

Research in the Trust

Report for Quality Academy

April 2022

This report provides an update on some of the research activities in the Trust, highlighting some of the activities of our research teams and provides information on some of the developments that are happening.

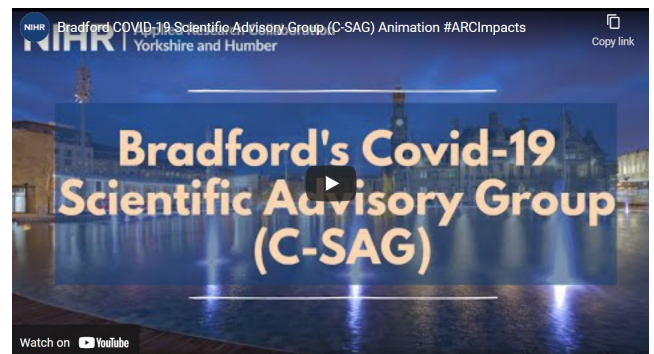
At the end of Quarter 4 9,998 research participants have been recruited into research studies.

APPLIED HEALTH RESEARCH



In March 2022, the 15 ARC collaborations across the country celebrated the halfway point of the programme, with a three week national Twitter campaign to mark this milestone. As part of the campaign, the Yorkshire and Humber ARC (YH ARC) produced an animation to demonstrate the impact of just one project. You can watch the animation on our YouTube channel here:

<https://www.youtube.com/watch?v=zSWT9dRYgnw>



One of the areas of focus for YH ARC is building research capacity across the region. As part of this we have produced a number of short resources for people to use, to build their knowledge and skills. Our [Improvement Science](#) theme produce Improvement Science Snapshots and our [Implementation](#) arm, delivered by the Yorkshire and Humber Improvement Academy, produce a series called Essential Implementation. You can find out more about these below:



Improvement science snapshots: These are short videos to introduce practitioners, researchers and anyone else with an interest in improvement

science to key methods and approaches in an accessible way. Topics include:

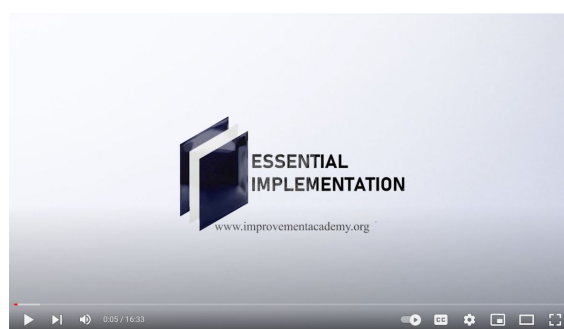
1. How to identify barriers to improving clinical practice
2. Behaviour change techniques: what are they and how do I use them?
3. Co-designing quality improvement interventions to optimise impact
4. Learning from positive outliers: using the positive deviance approach for improvement

All snapshot videos are uploaded to our **YHARC YouTube channel** (<https://bit.ly/30kOip9>) as they become available.

Kristian Hudson, Implementation Specialist at the Improvement Academy, produces **Essential Implementation**; a weekly podcast where he talks to implementation specialists and researchers around the world:

(<https://www.youtube.com/channel/UCZu-S0m8tgInP9p6yOcuB-A>)

- Want to implement something across your organisation?
- Wondering why something is not having the impact you had hoped?
- Maybe you are developing something new and want to make sure it has the best chance of success possible?



Born in Bradford

Born in Bradford aims to understand why some families fall ill and why others stay healthy. We are a people powered research project, and together with our communities and stakeholders aim to make positive changes to improve the lives of families living in our city and beyond. We host three birth cohort studies (the [Born in Bradford Family Cohort](#), [Born in Bradford's Better Start](#) and [BiB4All](#)) encompassing over 50,000 Bradford residents in addition to a range of other initiatives including the [Better Start Bradford Innovation Hub](#), [Bradford Inequalities Research](#), the [Healthy Childhood theme of the Yorkshire and Humber Applied Research Collaboration](#), [Connected Bradford](#), [Join Us: Move Play](#), the [LEAP](#), the [Centre for Applied Education Research](#) and various other externally funded applied health research studies.

In this report we focus on the work of our Applied Research Collaboration (ARC) healthy childhood theme who have been leading work to explore how we can work together to reduce inequalities in perinatal mental health.



Previous work undertaken by BiB has shown that although many women (46%) report symptoms of depression and anxiety in pregnancy (the green circle), these problems are less frequently recorded in their midwifery (orange), health visitor (red), or GP (blue) records. In addition we have found that women from

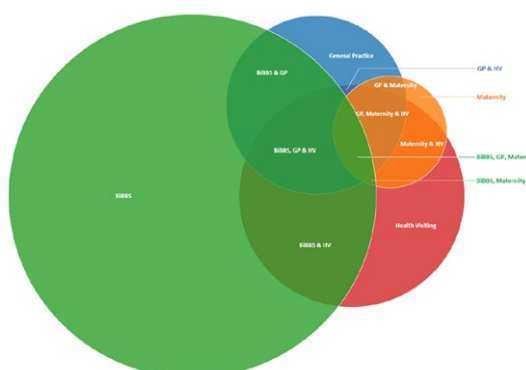
ethnic minority groups are less likely to have their mental ill health identified by healthcare professionals.

