Lancashire & Cumbria Clinical Research Hub

Welcome to the fourth edition of the Hub’s eNewsletter

In this issue:

News from the Hub Pages 2—5
News from the Trusts Pages 6—8
Focus on Lancaster University Page 9—11
Focus on Hub Partners Pages 12—14
Contacts Page 15

www.lancs.ac.uk/fhm/work/clinical_research_hub
Welcome to the fourth edition of the Hub’s eNewsletter

The main purpose of the Newsletters is to raise awareness about research interests, activities and facilities within the Hub’s partner organisations, and to highlight some of the major strengths at Lancaster University, which is consistently rated in the top ten UK Universities. Our aim is to identify opportunities for new NHS / University partnerships and collaborations within the Hub, based on areas of local strength and expertise.

The Newsletters also feature other Hub activities and events aimed at supporting the growth of locally-led research and innovation. For example, this edition reports on the recent highly-successful conference at Lancaster University to launch the “Collaborative Partnerships in Health, Medicine and Social Care” initiative, and provides links to the presentations and to delegates’ views on the event.

The need for strong NHS/University partnerships to enable high-quality, locally-led collaborative research and innovation continues to grow, and will become even more important with the introduction of Academic Health Science Networks during 2013. The success and impact of the Hub has led already to the development of similar initiatives in other parts of England. Therefore, by building upon the substantial progress which has been made to date, we now have a very exciting opportunity not only to increase activity and attract support for research and innovation locally, and to develop new strategic partnerships with Industry and other sectors, but also to provide a model for colleagues in other parts of the UK to follow.

I hope you enjoy reading this Newsletter. Please do contact me, my colleagues at Lancaster University, or your Trust’s R&D Department if would like to get involved with, or find out more about the Hub.

Professor John Goodacre
Faculty of Health & Medicine
Lancaster University

j.goodacre@lancaster.ac.uk

About Lancashire & Cumbria Clinical Research Hub

Aims
The Hub was established in 2010 to enable an increase in NHS/University collaborative research in health and medicine across Lancashire and Cumbria. This includes working with NHS partner Trusts across the region as well as with other key organisations including the NIHR Cumbria and Lancashire Comprehensive Local Research Network (CLRN) and the NIHR Research Design Service for the North West (NIHR RDS NW).

Location
The Hub operates on a ‘hub and spoke’ model, so technically it is not focused on a single location. The administrative hub is based at Lancaster University with NHS partner organisations distributed across the North West.

Associate Director of Clinical Research
Strategic operation of the Hub involves close liaison and coordination between the Associate Director of Clinical Research at Lancaster, Dr Sally Spencer, and R&D Directors and Managers in the partner NHS Trusts.

Joining the Hub
If you would like an opportunity to discuss how your organisation may benefit from Hub membership, please contact the team administrator.

Working with the Hub
We welcome opportunities to work with private sector organisations. If you would like to develop links with the Clinical Research Hub, please contact our administrator.

Seasons
Greetings to everyone from the Clinical Research Hub
The Faculty of Health & Medicine at Lancaster University recently held a launch conference to mark its major strategic initiative to support collaboration and partnerships with the public and private sector in research, knowledge exchange and professional development across all fields of Health, Medicine and Social Care.

The Conference involved senior level representation and input from all relevant sectors, partner organisations and other key stakeholders. It comprised a mix of keynote presentations and interactive workshops, and also provided an opportunity for the University to showcase its activities, achievements and future plans for working with partners nationally and globally in Health, Medicine and Social Care.

The Conference was attended by over 100 delegates, drawn mainly from the higher education, NHS and business sectors. Keynote presentations were delivered by:

- **Dr Louise Wood** (Head of Innovation and Industry, Department of Health)
- **Dr John Stageman OBE** (Chair of BioNoW Ltd)
- **Dr Susan Davidson** (Research Advisor, Knowledge Management, Age UK)
- **Professor David Croisdale-Appleby** (Chairman, Skills For Care)

### Workshops

The programme included facilitated workshops to bring together delegates from different sectors to identify and explore some of the major issues which arise during the course of developing cross-sectoral collaborative partnerships. The workshops also aimed to identify and compare different sectoral opinions on the key ingredients for achieving successful and productive partnerships.

The workshops focused on characterising the features of excellent partnerships, identifying the barriers, and highlighting some of the benefits and opportunities which exist currently.

Discussions within the workshops revealed general consensus around the paramount need for shared aims and objectives, clarity of roles and purpose, a team ethos, good communication, and effective systems for resolving disagreements. It was generally felt that partnerships which are able to keep sight of the key goals and outcomes and avoid becoming over-preoccupied with processes are more likely to be successful.

