



**Clinical Academic (Research) Careers Scheme
for Nurses, Midwives and Allied Health Professionals
in NHS Lothian**

**Annual Report
2014**

Summary

This is a summary of the fourth Annual Report of the Clinical Academic (Research) Careers Scheme (CARC) for Nurses, Midwives and Allied Health Professionals (NMAHP) in NHS Lothian. The past year's objectives have largely been achieved.

The Scheme has been 'live' since January 2011. The three original demonstration sites (Critical Care/University of Edinburgh, Substance Misuse/Edinburgh Napier University, and Weight Management and Telehealth/Queen Margaret University/Edinburgh Napier University) have been augmented by incorporation of a fourth site (Dementia/University of Edinburgh) within the management arrangements of the Scheme (excepting financial management). This site has a different funding model to the original sites. The research focus of this fourth site is discharge processes from general hospital for people with dementia.

Plans for a fifth CARC site in the field of Midwifery have emerged and discussions are fairly well advanced to develop a partnership model to suit such a development.

Three CARC appointments at Senior Practitioner (PhD) level have been made over the past year:

- Elizabeth McAnally (dietitian) commenced in post in the Weight Management site in November 2013
- Kenny Davidson (nurse) commenced in the Dementia site in February 2014
- David Whitely (nurse) commenced in the Substance Misuse site in March 2014.

One Advanced Practitioner (post-doctoral) level appointment has been made with Dr Sarah Rhynas (nurse) having commenced in post in the Dementia site in May 2014.

Further delays have meant that appointment to the second Senior Practitioner post in the Weight Management site has yet to occur, although the post is currently being considered for manpower authorisation.

Local discussions in the Critical Care and Substance Misuse sites have commenced in an attempt to establish sustainable clinical academic research posts for Dr Pam Ramsay and Dr Anne Whittaker respectively beyond their current secondments which are due to end within the next 4 months.

The progress of the Critical Care site has continued to grow fruitfully. Progress in the Substance Misuse site has been encouraging but slightly slower, probably as a result of this site being a new collaboration with no research partnership history prior to the CARC Scheme. Post-holders in both sites have developed their research networks both nationally and internationally, presented at conferences, achieved journal publications, and been awarded grants to further develop their research programme. The Weight Management site has been properly established following the appointment of Elizabeth McAnally as the first post holder although progress towards making the second appointment has been slower than hoped. It is early days for the Dementia site but to date the signs are that good progress is being made in embedding the site within NHS Lothian services and developing good working relationships. All post holders have accessed learning opportunities appropriate to their level of development to further their research skills and knowledge.

The Phase 1 independent evaluation report from a team at the University of Worcester has been received which largely speaking sheds a positive light on the Scheme. Specific areas recommended for improvement include a more flexible recruitment approach, a proactive approach to ensuring the sustainability of career pathways for more senior post holders, and greater efforts to disseminate information about the Scheme to senior stakeholders across NHS Scotland. The Management Group has subsequently taken actions to address these recommendations.

The Scheme remains within budget and is forecast to remain so over its lifetime. All scheduled income has been received to date.

The main objectives over the next year are to fully establish the Weight Management site through recruitment to the second Senior Practitioner post, to establish sustainable clinical research posts for Dr Pam Ramsay and Dr Anne Whittaker beyond the end of their current secondments, and to facilitate the creation of further sites where possible, especially in the area of Midwifery.

1. Scope of Report

This is the fourth annual report of the Clinical Academic (Research) Careers Scheme (CARC) for Nurses, Midwives and Allied Health Professionals (NMAHP) in NHS Lothian. It describes the progress and management of the Scheme since the last Steering Group meeting in September 2013 to present.

2. Achievements and Challenges

2.1. Performance against 2013/14 Objectives

The past year's objectives have been largely achieved (see Table). The principal achievements this year include incorporating the Dementia site within the management arrangements for the Scheme, recruiting to the PhD post in the Substance Misuse site, and acting on the recommendations of the Phase 1 Evaluation. The most significant challenges have been a more protracted recruitment process than anticipated for the 2nd available Weight Management site post and achieving resolution to date to career sustainability discussions regarding our two most senior post holders.

Table. Performance against 2013/14 Objectives.

