

RESEARCH BULLETIN



**GETTING
READY FOR
2024**

MEETING DATES

- 10th January - Research Team (2pm-3pm)
- 17th January - Associates and Fellows (2pm-3pm)
- 15th February - Research Leadership Team (9:30am-11am)
- 15th February - Academic Board (2pm-3:30pm)
- 29th February - Associates & Fellows (2pm-3pm)
- 13th March - Research Team Meeting (2pm-3pm)
- 4th April - Research Leadership Team (10am-11:30am)
- 10th April - Associates and Fellows (2pm-3pm)

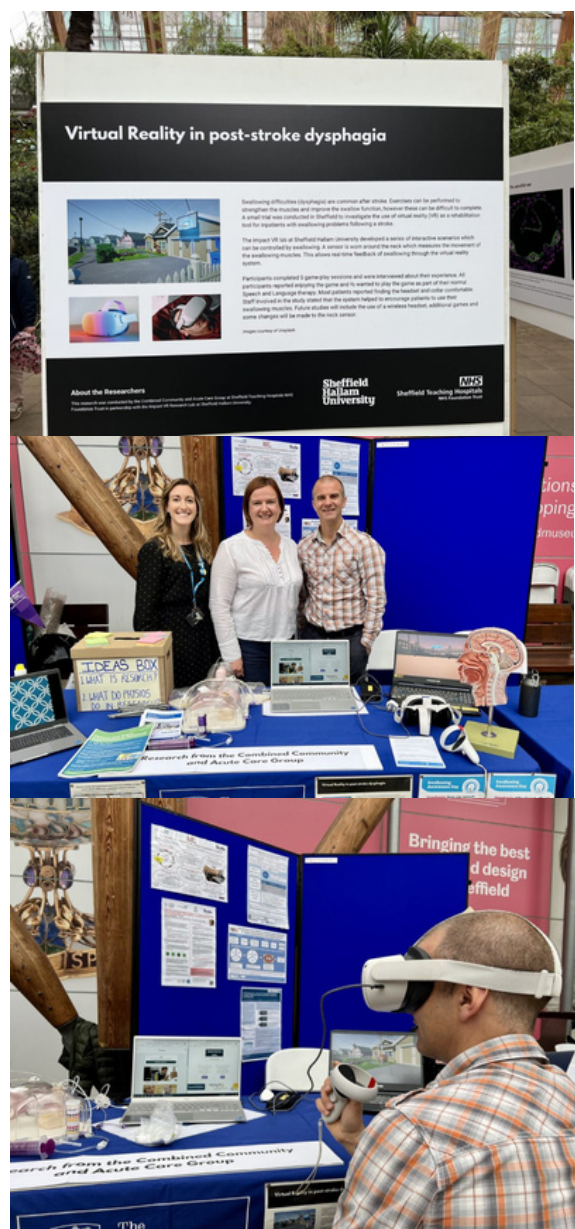
LET'S CELEBRATE

AWARDS AND PUBLICATIONS

➤➤➤ PROMOTING RESEARCH: PUBLIC EVENT

On Saturday 22 July health and care researchers from across the city joined forces at Sheffield Winter Gardens to host a special hands-on family event to celebrate past, present and future healthcare innovations. Organised in partnership with Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield Children's NHS Foundation Trust and the University of Sheffield, the 'Shaping the Future: Celebrating the Past, Present & Future of Health Research in Sheffield and Beyond' event demonstrated how Sheffield clinical teams and researchers past, present and future have played an integral role in healthcare advances.

CCAG Research Fellows and Associates Sean White (Dietitian and NIHR Doctoral Fellow), Lindsay Maidment (Neuromuscular Specialist & Research Physiotherapist) and Sabrina Eltringham (Speech and Language Therapist and CCAG Clinical Academic Postdoctoral Fellow) talked to visitors about the role of Allied Health Professionals in research and showcased some of the Care Group's research. There was also a week-long research photographic/imaging exhibition which featured the CCAG research study 'Virtual Reality in post-stroke dysphagia'.



