

# Let's Talk Research 2015

## Conference Programme

**17<sup>th</sup> & 18<sup>th</sup> September 2015**  
**Macron Stadium, Bolton**



Welcome to the programme for the 2015 Let's Talk Research Conference. We are really excited about the range of presentations and workshops in this year's programme and feel confident that over the 2 days delegates will have a unique opportunity to explore different aspects of undertaking research within health and social care.

Over the course of the year we witness on a regular basis the energy and buzz that is created when researchers come together and one of the motivations for organising this conference is to create a focal point each year for the health and social care research community to meet.

We know that being part of the conference will not only support your development as a researcher but also fuel your passion for research and help you to connect with like-minded people who are enthused by research.

We hope the programme inspires you to register and look forward to welcoming you on the 17<sup>th</sup> September.

Dr Stuart Eglin  
Director NHS R&D North West

To register for the event follow this link

[http://payments.liv.ac.uk/browse/extra\\_info.asp?compid=1&modid=2&deptid=38&catid=68&prodid=821](http://payments.liv.ac.uk/browse/extra_info.asp?compid=1&modid=2&deptid=38&catid=68&prodid=821)

Also, please share this event with your colleagues on social media

## Thursday 17<sup>th</sup> September 2015

9.00am	Registration opens
10.00am	<b>Welcome</b> <b>Dr Stuart Eglin, Director, NHS R&amp;D North West</b>
	<b>Opening Plenary: “Becoming a successful researcher: overcoming obstacles &amp; optimising opportunities”</b> <b>Dame Tina Lavender, Prof. of Midwifery &amp; Dir. of the Centre for Global Women's Health at the University of Manchester</b>
11.00am	Refreshments
11.15am	
Session 1	<b>Research Internship schemes: bridging the research/practice divide</b> <b>J Gibson, University of Central Lancashire, L Goodacre NHS R&amp;D North West</b> NHS R&D NW and the University of Central Lancashire both run research internship scheme via two separate funding stream. This workshop will: build knowledge about how the different schemes operate; provide an insight into the benefits of an internship scheme for the NHS, patients and carers, and provide insights into the schemes from the perspectives of the interns
Session 2	<b>Introduction to qualitative methods: different approaches for different context</b> <b>J Goldbart, Manchester Metropolitan University</b> This workshop will introduce a range of qualitative methods relevant to health research, through presenting a brief account of the methods and findings for four health research projects. Learning outcomes: a) Participants will acquire a basic understanding of the appropriate use of qualitative research methods in health. b) they will develop their own research question amenable to qualitative methods, c) they will engage in a consideration of an appropriate method for their own question and d) they will reflect on issues of quality in qualitative research.
Session 3	<b>Performance &amp; Public engagement</b> <b>B Starling, Central Manchester University Hospitals NHS Foundation Trust</b> Public and patient engagement in research is increasingly using creative methodologies, reaching audiences who might not normally be engaged in research. This workshop will describe two examples of public engagement through performance – one with young people focused on public health research, one focused on clinical trials in mental health research – to stimulate discussion on the use of performance in public engagement with research.
Session 4	<b>Getting out of your own way</b> <b>W Medd, NHS R&amp;D North West</b> There are lots of things that get in the way of research without your own self-doubting and pressure raising voices. This session is an invitation to learn to spot the many guises of ‘the Gremlin’ or ‘inner critic’ and start to manage them in more helpful ways.
12.15pm	Lunch and poster viewing
1.15pm	
Session 5	<b>Strategic Networking to support your research career development</b> <b>L Goodacre, NHS R&amp;D North West</b> Strategic networking is a core skill for researchers and informs carer development and collaborations. This interactive workshop will introduce a model of networking and provide an opportunity for you to map your current networks and develop a strategy for linking your networks with your career aspirations.

