

## LET'S TALK RESEARCH CONFERENCE: GROW YOUR OWN BRILLIANCE



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### Welcome



Welcome to the "Let's Talk Research – Grow your Own Brilliance" conference. This event has been organised by NHS R&D NW and will bring together health and care practitioners, managers, educators and leaders from across the North West region, who have a passion for developing and supporting practitioner research careers. We have chosen the theme of "Grow your Own Brilliance" to capture two aspects of the national and regional health and care research agenda, these being an opportunity to reflect on research in the context of practitioner roles; and to share opportunities that can not only help build a research career but enable it to thrive and shine. The focus of "Let's Talk Research" is to promote and strengthen the discussion that research in health and care is vital in providing the evidence we need to transform services, improve outcomes by fully integrating research into our organisations, improving use of resources and ultimately providing better quality care for patients and services users.

The conference offers a variety of opportunities for attendees to hear about the research taking place across our region, participate in immersive workshops and activities designed to help you develop your own research career. For managers involved in supporting early career researchers within their organisations there is an opportunity for you to seek advice and support in your role. There will be plenty of opportunities for you to network too.

We are supported at the conference by several of our key operational and strategic partners including NIHR, University of Liverpool and University of Salford, CAPHR, the region's Clinical Research Networks (CRNs) and others. Please make time to chat to them and visit their stands.

Amanda Craig – Chief Executive at NHS R&D North West

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## **Conference Programme Overview**

9.30 am	Registration and coffee						
9.55 am	Welcome and Introduction by Ali Kahn, Master of Ceremonies						
10.00 am	Formal welcome by Amanda Craig, CEO, NHS R&D North West						
10.20 am	Keynote Speaker: Professor Waljit Dhillo – Dean of the NIHR Academy (virtual attendance)						
11.00 am	m Morning Breakout Sessions						
	Seminar Room 1	Seminar Room 3	MF1	MF2	Main Auditorium	MF3	
	Advice Shop	Workshop: Flexible Working	Workshop: NMAHP National Research Update	Workshop: Co-Production Learning Disabilities	Poster Tour	Paper Presentations	
11.45 am	Refreshments and networking						
12.15 am	Keynote Speaker: Alison Austin, NHS England						
12.45 am	Lunch						
1.30 pm	Keynote Speaker: <u>Professor Sarah O'Brien</u> – Chief Nursing Officer, NHS Lancashire and South Cumbria Integrated Care Board						
2.15 pm	Afternoon Breakout Sessions						
	Seminar Room 1	Seminar Room 3	MF1	MF2	Main Auditorium	MF3	
	Advice Shop	Paper Presentations	Workshop: NIHR Training Awards	Workshop: Co-Design In Social Care	Poster Tour	Workshop: <u>NMAHP</u> Research Journeys	
3.00 pm	Refreshments and Networking						
3.30 pm	Best Poster Award						
3.40 pm	Closing Remarks – Amanda Craig, CEO, NHS R&D North West						
4.00 pm	Close						

### **Master of Ceremonies**



#### Ali Kahn

Ali Kahn is an award-winning comedy actor and writer, with her most recent tv credits including starring in BAFTA award winning CBBC comedy 'Still So Awkward' and comedy sketch show 'Class Dismissed'. Ali has featured in many television commercial campaigns for clients such as Amazon, Zoopla and Dreams beds.

Ali is a professional compare and MC and hosts events for both young people and adults using her warmth and wit to engage attendees.

As well as having a career as a professional actor in TV, film and on the stage, Ali is the founder of Big Comedy Shop that specialises in delivering comedy issue-based, self development workshops to access young people and adults at risk. Big Comedy Shop also runs a Manchester based Comedy School for young people.

Ali is also a motivational speaker delivering talks on topics such as mental health and addiction (having been in recovery since 2013), using humour to high school students around the UK.

Ali is thrilled to be working again with NHS R & D and is very much looking forward to her role as a host for their Let's Talk Research conference event.

### **Keynote Speakers**



#### Amanda Craig – Chief Executive at NHS R&D North West

Amanda assumed the role of Chief Executive at NHS R&D North West on April 1, 2022, following a four-month tenure as CEO (Designate). With extensive experience as a strategic and operational leader, she excels in driving transformative change in challenging public sector settings. Amanda has a proven track record in project management, finance, and governance across various organizations. Her 20+ years of experience in negotiations and collaboration, both internally and externally, contribute to her successful leadership. Amanda played a pivotal role in shaping the NW England Nursing, Midwifery, and Allied Health Professional Research Capacity and Capability Strategy 2021-24.