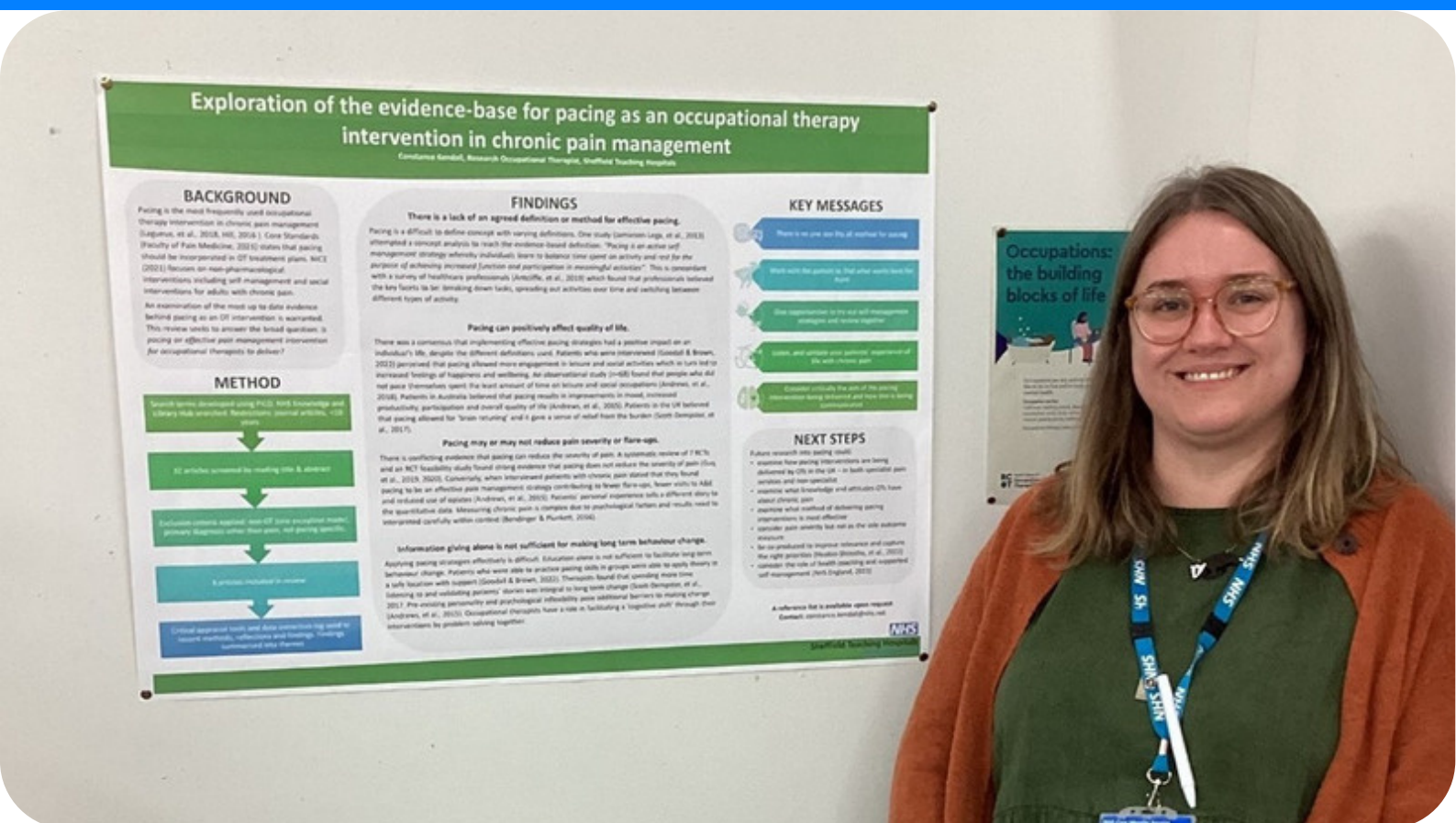
23 YEARS AT STH

Nat Jones has recently left the trust after 23 years and she went out on a high. We want to celebrate with Nat Jones who recently won the National Chief Allied Health Professions Award for Research impact (picture here) as well as a merit award from the Royal College of Occupational Therapy for research and professional leadership. Congratulations Nat.