2013/14 Objective	Progress	Comments
To incorporate the Dementia site under the management arrangements of the CARC Scheme and establish the site through recruitment to the two available posts by Q1 2014.	Achieved Q2 2014	Two post holders recruited and started work in Q1-2 2014. First site Progress Report received.
To establish the Weight Management demonstration site by recruitment to the second of the two Senior Practitioner posts available by Q1 2014.	Not achieved	Negotiation and agreement to change in focus of 2 nd PhD resulted in delays to recruitment. Manpower authorisation being processed currently.
To recruit to the vacant Senior Practitioner post in the Substance Misuse site before the end of 2013.	Achieved Q4 2013	Full time, 3 year secondment for PhD at Edinburgh Napier University established for Dave Whitely.
To monitor the progress of all four sites through representation of the Management Group within demonstration site management arrangements and through 6-monthly (12-monthly after first year of operation) Progress Reports.	Achieved	See Section 2.4 for progress reports on individual sites
To consider the findings of the Phase 1 Evaluation report due in September 2013 and initiate any necessary actions as a consequence of these.	Mostly achieved	See Section 2.6
To conduct a Performance Review of Anne Whittaker's work in her CARC post and to advise her and the Substance Misuse site by December 2013 whether satisfactory progress is being made towards meeting	Achieved Q4 2013	See Section 2.4.2

the criteria to allow for extension of her secondment agreement in December 2014.		
To support Pam Ramsay's efforts to seek more permanent employment as a clinical researcher in Critical Care beyond the lifetime of her CARC secondment.	Ongoing	See Section 2.4.1
To organise a seminar in Q4 2013 to consider models for the sustainability of clinical academic research careers for NMAHPs in Lothian, with input from experts in the field nationally.	Achieved Q4 2013	
To ensure that the Patient and Public Involvement Plans received from the first two sites are acted upon, and to request a similar plan from the Weight Management and Dementia sites.	Partly achieved	Reports from Critical Care and Substance Misuse sites indicate action in this area. Yet to obtain/request PPI involvement plans from Weight Management and Dementia sites.

2.2. Management and Administrative Hosting of the Scheme

The Management Group (see Appendix A) has continued to meet every two months approximately over the past year. The Steering Group of the Scheme (see Appendix B) continues to meet on an annual basis.

The Scheme funds continue to be managed by NHS Lothian's Research and Development Office Accountant. See Section 3 below for a brief summary of the Scheme accounts.

Administrative support for the Scheme continues to be provided by Edinburgh Health Services Research Unit (www.hsru.ed.ac.uk).

2.3. Incorporation of Demonstration Site 4 (Dementia)

Our fourth CARC site, which is focusing on 'Risk Management for Resilience on Discharge from Hospital for People with Dementia', was incorporated into the management arrangements of the Scheme in Q4 2013 (excepting financial management) following ratification at last year's Scheme Steering Group Meeting.

This Dementia CARC has a somewhat different funding model from the original sites in that it is a collaboration between NHS Lothian (Nursing Directorate and Research & Development Office monies), University of Edinburgh (Alzheimer Scotland Dementia Research Centre) and Alzheimer Scotland.

2.4. Progress of Demonstration Sites

2.4.1. Critical Care/University of Edinburgh

This demonstration site, which focuses on improving recovery from critical care, was established in January 2011 and is a collaboration of NHS Lothian Critical Care Directorate and the University of Edinburgh. A very satisfactory annual progress report was received in January 2014.

2.4.1.1. Activity Senior Practitioner

Corrienne McCulloch has completed the data collection for her PhD. Her study is examining the use of patient diaries in critical care units. Data collection took place in the Intensive Care Unit in NHS Lanarkshire where diaries have been in use for some time and continued over 18 months involving the perspectives of patients, family members and nurses. She is progressing with her qualitative data analysis and is currently writing up her findings. She is expected to submit her PhD on time.

Corrienne continues as a member of the organising committee for the Nursing and Healthcare Joint Research Seminars Series and is liaison lecturer for undergraduate nursing students undertaking placements in ICU at the Royal Infirmary. She has made an important contribution to the Masters of Nursing in Clinical Research at the University of Edinburgh contributing leading a seminar on '*Initial reflections on research activities: making sense of the research 'workplace'*'. She was co-author on a CPD paper for the *Nursing Standard* 'Caring through research: the role of the research based nurse in improving patient outcomes' with Professor Tonks Fawcett.

In October 2014 Corrienne will be presenting at the Scottish Research Nurse and Co-ordinators Network (SRNCN) annual conference in Dundee. Her presentation will focus on the question 'Can a research nurse also be a nurse researcher?' where she will draw on her experience of combining the two elements of her post.

Advanced Practitioner

Dr. Pam Ramsay commenced the extension of her secondment to the CARC Scheme for up to one year from January 2014. Since being in post Pam has successfully attracted funding as Principal and Co-Investigator (£250K and £630K respectively). She has recently applied for a 'Re-engagement Fellowship' which is a clinical academic research scheme for nurses and midwives funded through the Chief Nursing Office and managed through the NMAHP Research Unit, University of Stirling.

