

RESEARCH BULLETIN

WHAT'S HAPPENING IN JANUARY—MARCH 2019?

Wednesday, 23 rd January 10.30 am — 1.30 pm	GRIP Exercise after Stroke Showcase Event Venue: Sheffield Institute of Arts, Fitzalan Square. S1 2AY <i>See page 2 for more information and contact.</i>
Monday, 28 th January 10.30 am—1.30 pm	Stroke and Aphasia Research Public Involvement Group Venue: Graves Park Leisure Centre, Bochum Parkway. S8 8JR Contact: Katharine.Lavender@sth.nhs.uk .
Thursday, 31 st January 12.30 pm—4.45 pm	Yorkshire Medical Sociology Group Meeting Venue: Pemberton Lecture Theatre B, Regent Court. S1 4DA <i>See page 3 for more information and to register attendance.</i>
Tuesday, 5 th February 1.00 pm—4.00 pm	Writing for Publication—Introduction Workshop Venue: Wentworth Seminar Room, Rivermead Training Centre, NGH <i>See page 2 for more information and to register attendance.</i>
Wednesday, 6 th February 9.30 am—4.00 pm	One Day Evidence Based Practice Course Venue: Fulwood Seminar Room, North House, NGH Contact: Irene.Mabbott@sth.nhs.uk
Wednesday, 6 th February 2.00 pm—4.00 pm	SPRIG (Stroke Pathway Research Interest Group) Meeting Venue: Beech Hill Rehabilitation Unit (Meeting Room), S2 3QE Contact: Katherine.Sumner@sth.nhs.uk
Monday 11 th February 9.00 am—10.30 am	Drop in session to support NIHR internships and fellowships Venue: Medical School Café, Royal Hallamshire Hospital <i>See page 2 for more information and contact details</i>
Tuesday, 12 th February 9.00 am—10.30 am	RIG (Research Implementation Group) Meeting Venue: Therapy Services Meeting Room (G106), G Floor, RHH Contact: Katherine.Sumner@sth.nhs.uk
Thursday, 14 th February 10.30 am—12.30 pm	Sheffield Palliative Care Research Network (SPCRN) Venue: Seminar Room 4, Medical School, RHH Contact: Katherine.Sumner@sth.nhs.uk



Recent Publication in the Journal of Community nursing 2018 Vol 32; number 6:

Malnutrition: causes, consequences and solution by Carolyn Taylor

Malnutrition continues to be a problem, which is estimated to cost £13 billion per annum (British Association of Parenteral and Enteral Nutrition [BAPEN], 2010). The majority of those at risk of malnutrition are living in the community. When resources are limited, it is important to identify who is most at risk so that they can receive appropriate support. This article explains the malnutrition carousel, where malnutrition leads to poor health that then further increases the risk of malnutrition. It discusses the need for balanced diets to help maintain an adequate nutritional state, highlighting which disease states are likely to cause further problems — in particular, those with swallowing problems where texture-modified diets are required. Suggested solutions are also provided to help treat suspected poor nutritional intake.



IN THIS ISSUE...

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- 2...COURSES/WORKSHOPS
- 3.....FUNDING & EVENTS
- 4PPI NEWS & SPCR

GOT A NEWSWORTHY
RESEARCH STORY,
PROJECT, UPCOMING
MEETING OR EVENT
YOU'D LIKE TO SEE
FEATURED IN THE NEXT
BULLETIN?

PLEASE CONTACT:

Katherine.Sumner@sth.nhs.net

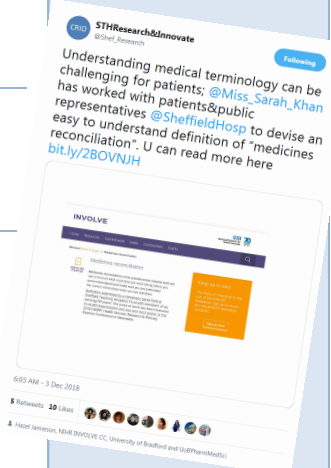
OR

Lisa.Farndon@nhs.net



**THE CLINICAL
RESEARCH AND
INNOVATION
OFFICE IS ON
TWITTER!**

@Shel Research



FOLLOW US!

GRIP Exercise After Stroke Showcase Event**Wednesday 23rd January—10.30 am—1.30 pm**

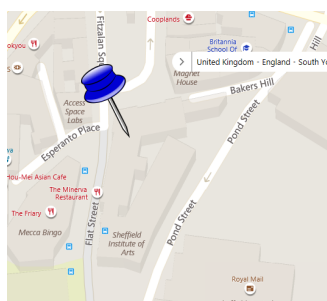
During 2018 we have been engaged in a project to enhance physical activity and exercise after stroke, that has been funded by the NIHR. We have been working closely with service users, health and exercise professionals as well as commissioners and the universities to optimise what our service offers our patients and have developed some fantastic ideas to put into practise.

