NURSING, MIDWIFERY & ALLIED HEALTH PROFESSIONALS
RESEARCH STRATEGY
2015/16
ACHIEVING EXCELLENCE IN CARE THROUGH RESEARCH & EVIDENCE BASED PRACTICE
“The ability to research, engage in critical inquiry and implement research findings that imbue everyday practice is imperative and there are many examples of where this makes a significant difference to care experience and clinical effectiveness.”

{ Health Education England 2015 }
Using and doing research is vital if we are to make progress in healthcare.

CMFT is committed to developing excellence in care through research and evidence based practice. In this way it will promote clinical effectiveness and strengthen the practice, impact and status of nurses and allied health professionals.

Our aim is to create and maintain a vibrant and innovative research-led culture for nursing, midwifery and allied health professionals, that promotes the health, wealth and wellbeing of the populations and people the Trust serves.

It will achieve this by:

- promoting research engagement of all.
- creating an environment to deliver quality care based on the best available evidence.
- conducting research activity with a national reputation for excellence, quality, application, relevance and innovation.
- developing research capacity of staff and promoting productive clinical academic careers.
- building on evidence to deliver the CMFT Trust priorities, nursing and midwifery values and commitments, AHP strategic and therapy goals, and contribute to MAHSC² domains.
- valuing research that acknowledges the diversity of the population the Trust serves and helps to address or prevent inequalities.

¹ The Manchester Academic Health Science Centre (MAHSC) is a research partnership of NHS, University and Industry organisations working to improve the health of people in the region (http://www.mahsc.ac.uk/)
The CMFT Nursing, Midwifery and Allied Health Research Strategy is based on a recognised framework for research capacity building (Cooke J. 2005). The framework and our strategy recognise that for research to flourish, commitment and action are required at different levels, from the individual, through to the wider NHS. A commitment for action is also required in six different areas. These areas relate to developing skills, relevance to practice, collaborations, dissemination, sustainability, and developing infrastructure.

**OUR STRATEGIC RESEARCH COMMITMENTS...**

for nursing, midwifery and allied health professionals research

- To ensure research is ‘close to practice’ and highlights its usefulness to practice within and across acute and community care settings.
- To develop appropriate skills, and confidence, through training, secondments and development opportunities to apply skills in practice.
- To develop linkages, partnerships and collaborations that enhance research capacity building, recognising the essential contribution patient and public involvement makes in research.
- To ensure active, actionable and appropriate dissemination of research activity and outputs locally, nationally and internationally.
- To ensure continuity and sustainability of research activity amongst NM&AHP.
- To develop the appropriate infrastructure to enhance research capacity building and a research-led culture.

DELIVERING THE STRATEGY

Nurses, midwives and allied health professionals (NMAHP) make a significant contribution to the wider research activity within CMFT. However, there is potential for this to grow in line with the aims and objectives set out in this strategy.

Alongside the launch of the strategy, we will be developing a delivery plan, overseen by an NMAHP Research Implementation Group. The Group will review progress over time, and seek funding and resources to support NMAHP research development at a Trust level.

Support for research development and capacity building is available for individuals and managers through the Research and Innovation Division, for example, each Division has a dedicated Research Manager. Further information is on the Nursing, Midwives and Allied Health Professionals page on the CMFT website: research.cmft.nhs.uk/partnering/nurses-midwives-and-allied-health-professionals.

Heads of Nursing and AHP managers have committed to developing NMAHP research, and delivering the Strategy, within their areas. In the following pages, information is provided by Divisional leads to support and develop research within their areas.

1. Existing academic links who may provide ongoing support or collaboration regarding research.
2. Names of research champions within each division. The research champion is not a job or post. We describe a research champion as someone who is clinically active and who is involved in research. It is intended that they can be a role model for those wanting to combine research and clinical practice. They can also be a contact to signpost people to research advice or resources as appropriate.
3. Some examples of research success.
4. Priorities for research development over the next year.
LEAD NURSE
Gail Woodburn

ACADEMIC LINKS

Professor Angela Tod
Florence Nightingale Foundation Chair of Clinical Nursing Practice Research, University of Manchester
www.manchester.ac.uk/research/angela.tod/

Professor Dame Tina Lavender
Professor of Midwifery, University of Manchester.
www.nursing.manchester.ac.uk/staff/tinalavender/

RESEARCH CHAMPIONS

Janette Dunkerley
Clinical Research Nurse Manager

Cara Taylor
Research Midwife Co-ordinator

Jean Winterbottom
Senior Clinical Research Nurse/National Renal lead for rare renal disease

Monah Fareh
(currently studying for a PhD) Clinical Research Nurse

RESEARCH AND INNOVATION

RESEARCH SUCCESS

Research capacity building
We continue to support the academic and research development of staff. An excellent example is Lebina Pinto, Senior Clinical Research Nurse. Lebina completed a Masters level research project on ‘How effective is cryotherapy for reducing or preventing mucositis in bone marrow transplant patients? A systematic review’. The findings are being translated into practice and have been accepted for publication in the BMJ.