During the last year there has been considerable focus on the sustainability of the Advanced Practitioner post, involving discussions within the NHS and University of Edinburgh. These have been challenging to resolve in terms of funding to establish the 0.5 WTE clinical/service element to a post as well as a clear research component which would be directed at leading and embedding a service focusing on post critical care recovery. At the time of reporting these discussions are ongoing, with support in principle from the R&D Director for 0.5 WTE of the research element of an embedded clinical academic post. The wider discussions have included Lynne Douglas, AHP Director, Dr Brian Cook, Clinical Director Critical Care, Dr David Farquarson, Medical Director and Claire Smith, Chief Nurse. One option has been to submit an application to The Health Foundation Innovation Fund with support from these senior clinicians and managers in Lothian with the innovation being based on for funding to progress implementation and

evaluation of the web-based resource developed by Dr Pam Ramsay and colleagues as part of the EPIC study (**E**ngaging with **P**atients to understand and improve recovery after **I**ntensive **C**are), which is the current focus of her work.

The two main studies that Pam was working on at the outset of the CARC Scheme are now complete and publications are in progress. These are:

- RECOVER (Co-investigator): a randomised controlled trial of enhanced acute hospital rehabilitation post ICU
- RELINQUISH (Principal Investigator): a longitudinal qualitative study of informal support and perceived health needs among ICU survivors following hospital discharge.

2.4.1.2. New funding secured by Advanced Practitioner

2013: (Principal Investigator)

- **Ramsay P**, Kydonaki C, Boardman L and Walsh T. Can counselling help patients and families after Intensive Care?: a pilot study and evaluation. Edinburgh and Lothian Health Foundation, £39,281. Anxiety, depression and post-traumatic stress symptomatology is prevalent among patients and (bereaved) family members. In this study, they will pilot and evaluate a dedicated counselling service, using mixed methods. Pam has developed strong links with leading experts in counselling at the University of Edinburgh and with experts in psychological trauma at the Rivers Centre, Edinburgh. Future work will include collaboration on a large scale RCT and we will specifically explore the potential for online psychological interventions/teleconsultation for integration into the EPIC website.

2014: (Co-Investigator)

- Walsh T, Salisbury L, Lone N, Rattray J, **Ramsay P** Preventing Early Unplanned Hospital Readmission Following Critical Illness. Chief Scientist's Office, £264,588. Previous work undertaken by this team has shown that 27% of ICU survivors require unplanned hospital readmission within 90 days of hospital discharge. This study will utilise a mixed methods approach to identify reasons for readmission, develop an explanatory taxonomy and predictive instrument, and draw together clinicians, health services managers and policy makers to identify interventions and strategies to prevent readmissions/better support patients in the community.

2014: (Principal Investigator)

- **Ramsay P**, Salisbury L, Merriweather J and Rodgers S. "What happens after I get home?" Exploring health and social care integration among Intensive Care patients. Knowledge Exchange Grant, University of Edinburgh, £1,500. This project will bring together acute and primary care clinicians to explore transitions in care, including eligibility, assessment and referral criteria and patterns of communication across acute and primary care settings. This project will bring some much needed clarity and transparency to these currently opaque processes. Findings will be incorporated onto the

EPIC website, such that patients and families are more fully informed of available services.

2.4.1.3. New publications

- **Ramsay P**, Huby G, Thompson A, Salisbury G and Walsh T (2014). What can the SF-36 really tell us about “quality of life” after critical illness: a qualitative exploration and alternative explanatory framework (submission pending to *Applied Quality of Life Research*)
- Kean S, **Ramsay P**, Huby G, Rattray J, Salisbury L and Walsh T. ‘ICU Survivorship’ - a constructivist grounded theory of surviving critical illness (submission pending to *International Journal of Nursing Studies*)
- Walsh TS, Salisbury LG, Merriweather J, Boyd J, Griffiths DM, Kean S, Huby G, Mackenzie SJ, Krishan A, Lewis S, Murray GD, Forbes J, Smith J, Rattray JZ and **Ramsay P** (2014). A randomised controlled trial of early enhanced coordinated rehabilitation for patients following intensive care discharge: the RECOVER study (submitted to *Lancet*)
- **Ramsay P**, Salisbury L, Merriweather J et al (2014). A rehabilitation intervention to promote physical recovery following intensive care: a detailed description of construct development, rationale and content together with proposed taxonomy to capture processes in a randomised controlled trial. *Trials* 2014; 15:38
<http://www.trialsjournal.com/content/15/1/38>
- Walsh TS, Boyd J, Watson D, Hope D, Lewis S, Krishan A, Forbes JF, **Ramsay P**, Pearse R, Wallis C, Cairns C, Cole S, Wyncoll D (2013). Restrictive Versus Liberal Transfusion Strategies for Older Mechanically Ventilated Critically Ill Patients: A Randomized Pilot Trial. *Critical Care Medicine*; 41: 2354-2363

2.4.1.4. Future work

Pam’s future focus is to develop a clinically integrated NMAHP-led follow-up service for patients and families throughout their recovery from critical illness. Her research to date has contributed to a significant evidence base including (i) the content and value of face-to-face support during the acute hospital stay and (ii) the development of an internationally unique website (EPIC), developed with and for patients and families using a holistic framework for developing e-health technologies. It provides information (e.g. on common critical illness related morbidity, community based resources), advice (e.g. on self-management), and peer and professional support (via a forum/chat room and webcasts on relevant topics).

