

# Research and Development Annual Report 22/23

## Introduction

This year's report will be presented aligned to the structure of the Research and Development Strategy 2022-2025 (<https://www.leedsandYorkpft.nhs.uk/research/wp-content/uploads/sites/6/2022/12/Research-and-Development-strategy-Dec2022.pdf>)

Overall objective for the Research and Development is to develop and deliver high quality research. This will be achieved through five strategy priority areas shown below. This report will outline the achievement in each of these areas but will start with a summary of research activity.



This year has seen a return to face-to-face engagement allowing us to create better connections with our stakeholders. A thread of developing relationships and high-quality communications run throughout our strategic priority areas. These activities are therefore central to us delivering against our strategy aims. Events such as the children engagement event at York Leisure Centre and Thank You event in the centre of Leeds allow us to really understand our key stakeholders and serve their needs better. Recognising the unsung heroes of research through research heroes is really important in helping staff recognise that research really is everyone's business. Going forward continued connection with our stakeholders and clear communication will remain central to our activities.

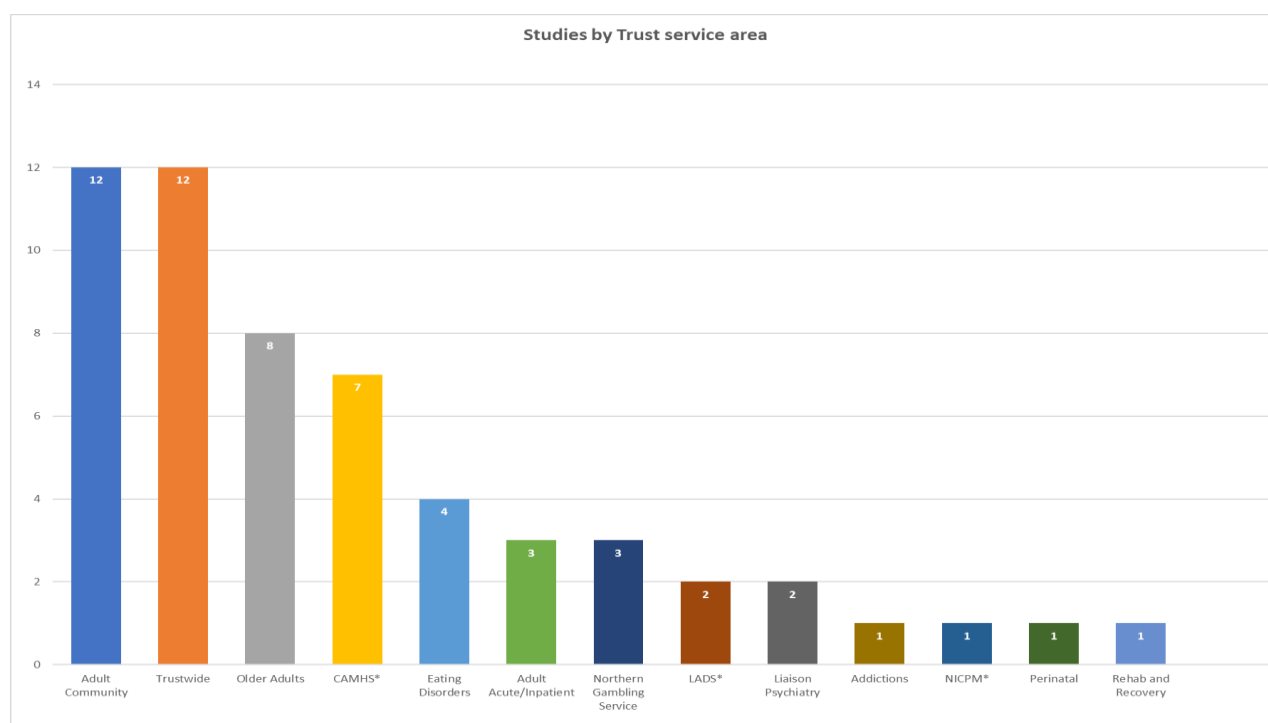
The year hasn't been without challenge, one of our Clinical Research Leads Max Henderson left to take up a role of the Professor of Psychological Medicine at the University of Leeds. Whilst this is great for Max and the wider system is has left us with less academic expertise in a department where this is very scarce. We have been unable to recruit a replacement and we therefore left with only 2 individuals with clinical academic expertise within the organisation with a research leadership role. Whilst we consider creative ways in which to fill this role this lack of senior academic leadership remains a risk for the department.