#### Professor Waljit Dhillo – Dean of NIHR Academy

Professor Waljit Dhillo is Dean of the NIHR Academy and serves on the NIHR Board as Scientific Director for Research Capacity and Capabilities. He provides oversight on the development and delivery of NIHR research training programmes to ensure they meet the needs of the current research landscape, as well as identifying future gaps and formulating solutions.

Professor Dhillo is a Professor in Endocrinology and Metabolism, and Consultant Endocrinologist. He is Head of the Division of Diabetes, Endocrinology & Metabolism at Imperial College London. Professor Dhillo was awarded a prestigious NIHR Research Professorship in 2015 and on 1 April 2021 became a NIHR Senior Investigator.

Professor Dhillo has held a number of roles within the NIHR Academy

since 2010 and played a critical role in the NIHR Strategic Review of Training in 2017. He has been a member of the National Clinical Research Network (CRN) Metabolic and Endocrine Committee since September 2011.

### **Keynote Speakers**



#### Alison Austin, Deputy Director of Embedding Research in the Innovation, Research, Life Sciences and Transformation Strategy Group, NHS England

Alison Austin is Deputy Director of Embedding Research in the Innovation, Research, Life Sciences and Transformation Strategy Group within NHS England. Her role is to raise the profile of research across NHS England and ensure we take a cross organisational approach to supporting research in the NHS. Improving patient outcomes by embedding research in healthcare practice across all NHS settings, and increasing the number and diversity of people accessing and taking part in research.

Alison has worked on health, medical or research related policies in a number of Government Departments including Department of Health; Medical Devices Agency; Department of Innovation,

Universities and Skills; and the Treasury. She is a qualified nurse with 13 years front line experience and has a degree in molecular biology and a PhD in molecular endocrinology.



### Professor Sarah O' Brien – Chief Nursing Officer, NHS Lancashire and South Cumbria Integrated Care Board

Sarah is Chief Nursing Officer at NHS Lancashire ICB where she is the board lead for Children and Young People, Safeguarding, Learning Disabilities and Autism and Research. Sarah has a huge amount of experience as a clinical leader working across NHS providers, commissioning, local government, and an integrated care system. She is a member of the newly formed National SEND and alternative provision implementation board and leads on research for NHSE NW Nursing team.

She is a former diabetes nurse consultant and gained national recognition for her clinical work and research which saw significant health improvements for people with diabetes.

Sarah's other previous roles include deputy director of nursing at an acute trust, CCG chief nurse, CCG clinical accountable officer, executive director of peoples services (MBC) and ICS executive director of strategy. Sarah is passionate about raising ambitions and equal opportunities for young people, including encouraging them to pursue a career in healthcare. In 2020 she was appointed honorary professor for Edge Hill University's new medical school thanks not only to her expertise, but the value she places on improving people's life chances.

She is currently leading the research agenda across Lancashire & South Cumbria and is focused on establishing clinical academic career pathways for nurses, midwives and AHPs.

### Workshops – Morning Session

Seminar Room 3 – Workshop: Flexible Working

### Boosting Employee Well-Being and Retention by Revolutionising Workplace Flexibility: Relevance in the Health and Care Workplace

**University of Liverpool Management School** 

#### Dr Rachel Ashman – Senior Lecturer in Marketing and Deputy Associate Dean Research

#### Dr Laura Radcliffe – Reader in Work, Organisational Behaviour and Deputy Director North West Social Sciences Doctoral Training Partnership

Today the workplace is more diverse and complex than ever before, which can bring new complexities that are particularly challenging for managers to navigate. Similarly, employees are navigating diverse circumstances in their personal lives. Key to being inclusive and supporting employee wellbeing is understanding the unique circumstances of team members who may be working in the workplace, across different sites, and at home.

This workshop provides a space to share ideas for improving flexibility and supporting employees in diverse circumstances within a health and care setting. It will also provide those who manage a team with the knowledge and confidence to understand and navigate diverse employee perspectives and circumstances, helping staff to feel supported, and able to offer their full value to the team and organisation, key priorities within the recent NHS Long Term Workforce Plan (June 2023) Employing a range of resources based on an extensive program of research we will encourage open discussion and reflections on contemporary working practices across different roles and how these may be adapted or developed to support the health and care workforce.