RESEARCH UPDATES

CONNIE KENDALL (EVIDENCE BASED PRACTICE COURSE)

Connie Kendall, CCAG Research Occupational Therapist has completed the STH Advanced Evidence Based Practice Course. The course ran between April and November 2023 and culminated in a poster presentation event. Connie presented her project titled "Exploration of the evidence-base for pacing as an occupational therapy intervention in chronic pain management" which was chosen due to Connie's background of working in a pain clinic and her interest in supported self-management strategies.



CONNIE KENDALL (LISTEN)

The LISTEN study (Long COVID Personalised Self-managementT support - co-design and Evaluation) has now completed at Sheffield Teaching Hospitals to great success. We were able to recruit to target and were the fourth highest recruiter to the study nationally. LISTEN was open to anyone over 18 experiencing long Covid symptoms for more than 12 weeks. Those randomised to the intervention received a co-designed package of support including paper based & digital resources, and up to six one-to-one supported sessions with a trained practitioner delivered virtually. Findings from the trial can be expected from Spring 2024.

For more information contact constance.kendall@nhs.net

>>> AHP'S SUCCESSFULLY REPORTING BACK ABOUT COLLABORATIVE PROJECTS AT A RECENT SPINAL CONFERENCE.

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Three collaborative projects were presented at the latest MASCIIP conference (Multidisciplinary Association for Spinal Cord Injury Professionals). Vicki Middleton (Physio) has been working with Loughborough University on an STH registered innovation study looking at a developing videos to promote physical activity for persons with spinal cord injury (PwSCI). These videos alongside a supporting infographics were evaluated in a focus group including both professionals and PwSCI at the Princess Royal Spinal Injuries Centre and the final edits made to the videos and infographics following this. Lynsey Speirs (Loughborough University) who led the focus group presented this collaborative study. She won the prize for the best oral communication.



Second up was Joe Hawkins (physio) he had a poster presentation for a project he undertook to support the aim of increasing physical activities levels for PwSCI. This project evaluated patient use of the gym outside of normal therapy sessions. This indicated that patients felt more confident in using the equipment and continuing activity post discharge. This has continued as a service and ultimately improved care for SCI patients at the centre.



Finally Carolyn Taylor (Dietitian) had a poster presented that contained the results of a systematic review she completed as part of a team from Loughborough University looking at the evidence available for weight management in people with spinal cord injury. Further dissemination of this project will be available via a webinar on the 24th January 2024 [Symposium: Weight management interventions for people with a SCI | Peter Harrison Centre | Loughborough University \(lboro.ac.uk\)](#). Carolyn and the team won the prize for the best poster in the conference. Well done to all contributors for demonstrating how profitable good collaborative projects are.

Hello, I have recently joined the team to offer administrative support for Research in CCAG and Audit in TPC. I moved to Sheffield for university 5 and a bit years ago and have since stuck around. I've spent the last little while working as a wedding coordinator in the peak district before moving to the wonderful world of the NHS. Alongside this role I work part-time for a global student support network called Red Frogs through which we safeguard university students around alcohol and offer wellbeing support to those who need it.



MEET JEMIMAH

>>> IGLOO

Our directorate is one of 5 at Sheffield Teaching Hospitals NHS that are currently taking part in the IGLOO Pilot run by the University of Loughborough and Rotherham Doncaster & South Humber NHS Trust, which aims to support the mental wellbeing of our employees on long term sick leave and offer guidance to those managing their absence.