Session 6	<p><b>Oral presentations</b></p> <p>The Feasibility of delivering motivational interviewing to those with communication difficulties  <a href="#">E Holland, University of Central Lancashire</a></p> <p>Suitability of Nitisinone in the treatment of alkaptonuria (SONIA 1)  <a href="#">A Milan, Royal Liverpool and Broadgreen University Hospitals Trust</a></p> <p>Using mixed methodology to develop an Activity Pacing questionnaire for chronic pain/fatigue  <a href="#">D Antcliff, Pennine Acute Hospitals NHS Trust</a></p>
Session 7	<p><b>Oral presentations</b></p> <p>Evaluation of an outreach dental service for people who are homeless and hard to reach in Manchester  <a href="#">S Caton, Manchester Metropolitan University</a></p> <p>Nothing but the whole tooth- GA referral deflection  <a href="#">R Singh, Dental Health Unit, School of Dentistry</a></p> <p>Improving AKI care and physician education: AKI<sup>®</sup> ‘app’ development  <a href="#">S Sinha, Salford Royal NHS Foundation Trust</a></p>
Session 8	<p><b>Oral presentations</b></p> <p>A new way to recruit participants into research.  <a href="#">K Ashley, University of Manchester</a></p> <p>An action research approach to facilitating the integration of best practice in the assessment and management of diabetes related lower limb problems in India  <a href="#">M Harrison-Blount, University of Salford</a></p> <p>Medication adherence post-stroke: an exploratory study of stroke survivors and carer’s experiences of managing medication at home early after discharge  <a href="#">J Gibson, University of Central Lancashire</a></p>
2.30pm Session 9	<p><b>North west coast innovation scouts: how to embed a culture of innovation &amp; knowledge mobilisation in a range of NHS organisations</b></p> <p><a href="#">J Reynolds, North West Coast Academic Health Science Network</a></p>
Session 10	<p><b>The art of procrastination.</b></p> <p><a href="#">W Medd, NHS R&amp;D North West</a></p> <p>If you need to come to this workshop, most likely you’ll find reasons not to come! We’ll be exploring just what is it that makes us do everything except the thing that matters to us, and identify strategies to get things done.</p>
Session 11	<p><b>Lets share research: public involvement in the dissemination of research.</b></p> <p><a href="#">M Chapman, North West People in Research Forum</a></p> <p>The workshop will explore the issues, benefits and challenges of involving members of the public in sharing research findings and consider inclusive methods of dissemination. After this session you will: understand reasons why members of the public should be involved in research dissemination strategies; understand what works well, and what does not work well, when involving members of the public in sharing research findings; understand different ways in which members of the public can be involved based on real examples; be able to give examples of methods that have been used to share research findings with the public</p>
Session 12	<p><b>Creative approaches to communication research</b></p> <p><a href="#">G Southgate, NHS R&amp;D North West</a></p> <p>This workshop takes a look at why its important to use different approaches to communicating your research and also some ideas as to which creative approaches have already been used successfully. The workshop is intended to create curiosity about what can be achieved with different creative techniques and help you to develop the confidence to have a go yourself.</p>
3.30pm	Refreshments & poster viewing
4.00pm	<p><b>Plenary: “The change agents of the future: curating knowledge and making connections”</b></p> <p><a href="#">Helen Bevan, Chief of Service Transformation NHS Institute for Innovation and Improvement</a></p>

9.15am **Welcome**  
**Sally Cheshire, Chair, Health Education North West**

9.30am **Plenary: Influence and impact**  
**Dominic Rickhards, Vox Coaching**  
 Ever had the jitters before a meeting or a challenging conversation? Or become tongue-tied when speaking with someone in a position of power? How about when you have to pitch an idea to the person who holds the purse strings? If so, you're in good company - not many of us are blessed with a natural ability to engage authoritatively with people who are outside our usual orbit. Most of us also encounter problems from time to time in finding the appropriate style to suit a variety of situations.

This lively and practical session will give you valuable insights into how successful communication works - plus the chance to practise your skills and develop your personal style. It will help you to communicate with impact and authority in a range of contexts whilst remaining true to yourself.

10.30am  
 Session 13 **Building research capacity using a nursing, midwifery and AHP research strategy**  
**A. Tod, University of Manchester, Central Manchester University Hospitals NHS Trust**  
**T Twelvetree, Research Fellow. School of Nursing, Midwifery & Social Work, The University of Manchester.**  
 Using the example of one NHS Trust, Central Manchester University Hospitals NHS Foundation Trust (CMFT), during this workshop we will reflect on the barriers to research capacity building and discuss possible strategic responses. This workshop summarises the approach taken by CMFT who adopted the Cooke Framework for research capacity building to develop their strategy to facilitate research engagement and activity. This framework addresses research capacity building at multiple levels, and is adaptable to different environments. The workshop will explain why this framework was adopted, summarise progress and discuss the advantages of using this approach.

Session 14 **Oral Papers**  
 What are the needs of parents and carers and/or family members who have a relative supported within a specialist learning disability forensic Trust  
**M Thomson, Calderstones Partnership NHS Foundation Trust**  
 Plasma exchange and outcomes in renal patients – our experience  
**R Chinnadurai, Salford Royal NHS Foundation Trust**  
 Scoping the cancer-specific learning and development needs of the healthcare workforce in primary, community and palliative care in Manchester  
**J Humphreys, Salford Royal NHS Trust**

Session 15 **Oral papers**  
 Scoping the available services involved in the provision of end of life care in Greater Manchester.  
**P Mellor, Salford Royal NHS Foundation Trust**  
 What have librarians ever done for us?  
**M Hill, The Christie NHS Foundation Trust**  
 Learning points for clinical professionals following a multi-site dementia environments evaluation  
**T Williamson, University of Salford**

Session 16 **The Power of Stories**  
**D Rickhards, Vox Coaching**  
 Do you ever feel that you are reciting a list when you talk about what you do to others? How often do we stop listening to others if we feel they are repeating a script they've used many times before?  
  
 This session looks at how stories can be used to create an emotional connection with listeners, bring a topic to life and introduce the human feel that is sometimes lacking in professional contexts. Stories aren't just for bedtime. They can make the difference between a dull presentation or dialogue and one that's absorbing and compelling.