We are pleased to invite all that are interested to the showcase event to review the project outputs and future plans for the service re-design.

The event will be held at the Head Post Office building, Sheffield Institute of Arts, Fitzalan Square, S1 2AY on Wednesday the 23rd January, 2019, and will run from 10.30am to 1.30pm to include Lunch and networking.

If you would like to attend, please e-mail Dr Ali Ali's secretary; susan.bull@sth.nhs.uk with any dietary requirements.

Looking forward to seeing as many of you as possible.

**Writing for Publication—Introduction Workshop****Tuesday 5th February—1.00 pm—4.00 pm**

Have you ever picked up a journal, read an article and thought: "Hang on, we have been doing that here for years!". Well, the difference is often that folks from elsewhere get their ideas down on paper and into journals and we haven't – yet! But, it is not all doom and gloom – you too can get published!

There are still a few spaces available. The workshop will run between 13.00 and 16.00 and is *free* for STHT staff and our CLAHRC Y&H partners.

If you would like a place at the workshop, you will need to register using PALMS (<https://sheffieldpalms.org/index.php>)

If you do not work at STH, the link for you to register at is: <https://goo.gl/forms/yI87XhX1AtZBAQGY2>



- ☒ Getting Started
- ☒ What we should write
- ☒ Choosing a journal
- ☒ Hidden agendas
- ☒ The publication Process
- ☒ Practical Tips

Stroke and Aphasia Research Public Involvement Group**Monday 28th January—10.30 am—1.30 pm**

Please contact Katharine.Lavender@sth.nhs.uk if you are a researcher or team who would like to discuss your research ideas or projects with the group.

A quick note from the NIHR Academy...

CAHPR/CRN Research Champions

Please find below a link to the site which gives their contact details:

<https://sites.google.com/nihr.ac.uk/nihrahpsinresearch/ahp-research-champions>

Feel free to contact/involve any of team if you are doing meetings/events in their areas.

**One Day Evidence Based Practice Course****Wednesday 6th February—9.30 am—4.00 pm**

Would you like to know more about finding evidence relevant to *your* practice?

Then, this introductory one-day course may be just for you!

Please note: The day is a mixed bag of taught and practical "hands-on" sessions using laptop computers so you would need to be able to use a computer with ease.

This course is run in conjunction with the Health Sciences Library staff and will include topics such as:

- ☒ What Evidence Based Practice is all about?
- ☒ Why should we be involved in Evidence Based Practice?
- ☒ Searching the various online evidence resources
- ☒ Making sense of the evidence found
- ☒ Decision making around the evidence found
- ☒ Who is available to help getting evidence into practice?



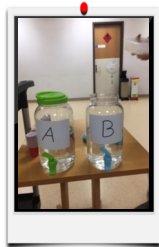
This day is *free* for STHT and our CLAHRC Y&H partners to attend and more information can be obtained from Irene Mabbott, Practice Development Co-ordinator (Evidence Based Practice) on extension 15410 or via Irene.Mabbott@sth.nhs.uk

If you would like a place at the workshop, you will need to register using PALMS (<https://sheffieldpalms.org/index.php>)

If you do not work at STH, please complete and submit the form at: <https://goo.gl/forms/yI87XhX1AtZBAQGY2>

CCA Care Group
Research Centre

Mock Clinical Trials Event November 2018 Tap versus Cap



The CCA Research Centre held a mock clinical trials event where attendees were taken through the process of all aspects of setting up and conducting a clinical trial. A number of clinicians attended from across the Care Group. We used the example of finding out participants' views of the difference between the taste of tap and bottled water. All attendees took part in the mock trial and results were analysed and fed back to the group. Following the event the group were given a pack of resources with all the information required to develop and conduct a research study.

The event was evaluated very well and we will be looking to repeat it in the future. Following feedback we will also be exploring shorter sessions to focus on particular aspects of the research process. *Look out* for further details of this in forthcoming research bulletins.



2019 Statistic Clinics

Bookings are now being taken for Statistics Clinics for 2019, these will be starting on Friday 1st February. The clinics run on Friday afternoons either at 13:30 or 14:00 at the Clinical Research & Innovation Office, D floor, RHH.

The statistics clinics are held to assist Researchers with statistics as part of their registered research projects.

