

Happy New Year!

Since the publication of our first Newsletter in June 2011 there has been a great deal of activity focused on developing research capacity and promoting the sense of an NMAHP Research Community in Lothian. Our **data base of research contacts** now stands at 62 and is available on the **HSRU website** <http://www.hsru.ed.ac.uk/NMAHPNetworkingPortal.aspx> giving details of research and methodological interests as well as involvement in research clusters.

This edition of the Newsletter includes:

- ❖ Profile of **Professor Thanos Karatzias** who has taken up the first 'Clinical Home' appointment
- ❖ Profile of **Professor Charlotte Clarke**, the new Head of School of Health in Social Sciences at the University of Edinburgh
- ❖ Updates on two of the emerging **research clusters** – **Falls** and **Dementia**
- ❖ Spotlight on the **NHS Lothian Learning Disability Research and Audit Development Group**

Research Community Event – Date for your Diary – 19th April 2012

Following the success of the NMAHP Research Community event this year, it is planned that this will become an annual event. It will provide opportunities for networking as well as to hear presentations on research cluster activity and local research studies. The next event will be **19th April 2012** at the **Playfair Library, Old College, University of Edinburgh**. More information will follow in February.

Profile of first 'Clinical Home' Appointment – Professor Thanos Karatzias

I was released in September 2011 from Edinburgh Napier University for ½ day a week to undertake a new role in NHS Lothian as a Consultant Researcher / Clinical Psychologist. As my new title suggests, there are two components to my role, a clinical and a research component. As part of the clinical component of my role, I am working with survivors of psychological trauma, which is my area of expertise, at the Psychology Department at Royal Edinburgh Hospital. The research component of my role also involves facilitating research by working closely with all health care professionals who have an interest in the area of mental health research.



I am keen to be contributing to shaping a mental health research agenda in NHS Lothian for the future by looking more closely into the local research needs. For that reason and in collaboration with colleagues from NHS Lothian, I am involved in an audit to collect information systematically from health care staff about their interests in mental health research as well as their needs for support. As a researcher who has worked in Lothian for nearly seven years, I have come across and personally collaborated with a number of health care staff who are pursuing high quality

research work in mental health. We need to find ways to nurture and facilitate this activity despite the limited resources available. I am keen to foster research that is clinically - based and clinically relevant.

So far, I have found my role very rewarding. Having a “clinical home” offers me a unique opportunity to apply my own research into clinical practice as well as meeting and working with colleagues who share similar interests with me.

New Head of School at University of Edinburgh – Professor Charlotte Clarke

I am delighted to be able to work with colleagues in Lothian and within the University of Edinburgh. I took up post as Professor and Head of the School of Health in Social Science in August 2011. Professionally I am a nurse, having completed a degree in nursing at what is now Glasgow Caledonian University. My post-registration clinical work has been in the north-east of England, working primarily with older people, and subsequently in nurse education, working with a very wide range of pre- and post-registration students. Immediately prior to coming to Edinburgh in August, I led the Community, Health & Education Studies Research Centre at Northumbria University from 2003 with a team of 35 multi-disciplinary staff. I was also the Associate Director of FUSE, a UKCRC Centre of Research Excellence in public health, which involved all five Universities in the north-east and the NHS.



The 'day job' was as Associate Dean for Research in the School (a large School with around 300 academic staff and 8,500 students) so research capacity development was very important. I am very pleased to be able to carry on working with the National Institute of Health Research as Chair of the NE Research for Patient Benefit Committee - I find that gaining insights into the processes of research commissioning are very helpful. I was a member of the sub-panel for Nursing & Midwifery for the 2008 RAE and am a member of sub-panel 3 for the 2014 REF.

My own research has been very varied but I have always tried to maintain some work in dementia care, and am probably best known for some of the work I have done around wellbeing of older people and risk management in dementia care. To date, I have held more than 50 externally funded research awards. One major current project is Healthbridge, the Policy Research Programme funded national evaluation of the National Dementia Strategy in England. Other current funded projects include a Grounded Theory study of risk and resilience in dementia and an EU 7th Framework study into the use of technology to maintain wellbeing for older people.