11.30am	Refreshments & poster viewing
12.00pm Session 17	<p><b>Getting research funding – how the NIHR Research Design Service can help</b>  <a href="#">Prof Chris Hatton, Co-director, NIHR Research Design Service North</a></p>
Session 18	<p><b>Getting started in research: how the North West CAHPRN hubs can help you to create, collect and use evidence</b>  <a href="#">H Roddam, University of Central Lancashire</a></p> <p>The workshop will introduce the Council for AHP Research (CAHPR) including the national strategic aims to promote the profile of Allied Health research. A brief overview of the three North West CAHPR Hubs will be presented. All 3 Hubs deliver training sessions in research skills, plus mentorship and support for research activities. This presentation will incorporate case study examples of practitioners and clinical teams who have been supported through CAHPR to engage in research activities for the first time, to disseminate their outputs from service evaluation and/or small-scale research, and to implement research evidence into their practice settings.</p>
Session 19	<p><b>Creative research dissemination for maximum impact on policy and practice</b>  <a href="#">A Tod, University of Manchester, Central Manchester University Hospitals NHS Trust</a></p> <p>This workshop aims to explore how creative dissemination strategies can maximize the impact of study findings on policy and practice. Using the example of the Keeping Warm In Later Life project (KWILLT) project participants will develop and understanding and awareness of how to be more imaginative and innovative when communicating their research to relevant and diverse audiences.</p>
Session 20	<p><b>Confident Voice</b>  <a href="#">D Rickhards, Vox coaching</a></p> <p>Has your voice ever let you down when you're in the spotlight? When under pressure do you find your ability to control your speed and tone disappears? This session is a chance to make sure your vocal <i>style</i> matches your <i>content</i> whenever you're addressing an audience or interacting with others. It will enable you to find and master your 'natural best' voice and give you the confidence to deliver authentic and compelling communication with an energy that will hold an audience's attention.</p>
1.00pm	Lunch and poster viewing
2.00pm Session 21	<p><b>HEE/NIHR Integrated Clinical Academic Fellowships.</b>  <a href="#">D Biram, NIHR Trainee co-ordinating Centre</a></p> <p>NIHR Trainees Coordinating Centre manages a wide range of personal funding opportunities which, together, afford complete career pathways for the aspiring and developing research leaders of the future. This session will review these opportunities, provide hints and tips on how to make the most of them, and present the experiences of an existing award holder.</p>
Session 22	<p><b>Psychological wellbeing in advanced cancer: what can we learn from patients and carers.</b>  <a href="#">Dr D Roberts, University of Manchester</a></p> <p>This novel study conceptualises psychological wellbeing positively and focuses on advanced (incurable) illness. Combining longitudinal interview and focus group methods, it explored how patients and carers living with advanced illness sustain psychological wellbeing.</p> <p>This workshop is based on two, half-day dissemination events for a multidisciplinary, multilevel audience of health professionals (HP) which combined delivered presentations and interactivity. Feedback indicated that the format provided an effective vehicle for stimulating discussion of professional practice. This condensed workshop will: demonstrate how interactivity and multi-disciplinarity can stimulate topic engagement; increase understanding of perceptual differences; encourage participants to examine individual practice</p>

Session 23	<p><b>Catching the moment: music and dementia. The importance of embodied in the moment experiences.</b></p> <p><a href="#">N Ponsillo, Manchester Camarata</a></p> <p>Music as an art form exists in the moment; before it speaks it exists as marks on a page, after its sounded music disappears. Musicians immerse themselves in the moment when playing music, conveying the music through their instrument and bodies, committing themselves totally to connecting/speaking with others in that moment. It is this 'in the moment' experience that delegates will discover through an interactive exploration of Manchester Camerata's creative Music in Mind programme for people with Dementia and their carers</p>
Session 24	<p><b>Physical Presence</b></p> <p><a href="#">D Rickhards, Vox coaching</a></p> <p>The human body is an extraordinary instrument for communication: movement and posture speak volumes. However nervousness can shrink our physical presence. We hunch, fold our arms, minimise our gestures and keep our faces immobile. If we're standing, we may also shift uneasily from foot to foot, as though preparing to flee.</p>
	<p>This can make the people we're talking to feel uneasy and disconnected from us. What can you do to overcome this and acquire the presence that makes others feel comfortable and receptive? If people feel you're connected to them they will be interested in you and what you're saying. Those who genuinely want to engage an audience speak <i>to</i> rather than <i>at</i> them. They're focused outwards and have 'extended awareness'.</p>
	<p>This session is a chance to look afresh at how we express our attitudes and feelings through the language of the body, and at how we can read others through the way they carry themselves and use their physical presence.</p>
3.15pm	<p><b>Plenary: "Creating a flexible workforce that embraces research &amp; innovation"</b></p> <p><a href="#">Prof. Nicki Latham, Chief Operating Officer Health Education England</a></p>
4.00pm	<p>Close of conference</p>