Participants attending this session will:

- + Understand diverse challenges people face and how this can influence workplace wellbeing, engagement and retention.
- + Explore different ways of working and ways of creating a healthy and inclusive culture.
- + Exchange ideas for improving workplace flexibility and employee wellbeing in a health and care setting.
- + Influence a new model of working and have the opportunity to be involved in future action learning sets.

## Workshops – Morning Session

MF1 – Workshop: NMAHP National Research Update

### "Opportunities, opportunities, opportunities!"

NHS England Workforce Education and Training Directorate, NIHR CRN NENC

Dr Hazel Roddam – Subject Matter Expert for AHP Research

Sharon Dorgan – NIHR Associate Director of Nursing & Midwifery, Senior Strategic Manager, Workforce Development Lead (CRN NENC)

## Prof. Kate Grafton – Professor of Allied Health Professions Education, Head of School of Health & Social Care, College of Health & Science, University of Lincoln

The past 12 months have seen unprecedented investment and subsequent opportunities for NMAHPs to build research capacity in the wider workforce, as well as capability for individuals.

This workshop will open with a brief overview of these opportunities, with clear signposts for where participants can find out more detailed information.

This structured session will facilitate participants to reflect on your own experiences and aspirations from the local, organisational and personal perspective. We will also share some selected recent examples from other regions of impactful research capacity building initiatives and support systems. We will provide a round-up for participants about how you can connect and align with other initiatives and networks (national, regional, local) to take the next steps for building your own personal skills, confidence and careers.

- + National level updates from the Nursing, Midwifery and AHP research strategies,
- + Selected exemplars of regional implementation of research and innovation policies,
- + Time to reflect on your personal experiences and aspirations,
- + Encouragement to consider your next steps to connect and network for research development support.

## Workshops – Morning Session

MF2 – Workshop: Co-Production Learning Disabilities

# Presenting coproduction in action to support people with Learning Disabilities and their families.

Mersey Care NHS Foundation Trust (MCFT)

Michaela Thomson – Research Practitioner MCFT

Tracy Collard – Service User and Carer Lead MCFT

John Rowbotham – Communications Manager MCFT

We are presenting a series of pre-recorded videos with people who have a Learning Disability and reside within a specialist forensic Learning Disability hospital and their families / carers. The videos showcase the value of Coproduction, Patient and Public Involvement and Engagement and facilitating the voices of those in services often seldom heard.

We wanted to capture the value in meaningful engagement and how this enhances the care & treatment, relationship with services and positive outcomes for all involved. The videos were facilitated by a researcher, communications and carer leads within Mersey Care NHS Foundation Trust. This multi-disciplinary team approach was essential in ensuring all engagement was representative with an aim to keep those involved at the heart of all decisions that are made. The evaluation team used several themes to guide the conversations, but context and content was driven by the participants in the spirit of Coproduction. Key points:

- + An understanding and practical example of coproduction based on meaningful patient and public involvement and engagement.
- + The value of effective multi-disciplinary team working to facilitate positive outcomes.
- + Hearing the often-unheard voices of those at the heart of specialist learning disability services.
- + Celebrating what works for those with Learning Disabilities and their families to guide other services on what constitutes representative engagement.

## Workshops – Afternoon Session

MF3 – Workshop: NMAHP Research Journeys

### **Research Journeys through NHS R&D North West**

NHS R&D North West

Amanda Bennet – Liverpool University Hospitals NHS Foundation Trust.

Efstratios Athanasakis – Manchester University NHS Foundation Trust.

Dr Marie Marshall MBE – Manchester University NHS Foundation Trust.

This workshop presents a remarkable chance to hear first-hand from three accomplished health and care practitioners about their journeys into research. They will candidly share their personal experiences, detailing the highs and lows encountered along the way, serving as a wellspring of inspiration and guidance for those contemplating a career in research or seeking insights into navigating the realm of health and care research careers.

We are delighted to introduce:

- Efstratios Athanasakis, Senior Clinical Research Nurse at Wythenshawe Hospital, Manchester University NHS Foundation Trust.
- Amanda Bennett, Physiotherapist at Liverpool University Hospitals NHS Foundation Trust.
- Dr Marie Marshall MBE, Deputy Director of Nursing, Midwifery and Allied Health Professionals Research & Innovation, Manchester University NHS Foundation Trust.

Each speaker will offer a unique perspective, engaging the audience with their diverse approaches and valuable expertise. Attendees will have the opportunity to pose questions and delve deeper into the speakers' experiences, enriching their understanding of the research landscape in health and care.

