



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Research and Development 2023

With YOU in mind

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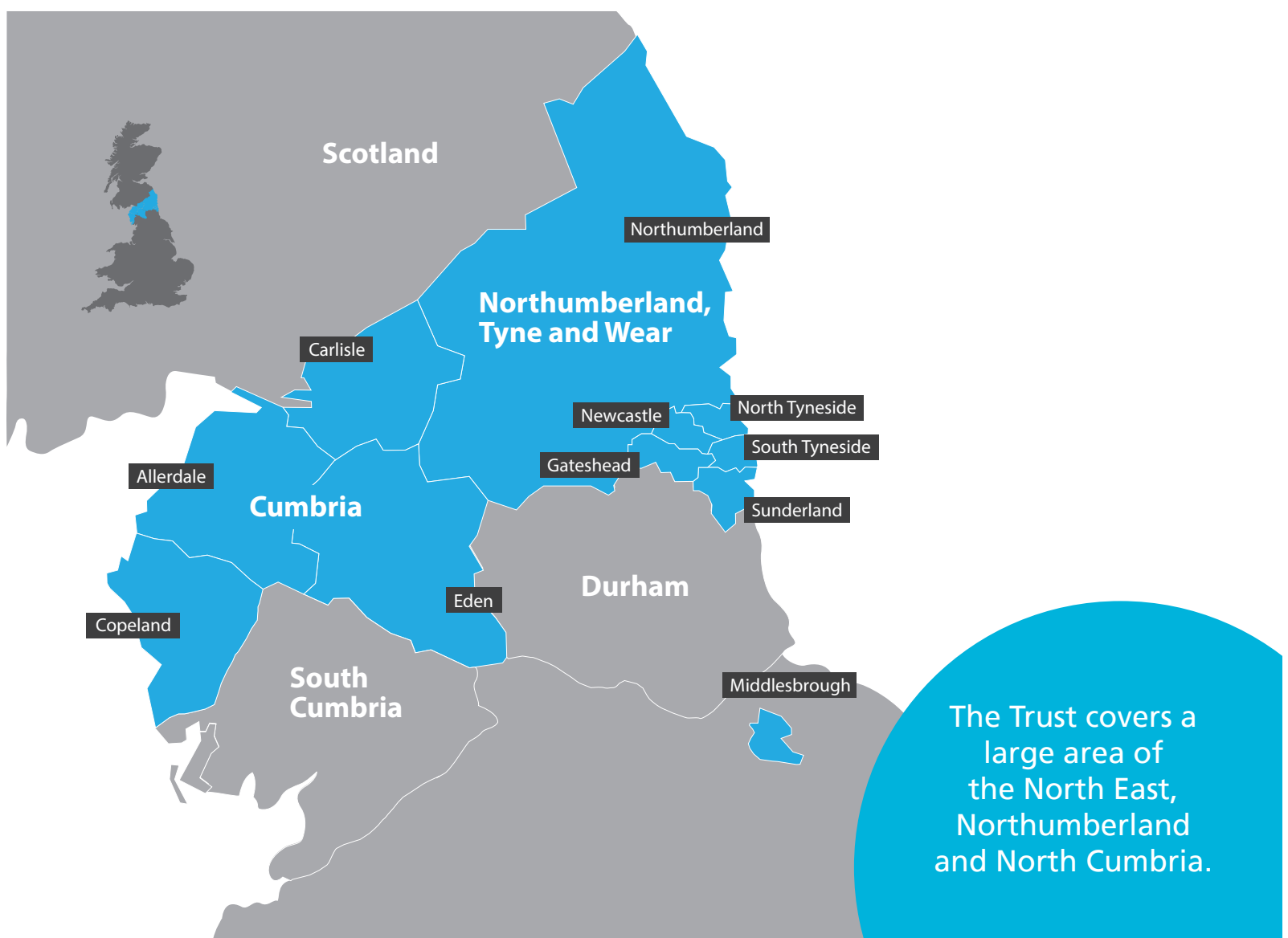
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Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust provides a range of mental health, learning disability and neurological care services across the north of England.

