

Research making a
difference to practice

COLLABORATION FOR LEADERSHIP IN APPLIED HEALTH RESEARCH & CARE

Nottinghamshire, Derbyshire, Lincolnshire

(CLAHRC NDL)

What is CLAHRC NDL?

- Collaboration between
 - University of Nottingham
 - Ten NHS Trusts
 - Two local councils
- Research making a difference to practice
- Four clinical themes
 - mental health
 - children & younger people's services
 - primary care
 - stroke rehabilitation

Research making a difference to practice

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- ‘Translating’ new ways of working from research into clinical practice is key to improving health care
- Strong evidence of improvement does not necessarily result in changes in practice
- We need to:
 - Support *implementation* of research into practice,
 - *Engage* users, practitioners and other stakeholders to assist with implementation

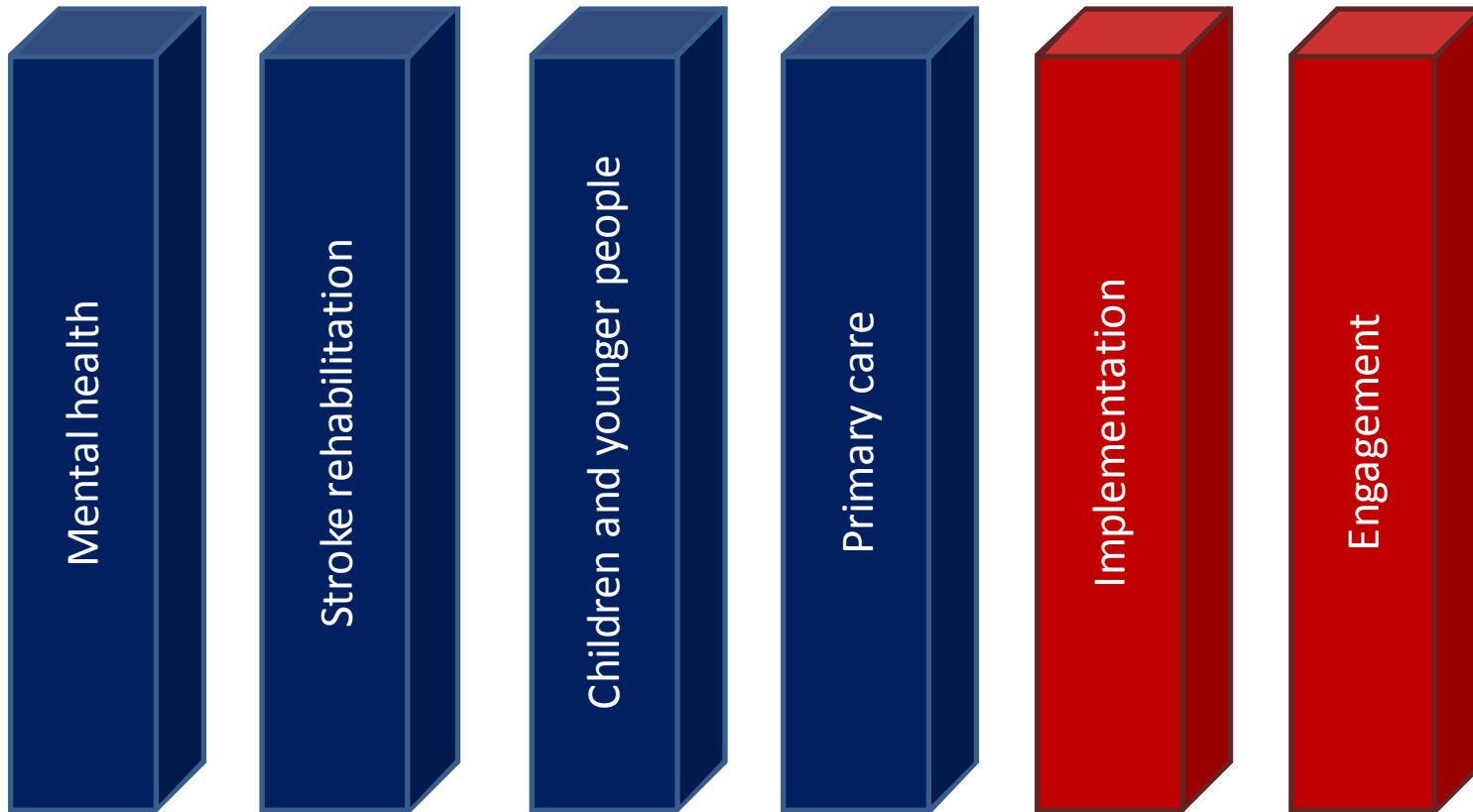
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The CLAHRC approach

- Four clinical themes, each with four research projects
- Research + implementation + engagement
- Draws on knowledge and insights from various groups:
 - Clinical practitioners
 - Managers in health and social care
 - Commissioners of health care services
 - Service users and carers
- Brings research and practice closer together