## Workshops – Afternoon Session

MF1 – Workshop: NIHR Training Awards

### **NIHR Research Training Awards**

#### NIHR

#### Dr Mal Palin – NIHR Senior Programme Manager, NIHR Coordinating Centre

#### Dr Chris Doble – Dr Chris Doble, NIHR Senior Programme Manager, NIHR Coordinating Centre

This session will comprise a presentation and extended Q&A by two managers of the NIHR's research training schemes. We will take a whistlestop tour of the opportunities we offer, describe how you should settle on the right one for you, demystify the application and assessment process, give you some advice on how to make your application as good as possible, and then field all your questions. Key points:

- + An introduction to the breadth of research training opportunities offered by the NIHR;
- + An explanation of the considerations to make when deciding which option to pursue;
- + A description of the application process what and who it will involve;
- + Top tips (and pitfalls to avoid) when making an application.

## Workshops – Afternoon Session

MF2 - Workshop: Co-Design In Social Care

# Co-design and Creative Methods in Social Care: Real-World Lessons from a Care Partnership

**University of Chester** 

Professor Rob McSherry – Professor, Centre for Ageing and Mental Health, University of Chester (RM)

Mr Damian Nolan – Operational Director, Commissioning and Provision, Halton Borough Council (DN) Centre

Dr Nellie Makhumula-Nkhoma – Researcher, Centre for Ageing and Mental Health, University of Chester (NMN)

Ms Rhian Crompton – Researcher, Centre for Ageing and Mental Health, University of Chester (RC)

The Research Practice Development Care Partnership (RPDCP) is a collaboration between Halton Borough Council, University of Chester and Third-Sector partners, aiming to forge closer links between social care professionals and researchers. The RPDCP managed a project exploring public opinions around care available for older adults, using a series of novel creative methods developed by the project team for data collection. This workshop will use this project as a case-study to show how a Research Practice Partnership operates in a real-world context, how co-design can be conducted alongside wider social care stakeholders; and how novel creative methods can supplement more traditional research methods and engage with service users in new ways.

Workshop participants will be able to try out the creative methods themselves and discuss the methodology and co-design queries with RPDCP members from both the Council and the University.

Key points:

- + Introduction to a Social Care focussed Research-Practice Partnership;
- + Increased awareness of concepts of co-design in Social Care;
- + Opportunity to try out creative methods for data generation;
- + Enhanced appreciation of advantages and challenges of creative methodologies.

### **Papers Presentations – Morning Session**

#### <u>MF3</u>

- Katy Boland, Wrightington, Wigan & Leigh Teaching Hospitals NHS Foundation Trust "I am the educator and the learner at the same time": A qualitative survey of musculoskeletal physiotherapists' patient education.
- Joanna Thomas, Warrington and Halton Teaching Hospitals NHS Foundation Trust. Unleashing Potential: Nurturing Leaders in Nursing, Midwifery, and Allied Health Research.
- Stephen Mason, University of Liverpool. Understanding barriers and facilitators to palliative and end-of-life care research: Survey and working groups with generalist and specialist health, social care and research professionals.

- Jack Quinn, Greater Manchester Cancer Alliance.
   Empowering Cancer Care: The Aspiring CNS Programme Pilot Cultivates a New Generation of Cancer Nursing Experts.
- Christina Heaton, Wrightington, Wigan & Leigh Teaching NHS Trust.
   How to promote a culture of research and innovation.

Please visit the website to read the full abstract of each paper.

### **Papers Presentations – Afternoon Session**

#### Seminar Room 3

- Drew Stewart, Alder Hey NHS Foundation Trust.
   Early childhood development in humanitarian settings: a systematic review of caregiver interventions.
- Grace Johnson, Greater Manchester Mental Health NHS Foundation Trust.
   South Asian Indians' (SAI's) perspective of NHS Talking Therapies for depression: A Qualitative & Grounded Theory Analysis Study.
- Hege Myklebust, Cheshire and Wirral Partnership NHS Trust.
   Complex Emotional Needs in Older Adults Accessing an NHS Community Mental Health Team.

 Kate Law - The Christie Hospital NHS Foundation Trust, The University of Manchester, Division of Nursing, Midwifery and Social Work.
 The development of a needs assessment tool for adolescent and young adult

survivors of a central nervous system tumour (you-can).

