

Mental Health Researcher

News from the MHRN East Midlands Hub in
Partnership with the South Yorkshire CLRN

Autumn 2011



In this issue:

- Team study promoted by MP. Pg 2
- PPI News update. Pg 3
- i-BASIS Research Study - Infant scientists wanted. Pg 4
- PARADES Study - Appeal for participants. Pg 5

New Build News

Building work is well underway for the new purpose-built four storey accommodation on Triumph Road. Moving into the new building will be the MHRN East Midlands and South Yorkshire Hub Nottingham based team, CLAHRC (Collaboration for Leadership in Applied Health Research and Care) for Nottinghamshire, Derbyshire and Lincolnshire, and the NHS East Midlands Leadership Academy, along with other members of the Institute of Mental Health. A moving date of April 2012 has been proposed!



Artist Impression of the Institute of Mental Health's New Home courtesy of GF Tomlinson Building Ltd.

Appointment of New Staff

The MHRN East Midlands and South Yorkshire Hub would like to welcome the following new bank research staff to the Nottingham team.

Natalie Marking
Nadia Frowd
Gemma Walker

Our new members of the team will be working alongside CSO's, helping with research activities on several of our portfolio studies.

Chris Barr has also recently joined the team, as Research Liaison Nurse.

Awaiting new staff: The following jobs have been advertised and interviews are taking place in the next few weeks.

- 1 Clinical Studies Officer band 5 post
- 2 Clinical Studies Officer band 6 posts
- 1 E-Science Officer band 5 post



MP praises the work of the TEAM study and highlights best practice!

The TEAM Study Medical and Mental Health Unit was described in the parliamentary debate and reported in *HANSARD 167WH - NHS Care of Older People 27 OCTOBER 2011 NHS Care of Older People 168WH*

<http://www.publications.parliament.uk/pa/cm201011/cmhansrd/chan215.pdf>

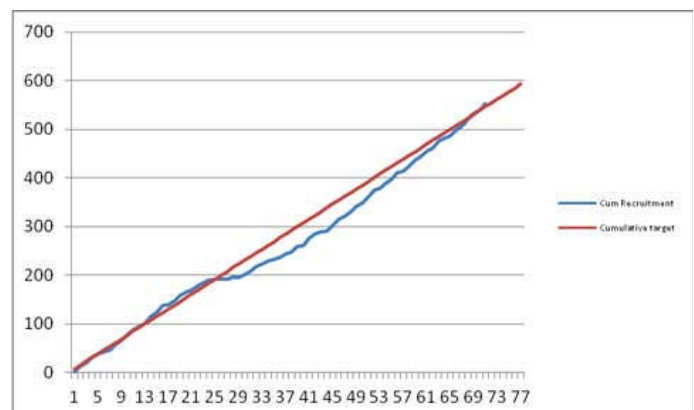
The MP Lilian Greenwood (Nottingham South) described how the unit was set up and is currently part of a trial being supported by MHRN. Queen's medical centre set up the medical mental health unit as part of a collaborative research project between Nottingham University Hospitals NHS Trust, Nottingham Healthcare Trust and the University of Nottingham, which was funded by the National Institute of Health Research and the Department of Health. The unit at Queen's built on earlier work in 2005 by the Royal College of Psychiatry, which had shown that patients with dementia and delirium formed a large proportion of in-patients in acute general hospitals and that they had much worse outcomes than those in-patients with less complex problems. The unit was specifically designed to start to address that situation.

The TEAM study to evaluate the unit, and compare outcomes of elderly patients with confusion, with standard care started in July 2010, and has almost completed recruitment of 600 patients. The study also recruits a family member or family carer with follow ups at 3 months. The study is the largest randomised clinical trial within the UK within this specific care group, and will provide significant research evidence that will contribute to the care of elderly people in the future. The study is part of the Medical Crises in Older People Programme led by Professor John Gladman and Professor Rowan Harwood at the University of Nottingham.



TEAM study recruits to target!

The TEAM study has demonstrated that study recruitment targets can be predicted fairly accurately even with vulnerable groups of patients and careful preparation before starting the trial. Just 40 more patients are needed to reach the target of 600 patients. There have been several times when recruitment was at risk due to closure of ward areas with outbreaks of infection - particularly in the winter, and when there have been bed shortages.



Addiction Endophenotypes recruiting over target!

The Addiction Endophenotypes study, based at Cambridge University, was supported by Sally Redgate and the team at Rowan 1, Nick Coombs and his team at the John Storer Clinic and Neil Brooks at Chill Out Sound Support. With their help we were able to recruit into this valuable piece of research into the cognitive and behavioural processes associated with crack and cocaine use.

For any questions regarding this study please contact Jo Higman. jo.higman@nottshc.nhs.uk

Patient and Public Involvement in the NIHR Clinical Research Network: What next?

This briefing tells you about what is happening about PPI in the Clinical Research Network (CRN) since the acceptance of the new PPI Business Case by the Department of Health. The document follows previous communications posted about the development of the Business Case. See: http://www.crncc.nihr.ac.uk/ppi/ppi_happening/way_forward

What can people involved in PPI within the Clinical Research Network and external stakeholders expect to happen next?