More information about the Conference, including interviews with the speakers and delegates, is available at:

[www.lancs.ac.uk/shm/work/clinical_research_hub/launch](http://www.lancs.ac.uk/shm/work/clinical_research_hub/launch)
Innovation experts collaborate to promote healthy ageing

World-leading innovation experts from industry and academia gathered in Liverpool on 21 November to create new ideas and concepts to encourage healthy and active ageing - one of the biggest issues and opportunities facing society today.

The event was attended by Professor John Goodacre and Dr Sally Spencer from the Hub. It was the latest event to be organised by the N8 Industry Innovation Forum (N8 IIF) – set up earlier this year to encourage new collaborations between industry and the eight most research-intensive universities in the North of England to drive innovation, competitive advantage and growth.

Involving over 100 senior figures from industry, charities, the NHS and the N8 group of universities (Durham, Lancaster, Leeds, Liverpool, Manchester, Newcastle, Sheffield and York) the event focused on digital innovation for health and well-being, ageing skin, and food and nutrition. Companies taking part included Boots, Phillips and AstraZeneca as well as the charities Age UK, Carers UK and Help the Hospices.

Ideas emerging from the event included smart technology to help older adults manage increasingly complex personal health needs and diagnostic tools for improved nutrition.

Professor Trevor McMillan, Chair of the N8 Executive Management Group and Pro-Vice-Chancellor for Research at Lancaster University, said: 

"The N8 IIF has been very positively received by both industry and the academic world. There is real desire among academics to engage with industry and see their research make a difference in some of the biggest areas facing society, while industry has the skills and technical know-how required to commercialise ideas and bring them to market.

"An ageing population has implications for healthcare provision and the structure and shape of the labour market. But as well as challenges, there are opportunities – and already we are seeing growth in new sectors such as those providing healthcare services for the very old.

"This event has provided an opportunity for everyone taking part to meet with 'unlikely partners' – organisations who they would not normally work with - and we’ve already seen a number of exciting and innovative ideas come out of it as a result."

The N8 IIF is supported by the Technology Strategy Board and the Higher Education Funding Council for England (HEFCE).

The first N8 IIF meeting took place in February 2012 and focussed on Advanced Materials, an area which presents huge opportunities for ideas and applications across a range of sectors in the UK including chemicals, consumer goods, pharmaceuticals and aerospace. Discussions at the event led to a number of ideas for multi-partner collaboration and generated 25 new industry-led ideas for university research - of which four were progressed to Stage 2 funding.

Chief Medical Officer publishes first annual report

The report brings together a number of data sources in one place for the first time and is designed to be used by local authorities and local health professionals as they work together to improve the health of local populations.

www.dh.gov.uk/health/2012/11/cmo/

Partnerships crucial for UK Research

“Joint-working key for future success”, say industry lobby groups and the NHS. For full story see:

www.pharmatimes.com/Article/12-11-26/ Partnerships_crucial_for_UK_research.aspx

The King’s Fund Reading Lists

Did you know that you can access up to date reference lists on a number of popular topics such as clinical leadership and public involvement in health services?

Each contains a selected list of references held by The King’s Fund library. The lists are not necessarily comprehensive, but are intended to give an introduction to the sort of information that The King’s Fund holds on the topic.

Below are a few examples of the lists you will find:

End-of-life care
Inpatient mental health services
Point of Care: Improving patients’ experience

www.kingsfund.org.uk/library/reading_lists.html
In our laboratory, we are conducting scientific studies on the consequences of sleep for creativity and problem solving. Applying our research findings to your organization can promote more effective decision-making and creativity, and increase job satisfaction.

- If you are stuck on a problem, the old adage to “sleep on it” is broadly true, but only if the problem is truly difficult.
- For an easy problem, it may be best to take time away but not sleep on the problem.
- Sleep is more likely to lead you to new ideas, that are distantly related to thinking on the previous day.
- The longer the wait, the more distant and creative will be the new ideas.
- Leaving a problem a side for a long delay is more likely to result in forgetting of irrelevant or misleading information, but you will remember relevant material.

Please get in touch if you would be interested in applying research on creativity and problem solving in your work place. Our research is supported by the UK’s Economic and Social Research Council.

Professor Padraic Monaghan, Professor Tom Ormerod, Dr Ut Na Sio
Centre for Research in Human Development and Learning
Department of Psychology, Lancaster University, Lancaster LA1 4YF
http://www.lancs.ac.uk/staff/monaghan
Tel: +44 (0) 1524 593698
email: p.monaghan@lancaster.ac.uk

The annual Lancashire and South Cumbria Cancer Research Network ‘Sharing best practice’ event was held in October. It was well attended by clinicians from Trusts across the region, with presentations on a diverse range of topics from key speakers both nationally and locally. Dr Spencer spoke about the work of the Clinical Research Hub and opportunities for wider engagement with the University.

We would like to thank Dr Alison Birtle and the team at the LCCRN for a stimulating and well-organised event.
News from the Trusts - Welcome!