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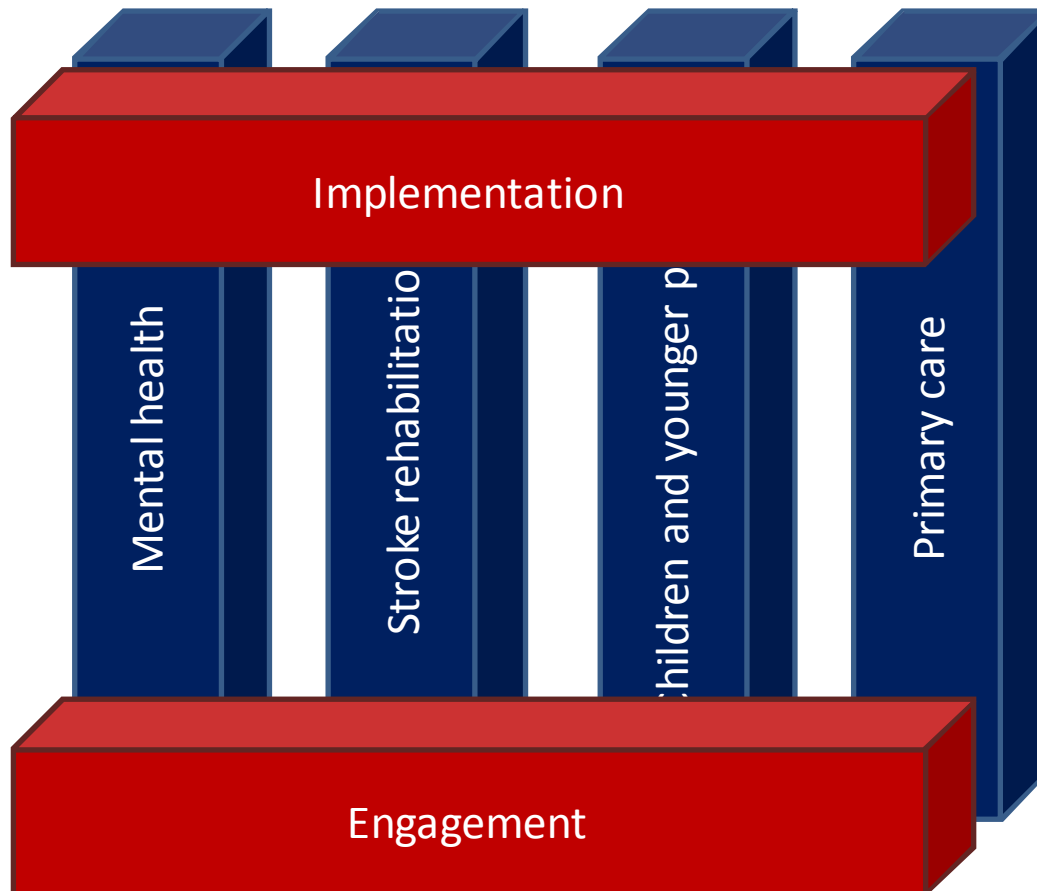
CLAHRC NDL themes



Four clinical themes

Two implementation themes

CLAHRC NDL themes



CLAHRC's **two implementation themes** work across the **four clinical themes** to ensure effective engagement and implementation activities

Mental Health Theme

1. Readiness for treatment of patients with personality disorder
2. Physical health & dental care needs of people with serious mental illness
3. Individual Placement and Support for serious mental illness with additional work-focussed counselling
4. Effectiveness of specialist mood disorder team for people with chronic mood disorder

Stroke Rehabilitation Theme

1. Evaluation of Early Supported Discharge services for stroke patients
2. Design and evaluation of vocational rehabilitation services for stroke patients
3. Effectiveness of Pre-discharge Home visits
4. Evaluation of Virtual Reality systems in assisting home-based rehabilitation for stroke patients with residual upper limb problems

Children & Younger People Theme

1. Development of standardised assessment measures for childhood mental health across health & LA services.
2. Development of early intervention parenting programmes for children with ADHD and antisocial behaviour in schools
3. Translating an evidence-based medication management strategy for ADHD into practice.
4. Prevention & management of childhood obesity through increased physical exercise for children with asthma

Primary Care Theme

1. Engagement of South Asian patients into exercise & diet to prevent obesity, diabetes & heart disease
2. Engagement of South Asian patients into IAPT (Improving Access to Psychological Treatment)
3. Evaluation of CBT intervention for frequent primary care attenders with depression, anxiety or medically unexplained symptoms
4. Assessment of physical, psychological, social and occupational outcomes of survivors of trauma, their service needs & costs.

Occupational Engagement

- Employment is good for
 - Individual's health and self-esteem
 - Social cohesion
 - The wider economy
- Supporting people into work and improving access to employment is a priority nationally and locally
 - DWP policies (e.g. New Deal for Disabled People, Pathways to Work, Employment and Support Allowance)
 - DOH integrating employment and health care services (e.g. Our Health, Our Care, 2006; Black Report, 2008)
 - LSPs and LAAs (Notts, Derbys and Lincs)

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Theme	Occupational Engagement Issues
Primary Care	
Morbidity post injury	How can people following injury be helped into employment?
Mental Health	
IPS for People with Severe Mental Health Problems	Does additional individual therapy alongside IPS improve access to employment?
Children and Young People	
Consensus on treatment outcome measures	How does common measurement improve assessment of occupational engagement?
Stroke	
Return to Work after Stroke	What works in helping people with stroke achieve a successful return to work and job retention?

CLAHRC Associates

- From various backgrounds with an interest and varying level of involvement in the CLAHRC including service users and carers
- Form a critical body/community of practice around each clinical theme to help implement change and evidence based practice
- Opportunities for CLAHRC Associates to attend courses in change management and applied research and to participate in research dissemination, networking and educational events
- www.clahrc-ndl.nihr.ac.uk/associates

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