She is seeking opportunities to enable her to undertake staged development, clinical integration and evaluation of: secure teleconsultation facilities (for virtual clinics); online self-assessment for common morbidity with triggers for targeted professional support/referral; and mechanisms for the individualisation and real time feedback of rehabilitative progress.

2.4.2. Substance Misuse/ Edinburgh Napier University/University of Edinburgh

This demonstration site was established in December 2011 and is a collaboration of NHS Lothian Substance Misuse Directorate, Edinburgh Napier University and the University of Edinburgh. The focus of the research work is models of recovery, with an emphasis on evaluating the impact on substance misuse of working with spouses/partners in addition to index patients especially with regard to relationship and parenting skills and outcomes for children in such families. A largely satisfactory annual progress report was received in February 2014 in which clear progress was noted although the Management Group did have some concerns that 24 months since commencement no grant application in relation to the core research work of the site had yet been submitted – this has subsequently been rectified (see below).

2.4.2.1. Change of Clinical Lead

Following the retirement of Eunice Reed, Consultant Clinical Psychologist and changes to the job responsibilities of Debbie Eccles, Nurse Manager a new Clinical Lead for the site has been established in Dr Pete Littlewood, Consultant Clinical Psychologist.

2.4.2.2. Recruitment to Senior Practitioner post

Re-appointment to the Senior Practitioner post occurred in December 2013 with the appointment of Dave Whitely commencing a full-time PhD at Edinburgh Napier University on a 3-year secondment basis from his substantive post as a nurse in the Regional Infectious Diseases Unit, Western General Hospital. Dave commenced his CARC post in March 2014.

2.4.2.3. Activity Senior Practitioner

During his first 6 months in post Dave Whitely has attended a range of learning opportunities including:

- postgraduate training modules at Edinburgh Napier University
- cross-faculty postgraduate presentations at Edinburgh Napier University
- Welcome Trust CRF courses e.g. completing an IRAS application
- a “research skills lab” course in Manchester
- an international conference on Hepatitis C in London

Dave has received regular academic supervision from Prof Lawrie Elliott and Dr Anne Whittaker (CARC Advanced Practitioner). He has been conducting a literature review and developing a viable topic for his PhD study which it has been agreed will focus on the quality of life and lived experience in relation to treatment and living with disease of different sub-groups of patients with Hepatitis C infection and their families.

Advanced Practitioner

In December 2013 a Performance Review of Dr Anne Whittaker’s work to date was carried out by the Management Group and the Clinical and Academic Leads in the site. This resulted in Anne being informed that her

work to date had met the criteria allowing her to apply for a CARC secondment extension up to a maximum of 12 months on completion of her current 3 year secondment if she so wished. However, Anne chose not to apply for an extension, as her preference is to be able to further her clinical research career in a post with improved terms and conditions as soon as possible.

Subsequently a very encouraging meeting of key stakeholders (Clinical Director, Nurse Manager, Consultant Clinical Psychologist, Consultant Psychiatrist in the Substance Misuse Directorate, Chief Nurse (Mental Health) and Prof Lawrie Elliott (ENU) was held in July 2014 to discuss the potential support for a post which could sustain a clinical research career at a higher level. There was broad support for this idea in principle. A small sub-group was tasked with producing a business case and has drafted a job description for a Nurse Consultant in Substance Misuse in pursuit of this. This senior post is being constructed with an emphasis on clinical research activity and with formal ties to Edinburgh Napier University. The proposal and job description are being refined over the next few weeks with a view to establishing a workable funding model and gaining formal approval from the key stakeholders.

Over the past year much of Dr. Anne Whittaker's time has been spent in developing very strong international research collaborations to develop substantial grant applications in relation to the core research work of the site on the feasibility of couples and family interventions in Substance Misuse.

2.4.2.4. New funding secured by Advanced Practitioner

- Anne is Principal Investigator on a study of Neonatal Abstinence Syndrome (NAS) which commenced in September 2014 after successful application for a grant of £39,481 from Edinburgh & Lothians Health Foundation which allowed the appointment of a Research Fellow on a 0.6WTE basis. The study title is 'Service user and service provider accounts of managing the risks and realities of Neonatal Abstinence Syndrome: an exploratory study in Lothian'. The 12 month study will involve interviews with parents/couples with a NAS baby (N=20) and focus groups with professionals who care for the families (N=20), recruiting from the Neonatal Unit, Substance Misuse and Maternity Services. Collaborators: Dr Amy Chandler (CRFR, UoE), Prof Sarah Cunningham-Burley (UoE), Dr Paula Midgley (Neonatologist), Dr Sarah Cooper (Obstetrician), Prof Lawrie Elliott (ENU).