Gemma Whiteley
R&D Manager

Gemma Whiteley was appointed as the new R&D Manager at Lancashire Teaching Hospitals in May 2012. Gemma began her career in R&D at Central Manchester University Hospitals as a Research Associate, progressing to the post of Associate Divisional Research Manager for Royal Manchester Children’s Hospital. This role allowed her to gain a comprehensive knowledge of the governance systems and processes around research regulation and the importance of getting out of the R&D Office and in amongst the researchers! During her time at Central Manchester Gemma was the Trust lead for the Research Passport scheme taking it from pilot phase to national roll out.

In her role at RMCH, Gemma became more heavily involved in the formation and support of academic/clinical collaborations, working closely with Professor Peter Clayton to promote a regional approach to Child Health Research.

Her next step was to become Project Coordinator for the Greater Manchester Lancashire and South Cumbria Medicines for Children Research Network. This role was a strategic regional role building up the paediatric specialty group portfolio.

Since being in post as R&D Manager at Lancashire Teaching Hospitals Gemma has been busy developing the Trust’s R&D strategy which will be formally launched in January 2013. She has also been working closely with IT to integrate research within existing software at the Trust primarily for safety reporting as well as building a Trauma and Acute Care research team to compliment the Trust’s status as a Major Trauma Centre.

Dr Jane Pearson
Head of Research and Development

Jane Pearson is the Head of Research and Development at University Hospitals of Morecambe Bay NHS Foundation Trust. Jane has been in post since June 2012. Prior to moving to University Hospital of Morecambe Bay Jane was on secondment to Cumbria and Lancashire CLRN doing Project Management to support Primary Care Research. Having previously worked as Lead RM&G Manager for Greater Manchester RM&G and Research and Development Manager at Pennine Acute Hospitals NHS Trust in Manchester Jane has considerable experience in R&D Management. In addition she has also completed her own fair share of research in the past having undertaken a PhD in anaesthesia and critical care medicine at Manchester University and followed that up with two post–doctoral posts at Newcastle University and Lancaster University.

The research and development department at University Hospitals of Morecambe Bay NHS Trust has recently been part of an external review of Research and Education which was commissioned by the Trust and conducted by Professor Sam Leinster. It is anticipated that in the coming months the research and development team will be working closely with the Trust management team to implement some of the recommendations of this report.

Research activity within the Trust appears to be growing due to the hard work of the team in place. The intention is to further develop the research portfolio, with a view to strengthening the links with both local Universities and the Pharmaceutical Industry. The Trust already has well established links with NIHR Cumbria and Lancashire CLRN and other NIHR topic networks and continues to work closely with all our NIHR partners and aims to increase recruitment to NIHR research portfolio studies in line with NIHR CLRN objectives.

Increasing research activity within the Trust will benefit all patients, adding to their treatment options and enhancing patient safety and quality of care. Please do get in touch with Jane if you are interested in conducting some research in Morecambe Bay and would like assistance.
Calderstones host Research, Innovation and Collaboration Showcase

Positive collaboration between clinical researchers, service users and academics generates positive, exciting research that is understandable to all.

Calderstones Partnership NHS Foundation Trust celebrated progress in research, innovation and collaboration at a major showcase event on 16 November at Clayton Park Conference Centre, Lancashire.

For the first time the Trust welcomed just under 100 guests from universities across the UK, health organisations and research specialists. Delegates heard keynote speeches and presentations on an exciting portfolio of research that demonstrates the Trust’s developing reputation as a centre of excellence and its growing national reputation for research and innovation in the care and treatment of people with a learning disability. Additional innovative projects were showcased through poster presentations.

Key themes presented by keynote speakers focused on the importance of using research evidence to best plan future services for people with learning disabilities. Dr Brown emphasised the need for research to be undertaken with people with learning disabilities to inform their future care and add to the evidence base because not all research findings from the general population can be carried over to people with learning disabilities.

Lancashire Teaching Hospitals R&D Showcase 2012 – Delivering Research

The annual Research Showcase was held at Royal Preston Hospital on 22nd November and was attended by over 100 delegates. The audience was a real mix of academics, clinicians and industry representatives. The programme was comprehensive covering recent developments within the trust as well as launching the trust’s R&D strategy for 2013-15. Speakers included Jacky Smith from the University of Manchester taking the audience through the ‘bedside to book shelf’ journey of getting your work in print.

Professor Tony Gatrell from Lancaster University shared his thoughts on the impact of changes within the academic sector and Professor Caroline Watkins from UCLAN presented her advice on managing a programme grant. After a lunch of networking and poster viewing the programme included presentations on Patient and Public Involvement as well as two medical student projects and their findings.