I very much admire the clinical-academic developments that have been made in Lothian – a real testament to close partnership working and mutual aspiration. I certainly aim to support ever closer links between clinical / practice and academic environments and look forward to intensifying the contribution that our joint work can make to understanding health need and to patient care.

Update on Research Clusters

There has been considerable activity in this area since the meeting in April and the last newsletter in June. There are now around 10 clusters in various stages of progress, with requests from managers and clinical leads to consider further development in areas such as child health/early years and leadership and management.

Falls - A new Falls Prevention and Bone Health research cluster has met twice since September. Membership thus far includes representation from NMAHP management, falls and osteoporosis practitioners, national programme leaders, medicine and departments at Glasgow Caledonian University and Edinburgh Napier University. Professor John Campbell, an internationally renowned researcher in falls at the University of Otago, New Zealand, is providing an advisory role and is keen to collaborate on research studies that emerge from the cluster's discussions. A list of candidate research questions has been generated and the cluster is currently prioritising these. Future sources of grant funding and scope for PhD study are also being discussed. If you would like more information or to join this group please contact Andy Peters andy.peters@luht.scot.nhs.uk.

Dementia – Lothian Dementia Research Interest Group (LDRIG)

Following two very productive meetings of this multi disciplinary group, where we mapped our range of interests and concerns, at the third meeting in early January 2012 we are aiming to start focusing on seeking funding for research and practice development projects around dementia. The group brings people together from across NHS Lothian and the universities. Everyone has an interest in dementia and some common themes focus on different care settings, the inclusion of people with dementia and their carers, post-diagnostic care, research methodologies and linking policy and practice. Dementia is an important policy and practice concern currently in Scotland and the LDRIG hopes to feed findings and discussion into some of the practice and policy debates. If you would like to join the group then please contact Heather Wilkinson h.wilkinson@ed.ac.uk.

Update on CARC Scheme

Critical Care (NHS Lothian & University of Edinburgh):

Pam Ramsay, Advanced Practitioner (Clinical Research): I presented findings from my PhD while in Brisbane and the Gold Coast at the joint Australian and New Zealand Intensive Care Society/Australian Critical Care Nurses' annual scientific meeting. This focused on ICU survivors' early experiences of physical impairment following discharge home. At the 2nd International ICU Recovery Workshop (held previously in Edinburgh), I presented work around ICU survivors' experiences of ward-based care and rehabilitation. Both of these conferences provided excellent opportunities for networking and collaboration, and we are already planning the 3rd Recovery Workshop.

I also met formally with Professors Leanne Aitken and Wendy Chaboyer; leading international nurse researchers in recovery and quality improvement following critical illness. Professor Aitken's team is about to undertake research similar to my current longitudinal qualitative study on family support and healthcare needs following critical illness and I plan to share preliminary findings with them and

potentially collaborate on future data analysis. We also discussed the potential for a post-doctoral research fellowship in Brisbane.

Substance Misuse (NHS Lothian & Edinburgh Napier University):

In the summer a second CARC Scheme demonstration site was funded for 5 years after a successful joint application from NHS Lothian's Substance Misuse Directorate, Edinburgh Napier University and the University of Edinburgh.

The collaborative team is led by Dr. Jane Hopton, Service Manager, Substance Misuse Directorate and Professor Lawrie Elliott, School of Nursing, Midwifery and Social Care, Edinburgh Napier University. Other collaboration members include:

- Professor Sarah Cunningham-Burley, Centre for Research on Families and Relationships, University of Edinburgh
- Eunice Reed, Lead Clinical Psychologist, Substance Misuse Directorate
- Professor Robert Raeside, Professor of Applied Statistics, Edinburgh Napier University.