2.4.2.5. Other grant applications

- Application made to CSO in July 2014 for a study titled 'Behavioural Couples Therapy as an adjunct to opioid substitution therapy for concordant drug dependent parents with preschool children: a treatment development and feasibility study'. Sum applied for c£160,000 (plus separate treatment costs c£62,000 if successful). Decision expected Sept 2014. Collaborators: Prof Lawrie Elliott (ENU), Prof Sarah Cunningham-Burley (UoE), Prof Timothy O'Farrell

(Harvard University, USA), Dr Keith Klostermann (Medialle College, New York, USA), Andy Stoddart (Health Economist, HSRU), Dr. Chris Weir (Statistician, HSRU), Prof Julie Taylor (UoE).

- A second substantial application is in preparation and due to be submitted to either the MRC or CSO in the next couple of months under the title: 'Improving child developmental outcomes and reducing child maltreatment in families affected by parental substance misuse: a focus on fathers'. Collaborators: Prof Lawrie Elliott (ENU), Prof Sarah Cunningham-Burley (UoE), Prof Sharon Dawe (Griffith University, Australia), Dr Paul Harnett (University of Queensland, Australia), Dr Charlotte Kirk (Consultant Paediatrician), Prof Julie Taylor (NSPCC, UoE), Andy Stoddart (Health Economist, HSRU), Dr. Chris Weir (Statistician, HSRU).

2.4.2.6. New publications

Since last year's Steering Group Anne has had one submission accepted for peer-reviewed publication:

- Chandler, A., **Whittaker, A.**, Williams, N., McGorm K., Cunningham-Burley, S. and Mathews, G. Mother's helper? Contrasting accounts of benzodiazepine and methadone use among opioid-dependent parents in the UK. *Drugs: Education Prevention Policy*, 2014 (DOI: 10.3109/09687637.2014.930814).

She has also been invited by *Drug and Alcohol Review* to write a critique on the new WHO 2014 Pregnancy and Substance Misuse guidelines. This was submitted in July 2014 and should be published in the next issue of the journal.

She has also submitted the following papers which are currently under consideration for publication:

- **Whittaker A.**, Williams N., Chandler A., Cunningham-Burley S., McGorm K. and Mathews G. The burden of care: a focus group study of healthcare practitioners in Scotland talking about parental drug misuse. (Submitted to *BMC Health Services Research*)
- **Whittaker A.**, Chandler A. and Cunningham-Burley S. Intoxicating parenthood: child protection, risk and drug-using parents. (Submitted to *Critical Social Policy on Moral Panics and Child Protection Practice*.)

2.4.2.7. Service impact

- Anne is the lead author of a multi-agency guidance document published by NHS Lothian and its partner agencies in 2014 titled 'Practitioner Toolkit: Getting it right for children and families affected by parental problem alcohol and drug use'.
- SMD Research Group: Anne continues to be a central member of this group which meets once every 3 months and reports to the Substance Misuse Directorate Core Senior Management Team. This group is working to support and manage research activity within the

directorate and is in the process of developing a Directorate Research Strategy.

- SMD Research Seminars - Anne organises this quarterly multidisciplinary and multi-agency seminar programme.
- Anne has substantial involvement with a range of relevant networks and in some cases has initiated these, including: Lothian Addictions Research Cluster, Scottish Alcohol Research Network, Scottish Mental Health Research Network, and WithScotland (a child protection network).

2.4.2.8. Future work

Anne's primary focus over the next few months is obtaining grant support for the two main studies she has been working on and leading the NAS babies study recently commenced.

2.4.3. Weight Management/Queen Margaret University/Edinburgh Napier University

This demonstration site's application entitled 'Development and Evaluation of a Self Management Platform for Weight Management' was funded in October 2012. The research programme will focus on the use of telehealth initiatives to support and promote self-management in the area of weight management. This site has funding to support two 0.5 WTE Senior Practitioner/PhD posts.

In November 2013, the first post holder appointed in this site (Elizabeth McAnally, Dietitian) commenced her 5 year part-time CARC secondment to carry out a PhD at QMU whilst continuing to work within NHS Lothian's Weight Management Service.

Due to changes in personnel and structural re-organisation NHS24 has been unable to continue as a collaborator in the site. Hence, a slightly different focus had to be found for the second PhD in this site since the original content was tied in with the NHS24 service model. A new perspective, in collaboration with Prof Rebecca Reynolds (Professor of Metabolic Medicine, UoE and Honorary Consultant Physician) and the Tommy's Centre for Maternal & Fetal Health, investigating the effectiveness of telehealth methods in weight management among overweight mothers post-partum has been agreed by the site collaboration. A 0.2WTE clinical Dietitian post in the Antenatal Metabolic Clinic has recently become available which could be an ideal clinical match for the planned second PhD post in the site. This post has been submitted for manpower authorisation and hopefully will be advertised soon. A flexible recruitment approach is being taken in line with the decisions made at the CARC Scheme Steering Group EGM in February 2014.