The day culminated in the presentation of the poster prize which was awarded to the Palliative Care team Lesley Dunleavy, Dr Alison Parr, Anita Griggs, Dr Susan Salt, for their study: Enabling Pharmaceutical Research in a Hospice Setting. The runners up were Christina Robinson, Dr Deborah Williamson, Elaine Fillingham for: The Breast Way Forward: A systematic review of current radiotherapy practice; and French, B, Lighthbody CE, McLoughlin A, Fitzgerald J, Day E, Davies P, Emsley H, Ford GA, Jenkinson D, Leathley MJ, Price C, May C, O’Donnell M, Sutton CJ, Watkins CL for Implementing Telestroke: Developing a Standardised Telemedicine Toolkit.

Next year’s showcase will take place on Wednesday 6th November 2013.
Simulated Based Medical Education Training Facilities (Lancashire Simulation Centre)

“Healthcare professionals should learn skills in a simulated environment... and is a vital part of building a safer healthcare system” (DoH 2009).

A multi-million pound Simulated Based Medical Education (SBME) facility has been developed on the Royal Preston Hospital site of Lancashire Teaching Hospitals, and has been delivering increasing amounts of multi professional training to all grades of pre and post graduate medical, nursing and professions allied to medicine (PAM) since 2003 from acute, community and private care sectors.

The unit is conceivably one of the most advanced training units of its type in Europe. The centre offers state of the art training opportunities for undergraduate and post graduate medical education as well as unique training opportunities for nursing and PAM from all specialties.

The Lancashire Simulation Centre is committed to the provision of high quality, multifaceted training methodologies. By utilising a range of simulated activities and situations we can enhance, develop and nurture individuals or teams to achieve targeted outcomes and experiences.

The centre is at the forefront of the developments in SBME, including the use of audiovisual feedback to individuals or teams. The matrix marking system (MMS) developed at the centre has been demonstrated and presented both nationally and internationally and has generated significant interest on a worldwide basis.

The unit is actively involved in a number of research projects ranging from stress level evaluation in training to teaching and debriefing methodologies for medical, nursing and allied health professionals. The Simulation Centre operates an open door policy and its staff are available to help and advise with any form of training and course development.

The Centre facilitates training approved by the following bodies:

- The Royal College of Anaesthetists
- The Royal College of Physicians
- The College of Emergency Medicine
- The Royal College of Surgeons of London
- University of Central Lancashire
- Royal College of Obstetrics and Gynaecology

The centre is always seeking new and exciting research and development projects to become involved with and is available to healthcare, industry and individuals alike.

If you would like to visit the centre or discuss potential collaborative research or training opportunities please contact Mike Dickinson / Sarah Lewis at mike.dickinson@lthtr.nhs.uk / srah.lewis@lthtr.nhs.uk or 01772 524866/524850.

Further information is available from www.lancashiresimulationcentre.com
The Spectrum Centre for Mental Health Research was founded at Lancaster University in 2008 and conducts research into the understanding of the psychosocial aspects of bipolar disorder and associated conditions, using this to develop effective interventions and establish these in clinical practice.

Bipolar disorder (BD) is characterised by episodes of high mood (mania) and low mood (depression), affecting over 1 million people in the UK. Spectrum approaches BD from a continuum model, recognising that personality traits associated with it are distributed across the entire population. Many people with these traits are at a greater risk of developing BD, though many remain well. Spectrum collaborators include academics at the Universities of Manchester and Nottingham, Yale and UC Berkeley in the US, and NHS Trusts such as Cumbria Partnership, Lancashire Care, Greater Manchester West, Manchester Mental Health & Social Care, and PCTs throughout the North West. Spectrum also conducts research in the community involving individuals who may not routinely be in contact with mental health services, ensuring a better understanding of the full breadth of experience of living with BD. Part of the Spectrum ethos is the involvement of those with these experiences in both research and the development/delivery of interventions. For this reason, Spectrum employs Service User Researchers, in addition to consulting widely with service user groups and individuals with bipolar disorder. Spectrum is currently conducting a broad portfolio of research funded by the National Institute of Health Research, Medical Research Council, and NHS.

This portfolio includes studies on the psychology of bipolar disorders, including investigations of: bipolar risk, mood, and academic achievement in students; whether thinking style, sleep, and activity levels contribute to mood swings in people with and without BD; and inspiration and bipolarity. Research has shown that the same characteristics that contribute to success in many individuals (e.g. creativity) can be risk factors for BD. One of Spectrum’s studies explores how some people with BD function very well, particularly in the workplace, and whether there are particular strategies or support enabling people to be successful.

PARADES is a £2 million NIHR Programme Grant focused on several key aspects of living with and managing bipolar disorder. Projects are:
- Definitive trial of group psychoeducation and peer support groups
- Feasibility trials of CBT for bipolar disorder and comorbid problems (anxiety and alcohol use)
- Risk factors for self harm and suicidality in bipolar disorder
- Evaluation of Advance Directives

Developing interventions & translating interventions into practice

Recovery is an individual journey towards personally defined goals and outcomes. Spectrum is leading evaluation of recovery-focused therapy for individuals with both early and established diagnoses of BD.