## Research Activity for 2022/23

In 22/23 we supported 57 studies and recruited 433 participants into studies. Participants were recruited across a range of services within the Trust as shown in chart 1. Recruitment is lower again this year and like last year this reflects the type of studies we have supported this year which has included studies with complex interventions and service users with more complex needs. As the majority of research we conduct is developed from outside of the organisation we are reliant on this pipeline and have little ability to influence what studies we are able to take up. At times, lack of resource within the Research team and within clinical service limits the research we can deliver.

We aim to have a balanced portfolio and have also contributed to some online survey studies this year. Nine out of the eleven studies that closed this year recruited to time and target (they recruited the recruits they needed in the timeframe required).

Chart 1. Studies by Trust service area



\* CAMHS – Child and Adolescent Mental Health Services

\* LADS – Leeds Autism Diagnostic Service

\* NICPM – National Inpatient Centre for Psychological Medicine

The Trust was the lead organisation for four significant grant funded studies in 2022/23 These are:

**FReSH START** will address the problem of repeated self-harm in adults. The research team will develop and test a psychological intervention. They will then test the intervention recruiting over 600 participants in 12 centres in the UK. Freshstart has been extended for 18 months.

**Safety Nets** is a social prescribing intervention aimed at young people on CAMHS waiting lists. The 8-week programme combines physical activity sessions, with local sports clubs, with psychoeducation sessions led by CAMHS clinicians. The feasibility study aims to recruit 96 participants over 2 cohorts. Cohort 1, 3 NHS Trusts and 3 Sites (Sports Club), Cohort 2, 4 NHS Trusts and 6 Sites.

**CONIFAS** is a study to co-design a nature-based intervention for children and young people with ADHD and their families. The study will design and test this intervention through co-design workshops with children, families and professionals with lived experience of ADHD.

**MoreRESPECT** is a randomised controlled trial of a sexual health promotion intervention for people with severe mental illness delivered in community mental health settings. The study aims to determine if an intervention designed to promote sexual health for people with severe mental illness is clinically and cost-effective.

## **Develop a skilled workforce**

This year we have appointed a new Medic **Trainee Research Ambassador** after the previously recipient's tenure came to an end. We have established regular slots on the trainee seminars giving us the opportunity to highlight specific studies. This has created more interest from Trainees to get involved in research. We have established a section in the trainee handbook and lists of studies are available regionally and are regular shared amongst trainees.

We continue to support **Academic Clinical Fellows** and now have 3 people in post. They are working with their senior academic clinical supervisors within the trust to develop research projects on topics ranging from self-harm to improving physical health care for people with chronic mental illness. They are also all enrolled on the University of Leeds health research PGCert. All of this is helping them develop PhD fellowship applications, which if they are successful with, will enable them to go onto be our academics of the future. One of the Research Fellows submitted their NIHR PhD Fellowship application in January 2022.

We supported a **Cardinal Clinical Academic Research Fellow** in 22/23. This individual is funded 50% of their time by the Trust for their clinical role and 50% of their time through RCF funding. The fellow continues to progress in her PhD and raise her research profile nationally.

The **Student Research Experience** continues to develop, and the second cohort of Nurses completed the experience Jan-Mar 2023. This year they were joined by a cohort of Dietitians from Teesside University. Feedback from the Dietitians was very positive, and they highlighted it as an attraction of doing their placement at LYPFT. The student research experience will be piloted across 4 sites nationally as part of a NIHR initiative next year. Resource will be provided to formally evaluate the programme.

Four pump priming grants we awarded in 22-23 they are described in the table below. We were particular please to see tangible outputs from this year projects. These grants provide a stepping stone for staff wanted to develop larger research projects.