Publications
Recent publications from our staff include the following:


RESEARCH PRIORITIES 2015-2016

We aim to:-

1. Continue to support staff in accessing HEE/NIHR Integrated Clinical Academic Programme for non-medical healthcare professions. In 2015-16 we aim to support at least one member of staff to gain a place on an internship programme and/or MRES.

2. Develop a divisional process for supporting staff pre- and post-masters to share research their research idea, proposals and research findings. This will increase the potential for translation into practice and provide a forum for sharing the learning from attendance at academic modules.

3. Support nurse led research in rare renal disease.

4. Support the development of the Advanced Practitioner role in research and seek nurse led research opportunities within clinical research.
RESEARCH SUCCESS

Project development
RMCH has been increasingly involved in research on Children & Young People with Diabetes. This has included work on support offered to children regarding their diabetes management in primary schools.

Dr Marie Marshall has also been involved in the leading public health development initiative Well North.

Research profile
The profile of nursing and AHP research in RMCH has increased with publications in international journals and staff acting as reviewers for international and national journals.

An abstract has been accepted for presentation at the Royal College of Paediatrics and Child Health Conference (2015).

PRIORITIES FOR 2015-2016

We aim to:-

1. Develop a research/clinical career pathway for nursing, midwifery and AHP. Activity to include:
   - Supporting secondments to research projects.
   - Encouraging intra-disciplinary, multi-disciplinary and inter-agency research collaborations and have greater collaboration with the university on joint projects.
   - Continue to support staff with successful applications for the HEE/NIHR Integrated Clinical Academic Programme.

2. Create an environment that supports and values the development of research skills and experience by:
   - Providing leadership and mentorship within the division for external and internal projects from nurses and AHPs.
   - Recognising and promoting successes.
   - Promoting audit, evidence based service development and research that includes nurses and AHPs and provides skills development for them.
HEAD OF NURSING  
Jo Rothwell

ACADEMIC LINKS
Dr Aparna Verma  
University of Manchester Institute of Population Health in collaboration with MAHSC and the Well North Project  
http://www.population-health.manchester.ac.uk/staff/arpanaverma/

RESEARCH CHAMPIONS
Dr Helen Hurst  
Renal/Public Health
Dr Karen Kemp  
Inflammatory Bowel Disease
Dr Rachel Lewis  
Renal
Dr Debbie Thomas  
Public Health
Sue Heatley  
Renal
Patrick Burrows  
Renal (collaborating to write proposal for PhD)
James Burrows  
Critical Care

PRIORITIES FOR 2015-2016
We aim to:-
1. Continue to support staff with successful applications for post-graduate education through the HEE/NIHR Integrated Clinical Academic Programme, especially for the MRes and for Advanced Nurse Practitioner programmes.
2. Support secondments to research projects and explore the potential for joint University and Trust roles that will facilitate research growth and the development of research collaborations on joint projects.
3. Develop research activity by providing leadership and mentorship to develop capacity.
4. Promote audit, evidence-based practice and the inclusion of nurses and AHPs in research activity.

RESEARCH SUCCESS

Project development
There is a recent growth of research activity in the field of renal disease especially Acute Kidney Injury and Renal End of Life Care. (Helen Hurst, Rachel Lewis, Sue Heatley and Patrick Burrows). In addition, work is expanding in Inflammatory Bowel Disease research (Karen Kemp). Dr Helen Hurst has also been involved in the leading public health development initiative ‘Well North’.

Nurses from the Division have been involved in establishing a Renal patient research group (GMKPRAG). In addition nurses in the Division have been co-applicants on a successful RfPb grant and Principal Investigator on a multicentre renal study.

A renal postdoctoral nurse research group has been established and there is Divisional nursing representation on the Renal Registry Research group.

Research dissemination
Staff from the Division have actively disseminated their research through publications in international journals and conferences. They have also reviewed articles for high impact international journals and spoken at prestigious events, for example, the British Renal Society events (invited speaker) and NHS Research and Development North West conference. Dissemination also occurs through education activity.
Priorities for 2015-2016

We aim to:-

1. Achieve funding for research projects.
2. Support research capacity building including a successful staff application for an HEE research internship and an MRES bursary, as well as access other appropriate research training e.g. NW NHS R&D Releasing Potential Programme.
3. Develop systems and identify funding for staff to attend and present at local and regional research conferences (e.g. NHS R&D North West Let’s Talk Research conference).