The Trust works from more than 70 sites across Cumbria, Northumberland, Newcastle, North Tyneside, Gateshead, South Tyneside and Sunderland. We also run several regional and national specialist services.

Along with partners, we deliver support to people in their own homes, and from community and hospital-based premises.





Research in CNTW

Evidenced-based practice is the cornerstone of the NHS, and good quality research improves treatments and services for everyone.

As one of the largest mental health, learning disability and neurorehabilitation NHS Trusts in England, we have a significant research profile as one of the most research-active mental health Trusts in England. We lead and facilitate the delivery of research and innovation across the organisation and beyond, into the wider health system.

In a typical year we proudly sponsor around 50 studies and host between 50 to 60 large scale National Institute for Health and Care Research (NIHR) portfolio adopted research projects.

CNTW is unique in offering some highly specialist services, which in turn allows us to support research in a range of specific areas. We are regarded as research leaders in autism, affective disorders, Cognitive Behavioural Therapy and dementia. We draw on some of the country's best mental health and learning disability clinical academic researchers working in, and with, our Trust.

Our strategic aims for research and development are that:

- Research is embedded into services and practice
- Research is co-produced and available to all users of CNTW services
- CNTW is a leader and an influencer in local and national research networks and partnerships
- We enable research through innovative approaches to using data and digital methods
- We support and enable our staff to be involved in research at all levels of the organisation

Research Performance in CNTW

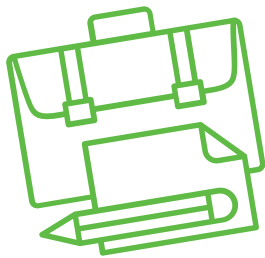


17 Funding applications submitted

39 CNTW sponsored studies open

103 NHS sites around the country open to CNTW sponsored studies

Upwards of 2000 participants part of CNTW sponsored studies across the country



NIHR Portfolio Research performance:

24 NIHR portfolio studies opened

909 participants recruited within CNTW to NIHR portfolio studies

CNTW Staff Publications:

7 trials

14 review articles

55 other (cohort, qualitative, survey etc.)