You are eligible to attend these clinics if:

- ☒ your research project is a non-portfolio study
- ☒ your research project is a portfolio-adopted study *and you are at post-award stage*
- ☒ you require statistical support for publications, PhD vivas or theses, or conference presentations

If you have not yet registered your project but have identified a potential funding stream, please contact me as you may still be eligible for statistical support. If your research project is or will be portfolio-adopted and you are at pre-award/design stage, please obtain support via <http://www.rds-yh.nihr.ac.uk/> or <http://www.shef.ac.uk/ctr>.

Unfortunately we are unable to offer appointments to those of you who are undertaking audit/service evaluation which is not part of an active research project.

Please let Eve know if you would like to book an appointment or please forward to any colleagues who may find this clinic useful.

Eve Dawber (Research Administrator): eve.dawber2@sth.nhs.uk

Drop in session to support NIHR Internships
and Fellowships

Carol Keen and Sally Fowler-Davis are happy to support the development of any colleagues wanting to apply for an NIHR internship or fellowship. This involves drinking coffee, talking through your ideas and getting support from the care group to:

- a) help your manager see the benefits to services, and
 - b) make sure the Research Team are right behind you
- We can link you up with supervisors and mentors to start you on the right path to getting great research outcomes for yourself and for your services.

Our next meeting for ANYONE interested in any level is:

Monday 11th February—9.00am—10.30am

Medical School Café (RHH) - we will be in the corner

Come and discuss your proposal and get support.



Yorkshire Medical Sociology Group Meeting

Thursday 31st January—12.30 pm— 4.45 pm

This meeting will mark this year's Foundation for the Sociology of Health and Illness book prize, with key note presentations from 2 of the nominees:

Amy Chandler from the University of Edinburgh will be speaking about her book "Self-Injury, Medicine and Society: Authentic Bodies" London: Palgrave Macmillan (winner of FSHI book prize).

Gareth Thomas, from the University of Cardiff will be speaking about his book "Down's Syndrome Screening and Reproductive Politics." London: Routledge. (shortlisted for FSHI book prize)

BSA member/concessions - £15—BSA non-member - £20

Book your place [HERE](#). Contact: b.j.gibson@sheffield.ac.uk

PPI NEWS

Patient and Public Involvement Event - Tuesday 19th March— 9.30 am -12.30 pm

Sheffield Citadel - The Salvation Army, 10-12 Psalter Lane, Sheffield, Sheffield. S11 8YN

Public involvement can support research in a number of ways from helping to highlight research priorities, reviewing study documentation, being part of a steering group, being involved in grant funding bodies and helping with dissemination. CCAG (Combined Community and Acute Care Group) are holding this event to explain how you can get engagement from public involvement to help you develop and deliver your research study. This event is aimed at novice and experienced researchers and all those in between.



For more information the please contact Kat Sumner (Katherine.Sumner@sth.nhs.uk) .

The upcoming **CCAG PPI Panel** dates for 2019 are listed below, if anyone has a study that they would like to bring to the panel, either in person or to send out remotely please contact Carolyn Taylor (Carolyn.Taylor@sth.nhs.uk):

- ☒ Tuesday 5th March
- ☒ Tuesday 11th June
- ☒ Tuesday 10th September
- ☒ Tuesday 3rd December



Sheffield Palliative Care Research Network

Following on from the successful **Sheffield Palliative Care Research Network** events that took place last year, we have the following confirmed dates for 2019:

- ☒ Thursday 14th February - 10.30 am—12.30 pm
- ☒ Thursday 2nd May - 10.30 am—12.30 pm
- ☒ Thursday 26th September - 10.30 am—12.30 pm
- ☒ Thursday 28th November - 10.30am—12.30 pm

The network aims to capitalise on Sheffield's remarkable legacy of practice and research in palliative and end of life care by providing a forum for people to share learning, nurture research ideas, and foster collaborations across organisational boundaries. Going forward, we'd like to bring in even more people involved or interested in research that might be relevant to those with palliative care needs.

For more information and to kept up to date about future events, please contact

Katherine.Sumner@sth.nhs.uk



SAVE THE DATE

Thursday 14th March

GSM (Geriatric & Stroke Medicine Older Person Research) Forum

Contact:
Katherine.Sumner@sth.nhs.uk

Tuesday 19th March

PPI (Patient Public Involvement) Event

Contact:
Katherine.Sumner@sth.nhs.uk

SAVE THE DATE

If you have an upcoming event that you would like to be advertised in the Bulletin, please email

Kathrine.Sumner@sth.nhs.uk