Involving Relatives in the Mental Healthcare Team of People with Bipolar is a study that hopes to enhance our understanding of the barriers and facilitators to involving relatives. Spectrum is also evaluating family-focused therapy for bipolar disorder.

The Relatives’ Education & Coping Toolkit (REACT) was developed by Spectrum researchers as a self-management intervention for relatives of individuals experiencing first episode psychosis.

Findings from a feasibility trial indicated that REACT was acceptable and effective to relatives, and a definitive trial to explore its clinical and cost-effectiveness will follow. Spectrum is also involved in a pilot trial of a psychological intervention for people with first episode of psychosis who use cannabis.

Web-based interventions are an increasingly important way of reaching a broad range of individuals, many of whom find it hard to access mental health services through traditional pathways.

Spectrum is evaluating web-based approaches to deliver and evaluate psychosocial interventions, including Enhanced Relapse Prevention and an Integrated Bipolar Parenting Intervention.
PROFESSOR STEVEN JONES, DIRECTOR OF THE SPECTRUM CENTRE

Steve is a Clinical Psychologist & Professor of Clinical Psychology. His research interests include the psychology underlying the development and recurrence of bipolar experiences and effective psychological treatment, working across academic, NHS and voluntary sector to improve outcomes. He has published widely on the development of cognitive therapy approaches for bipolar disorder and on psychological models relevant to the development and recurrence of bipolar experiences. Steve leads research evaluating novel interventions for bipolar disorder, including recovery-focused Cognitive Behavioural Therapy (CBT); CBT for bipolar and co-morbid conditions (anxiety and alcohol use); web-based parenting interventions for parents with bipolar; and patterns of needs in relatives of individuals with bipolar disorder. Steve is actively involved with research exploring web-based interventions for self-management in bipolar disorder, as well as research exploring psychological risk factors in children of bipolar parents and the general population. He is working with the Spectrum team to explore factors associated with thriving, including a recent study on the association between inspiration and bipolar disorder. External funding for his research has come from diverse sources including NIHR, MRC, and NHS. Steve led the development of ‘Understanding Bipolar Disorder’, a report commissioned by the British Psychological Society’s Division of Clinical Psychology. He has also been commissioned as the bipolar disorder expert for the Increasing Access to Psychological Therapies for Severe and Enduring Mental Illness initiative. Steve is on the committee for the development of the NICE guidelines for bipolar disorder.

DR FIONA LOBBAN, ASSOCIATE DIRECTOR OF THE SPECTRUM CENTRE

Fiona is a Clinical Psychologist & Senior Lecturer in Clinical Psychology. Her research interests include how people understand and manage mental health difficulties, using a mixture of qualitative and quantitative methods to make sense of people’s experiences and translate these into non-stigmatising interventions for people with these experiences and their relatives. These are rigorously tested for effectiveness using important and valued outcomes. She recently led the development and evaluation of the Relatives’ Education & Coping Toolkit (REACT), a self-management tool for relatives of individuals who have experienced a first episode of psychosis. She also leads a definitive trial of group psychoeducation and feasibility study of web-based Enhanced Relapse Prevention for bipolar disorder. Fiona recently published a paper on the positive experiences people have in relation to bipolar (Journal of Affective Disorders) and co-edited the DCP report ‘Understanding Bipolar Disorder’. Fiona is involved in the development of IAPT for bipolar at a national level, and was awarded the Mental Health Research Network ‘People In Research’ award in 2012.

DR ALYSON DODD, LECTURER IN MENTAL HEALTH

Alyson’s main research interests are the psychological processes underlying the development and maintenance of bipolar disorder, particularly the ways in which people think about and manage their moods. She is leading a web study looking at associations between bipolar risk and resilience factors, mood, and academic achievement in students. She is also involved in projects exploring associations between psychological processes (inspiration, coping, and thinking style) with mood and recovery in bipolar. She is trial manager of a feasibility study of Enhanced Relapse Prevention Online. Alyson is a Frontline Adviser in quantitative methods for the NIHR Research Design Service (North West) and leads the PhD in Mental Health at Lancaster University. In recognition of her excellent contributions to the university, Alyson was promoted to a full time Lectureship in August 2012.
Professor Michael West
Professor of Work and Organizational Psychology at Lancaster University Management School
Senior Research Fellow at The Work Foundation and Emeritus Professor at Aston University

Mike was formerly Executive Dean of Aston Business School. He is a Fellow of the British Psychological Society, the American Psychological Association (APA), the Royal Society for the Encouragement of Arts, Manufactures and Commerce, the International Association of Applied Psychologists, the British Academy of Management and a Chartered Fellow of the Chartered Institute of Personnel and Development. He is an Academician of the Academy of Social Sciences. His areas of research interest are team and organizational innovation and effectiveness, particularly in relation to the organization of health services. He lectures widely both nationally and internationally about the results of his research and his solutions for developing effective and innovative organizations. He led the team that designed and ran the NHS National Staff Survey for seven years from 2004 and has most recently led a multi-university team in a £1.4 million programme examining the extent to which there are cultures of quality and safety across NHS England. He has sat on a number of policy committees for the Department of Health over the last 15 years and speaks at many national NHS conferences about leadership, teamwork and cultures for high quality patient care.