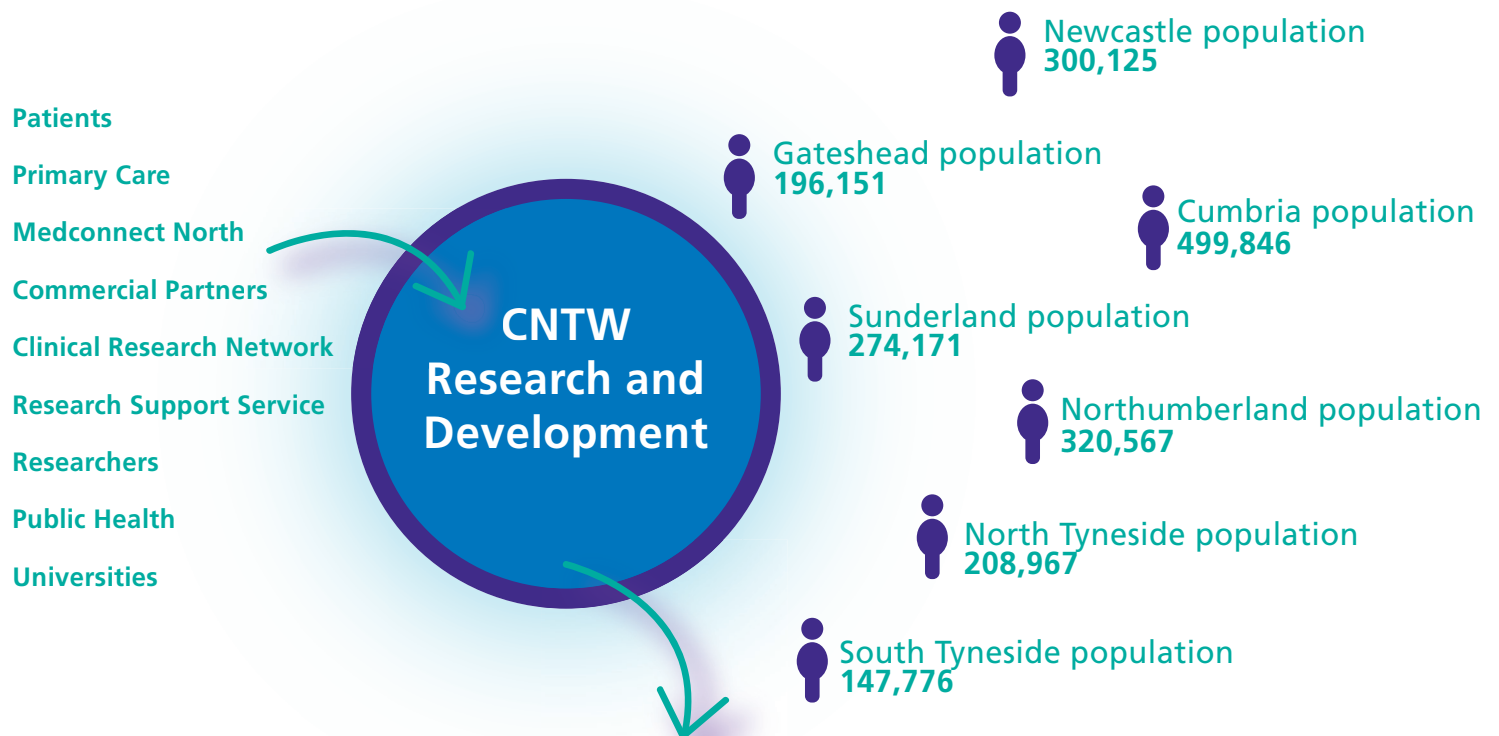
Our research infrastructure and collaborators

As an integral part of the regional infrastructures which support research, we host the NIHR Applied Research Collaboration North East and North Cumbria (ARC-NENC), which is a collaboration involving 84 NHS, 35 public health, 18 social care and 31 voluntary and community sector bodies across the North East and North Cumbria.

This applied research collaboration aims to improve the health of the region's population through research in health and social care and its implementation into practice.

We are a member Newcastle Health Innovation Partners (NHIP), along with The Newcastle upon Tyne Hospitals, Newcastle University, Newcastle City Council and the Health Innovation North East and North Cumbria (HI NENC).

NHIP aims to translate internationally recognised science and innovation into improvements in the health of the population. Our strong research position nationally attracts pharmaceutical, medical device and biotech companies who share a common goal of offering our patients and staff opportunities to participate in cutting-edge research.



We will work with our partner organisations to deliver our strategic aims for research and development across the CNTW region.

Snapshot of our collaborators



CNTW contribution to the national research landscape



PAUL COURTNEY

To develop staff to be part of research, the R&D team developed a Principal Investigator training video with CNTW nurse consultant Paul Courtney and the NENC CRN.

We were delighted when the NIHR asked if they could use our video in their national training package.



To help raise awareness of research amongst staff and service users, CNTW R&D developed some digital animations. These now feature on the NIHR resources toolkit.

The R&D Manager in CNTW recently worked on a national group led by the Health Research Authority, Noclor NHS Research Office, and Central London Community Healthcare NHS Trust to develop the Universal Letter of Assurance (ULoA).

This is a model of good practice that has been developed to assist in streamlining access for NHS and Higher Education Institution (HEI) researchers in the delivery of research in a range of settings including (but not limited to) care homes, local authorities, charities, hospices, schools and prisons as well as the independent sector.

The model provides the assurance that appropriate checks are in place but avoids duplication and the need to establish new and complex in-house systems.

CNTW Spotlight Studies

COBALT

Prof John-Paul Taylor

COBALT is a trial to assess the clinical and cost effectiveness of adding memantine treatment in patients with Dementia with Lewy Bodies (DLB) or Parkinson's Disease Dementia (PDD), who are on an acetylcholinesterase inhibitor (AChEI).