### Table of pump priming grants

Clare Fenton/Jennifer McinTosh	£5979.00	The RISH Study: Developing and validating a tool to identify young people with Restricted Intake Self-Harm.
Emma Pearce	£5075.54	Addressing unmet communication needs and the impact on quality of life and restrictive interventions for people living with dementia.
Jonathan Stott	£6058.92	PRomoting Social Skills in children with Autism using Minecraft® (PRISSAM).
Zoe Goff	£2400.00	Are Diabetes Self-Management Interventions Delivered in the Psychiatric Inpatient Setting Effective?: A Systematic Review.

This year Hilary Lewis, AHP within the Trust was awarded a NIHR PhD Fellowship. This a huge achievement and Hilary is now working under Else Guthrie at the University of Leeds to complete her PhD. We have also supported a Dietitian Lee Martin who is undertaking a PGCert in Research.

### Create a culture of research being core business

To ensure research is appropriately embedded within Governance structure of the Trust we have created a page for the governance toolkit that gives guidance to clinical services about the ways they can appropriately incorporate research into governance. We have also created a study summaries document that give a short description of each active research study within the Trust. This is available for staff through intranet pages and can be filtered by service area to allow staff to easily know what research is happening within their clinical area.

This year we set up the Research Heroes. This recognises unsung heroes within the Trust who are supporting research. Every month these individuals get piece in Trustwide comms as well as a mention in Sarah Munro's Huddle to describe the important work they do and thank them for their contribution. The full list of heroes can be found on the Trust's webpage <https://www.leedsandyorkpft.nhs.uk/news/articles/research-heroes-of-the-month-april-2023/>.

We have done a range of engagement activities this year. This has included presenting to SAS doctors, preceptors, healthcare support workers and student AHPs and Nurses. This is part of ongoing work to ensure the Research department is visible and understood by the workforce and that people know where to come to for support.

We have convened an oversight group within the Research department to consider inclusion and diversity. We routinely collect data on ethnicity of those taking part in research with us (where appropriate) and we have compared this to data on ethnicity for the Trust as a whole as well as those signing up for Consent for Contact. We presented this at a workshop at the forum and obtained feedback on next steps. We plan to refresh the data annually and create a short report of the outputs. We also held a team away day to focus on cultural competencies with an external provider.

We continue to support the Implementation of Akrivia with strong progress being made towards a live launch. This has been initially supported with strategic funding from the CRN but some long-term resource will be needed to allow us to take advantage of the benefits the system could bring. We also continue to embed Consent4Contact across the Trust. This allows service users to consent to be approached about research opportunities by the research team. We have added diagnosis to the data set allowing us to more readily identify potential recruits for individual studies.

As part of our strategy to work towards delivering commercial research we are increasing our experience in delivering non commercial C-TIMPS (drug trials). The Leeds Adult Autistic Service (LADS) have set up and are delivering STRATA in their service area. They have been highly successful at recruiting far exceeding the initial target set. Service Users from all over the country can be referred to STRATA so we are enabling service users to access this important study. We have also set up TopHat this year and it will open beginning of next finance year. This is a non commercial CTIMP for people with Levy Body Dementia or Parkinson who are suffering hallucinations. We are working in collaboration with LHTT on this study, currently no treatment options for this population. Trainee medics are involved in the delivery of assessments for this study.

We offer participants to our research studies the opportunity to complete a Patient Research Experience Survey (PRES). This provides us feedback on participants experience of taking part in research. 12 people responded to the survey. All respondents said they felt research staff had treated them with courtesy and respect. 92% percent of respondents said they agreed or strongly agreed that they would take part in research again. 33% percent of respondents did not know how they would receive the results of the research. This is an area we would like to improve, and we will seek to ensure we are provided with information from study teams upfront on how the results of studies will be shared and we will provide this to participants.

This year we have started to pilot the Embed Programme with Clinical Services. This programme aims to work with clinical services to agree ambitions for research and support the service to create an action plan to deliver those ambitions. The programme involves thinking about key elements that are important in embedding research culture and aims to get services to think more strategically about their research ambitions. It also aims to help services consider how they make research an embedded part of what they do. Emerge and LADS are both piloting this programme and an evaluation will be completed next year.