Research Interests

Michael West’s research focuses on the factors that determine the effectiveness and innovativeness of individuals, teams and organizations in the NHS. He also focuses on improving the well being of NHS staff. He maintains a strong line of research into the links between how NHS staff are managed at work, the climates and cultures of their organizations, and trust performance. This work shows that people management and trust climates and cultures are primary predictors of NHS trust performance, especially in relation to patient satisfaction, patient mortality, staff absence, turnover and quality of care over time. Details can be found at http://www.dh.gov.uk/health/2011/08/nhs-staff-management/

This work has had a significant influence on policy makers and leaders in the NHS, and his work is consistently referred to in policy documents and reports. As a consequence of his research, he has contributed to a number of national policy making boards, commissions of inquiry and to meetings of senior health service policy makers nationally and internationally. His work on leadership and staff engagement in the NHS was published by the King’s Fund in July - http://www.kingsfund.org.uk/publications/leadership_review_12.html

He was responsible until 2010, on behalf of the Care Quality Commission and the Department of Health, for developing and running the annual NHS Staff Survey over the last six years. This survey, involving more than 150,000 respondents each year, has significantly influenced policy and practice in NHS Trusts throughout England over this period.

For the last two years he has been leading a team of researchers from Aston, Aberdeen, Birmingham, Lancaster, Sheffield and Leicester Universities and the National Association for Patient Participation in a study of cultures of quality of care in NHS England. The research aimed to generate practical, timely lessons about the structures, processes and behaviours that facilitate the achievement of high quality care for patients, and how to support these. The research involved 107 interviews with key, senior level stakeholders across the NHS and beyond; 197 interviews from the “blunt end” (executive and board level) of NHS organisations through to the “sharp end” where staff care for patients; over 650 hours of ethnographic observation in wards, primary care practices and Accident and Emergency units; 715 survey responses from patient and carer organisations; focus groups and interviews with patient and carer organisations; team process and performance data from 621 clinical teams, drawn from the acute, ambulance, mental health, primary care, and community trust sectors; 793 sets of minutes from the meetings of 71 NHS trust boards from multiple sectors over an 18 month period. The analysis is complete and the report is expected to be released by the Department of Health to coincide with the Francis Enquiry Report in late January.

Contact Mike:
m.a.west@lancaster.ac.uk
Twitter: @westm61
Focus on Hub Partners

Mr Bambos Charalambous
Consultant Orthopaedic Surgeon

After graduating from the University of Manchester Medical School, I completed my Orthopaedic training in the North West of England. I was appointed as a Consultant in Trauma and Orthopaedics at Blackpool Victoria Hospital in 2009.

Throughout my career, I have had a keen interest in research and in the last 3 years I set up and led several in-house Orthopaedic research studies. This has allowed our junior doctors, medical students and physiotherapists to be involved in departmental research and contribute to peer-reviewed publications. The contribution of the R&D Department at Blackpool Victoria Hospital (Michelle Stephens, R&D Manager and Helen Spickett, R&D Officer), to setting our in-house studies has been invaluable. The help of our local statistician, Shaun Rogers, Data Analyst, in designing our studies but also analysing our results has been tremendous.

I am currently the R&D lead for Surgery at Blackpool Victoria hospital and also represent Cumbria and Lancashire on the NIHR Comprehensive Clinical Research Network specialty group for Surgery. The great help of Michelle Stephens and her colleagues, the enthusiastic assistance of the Trust’s research nurses, the hard work and dedication of our team physiotherapists Clare Blundell and Suzanne Lane (pictured with myself), as well as the support of the Lancashire & Cumbria CLRN have allowed us to contribute to the Profher trial, a national Orthopaedic Portfolio study. We are hopeful that in the near future we will be joining another multicentre Orthopaedic trial (WOLFL) as well as a multicentre Vascular surgical study.

More recently, I have also been working with Dr Sally Spencer, Dr Amanda Bingley and Anna Hart from Lancaster University and Dr Massimo Barcellona from King’s College London, in developing studies relating to frozen shoulder. We hope to apply for NIHR funding. This collaboration has allowed front line clinicians and university academics to come together and has been a great and extremely useful experience.