Participants are followed up for 52 weeks, with primary outcome assessed at 26 weeks. COBALT comprises two independent modules, namely COBALT-DLB and COBALT-PDD, each with a multi-centre, parallel arm, double-blind, randomised placebo-controlled trial design.

COBALT recruited its first participant in December 2022, and, to date, 14 UK sites have opened with 53 participants recruited. This is 18% recruitment to target, of 300 participants overall. We also plan to open trial sites in Australia to recruit a further 72 participants.



Results from the national Participant in Research Experience Survey (PRES) are favourable: participants report that the information they received prepared them for the experience of research, they were kept updated about the trial, they could contact a site staff member for information, and they felt valued for taking part.

All respondents would consider taking part in research again.

CNTW Spotlight Studies

Use of smartphones in dementia

Dr Bob Barber

The study undertook a national survey of people with dementia and their carers to explore their experiences and opinions relating to the use of assistive technology – specifically smartphones.

Digital technologies are increasingly used in the delivery of health and social care, and by individuals to help manage their health and welfare needs. If new technologies and related innovations are to be successfully applied to support people with dementia (PwD), it is important to understand the views and needs of PwD alongside those of their carers. This is an under researched area and this study focused on one of the most widely available forms of technologies, namely the smartphone, to better understand how these devices are used by PwD and their carers.

The survey was sent to volunteers with dementia and their carers who have signed-up to the NHS National Institute for Health Research (NIHR) “Join Dementia Research” (JDR) website. In addition, volunteers registered on the North East North Cumbria (NENC) DeNDRoN Research Case Register held within CNTW NHS FT were also invited to complete the survey. All survey responses were recorded anonymously.

Our target of 450 participants was **exceeded significantly** with the total number of participants completing the survey being 719 (269 participants over target!).

The participant breakdown; 276 PwD and 443 carers. The results are currently being analysed and we look forward to sharing the findings with colleagues within the Trust and further afield via publications in peer-reviewed journals in due course.

We would like to take this opportunity to thank everyone who supported the study; particularly the people who kindly replied to the survey as well as the study team, DeNDRoN staff, and CNTW R&D.



Evaluation of NHS-funded tobacco dependence services

Prof Eileen Kaner

The UK government set out an ambition of reducing smoking prevalence to 5% or less by 2030. A comprehensive approach is needed to achieve this goal.

The NHS Long Term Plan aims to offer a comprehensive, routine tobacco dependence treatment service across acute, maternity and mental health settings, systematically identifying smokers and providing support through behavioural counselling and pharmacotherapy, specifically Nicotine Replacement Therapy (NRT).

An understanding of the implementation of this national policy will inform future decision making by providing information on what is working well, what could improve, and which factors are influential to successful service delivery.



This project aims to:

- Explore staff perceptions towards service implementation
- Explore smokers' experiences of the service
- Estimate service effectiveness as the number of smokers who have undertaken an intervention and self-reported and/or have a CO confirmed 28 day quit
- Estimate the cost-effectiveness of the service per additional quit

This national evaluation consists of 10 NHS trusts from five geographical regions of England, including 2 mental health NHS trusts, 7 acute inpatient NHS trusts and 5 maternity services.

To date, we have conducted an online staff survey of 41 healthcare professionals working within tobacco dependence services. We have conducted 21 interviews with healthcare professionals including tobacco dependence advisors, service managers and physical health support workers.

We have conducted 28 interviews with patients and service users from 9 NHS trusts; 4 from mental health settings; 14 from acute inpatients and 10 from maternity services.

Finally, we have collected data from 5845 patients, which will be used to determine the effectiveness and cost-effectiveness of the new service.

Patient and public involvement in research

In 2023, working in partnership with people with lived experience, we updated our research involvement strategy.

