



# Testimonial

**Imogen Kinkaid, Mental Health  
Nurse, LYPFT.**



I qualified in September 2021 as a mental health nurse and was approached by my manager on the acute ward for male inpatients and asked if I would like to be the Principal Investigator for a Section 17 leave research study led by the University of York. I had no previous experience of Research and Development but accepted the role and the study started in April 2022.

An application for Section 17 leave if granted can provide the opportunity for inpatients who are detained to take a short period of leave and go home under the care and supervision of a carer or carers. The research study provided training for ward staff, so they are equipped to provide information to carers about Section 17 leave at an early stage, either during or shortly after an admission, and also offered carers the opportunity to engage in interviews with the University of York about Section 17 leave.

The outcome of the study was that 10 standards of good practice were developed for Section 17 leave and the positive inclusive practice in working with carers has continued beyond the study. Carers are now made aware of the opportunity for Section 17 leave at an early stage as well as the flexibility within the agreed period of leave. For example, if it was agreed that a patient could take three days of leave, and it became too difficult, the patient can return earlier or if the patient or carer need support during the period of leave, they can call the ward at any time for advice and support. Overall, the study had a hugely positive impact for the ward.

In my role as Principal investigator, I liaised with both the University of York and LYPFT R&D to help overcome the barriers to implementing the intervention and gave her input on how the intervention would work 'in real life' putting the changes into practice. I was involved in tailoring the intervention materials and providing feedback from the ward team, service users and carers. As the study progressed, I took a lead in promoting the research amongst the ward team and engaging everyone in the intervention training.

Through my involvement in the study, I learnt and appreciated the huge amount of groundwork that goes into interventions and research. After the study was completed, I became Carers' Lead for the ward and was promoted to become a Charge Nurse on my ward.