The site has established a Programme Management Board comprising Lynne Douglas, Clinical Lead, Prof Isobel Davidson (QMU), Academic Lead, Dr Sara Smith (QMU), Dr Janet Hanley (ENU), Graham Simpson, Community Dietetics Manager, and Andy Peters, CARC Management Group, which meets quarterly. However, it has proven exceedingly difficult to achieve 100% attendance at these meetings which has contributed to considerable delays in reaching decisions thereby hampering progress e.g. in appointing to the second PhD

post. There are plans to discuss solutions to this problem within the Programme Board.

The first 6 month Progress Report for this site is currently being considered by the Scheme Management Group.

2.4.3.1. Activity Senior Practitioner I

Elizabeth McAnally began her PhD studies in November 2013. During this time she has attended monthly meetings with her supervisory team (Director of Studies: Prof Isobel Davidson, Co-supervisors: Dr Janet Hanley and Dr Sara Smith) and is seen to be making good progress in her work.

To meet her learning needs she has attended:

- Queen Margaret University Postgraduate Training Programme
- Update meetings with the Weight Management Team Lead at Astley Ainslie Hospital
- University Librarian re: literature searching
- Lothian NMAHP Doctoral Network Meeting
- Living it up in Lothian Launch
- Holyrood Telehealth and Telecare Conference
- Wellcome Trust CRF: 'Blueprints: Protocol Writing Workshop' and 'Clinical Research Ethics in Practice' courses
- Study day on the Management of Complex Obesity

She has also been scoping the use of telehealth approaches in weight management in other services across the UK and has made contact with colleagues in Nottingham, Stoke-on-Trent, Birmingham, Lincolnshire, and Shropshire. She has established dialogue with South Yorkshire CLAHRC; re: their Telehealth and Care Technologies for Long Term Conditions research programme and the University of Sheffield re: 'Ready, Steady, Go' - a telehealth implementation toolkit. She has also established contact with the American Dietetic Association regarding initiatives in telehealth in the US, and various telehealth equipment manufacturers: Appello, Tunstall, Telecare, Safe Patient Systems.

Elizabeth has also conducted a review of the literature in relation to telehealth and weight management, as well as in the wider range of applications. She is currently working towards submission of her probationary viva.

2.4.4. Dementia/University of Edinburgh

This site, which focuses on the discharge processes from general hospitals of people with dementia, was established in February 2014 and has been funded by the NHS Lothian Research and Development Office and NMAHP Directorate in partnership with the University of Edinburgh (Alzheimer Society Dementia Research Centre) and Alzheimer Scotland. Two post holders have been appointed: the Senior Practitioner is Kenny Davidson, Band 5 Staff Nurse on a dementia rehabilitation unit at the Royal Edinburgh Hospital; and the Advanced

Practitioner is Dr Sarah Rhynas, formerly Teaching Fellow at the University of Edinburgh (Nursing Studies).

An alternative management model of this site has been adopted, given that there is not a single dementia service in NHS Lothian. The orthopaedic unit at the Royal Infirmary of Edinburgh has been selected as the primary focus for the research and clinical links have been established with the nursing team to date. The two post holders are line managed by Dr Juliet MacArthur, Chief Nurse Research and Development.

The first 6 month Progress Report for this site is currently being considered by the Scheme Management Group.

2.4.4.1. Activity Senior Practitioner

In the first 6 months of his appointment Kenny Davidson has established effective monthly PhD supervision with Professors Charlotte Clarke and Heather Wilkinson. Dr Juliet MacArthur also attends these sessions. He has undertaken the following research training at the University of Edinburgh:

- Reflexivity in Qualitative Research - 5 week course
- Postgraduate Essentials - an online course aimed at introducing students to PhD requirements identifying areas for academic development and introducing tools to assist in the management of PhD work load.
- 1 day courses attended through the Institute of Academic Development - Getting started with your PhD; Mapping your mind; Searching research literature; Using NVIVO to write a literature review.

Kenny has undertaken a great deal of networking and attended a range of meetings. These include:

- Conference attendance - Delivering Better Care (NHS Lothian); Alzheimer's Scotland (Innovations in research and technology; University of Edinburgh Post Graduate Conference (Health in Social Science).
- Continued input into the Planning Group - Lothian Mental Health Research Community, identifying Mental Health research taking place in Lothian and conference planning.
- Regular meetings with other NMAHPs carrying out research in NHS Lothian (Doctoral Network).
- Involvement with the Gibson Trust Dementia Study (see further detail under Advanced Practitioner Section); working towards a case note review of dementia and discharge decisions.
- Regular contact and meetings with other CARC post holders.
- Attendance at NHS Lothian Delivering Better Care Virtual Hub group meeting.
- Presentation of proposed Dementia CARC research at the monthly research meeting for the Department of Geriatric Medicine at the Royal Infirmary of Edinburgh.