The PPI Business Case outlined some broad Themes for a PPI Programme of work planned for 2012-2015.

These Themes were carefully thought through by Networks and collectively they will provide the scope of PPI work across the Clinical Research Network through to 2015.

- Theme 1** Make involvement happen.
- Theme 2** Innovate lead and formalise the sharing of good practice.
- Theme 3** Support effective involvement.
- Theme 4** Support staff working in research to know about and use PPI.
- Theme 5** Strengthen partnerships with other organisations.

In line with Theme 1 each Network Coordinating Centre within the Clinical Research Network (CRN) is being asked to develop a clear PPI Annual Plan, starting with the first year of the Programme 1st April 2012 –31st March 2013. Annual Plans will indicate expected outcomes of described activities and be developed within a standard framework for all Networks. These plans will include the detail of intended involvement activities for the particular Network and an outline of their activities which support involvement to happen (e.g. training for lay members).

Some of these activities will be led by one Network on behalf of the whole CRN (Themes 2-5).

This change to a model of shared leadership for work that is generic across the CRN will enable us to support delivery of PPI across the Networks including resources for Primary Care Research Network and Comprehensive Clinical Research Network.

Watch this space for further information

Audit of the MHRN Menu of Service User Involvement in Research

The East Midlands Hub has just completed in October an audit of the use of the MHRN Menu of Service User Involvement. The Menu was originally developed by the MHRN South London & South East Hub, and adopted as the framework for user involvement throughout the MHRN in 2009.

The MHRN coordinating centre requested an audit of the way that the Menu is being used across the Hubs, in order to identify ways that it may be updated and promoted.

The "Survey Monkey" tool was used, and sent to a cross section of staff and service users from each Hub across the country (8 Hubs) and national service user representatives who meet at the coordinating centre.

The 40 % response rate provided good feedback for the coordinating centre, who are now currently reviewing the audit report.

We would like to thank all who participated in the Audit.

A copy of the full menu can be viewed at: http://www.mhrn.info/data/files/FOR_SERVICE_USERS/Menu_Service_User_Involvement.pdf



PPI Forum Events

Each month the MHRN East Midlands and South Yorkshire Hub facilitate a service user and carer forum in Nottingham, informing the group of current research studies and how they may be able to get involved.



Our next PPI Forums :

- Tuesday 10th January from 1pm-3.30pm with guest speaker Patrick Callaghan, Professor of Mental Health Nursing.
- Wednesday 8th February from 1pm-3.30pm with guest speaker Mary Jinks, Research Associate, from the CLAHRC Treatment Readiness Project.

If you are a service user or carer and are interested in joining our forum please contact
Debbie Butler,
PPI Co-ordinator for
more information.



Email: Debbie.butler@nottshc.nhs.uk

Tel: 0115 82 31292 or 07827955643



i-BASIS Research Study



Infant Scientists Wanted!

Are you pregnant, or do you have a baby between the ages of 0 – 9 months who has an older brother or sister with autism?

The British Autism Study of Infant Siblings (BASIS) is a UK wide network of researchers. Our aim is to learn more about the early development of baby brothers and sisters of children with autism. We hope our studies will in the long term help to improve early detection and diagnosis of children with autism.

We are currently undertaking a project working with parents to maximise opportunities for social communication with their baby in infancy. We are very keen to work with families in the Nottinghamshire, Derbyshire and South Yorkshire areas.

This project will take place mostly at your home but families must be willing to travel to the Babylab in central London for some visits. Participation is voluntary and we always take your child's needs into consideration during the visit. We will reimburse all your travel costs and special arrangements, e.g. hotel accommodation, will be available for the London visit.

Nottinghamshire study contacts are Clare Litherland and Stephanie Kings, Clinical Studies Officers at the East Midlands MHRN.

E: clare.litherland@nhs.net

T: 07771944298 or 0115 82 31288

E: stephanie.kings@nhs.net

T: 07789500129

More information can be found at:
www.basisnetwork.org



Researchers appeal for Participants



Researchers are looking to generate insights into how people with bipolar disorder can use important legal powers to plan ahead for severe episodes of illness.

The research team, led by Prof Peter Bartlett of the Institute of Mental Health and supported by the East Midlands and South Yorkshire Hub of the Mental Health Research Network, is undertaking a project about advance planning under the Mental Capacity Act 2005. The Act sets out how personal welfare and financial decisions can be made on behalf of individuals who have lost the ability to do this for themselves. It gives individuals the option to make these decisions in advance, allowing them to plan for when their ability might be lost, helping maintain control of their affairs. However, pilot research among service users and psychiatrists reveals awareness of the Act is limited.

In this study, **PARADES ADE**, the team is looking to see if service users with bipolar disorder are using the Act to plan ahead for severe episodes of illness, the types of decisions they make, and how psychiatrists are approaching this issue. Surveys, one-to-one interviews and information packs are being used as part of the research.