## **Actively engaging a network of key stakeholders**

This year we have started the development of a Young Person Advisory Network for child and adolescent mental health research. This was made possible through a strategic funding received from the NIHR Clinical Research Network to fund a temporary post. This allowed us to appoint a second research patient ambassador with a focus on children and adolescence. This post has allowed us to made links with charities across York and host events to encourage young people to get involved. We continue to identify ways in which we can make this important work sustainable with regular funding.

On Wednesday 15<sup>th</sup> February 2022 the Research and Development Department were proud to host our first Research Big Thank You event. The event provided the opportunity for service users, family and friends and carers to learn not only about research opportunities but also to engage with third sector services from across the city.



We also hosted an event at York Leisure Centre that showcased some of the research we do with children and young people. We were based in the entrance of the leisure centre and had children involved in a variety of activities from yoga to virtual reality. It was great to get out and about meeting people and seeing children and their families so interested in learning about research. The film below was created at the event by students from the University of York.

[COMIC Research: Child Oriented Mental health Innovation Collaborative 2023](#)



This year we refreshed our website allowing us to better communicate with our key stakeholders. This work continues in collaboration with service users. We also updated our promotion materials to ensure the new branding is included. We are now working with service users to create updated materials to share with service users. We also plan to continue to develop our website with new sections and ways to present research projects.

The R&D twitter account @LypftResearch has 802 followers and has been actively promoting Trust R&D activity and following NHS R&D activity. We have sent 509 tweets over the last year and had 70,973 retweets.

We continue to build relationships with universities within the region and explore opportunities for collaboration. This has included discussions with Leeds University around closer alignment with their DClinPsy programme and linking with Leeds Universities multi-disciplinary mental health collaborative.

We have 3 Research Fellows (2 WTEs) who support grant writing within the department and who works with a range of partners across Universities and the NHS to create grant application. We received 1.5M of grant funding within 22/23. Below is information on the grants submitted and received.

#### **11 grants submitted, 6 rejected, 4 pending and 1 accepted**

#### **Funded Project: Claire Fenton, Disordered Eating Referrals £50, 220 from North Yorkshire Commissioners**

The “Help from Experts by Experience for Researchers” (HEER) group, facilitated by the R&D team continued to meet monthly to discuss research ideas, study detail, promotion and dissemination with a wide range of researchers who found their input invaluable. The group has started to have some face to face meetings again.

#### Feedback from Researchers

“We made changes to language used, we discussed and used feedback to inform ideas about placement of a device and procedure in a ward intervention. We also asked the group about preferences and feelings about data collection methods (observation on wards), the feedback we received was around how to introduce this sensitively to service users on wards which may have been done differently without this advice. The HEER group also made suggestions about where the current research could lead and what might need to be done next – essentially informing future research priorities.”

“They really helped to focus in on parts of the project that seemed more useful or interesting for service users, which was particularly useful as these elements of the project may not have been our initial focus.”

#### Feedback from HEER members

1) I take part in service user participation because I find, whatever the project or group, it is always interesting. It is rewarding to be able to use your life experiences to contribute. It provides an opportunity to meet people from diverse backgrounds and learn from them.



2) I think research is better when it involves service users because it makes it a 360 degrees process. The end point of most research is directed towards service users and having them involved throughout the whole process keeps their perspective, ideas and feedback integral in the research.

The Leeds Recovery College opened in 2019 and delivers a range of education and training courses to help increase awareness and understanding of mental health, wellbeing and personal recovery. One of the courses offered “Let’s talk about... Making a difference Research and you” has been co-facilitated by a member of the HEER group alongside our R&D staff. The course was featured as part of the Recovery in Mind Development Day in November 2022 led by our Patient Research Ambassador with support from the Research Programme Manager. Feedback from the day included that one of the main things’ participants learnt from the day was how to get involved with research.