Research Champions

Janet Suckley
Consultant Physiotherapist & Registered Osteopath

Dr Melanie Chapman
Research Associate, MLDP

Moira Donlon
Nurse (PI on EpAID)

Research success

Research support
In the last year a successful Community Research Support Group has been established.

Research projects
EpAID: Manchester is a site for this Health Technology Assessment funded multi site trial on Improving outcomes in adults with epilepsy and intellectual disability (EpAID), led by Dr Howard Ring at the University of Cambridge.

Publications

RESEARCH SUCCESS
Staff in the Division of Surgery are progressing in terms of research development and activity. Some examples of success include:

- a study examining nursing over three decades (Siobhan Doolan).
- A project on medication non-adherence in transplant patients conducted by Sheila Russell. This is in the process of being written up for publication in a peer review journal.
- The Division has been developing links with Research and Innovation and their Divisional Research Manager to promote research development and activity.

PRIORITIES FOR 2015-2016

1. To continue to support staff in academic research and secondments within the Division of Surgery, whilst being mindful of recruitment and retention issues at the present time.

2. The promotion of evidence based care is a high priority for the Division. We have a particular interest in reducing length of stay and improving patient experience across all specialties.
RESEARCH SUCCESS
The Manchester Royal Eye Hospital is increasingly keen to develop nursing research and evidence based-practice development with a priority focus on new and expanding treatments such as Macular Treatment and the care of patients with diabetic retinopathy. Recent work has been disseminated in peer review journals.

Macular Treatment

Diabetic Retinopathy

Occuloplasty

PRIORITIES FOR 2015-2016
Our goal is to create an environment that provides the support and resources for us to undertake our own nursing research, within the field of ophthalmology and dental health, and become the national leaders in this field. Our Vision is to be the leading ophthalmic nursing research unit in the world, characterized by joint values of cooperation, efficiency, ethics and excellence.

We aim to continue to identify ways to develop research capacity within the Divisions in order to improve the care we provide. This will include the following:

1. Empowering junior practitioners to undertake and be involved research and deconstruct the myth that research is only for specialist practitioners and too complex to undertake.

2. Developing research proposals on:
   • pain management in post-operative ophthalmic patients (John Cooper).
   • care of patients with diabetic eye disease (Rita McLachlan).

3. Undertaking and supporting cross-disciplinary, joint research and audit projects.

4. Increase research activity and engagement via a proposed journal club lead by Rita McLachlan.

5. Fostering an environment and culture supportive of learning through research, and actively encourage staff to participate and disseminate to all staff locally/nationally and internationally.

6. Supporting nursing secondments to research projects and encourage staff to publish research activities.
HEAD OF NURSING
John Logan

AHP LEAD
Liz Birchall

ACADEMIC LINKS

Dr Abebaw Yohannes
Reader in Physiotherapy,
Manchester Metropolitan University
www2.mmu.ac.uk/health-professions/staff/profile/index.php?profile_id=763

Dr Paul Conroy
Clinical Lecturer in Speech & Language Therapy,
University of Manchester
www.psychsci.manchester.ac.uk/staff/PaulConroy/

Dr Tracey Collins
Research Lead for Occupational Therapy,
Directorate of Occupational Therapy, University of Salford
www.seek.salford.ac.uk/profiles/T.COLLINS.php

Dr Sorrel Burden
Macmillan Research Fellow (Dietetics),
University of Manchester
http://www.manchester.ac.uk/research/sorrel.burden/

RESEARCH SUCCESS
Research development and activity
The Infection Control and Tissue Viability Teams are actively involved in developing and conducting research with a focus on wound care, hand hygiene and surveillance.

The nurses in the EMERGING research team are working in research in both Critical Care and the Emergency Department. They won the Local Clinical Research Network team of the year.

Research includes studies on biomarkers in sepsis (SEPTIFAST) exercise and nutritional rehabilitation following acute illness (REMAIC), family experience of Critical Care (FREE).

Current research includes studies in patients with organ failure (LEOPARD), coagulopathy due to sepsis, early weaning (BREATHE), and the ICOUGH UK study. The latter evaluates the impact of a nurse led care bundle on postoperative pulmonary complications. It will be presented at the International BACCN conference in London in September.