- Attendance at Charge Nurse meeting in Orthopaedics (RIE), the proposed study site. Discussion regarding proposed research and staff contacts developed.
- Joined but not attended; NIHR (National Institute for Health Research) Age and Ageing Specialty Group in Scotland.
- Invited to join but not yet attended; Commitment 11 (Dementia Strategy) Working Group, Scottish Government.

Following initial refinement of his proposed research method (Lifeworld-led research) Kenny has made contact and held a Skype meeting with Professor Kate Galvin (Professor of Nursing Practice, University of Hull). She has offered continued supervision regarding this.

He has recently presented a paper at the Scottish Mental Health Nursing Conference (Edinburgh Napier University) on his research proposal.

Advanced Practitioner

Dr Sarah Rhynas works part time and therefore she is wholly focussed on the CARC post. As she did not hold an NHS Lothian contract an initial focus has been on arranging an honorary contract and appropriate induction to the organisation in order that she can develop clinical links within the Orthopaedic Unit.

Since coming into post in May 2014 Sarah has undertaken the following:

Administration

- NHS induction completed – moving & handling, fire safety, online learning components, TRAK registration and training.
- CPR update booked for autumn.

Conferences / Meetings

- Conference attendance - Alzheimer's Scotland (Innovations in research and technology; University of Edinburgh Post Graduate Conference (Health in Social Science).
- Regular contact and meetings with other CARC post holders.
- Attendance at NHS Lothian Delivering Better Care Virtual Hub group meeting.
- Joined the NIHR (National Institute for Health Research) Age and Ageing Specialty Group in Scotland
- Attended Charge Nurse/Clinical Nurse Manager meeting in Orthopaedics, Royal Infirmary of Edinburgh. Personal introductions and early discussions about potential research interests within the Orthopaedic unit. These relationships are at an early stage but contacts have been established.

Research & Academic Development

- Regular supervision meetings with Prof. Charlotte Clarke and regular support & contact with Dr Juliet MacArthur.

- Drafting of a timetable for the development of research proposals and identification of potential funding sources.
- Outline writing strategy drafted. Papers, destination journals and timetable for writing and re-drafting planned.
- Co-investigator on the Discharge to Care Home Project (P.I. Dr Juliet MacArthur, Gibson Trust, £10,000). Other Co-investigators are Professor Alasdair MacLulich, Dr Susie Shenkin, Dr Tracy Ryan and Colin MacDonald, Alzheimer Scotland Nurse Consultant. Regular attendance at research group meetings. Reading appropriate research literature in order to develop study protocol. Development of ethical approval documentation and completion of IRAS form.

2.4.4.2. Other aspects of the Dementia site

There are regular dementia-focused events and academic collaborations within the School of Health in Social Science at the University of Edinburgh. The School is a very vibrant and stimulating environment for this CARC collaboration. There have been several international visitors to the School in relation to dementia education and research, whom Sarah and Kenny have been invited to spend time with. Kenny made a significant contribution to developing a film about international aspects of dementia, and risk and resilience in particular.

Azucena Garcia, a newly qualified Staff Nurse at the Royal Victoria Hospital, was supported by Prof Charlotte Clarke in her successful application for financial support from NHS Lothian's 'Research Futures' programme to pursue a Research Apprenticeship in the dementia area. Azucena intends to explore the issues surrounding delayed discharge for people with dementia. In addition Azucena is going to be employed as the Research Assistant on the Gibson Trust Study on discharge to care homes, which gives the opportunity for her to link directly with the CARC post holders and the wider Geriatric Medicine research community at the University of Edinburgh.

A successful bid was made by Professor Charlotte Clarke to the College of Humanities and Social Sciences (University of Edinburgh) for a new award of an international interdisciplinary research group titled *Repositioning Risk and Resilience*. A further bid has been made to The Alzheimer Society to establish a Doctoral Training Centre for Dementia Research and the outcome will be known in Autumn 2014.

2.5. Potential Future CARC Sites

Discussions regarding the possibility of establishing a fifth CARC site in Midwifery have been underway with Maria Wilson, Chief Midwife, Dr Juliet MacArthur, Chief Nurse Research and Development, Prof Dave Newby, Dr Rhona Hughes, Clinical Director Obstetrics and Gynaecology and Fiona Mitchell, General Manager Women and Children's Services. There is strong support for this in principle in terms of posts and increasing capacity in midwifery research. Further discussions will take place in Autumn 2014 including the development of an outline proposal following the same format for the existing sites, which will be submitted for peer review. An academic partnership(s) will be agreed.

