GLOSSARY

ACF	Academic Clinical Fellow	FYPC	Families, Young People and Children's Services	MHSOP	Mental Health Service for Older People
AMH/LD	Adult Mental Health / Learning Disability Services	HEEM	Medical Education East Midlands	MRes	Masters in Research
ANP	Advanced Nurse Practitioner	HS & DR	Health Services and Delivery Research	NIHR	National Institute for Health Research
BAME	Black, Asian & Minority Ethnic	HTA	Health Technology Assessment	PI	Principal Investigator
CHS	Community Health Services	LASA	Leicester Academy for the study of Ageing	REPP	Research Engaging Public and Patients
CLAH RC: EM	Collaborations for Leadership in Applied Health Research and Care: East Midlands	LIIPS	Leicestershire Improvement, Innovation and Patient Safety	R&D	Research and Development
CRN	Clinical Research Network	LGBT	Lesbian, Gay, Bisexual, Transgender	SpHV	Specialist Health Visitor
		LPT	Leicestershire Partnership NHS Trust		
DMU	De Montfort University	M Level	Masters Level	SUCRAN	Service Users and Carers research and Audit Network
				UoL	University of Leicester

APENDIX 1: GRANT APPLICATIONS SUBMITTED AND OUTCOMES INVOLVING LPT STAFF APRIL 2015- MARCH 2015

LPT Staff	Title/ Project	Award/Funder/ Date/Submitted	Amount	Outcome
LPT Led	Leicester, Leicestershire and Rutland Technology Enabled Care Service (Heart Failure)	Health Foundation, August 2015	£75,000	Unsuccessful
Led/ Pharmacist	Masters in Research Methods	NIHR, Funding covers applicants' salary and course / tuition fees. June 2015	£40,000	Successful
Led: Occupational Therapist	Bronze Clinical Scholar Scheme, Research Internship	HEEM, August 2015	£8,500	Successful
Led: Physio	Silver Clinical Scholar Scheme, Research Internship	HEEM August 2015	£7,500	Successful
Led Co-applicants: R&D Operational Lead:	DIP (Dementia Integrated Platform) (joint bid with Cadgwith Health)	EMAHSN (East Midlands Academic Health Sciences Network) Innovation award Dec 2015	£235,845 (LPT £71,000)	Unsuccessful
Co-Applicants: AMH/LD Consultant:	Safer care approaches to suicide prevention using always events in mental health crisis services	EMAHSN (East Midlands Academic Health Sciences Network) Innovation award Dec 2015	£225,000	Unsuccessful
LPT Co-Applicants: CHS Occupational Therapist:	Does Occupational Therapist led home environmental assessment and modification reduce falls amount high risk older people?	NIHR HTA 14/49 Efficient Study Designs July 2014	£571,000 (LPT <£10k)	Successful
LPT Co-Applicants: FYPC Adult Eating Disorder Service staff (with Institute of Psychiatry):	A multicentre, investigator-blinded, randomised, 18 month, parallel group, superiority study to examine whether the addition of a patient and carer shared management intervention improves patient and carer wellbeing following inpatient treatment for anorexia nervosa	(NIHR HTA (Health Technology Assessment))	£1.7 million (LPT=£tbc but estimated at £125k+)	Successful
LPT Co-Applicants: AMH/LD/ Medical Director Intellectual Disability Service	A multi-component lifestyle behaviour change programme for reducing type 2 diabetes and cardiovascular risk factors in overweight and obese adults with intellectual disabilities living in community homes/	NIHR Health Services and Delivery Research Programme	£1.44m (LPT £???)	Awaiting outcome

LPT led:CHS/Heart Failure Specialist Nurse/	Obstructive sleep apnoea in chronic heart failure: bridging the gap between detection and treatment	LPT Charitable Fund - Research Capacity Building Award – March 2016	£45,000	Successful
LPT led: AMH/LD/Nurse Consultant Dual	Diagnosis How can dual diagnosis services in Leicester/Leicestershire meet the needs of BME communities through collaborative working	LPT Charitable Fund - Research Capacity Building Award – March 2016	£45,000	Successful
LED: AMH.LD/Specialist Mental Health Pharmacist	Development of the theory and evidence informed intervention to promote implementation of health promotion and risk reduction behaviours to improve physical health in serious mental illness	LPT Charitable Fund - Research Capacity Building Award – March 2016	£30,000	Successful
April 2015-March 2016:		Values Submitted		
		External sources:	£4,302,845	
		LPT Charitable Funds:	£120,000	
		Total:	£4,422,845	
		Total Successful	£2,457,000	
			(Funds to LPT £211,000)	
		Total awaiting outcome	£1,440,000	