Other activity has included: (i) the evaluation of an innovative ‘Surgery School’ for pre-operative patients to promote health and well-being; (ii) evaluation of anxiety and depression in the post critical care population. The latter is being presented at the European Society of Intensive Care in 2015.

AHPs in CSS have bi-monthly Research & Innovation meetings with representatives from every AHP team. There is a shared drive of activity of group members in the Clinical Effectiveness folder.

Key examples of research staff development include an NIHR doctoral fellowship (SLT Claire Mitchell); a Training Clinical Research Fellowship (Physiotherapist Justine Theaker); Paula Galloway (OT) NIHR funding for a feasibility study.

Research dissemination
10 AHP posters presented at the inaugural MAHSC Conference in December 2014.
In 2014–15 AHPs in CSS has had 5 journal publications and gave 20 presentations at national & international conferences.
AHPs were principal investigators on 7 research projects and collaborated on a further 6 projects.

PRIORITIES FOR 2015-2016

6 To promote implementation of AHP Directorate research outputs and Best Bet / systematic reviews into clinical practice.

To revise the format and reporting of the AHP Directorate R&I databases: publications, research projects, BestBET/systematic reviews and personal profiles.

8 To raise the profile of research in the Directorate by developing a R&I presentation to be presented to all staff as a team in-service training session as part of new staff induction.

9 To continue to promote clinical academic career opportunities to AHPs.
TRAFFORD HOSPITALS DIVISION

HEAD OF NURSING
Jane Grimshaw

ACADEMIC LINKS
Professor Angela Tod
Florence Nightingale Foundation Chair of Clinical Nursing Practice Research, University of Manchester
www.manchester.ac.uk/research/angela.tod/

Dr Emma Stanmore
Lecturer, School of Nursing Midwifery and Social Work, University of Manchester
www.manchester.ac.uk/research/emma.stanmore/

RESEARCH CHAMPIONS
Angela Smith
Adult Safeguarding Matron

Helen Rogers
Lead Nurse

RESEARCH SUCCESS
Trafford Hospital is increasingly keen to develop research and evidence based practice development with a priority focus on older people, dementia and orthopaedics. Over the last year Angela Smith has conducted an evaluation of an open visiting pilot, in line with family friendly hospital ambitions. These findings have helped to develop practice and identify priorities for the future.

Research and development is ongoing in collaboration with Dr Stanmore and colleagues in older people’s care and orthopaedics at Trafford on new technologies in rehabilitation to improve function and prevent falls in older people and those with musculoskeletal conditions such as rheumatoid and osteoarthritis.

PRIORITIES FOR 2015-2016
We aim to continue to identify ways to develop research capacity within the Division in order to improve the care we provide. This will include:

A. Supporting secondments to research projects.
B. Encouraging intra-disciplinary and multi-disciplinary research collaborations.
C. Support staff with successful applications for the HEE/NIHR Integrated Clinical Academic Programme.

Our goal is to create a research environment that provides leadership and resources. Over the next year we will start to develop research champions and access to support and expertise.
A National Forum for Research Midwives and Gynaecology Research Nurses has been developed by Cara Taylor and Lucy Dwyer. This proposal was submitted to The Department of Health as a national objective and Saint Mary’s hosted the first forum meeting.

Nicki Booth is leading research development in NICU and established a writing for publication group.

PRIORITIES FOR 2015-2016

1. To continue to support midwives and nurses to undertake postgraduate research training programmes.

2. To continue to work with our Head and Deputy Head of Midwifery to support research secondments and development opportunities for midwives to undertake research and access training.

3. To appropriately ensure midwives and nurses with an interest in undertaking midwifery research receive the relevant support & guidance.

4. To support midwives who have completed postgraduate training to advance their research career for the benefit of clinical care.

RESEARCH SUCCESS

Publications
Effect of a behavioural intervention in obese pregnant women (the UPBEAT study): a multicentre, randomised controlled trial. Published online July 10, 2015 http://dx.doi.org/10.1016/S2213-8587(15)00227-2


Awards and achievements
The Midwifery Research Team, shortlisted for the Royal College of Midwives Team of the Year.

Support for staff pursuing a Clinical Academic career has continued with completion of the M Clin Res (Catherine Ricklesford) and an application for an NIHR PhD Fellowship (Kylie Watson).

The 5th annual Midwifery & Women’s Health Research Showcase in November 2014, jointly hosted by The School of Nursing & Midwifery (University of Manchester) and St Mary’s Hospital.

Cara Taylor (Research Midwife Coordinator) and Lucy Dwyer (Senior Gynaecology Research Nurse)