## Effectively disseminate research outputs and impact

We held our annual research forum at Horizon Leeds this year. This is a free annual event where staff get the opportunity to hear about the outputs of research that has been delivered in the Trust. The event saw several research-related posters displayed which were reviewed and judged by delegates on the day and received cash prizes. First prize went to Ellen Kingsley for “Investigating social competence and isolation in children with Autism taking part in LEGO® based therapy clubs in school environments” and second prize went to Emma Pearce for “Service development: Using research to inform older people's speech and language therapy (SLT).” Photographs of the posters and more information about the event can be found on the Research forum section of the website: <https://www.leedsandyorkpft.nhs.uk/research/about-us/>

Below you can see some of the quotes from those attending the event.

*Chris Hosker, Medical Director “The research presented is very relevant to current challenges we face as a Trust and is helping us solve real problems for our organisation.”*

*“Really liked the talks, good variety of presenters. timing was good, I loved the involvement of service users to hear their side of research.”*

*“The presenters were wonderful, well engaging and interesting topically. It was great to hear so much inclusion around the event. It was well organised and in a lovely scenic venue with lots of space to mingle and take breaks when needed. It's my first professional conference in my current role and it wasn't intimidating at all which is lovely - really welcoming and friendly atmosphere”*

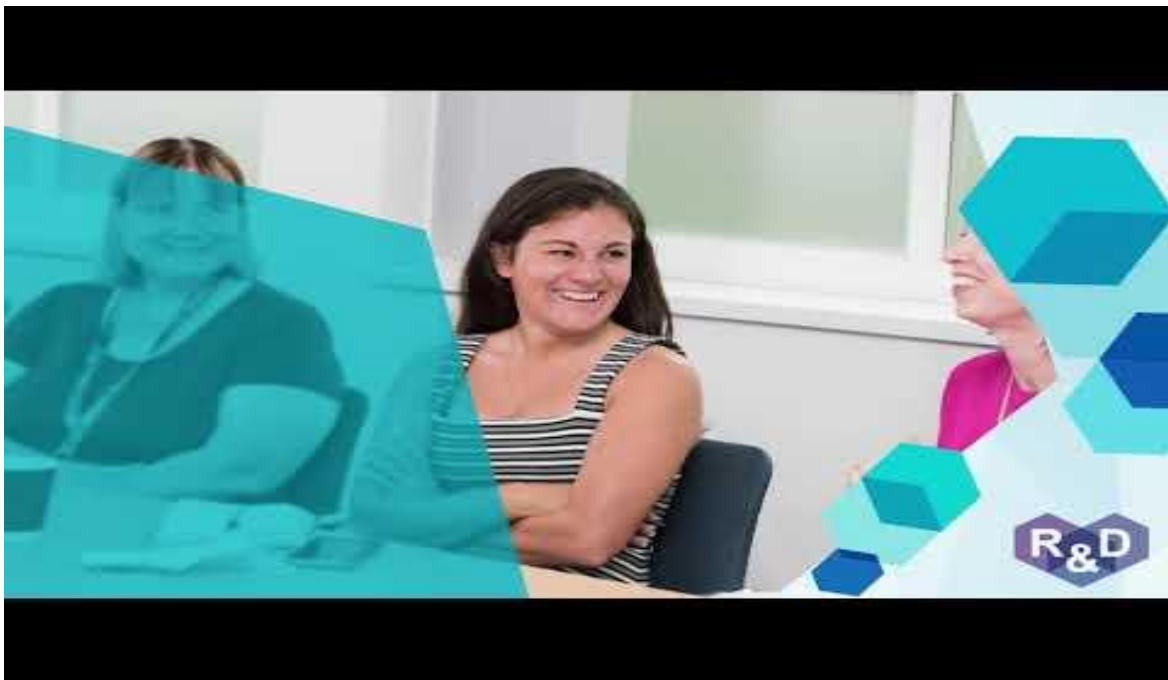
*“Before yesterday's forum, I didn't know there are so many research projects going on within the trust. I would like to know more opportunities for trainee doctors to get involved in some of these projects.”*







We have created a short film this year that showcasing what the Research and Development department is about. This has been used to help staff understand the important of research and how they can get involved. [Research and Development at LYPFT](#)



We continue to produce Innovation magazine which is now in its 15<sup>th</sup> year and includes outputs of research. In 23/24 we plan to refresh Innovation to ensure it serves our staff well and provides them the information they would like around research. We also have monthly bulletins that staff can sign up too. Copies of Innovation can be found at <https://www.leedsandyorkpft.nhs.uk/research/about-us/>



In 22/23 we published 49 publications. A list of publications can be found on our website.