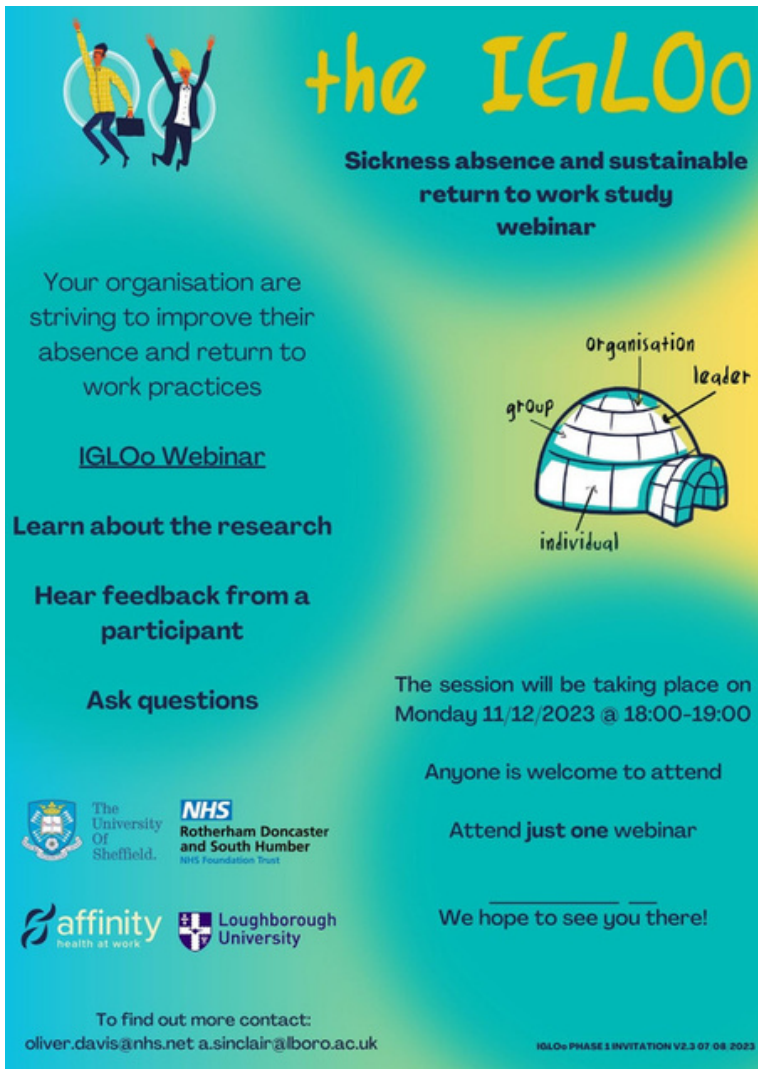
Eligible employees entering day 15 of their sickness absence and their line managers are invited to use tailored toolkits with step-by-step instructions that will support them at each stage of the return-to-work journey, from initial sick leave to returning and staying well at work. Both the employee and line manager toolkits contain evidence-based checklists, conversation prompts and exercises that aim to boost confidence and well-being for both groups.

VOUCHERS FOR PARTICIPANTS

Participants will be asked to complete 5 surveys and two telephone interviews over a 12-month period. Those who complete all the surveys will get the chance to win a £50 voucher while a £10 voucher is available for each interview. All data is treated as strictly confidential.

This is an important study for our organisation so we hope you will get involved.

For further information please contact: igloo.rdash@nhs.net Alternatively, call the Grounded Research Team Hub on 01302 798456



the IGLOO

Sickness absence and sustainable return to work study webinar

Your organisation are striving to improve their absence and return to work practices

IGLOO Webinar

Learn about the research

Hear feedback from a participant

Ask questions


The session will be taking place on Monday 11/12/2023 @ 18:00-19:00


Anyone is welcome to attend


Attend just one webinar


We hope to see you there!

Organisation
group
leader
individual

 The University of Sheffield

 NHS Rotherham Doncaster and South Humber NHS Foundation Trust

 affinity health at work

 Loughborough University

To find out more contact:
oliver.davis@nhs.net a.sinclair@lboro.ac.uk

IGLOO PHASE 1 INVITATION V2.3 07.08.2023

Please contact jemimah.yuill@nhs.net if you have any upcoming events or information which you would like to be featured in future bulletins or if you have any publications to be recorded.