 Gil Young, NHS England.
 Developing the NHS knowledge and library service researcher - a pilot course

Please visit the website to read the full abstract of each paper.

### **Posters Presentations – Morning Session**

Main Auditorium

- Annie McMullen, Manchester University NHS Foundation Trust.
   A comparison of NHS patient experience/ complaints from BAME and White communities.
- Claire Fox, Manchester University Foundation Trust - North Manchester General Hospital, University of Manchester.
   Long Covid Syndrome – Does our service provide effective patient support?
- Kathy Morgan, Pennine Care NHS Foundation Trust.
   Avoiding preventable deaths in mental health by assessing risk of Venous Thromboembolism (VTE)
- Lynne Latten, Alder Hey Children's Hospital.
   Can electronic applications be used to record dietary intake in paediatrics? – a scoping review.
- Sian Cooper Greater Manchester Mental Health, NHS Foundation Trust.
   Knowledge, Burnout and Application; Psychosocial Interventions training program within a forensic mental health service

- Diksha Gandhi, University of Salford, Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.
   Effect Of Virtual Rehabilitation in Total Knee-Replacement Patients.
- Lisa Barrington Manchester University Foundation Trust.
   Integrity, Identity & Outrage: UK Military Veterans' experiences of Self-Compassion during alcohol recovery.
- Rebecca Parker, Greater Manchester Cancer Alliance.
   Greater Manchester Cancer Academy: The Cancer Alliance Role in Enhancing Clinical Trials Education Across Greater Manchester to Increase Participation.
- Rebecca Pyecroft-Oxley, Sheffield Teaching Hospitals NHS Foundation Trust.
   Implementing a Trust-Wide Clinical Trials Assistant Team – Building The Best Research System.

Please visit the website to view the posters.

### **Posters Presentations – Afternoon Session**

Main Auditorium

review.

- Andrea Cross, Mersey and West Lancashire Teaching Hospitals NHS Trust
   Using the Therapy Outcome Measures and Australian Therapy Outcome Measures in Community Therapy.
- Ben Hughes Wrightington, Wigan and Leigh NHS Foundation Trust.
   Testing position significantly influences the measurement of active knee range of motion.
- Heidi Prior, Wrightington, Wigan and Leigh NHS Trust.
   The Experiences of Carers of Patients with Pulmonary Fibrosis at Wrightington, Wigan and Leigh NHS Trust: Development of a service evaluation post literature
- Laura England, Manchester University NHS Foundation Trust.
   A Research Internship 'Through the Eyes' of an Orthoptist
- Paula Beezley, Alder Hey Children's NHS Foundation Trust.
   Developing a career in research – how does a photographer find focus?

- Alice Travers, Graeme Donald, Salford Royal NHS Foundation Trust.
   What prevents advance care planning in haematology?
- Christina Heaton, Wrightington, Wigan & Leigh Teaching NHS Trust, University of Salford.
   Impacts of experiences of falls in domestic settings and the use of ambulance
- Jack Quinn, GM Cancer Alliance.
   Growing and Developing Leadership in Cancer Care : A Strategic Approach to CNS Succession Planning.

services.

- Katy Boland, Wrightington, Wigan & Leigh Teaching Hospitals NHS Foundation Trust.
   There is little public, online information about elbow osteoarthritis, that reflects clinical guidelines.
- Kate Bulpin, NHS R&D NW, NW Council of Deans of Health and NHS-England Academic career enablers, experience and aspirations of NMAHP clinicians in the North West.

Please visit the website to view the posters.

### **Advice Shop**

#### Seminar Room 1

The advice shop offers a welcoming environment where you can discuss your research career aspirations or ways to bolster research careers. Within this space, you'll have the chance to engage in one-on-one discussions with seasoned members of the NHS R&D Team and affiliated experts. They are equipped to offer insights and guidance on various facets of research careers in health and care. By actively listening to your concerns, they'll share their perspectives, experiences, and direct you towards relevant resources that align with your goals, ensuring your queries are addressed effectively. Take advantage of this invaluable opportunity for personalized support and guidance.

## Stands

#### The Avenue

On the day, we have teamed up with our partner organisations have set up a variety of stands to showcase what they do. It's a great opportunity for you to engage with each of them and learn more about their work. So, don't miss your chance to visit these stands and get involved!