Susan Guthrie MA Hons, Dip CCS, MRCSLT
Specialist Speech and Language Therapist

Susan is employed by Lancashire Care NHS Foundation Trust, from whom Calderstones Trust purchase all their speech and language therapy services.

“\nI have been working as a Specialist Speech and Language therapist at Calderstones for 15 years, for the most part as clinical lead in Dysphagia (swallowing problems). I am interested in risk assessment and patient safety issues around eating and drinking but also in improving the quality of life experience during mealtimes for service users. Over the last few years I have been leading on research in this topic to develop screening and training initiatives to improve mealt ime practice and the safety of the individual with Dysphagia here at Calderstones.

In the last 2 years I have undertaken a review of patient safety incidents at mealtimes; this was a collaborative project working with NPSA to compare local and national data. I have also been developing tools to increase service user involvement in assessment of mealt ime difficulties. Working with service users and staff I have explored ways to increase understanding/awareness of difficulties in eating, drinking and swallowing. This has led to work on not only the risks and safety aspects but also on improving mealt ime practice and quality of life.

My current study is in the analysis stage; it is a qualitative study designed to explore the issues around teatime from a social and environmental perspective and thus to determine potential influencing factors of choking incidents as identified by care staff. The results of this study will be disseminated across the Trust both in staff workshops and via accessible information to service users. It is hoped the results will inform mealt ime practice across the Trust and improve screening and risk assessment for service users. The impact of this study may also inform wider populations in adult care and a summary will be submitted for publication.

I am now actively seeking funding for a PhD to continue my work in this important topic.
Hilary Whitehead has worked as a dentist in the Salaried Dental Service in the East Lancashire area since qualifying at Liverpool in 1980. She currently works clinically as a Consultant in Special Care Dentistry and Specialist in Paediatric Dentistry. She has close involvement with undergraduate and post graduate dental education involving the Universities of Central Lancashire, Liverpool and Manchester.

Her research interest began in 1986 whilst combining postgraduate studies with clinical work. ‘The effect of radiation during childhood on the oral structures’ examined adults who had been treated as children at The Christie Hospital for Hodgkin’s Disease and Wilms’ Tumour.

In 1999 whilst working as Clinical Director for the service she collaborated with Professor Gatrell at Lancaster University and local dentists and doctors. This resulted in a successful bid for National Research and Development monies in Primary Dental Care. The ‘Collaboration by Primary Care Professionals to improve Dental Health’ 3 year study was completed. This collaboration resulted in the formation of Blackburn with Darwen and East Lancashire Research and Development Group which is active in carrying out research in primary dental care.

In 2000, Hilary began working as Principal Investigator in a 3 centred commercially funded study comparing the outcomes efficacy of Colgate Duraphat varnish to that of a placebo varnish without fluoride lasting 3 years. This led to a centrally funded Dental Public Health trial involving 3000 8 year old children, ‘A Cluster-randomised Control Trial : Fluoride Varnish in School Children’ which was conducted between 2006-2009. The cohort of children have been followed to secondary school in ‘A longitudinal study of a single cohort to describe the long term changes in caries in children looking at the risk factors in its development.’ The cohort are now aged 15 and will be examined again March – June 2013. The information gathered will give information about diet, weight and height and is the most comprehensive data gathered in Europe. It will hopefully provide information for Public Health colleagues about risk factors in the teenage population for diabetes, cardiovascular disease as well as dental disease. This project is supported by Cumbria and Lancashire Research Network.

Hilary works with a team who have developed the expertise to organise and deliver large scale dental public health trials in both primary and secondary schools.

North Cumbria aims to strengthen the knowledge base of core R&D Departmental staff by encouraging post-graduate training. Currently, the NCUH R&D Dept has several staff involved in post-graduate degrees in Clinical Research. One person, Angela Birt, has already completed a MSc in Clinical Research from Newcastle University and a further four are in the process of undertaking an MSc, Rachel Jolly, Charlotte Eyles, Nicci Kelsall and Una Poultnesy. A Dermatology Specialist Nurse who works in clinical research part-time, Tracey Riley, is in the middle of a PhD programme at the University of Cumbria. This will allow the R&D Dept to have suitably qualified staff available in house when clinical staff want to undertake research initiatives, and hopefully projects will be taken further than small scale undertakings at the local level. North Cumbria University Hospitals has only just started to integrate National Portfolio research work into daily clinical practice, as recently as 2008 virtually no research activity took place, and it is anticipated that contribution to established studies and trials will foster development of home grown research ideas.
Dr Alison Birtle  
MRCP FRCR MD  
Honorary Clinical Senior Lecturer  
& Consultant Oncologist  
Clinical Lead for Research  
Lancashire & South Cumbria Cancer Research Network.

I am a full time NHS consultant specialising in the treatment of urological cancers and believe that research should be an embedded part of clinical practice. As such I have been an appointed member of the NCRN prostate cancer and bladder cancer Clinical Study groups since 2005, and am also a member of the subgroups for advanced prostate cancer and imaging.