Very preliminary discussions have taken place regarding the possibility of establishing a CARC site in the area of Falls Prevention also. This is being driven by one of NHS Lothian's Falls Co-ordinators who is an AHP by professional background. She is sharing one or two research ideas with a couple of potential academic collaborators currently and liaising with the Chair of the CARC Management Group regarding the structure and processes of CARC sites.

Similar discussions have recently commenced regarding the potential for a CARC site in Emergency Medicine.

2.6. Phase 1 Evaluation

The Phase 1 independent evaluation was completed by a team from the University of Worcester and the final report received by the Management Group in October 2013. This was shared with all members of the Scheme Steering Group also.

This interim evaluation described the successes of the Scheme to date from a range of stakeholder perspectives. It also identified a number of challenges which have been experienced during the first phase of development. Specific recommendations were made regarding:

- Adoption of a more flexible approach to recruitment to posts
- Proactive efforts to establish sustainable career pathways for Advanced Practitioners beyond their period of CARC secondment
- More effective dissemination of information about the Scheme and its progress among NMAHP and R&D Directors across Scotland.

The Management Group has acted in the subsequent period to address these recommendations by:

- organising a Steering Group EGM which sanctioned a more flexible approach to recruitment
- bringing key stakeholders together in the context of a seminar to discuss approaches to the sustainability of CARC posts in the general sense
- bringing key local stakeholders together in demonstration sites to discuss the scope for developing sustainable pathways for CARC Advanced Practitioners beyond their current secondment periods
- preparation of a brief overview of the Scheme for dissemination to NMAHP and R&D Directors across Scotland
- collaboration with the University of Worcester team in presenting the evaluation findings at the RCN Research Conference 2014 in Glasgow
- supporting submission of an article for journal publication by the University of Worcester team which summarises the evaluation and which is at the final draft stage.

3. Accounts

This accounting report applies to demonstration sites 1,2 and 3 only. As of 10 September 2014 all scheduled income to date (£663,832 as per the Partnership Agreement) had been credited by the partners to the CARC Scheme account. Expenditure is £307,533 against an allocated budget of £430,488 to date. This underspend is a function of the staggered starts of the sites and post-holders'

salaries being at lower increments than those used to calculate budgets. Following two further appointments to posts this year a forecasting exercise was conducted which indicated that the Scheme remains on course to be within budget by the end of its lifetime. An up-to-date financial statement has been prepared to accompany this report and will be tabled at the Steering Group meeting on 11 September 2014.

4. Objectives 2014/15

The main objectives for the CARC Scheme Management Group over the next year are:

- To fully establish the Weight Management demonstration site by recruitment to the second of the two Senior Practitioner posts by Q4 2014 as a top priority.
- To establish through negotiation sustainable clinical academic research posts at more senior level for Dr Pam Ramsay and Dr Anne Whittaker in the Critical Care and the Substance Misuse sites respectively before the end of 2014.
- To facilitate the establishment of further CARC sites where possible, but especially in Midwifery.
- To disseminate a brief summary of the Scheme to NMAHP and R&D Directors in Scotland by Q4 2014.
- To ensure that the Patient and Public Involvement Plans for all four sites are in place and being acted on
- To monitor the progress of all four sites through representation of the Management Group within demonstration site management arrangements and through 6-monthly (12-monthly after first year of operation) Progress Reports.

5. Appendices

Appendix A. Membership of Management Group

NHS Lothian

Andy Peters, AHP Research & Development Facilitator (Chair)

Dr Juliet MacArthur, Chief Nurse Research (Vice-Chair)

Dr. Janet Hanley, Research Manager (Capacity and Capability)

School of Nursing, Midwifery & Social Care, Edinburgh Napier University

Professor Thanos Karatzias

School of Health Sciences, Queen Margaret University Edinburgh

Dr. Elaine Bannerman, Senior Lecturer

School of Health in Social Science, University of Edinburgh

Professor Pam Smith, Professor of Nurse Education

Appendix B. Membership of Steering Group

NHS Lothian

Professor David Newby, Director Research and Development Office (Chair)

Lynne Douglas, AHP Director

Prof. Michael Brown, Consultant Nurse, Learning Disabilities

Geoff Hunter, Senior Personnel Manager

Glen Merritt, Management Accountant Assistant, R&D Office

Edinburgh Napier University

Susan Key, Interim Head of School of Nursing, Midwifery and Social Care

University of Edinburgh

Professor Charlotte Clarke, Head of School of Health in Social Science

Queen Margaret University Edinburgh

Dr. Fiona Coutts, Dean of School of Health Sciences

NHS Education for Scotland

Dr. Lesley Whyte, Programme Director, Nursing and Midwifery