#### Edge Hill





CAHPR



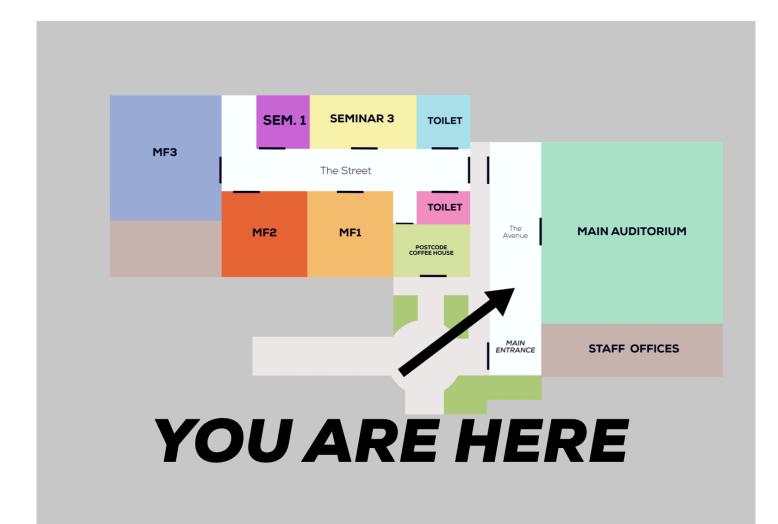
North West England



#### Pennine Care NHS Foundation Trust



### Map of the venue





## **NHS R&D NW Information**

Here at NHS R&D NW we have a range of different events taking place over the coming year. Our two main programmes that have just launched are aimed at health and social care professionals, Bridging Scheme and the ICA Internship programme. A brief description can be found below along with links to our website for full details. We also have a selection of one day workshops coming later this year too, all details are below.

### **BRIDGING SCHEME**

The ICA Bridging schemes support health and care professionals to build on their previous academic training and to develop proposals for a pre or post-doctoral award, and take the next step in their practitioner academic career. These prestigious Bridging awards are dedicated to non-medical health and care professionals (excluding doctors and dentists) employed by health and care service providers in the North West, North East, and Yorkshire & Humber regions.

Our scheme aligns with the national agenda to bolster research capacity, leading to improved patient outcomes. It offers a range of opportunities, including dedicated periods to develop research proposals, enhanced researcher skills, exposure to advanced research techniques, and the development of personal communication abilities vital for academic researchers. Additionally, it provides a platform to expand your research network regionally, nationally, and potentially internationally while equipping you with the knowledge and skills to become a research leader.

Two award categories are available as part of this scheme:

**Pre-Doctoral:** Designed for fellows with a research master's level qualification who aspire to undertake a Doctoral Fellowship.

**Post-Doctoral:** Tailored for fellows who have completed a PhD and are interested in applying for a Advanced Fellowship.

### **ICA INTERNSHIP PROGRAMME**

The ICA Internship is a programme designed for nurses, midwifes, allied health professionals, pharmacists and healthcare scientists looking to embark on a clinical academic career and make a difference through undertaking high quality clinical research? These highly prestigious internships provide the first step onto a practitioner academic career pathway.

The internship provides a dedicated period for you to consider and contribute to research capacity and capability building within NHS services. It will provide you the opportunity to engage in and develop a network of practitioner academics. The programme supports the development of both your practice and research skills. You will also get an insight into the world of the practitioner academic and provide you with significant developmental opportunities to enable you to begin to realise your research potential.

### **Upcoming Events:**

#### Releasing Potential: A series of one-day workshops!

In our ongoing commitment to support early career researchers and beyond, we are thrilled to announce a series of full-day workshops covering a wide range of topics.

Rather than a one-off event, this series allows you to book your participation for multiple workshops. The booking for each subsequent event will open once the previous one concludes. We encourage you to tailor your registration to align with your current research stage by clicking on the links below to secure your spot.

Please note that all workshops will take place in-person in Manchester City Centre; online participation is not available. These workshops are free of charge, but spaces are limited, and a waiting list will be maintained. We welcome participants from across the board, and you need not be limited to the North West to join us. Your academic journey begins here!

- Getting Started in Research, 8 May
- Resilience as a Health & Care Researcher,14 June
- WriteHere, RightNow, 10 July
- Career Planning, 21 August
- Coaching/Leadership, 18 September
- PCAF & PLAF Application, 30 October

Read more and book on our website.

### **Useful Info For The Day**

To view the delegate list please click here.

Connect with us via Twitter: @NHSNWRD #letstalkresearch2024

Interact with us via SLIDO.

### Get in touch



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