The team has spent two years undertaking research to provide in-depth insights into the causes of these inequalities. This work has included literature reviews, system and pathways evaluation, routine health data analyses, surveys with healthcare professionals and qualitative interviews with voluntary sector workers and women from ethnic minority and socio-economically deprived backgrounds.

We have found a number of groups experience inequality in their care which means that their perinatal mental health concerns are less likely to be identified and/or supported. These include:

- women who do not speak English well
- women who are a recent migrant to the UK
- women from an ethnic minority
- women living in deprived areas

Working with expert panels of healthcare practitioners, managers and commissioners we have co-produced 10 key recommendations to improve perinatal mental healthcare.



Ten Key Recommendations

1. Perinatal Mental Health needs to be viewed as 'core business'
2. An equitable service offer across areas
3. Consistency in guidance, services and referral pathways
4. Development of, and commitment to, routine staff skills training
5. A review of Information Provision
6. Additional Key Support Roles for vulnerable women
7. Longer appointment times for vulnerable women
8. A Skilled and Equipped Interpreter Workforce for PMH
9. Changes in data capture and sharing
10. A campaign to improve community understanding and awareness

The recommendations highlight that changes are needed at:

- 1) The level of the healthcare system, with a need for greater capacity and training for staff to deal with complex language, cultural and personal issues in vulnerable women, equitable services and consistent guidance across different areas
- 2) The level of the community to reduce the shame and stigma associated with perinatal mental health
- 3) The level of the service, with better communication strategies for information provision and improved data capture and sharing.

The team have identified examples of best practice to illustrate that these recommendations can be embedded into practice to give all women a fair and equal support with their perinatal mental health concerns. For more information please contact Dr Josie Dickerson, Director of the Better Start Bradford Innovation Hub and Bradford Inequalities Research Unit, josie.dickerson@bthft.nhs.uk



Prestigious Award



Massive congratulations to Professor Anne Forster who has been re-appointed as an NIHR Senior Investigator. The Senior Investigator award recognises the most prominent and prestigious researchers funded by the NIHR and the most outstanding leaders of patient and people-based research within the NIHR research community.

This richly deserved award cherishes Anne's successful venture and achievements in applied health research. She has led to completion three NIHR Programme Grants for Applied Research (PGfAR), currently leading one on-going Programme Grant, co-lead a HS&DR Grant, and is a co-investigator on the ARC Yorkshire and Humber, HTA evidence synthesis award and a HTA trial award. In addition, she is a member of various NIHR review panels and steering committees, and in her pivotal role as an NIHR Academic Training Advocate, ambassador for a career in health research, she promotes the NIHR training and career opportunities.

Sharing our research findings

The ASR has had several dissemination activities, sharing knowledge and results to ensure our research is openly accessible to all, with view to improve healthcare:

- Dr Oliver Todd presented a talk about hypertension and ageing research on Bradford Community Radio, this was broadcasted on 6th February 2022 at 1pm as part of the Research Matters programme.
- Dr Tom Crocker presented at a well-attended BGS webinar on network meta-analysis in ageing research. An interesting session providing examples of network meta-analysis in the real world and how this could help improve healthcare of older people.
- Our new podcast on providing information to stroke survivors and their carers is now available. Authors Dr Tom Crocker and Dr Lesley Brown discussed the new findings in the latest Cochrane update. Link to podcast:
https://www.cochrane.org/CD001919/STROKE_providing-information-stroke-survivors-and-their-carers

Clinical Research

Research engagement and CQC

We continue to embed research as part of routine clinical care throughout the Trust. The Trust Research Matron has contributed to the new trust nursing and midwifery strategy from a research perspective and has joined the new shared governance council to continue to embed research as everyday business and provide opportunities for clinical nurses and midwives to be involved in research as per the CNO nursing research strategy. She is also contributing to a national piece of work with NHSEI to create a “Matron’s Toolkit” for clinical research to be included in the Matron’s handbook, which will facilitate the integration of research as part of clinical care and the role of the clinical matron.

We are currently planning research publicity and events for international clinical trials day which takes place on 20th May 2022 including the possibility of a “research roadshow” in the Broadway shopping centre.

Research Delivery Workforce

We have appointed a second research nurse to the Cross-Specialty research team (Susan Shorter) who will increase the team's ability to support research delivery across the clinical research teams by providing extra nursing support where needed.