Subsequently, following a competitive application process, appointments were made to the two available CARC Scheme posts. Dr. Anne Whittaker, Nurse Facilitator (Drugs, Alcohol and Blood Borne Viruses) has been appointed to the Advanced Practitioner (Clinical Research) post and will hold Honorary Research Fellow status at Edinburgh Napier University. Jayne Reed, Community Mental Health Nurse (Adolescents Substance Use Service) has been appointed as Senior Practitioner (Clinical Research) and will matriculate for part-time PhD study at Edinburgh Napier University also. Both posts are established at 0.5 WTE and Anne and Jayne commenced on 1st December 2011.

The precise nature of the individual research studies which Anne and Jayne will work on will be developed and agreed over the coming months however the broad programme of research will focus on "how people's lives can be changed as a result of service redesign in alcohol and drugs services".

The final CARC Scheme demonstration site has yet to be decided and funded.

Spotlight on NHS Lothian Learning Disability Research and Audit Development Group

The group was formed in May 2010 as a sub-group of the Learning Disability Quality Improvement Team with the remit of co-ordinating all research and audit work within the service. The group meets every six weeks and its members include staff from all major disciplines within the Learning Disability Service, including psychology, nursing, psychiatry, management, clinical governance and speech & language therapy. The group serves to both review and approve proposed projects and, perhaps more importantly, also offers support and advice to members of staff who are thinking about undertaking a project.

The group is a central focus for research and audit activity within the service and this has already helped to identify potentially synergistic projects and also to avoid duplication of effort. The group uses the NHS Lothian Clinical Governance Support Team Project Workbook as its framework for

NHS Lothian: Juliet MacArthur, Andy Peters, Dr Rhona Hogg, Dr Janet Hanley

University of Edinburgh: Professor Pam Smith

Queen Margaret University: Dr Fiona Coutts

Edinburgh Napier University: Professor Thanos Karatzias

project approvals, which helps to ensure the appropriate clinical governance issues have been considered. The membership of the group includes representation from senior managers and members of all the major disciplines in the service: - this helps to underline the value that the service sees in research and audit. Through reporting directly to the Quality Improvement Team (which in turn reports to the Learning Disability Senior Management Team), the group also aims to help translate research and audit findings into quality improvement for our patients. Current projects in the Learning Disability Service cover a wide variety of subjects including: improving complex case management through bio-psycho-social formulation and intervention; a cumulative cohort study of inpatient bed use and two clinical trials of a novel medicines in patients with Fragile X Syndrome.

Looking to the future, the group aims to foster an atmosphere where quality improvement, through research and audit, are recognised as being central to the evolution of the service. The group also tries to raise awareness of the research and audit activity within the service both to internal and external audiences. As it stands the service has members of staff with substantive or honorary contracts with all three of the Higher Education Institutions in Edinburgh, yet until the formation of the group there was limited organised opportunity to formally discuss past, current and future projects and how to implement findings from these. This group aims to facilitate both of these. For further information please contact Dr. Andrew McKechanie andrewmckechanie@nhs.net

Joint Seminar Programme – Dates for 2012

18th Jan 2012	<p>Dr Jenna Breckenridge</p> <p><i>Being Person Driven in a Service Driven Organisation: Re-visioning Service Ideals and Client Realities.</i></p> <p><i>Chair: Professor Lawrie Elliott</i></p>	<p>QMU 4 – 5pm Room 47 To book a parking space contact Cbruce1@qmu.ac.uk</p>
7th Feb 2012	<p>Dr Janet Hanley</p> <p><i>Telemetry enabled self-monitoring of long term conditions</i></p> <p><i>Chair: Dr Shona Cameron</i></p>	<p>NHS Lothian 16.00 – 17.00 Room 7, 2nd Floor Waverley Gate</p>
15th March 2012	<p>Professor Fiona Ross</p> <p><i>The legacy of Elsie Stephenson</i></p> <p>Elsie Stephenson Memorial Lecture</p>	<p>University of Edinburgh</p> <p>5pm Reception in McEwan Seminar Room then 6-7.30 in lecture Teviot Lecture Theatre</p>