We have set an ambition of “work(ing) with people with lived experience as equal partners to design, shape and deliver all projects and studies we lead on - creating career and development opportunities for everyone who works with us”.

Working in partnership with Northumbria University we are proud to have educated a further 9 members of the public on our university accredited innovative “Public Involvement and Co-production in Research” (PUBLIC) programme. All of whom have gained experience supporting and influencing research projects.

In 2023 we have:

Launched the Research Involvement Hub (Ri Hub) - providing people with lived experience opportunities to support research projects.
Currently 36 active members.

Received fantastic feedback from Ri Hub members
“I feel like I have a brand-new life with a clean page. I now have something to live for and feel like I can make a difference”

Supported the public involvement of:
38 research projects

Developed a new module for the PUBLIC programme which will pilot in 2024

43
lived experience advisory group members

3
lead investigators

8
research co-applicants

Clinical Record Interactive Search system (CRIS)

CRIS utilises Natural Language Processing (NLP), allowing researchers to search for medications, diagnosis and signs and symptoms within medical notes.

CRIS facilitates access to and transforms clinical data stored in Trust systems, creating a comprehensive and anonymised resource. This enables researchers and clinicians to explore hypotheses and pinpoint patient cohorts. Additionally, CRIS serves as a valuable tool for conducting service evaluations and clinical audits.

A good example of this is where there is no confirmed ICD10 code for a Service User, but their free-text progress notes may contain indicators that point to a confirmation from a medical professional. CRIS can positively confirm this diagnosis on behalf of the researcher and therefore reduce the time it takes to manually screen numerous sets of notes to try and determine a diagnosis.

We also can confirm whether this is a historic or current diagnosis, as well as ensuring that it relates to the patient and not a relative/family member. These are all features that would not be available to a researcher if not using the CRIS system.



Research quality in CNTW

Quality Assurance (QA) is an integral part of safely conducting research. QA ensures that patients are provided with opportunities to participate in high quality and ethical research, while protecting the integrity of the data collected.

To ensure oversight of sites in our sponsored trials we have:

- Reviewed and green lit 15 sites for our CTIMPs
- Reviewed 17 monitoring reports

In 2023 we have conducted 17 audits:

- 8 annual audits of trial master files
- 3 annual audits of investigator site files
- 3 first participant audits of trial master files
- 3 first participant audits of investigator site files

These audits found:

- 0 critical findings
- 8 major findings
- 27 other/minor findings

Although Good Clinical Practice (GCP) is only a legal requirement for Clinical Trials of an Investigational Medicinal Product (CTIMP), we encourage GCP training for all staff as best practice.

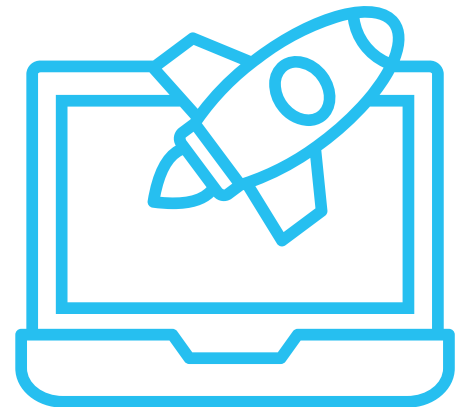
Completed GCP training in the past 3 years:

- 100% of our staff working on CTIMPs
- 100% of our staff working on interventional studies
- 86% of our staff working on observational studies

We have a robust quality management system, using Q-Pulse to monitor and track our trial milestones, training dates, non-compliances, and audit activities. This includes a comprehensive library of documentation to support our staff with research processes and requirements. These are updated following changes to local and national guidance.



Future of research at CNTW



Developing a Medical Device Quality Management System – supporting developments in digital healthcare

Developing PPI support for national NIHR and Commercial Trials; improves research quality and provides funding for PPI infrastructure

Work with Commercial Partners to Sponsor and co-produce trials

Research Training Package to improve quality and opportunity for staff development

Further embed research into clinical practice

Provide more opportunity for service users, carers and staff to be part of research

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