This study is one part of the PARADES programme of research into bipolar disorder (which stands for Psycho-education, Anxiety, Relapse, Advance Directive Evaluation, and Suicidality) with this team's focus being exclusively on the Advanced Directive Evaluation aspect. Project researchers are now looking for additional input from local service users and mental health professionals.

They would like to hear from service users who have been diagnosed with bipolar disorder by a clinician, are aged over 18 years and living in England.

They would also like to hear from general adult or old age psychiatrists (can be either at senior house officer, specialist registrar or consultant level) who are practising in England.

If you wish to find out more or take part in this project, please contact the research team:

E: mohan.mudigonda@nottshc.nhs.uk

T: 0115 823 1334

E: david.trevor@nottshc.nhs.uk

T: 0115 823 1283

There is also more information on the [Institute of Mental Health](#) and [University of Nottingham](#) websites



PARADES Psychoeducation

As part of the PARADES programme Kate Bransby-Adams is assisting the study team with the recruitment of participants to the Psychoeducation part which is looking at the effectiveness of Psychoeducation Groups compared to Peer Support Groups for people suffering from Bipolar Disorder.

This is the final Wave 5 of the study after being successfully run in Nottingham, Mansfield, Boston (Lincolnshire) and Chesterfield, and the team are aiming to start running weekly groups in Nottingham in January 2012. Both groups will meet for 21 sessions, and the group sessions will be run by two Health Professionals and an Expert Patient.

Up until the end of December 2011 we would love to hear from anyone over the age of 18 years with a diagnosis of either Bipolar I or II, having had experienced an episode in the last 24 months (either depression or mania) and who is interested in taking part.

If you would like to know more about this aspect of the PARADES programme, or further details about how to take part please contact Kate on 07769 235480 or email: kate.bransby-adams@nhs.net

Brain Teaser



From all the team at the
MHRN EM&SY Hub
we would like to say
Merry Christmas and
wish you a
peaceful New Year

G	V	B	W	Y	D	T	M	C	I	E	H	O	O	L
T	X	S	P	P	I	H	G	V	L	C	F	Y	K	U
E	F	O	B	L	N	K	X	T	R	E	D	A	F	H
A	S	G	Q	U	U	G	I	A	P	O	R	S	U	A
M	C	J	O	K	A	Y	E	S	Z	F	K	B	L	T
L	Z	K	D	M	F	S	K	R	B	D	T	X	P	A
R	H	I	N	H	E	C	U	O	L	P	W	J	U	E
Q	Y	N	W	R	M	C	A	Q	T	I	M	H	G	I
E	A	H	U	N	I	B	J	G	H	M	L	I	N	J
P	I	N	Y	C	S	O	X	K	U	B	T	E	O	Y
H	E	B	W	D	T	G	D	S	I	C	N	K	D	P
J	U	K	B	S	F	E	O	L	V	M	B	A	S	C
O	X	S	M	F	L	U	H	R	S	T	V	J	Q	G
I	A	E	M	O	G	R	C	A	L	E	Z	W	F	A
P	N	P	A	R	A	D	E	S	A	D	E	H	D	L

Words can be up, down, backwards or diagonal. A lot are acronyms but some may be full words. Clues to help are below with the number of letters in brackets.

1. A schizophrenia and alcoholism study. (4)
2. A study with expert carers. (4)
3. A study Mohan is fond of. (7,3)
4. The scientific search for knowledge. (8)
5. Our network (4)
6. We all belong to a _ _ _ _ (4)
7. The acronym of a job title (3)
8. Database we use (4)
9. Service users and carers... (3)
10. Eight of these, nationally (3)
11. UK governing body that funds research (4)
12. This is the partnership between Nottinghamshire Healthcare NHS Trust and the University of Nottingham (3)
13. Where we are based. (4)
14. NHCT database used to search patient details (3)
15. Guidelines / standards of how clinical trials should be run (3)

Forthcoming Events

East Midlands & South Yorkshire MHRN Hub Annual Research Meeting

Date: Friday 9th March

Venue: The Nottingham Belfry Hotel

Contact: Jo Greenwood to book your place

Email Joanne.greenwood@nottshc.nhs.uk

or phone 0115 82 31282

Who we are and what we do

The Mental Health Research Network is part of the National Institute for Health Research and our mission is to help make research about mental health happen within the NHS in England.

We work with everyone who needs to be involved in research projects – researchers, mental health professionals, people with experience of mental health problems, their families, and research and development staff based in NHS trusts.

We support studies that are based within mental health services, within social care services and within primary care services. These may be of various methodologies, single or multicentre, big or small, including industry studies. Please contact us to discuss your ideas.

Do you have any contributions for the Winter Newsletter (Feb Edition) ?

This newsletter is for all professionals and the public interested in research into Mental Health issues. Please contact Rebecca Ellis or Claire Litherland with your stories by 10th Feb 2012.

E: rebecca.ellis@nottshc.nhs.uk / E: clare.litherland@nhs.net

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The Mental Health Research Network is part of the National Institute for Health Research and supports studies in England