REFERENCES

Department of Health (2014) *Five Year Forward View*. NHS England. 4-33

APPENDIX 2: PUBLICATIONS AUTHORED/CO-AUTHORED BY TRUST STAFF IN 2015 AND QUARTER 4 2015/16 (LPT STAFF IN BOLD)

[Ahmed, S., Khan, R., Pursglove, D., O'Donoghue, J., & Chakraborty, N. \(2015\). Discharges from an early intervention in psychosis service: where do patients stand after 3 years?. *Early intervention in psychiatry*, 9\(1\), 48-52.](#)

[Benito-León, J., Contador, I., **Mitchell, A. J.**, Domingo-Santos, Á., & Bermejo-Pareja, F. \(2016\). Performance on Specific Cognitive Domains and Cause of Death: A Prospective Population-Based Study in Non-Demented Older Adults \(NEDICES\). *Journal of Alzheimer's Disease*, \(Preprint\), 1-12.](#)

[**Biswas, A. B.**, & Furniss, F. \(2016\). Cognitive Phenotype and Psychiatric Disorder in 22q11. 2 Deletion Syndrome: A review. *Research in developmental disabilities*, 53, 242-257.](#)

- [Bone, C., O'Reilly, M., Karim, K., & Vostanis, P. \(2015\). 'They're not witches....' Young children and their parents' perceptions and experiences of Child and Adolescent Mental Health Services. *Child: care, health and development*, 41\(3\), 450-458.](#)
- [Brewin, N. Wales, J. Cashmore, R., Plateau, C. R., Dean, B., Cousins, T., & Arcelus, J. \(2016\). Evaluation of a Motivation and Psycho-Educational Guided Self-Help Intervention for People with Eating Disorders \(MOPED\). *European Eating Disorders Review*.](#)
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- [Chakraborty, N., Ahmed, S., & James, S. \(2015\). Care Programme Approach: is there a treatment difference perceived by service users? *Progress in Neurology and Psychiatry*, 19\(4\), 6-6.](#)
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- [Ghosh, S., O'Kelly, N., Roberts, E. J., Barker, C., & Swift, J. \(2016\). Combined Interventions for COPD Admissions within an Urban Setting. *British Journal of Healthcare Management*, 22\(3\), 123-131.](#)
- [Jordanova, V., Crawford, M. J., McManus, S., Bebbington, P., & Brugha, T. \(2015\). Religious discrimination and common mental disorders in England: a nationally representative population-based study. *Social psychiatry and psychiatric epidemiology*, 50\(11\), 1723-1729.](#)
- [Kelbrick, M. M., Radley, J., Shaherbano, S., Cook, L., & Simmons, A. \(2015\). Autism spectrum disorders: physical health care in a low secure forensic setting: Marlene Martelize Kelbrick and colleagues demonstrate the need for regular checks and cardiometabolic monitoring to achieve better long-term health outcomes for this population. *Mental Health Practice*, 18\(9\), 31-37.](#)
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- [Majumder, P., O'Reilly, M., Karim, K., & Vostanis, P. \(2015\). 'This doctor, I not trust him, I'm not safe': The perceptions of mental health and services by unaccompanied refugee adolescents. *International journal of social psychiatry*, 61\(2\), 129-136.](#)

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- [Perry, J., Boyle, A. & Wessely, S. \(2016\). The Expansion of the Psychiatry Foundation Programme. *British Journal of Psychiatry Bulletin*, pb-bp.](#)
- [Ryan, G. S., Haroon, M., & Melvin, G. \(2015\). Evaluation of an educational website for parents of children with ADHD. *International journal of medical informatics*, 84, 974-981.](#)
- [Shamia, N. A., Thabet, A. A. M., & Vostanis, P. \(2015\). Exposure to war traumatic experiences, post-traumatic stress disorder and post-traumatic growth among nurses in Gaza. *Journal of psychiatric and mental health nursing*, 22\(10\), 749-755.](#)
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