<https://www.leedsandyorkpft.nhs.uk/research/wp-content/uploads/sites/6/2023/02/Full-list-of-publications-for-next-upload-2023-02.pdf>

## **Influence national and regional agendas**

We regular support the activities of the CRN including being members of the Partnership group and Research Operation group. The **Student Research Experience** was presented at a Partnership meeting as an example of good practice. We have acted as an advisor for the CRN engagement plan.

The structure and plans around research for the ICS have developed over the last year. As well as representing the Trust on the ICS Inclusive Innovation and Implementation board (IIB) the Head of Research sits on the West Yorkshire Research Leadership group and has supported the development of a research strategy for West Yorkshire ICS. A patient story related to participating in mental health research from both a service user and clinician's perspective from LYPFT was showcased at the IIB. We also have representation on the Leeds Research Collaborative at place-based level.

The Head of Research for LYPFT alongside the research lead for the ICS delivered a workshop at a national research leaders conference showcasing the progress in developing a research agenda in West Yorkshire ICS.

We continue to have representation at the Leeds Academic Health Partnership (LAHP) through Max Henderson.

A member of the Research and Development team is seconded one day a week to act as Ethnic Minorities Research Exclusion (EMRI) Hub lead for the Yorkshire and Humber Clinical Research Network. This has allowed us to take a leading role regionally in this area.

As previously mentioned, the Student Research Experience is now being championed nationally and will be piloted nationally next year. The whole concept and development of this experience came from LYPFT (Research Programme Manager and Student Nurse). We have been asked to share our experiences of the experience with a variety of other organisations.

## **The Research and Development Team**

What people say about us....

**Student who did work experience placement with us-** Hope you're doing well. I just wanted to say thank you so much for allowing me to be involved in some of the work with you and COMIC. I learned a lot and felt really welcomed.

**Student Nurse who completed Student Research Experience-** My experience of involvement with the Student Research Experience as a student nurse was overwhelmingly positive. It allowed me tangible involvement with research that I had not had so far in my training, which gave me the opportunity to put skills I had learnt in the classroom to practical use.

**HCA who was Interventionist for DIAMONDS study-** I am a HCA and I took part in the DIAMONDS diabetes study with the Research and Development Team last year and I am looking forward to taking part in the study this year. The whole experience has been so valuable and has been enjoyable too.

**PhD students comments about HEER group (service user group)-** It was very helpful and the group provided some valuable input. I hope to attend fairly regularly throughout my research.

**AHP within the Trust-** Upon interviewing with LYPFT I mentioned my interest in research and was informed of a very well-established research team. The team have been nothing but supportive since I expressed my interests, educating me on a vast number of opportunities and have supported me in the process of being accepted onto the NIHR internship and continue to now provide me with support throughout the internship which will support my long-term career goals of completing a PhD.

**AHP within the Trust-** My future career aspiration is to lead on research projects alongside delivering clinical work in a hybrid role. My research journey is just starting, but with the support and opportunities provided to me by the R&D team, I feel confident I can reach both my professional aims and career aspiration.

**FReSH START research team-** We have been looking at the FReSH START recruitment figures and Leeds are consistently the best recruiting site every month! On behalf of the team I wanted to say congratulations and a huge thank you to the research and clinical teams working hard on the study. We realise that NHS Trusts continue to be under a lot of pressure so the extra work put in for FReSH START is especially appreciated.

**Food Insecurity research team** - I really hope we have lots of opportunities to work together again in the future. It has been an absolute pleasure and you have been so supportive. Abi is an absolute joy to work with.