I have been involved in clinical trials in several different settings: from early phase II studies and translational "bench to bedside" work, up to phase IV trials.

My particular interests as principal investigator has been in chemoradiation in bladder cancer, and new targeted systemic therapies in both metastatic prostate cancer and bladder cancer, looking for agents that improve prognosis whilst maintaining quality of life.

My MD thesis at the Institute of Urology at UCI was in PSA- negative prostate cancer and I am currently looking at collaborative work with Lancaster University on potential new predictive and prognostic markers in metastatic prostate cancer.

In 2012 my first trial as Chief Investigator, the POUT Trial opened. This is an international study, run through the ICR-Clinical Trials Unit, in completely resected upper tract urothelial cancer and looks at defining a new standard of care for these patients by assessing the impact of adjuvant chemotherapy versus close surveillance upon prognosis.

I firmly believe that patient involvement in every step of clinical research is paramount and I have run national focus groups assisting with writing patient information sheets and informing new trial protocol development. There is little point in devising a study that will ultimately fail because its interventions or investigations are unacceptable to patients! The involvement of our own users within Lancs and South Cumbria is vital and as a member of the LSCCRN Cancer Research Partnership Group I have helped develop posters to raise awareness of clinical trials within our local population.

In January 2012 I was appointed Clinical Lead for Research for LSCCRN and my aim is to offer a true choice of studies to patients in all tumour groups across our Network. Obviously all trials cannot be open at all geographical sites, but patients need to have the option of a clinical study as part of their management and to be informed about this-the mantra "no decision about me, without me" has never been more important.

In September 2012 I was appointed Chair of the NCRN Bladder cancer clinical study group helping to develop research nationally in this area.

I am an executive member of the British Uro-Oncology Group and Trustee of the Action on Bladder Cancer, both national organisations that aim to promote greater understanding and research into urological cancers.

Dr David Eaton  
Mb ChB, MRCP, PhD  
Consultant Medical Oncologist

Dr Eaton trained in Medical Oncology at the Christie Hospital, Manchester obtaining a PhD in Cancer Immunotherapy and cellular gene therapy at the Paterson Institute in 2002. He became a Consultant at the University Hospitals of Morecambe Bay NHS Foundation Trust in 2005 specialising in the treatment of patients with Breast, Colon, Skin and Kidney Cancers. He is Chair of the Lancs & South Cumbria Cancer Network Chemotherapy Group and is Deputy Chair of the North West Cancer Drugs Fund as well as being a member of the Lancs & South Cumbria Research Network Steering group.

Research interests include neoadjuvant and adjuvant therapy for early stage breast cancer and the management of HER2 positive disease as well as systemic therapy for colon cancer.

He is committed to improving cancer patient care by promoting participation in local, national and international clinical trials and is the local PI for a wide range of portfolio studies.

Recently completed trials include a commercial study on the use of combination HER2 targeting agents in early breast cancer, a collaboration with the Christie hospital evaluating acupuncture as a treatment for cancer related fatigue and (whilst working at LTH) a highly recruiting study of the use of Avastin in high risk melanoma patients. He is currently involved in recruiting patients to studies on the use of metformin as an adjuvant treatment in early breast cancer, several optimal duration of adjuvant therapy studies in breast and colon cancer, a study of the novel agent TDM-1 in advanced breast cancer as well as several other trials.
Contacts

Clinical Research Hub
www.lancs.ac.uk/fhm/work/clinical_research_hub

Dr Sally Spencer, Associate Director of Clinical Research
s.spencer@lancaster.ac.uk

Dr Mandy Dixon, Clinical Research Hub Manager
m.dixon4@lancaster.ac.uk

Dr Anna Hart, Chartered Statistician
a.e.hart@lancaster.ac.uk

Bethan McMullen, Hub Administrator
b.mcmullen@lancaster.ac.uk

Trust Partners

Blackpool Teaching Hospitals NHS Foundation Trust
Michelle Stephens, Research and Development Manager
Michelle.Stephens@bfwhospitals.nhs.uk

Paula Johnson, Research and Development Manager
paula.johnson@calderstones.nhs.uk

Calderstones Partnership NHS Foundation Trust
Louise Cheung, Quality and Research Lead
Louise.Cheung@lancashirecare.nhs.uk

Lancashire Care NHS Foundation Trust
Gemma Whiteley, Research and Development Manager
Gemma.Whiteley@lthtr.nhs.uk

Lancashire Teaching Hospitals NHS Foundation Trust

North Cumbria University Hospitals NHS Trust
Leon Jonker, Research and Development Manager
Leon.Jonker@ncuh.nhs.uk

University Hospitals of Morecambe Bay NHS Foundation Trust
Jane Pearson, Head of Research & Development
Jane.Pearson@mbht.nhs.uk