

# Centre for Health and Clinical Research (CHCR)

Newsletter, January 2020

## Introduction from the Director

Since publication of the last newsletter, the Centre has continued to go from strength to strength with several new appointments, prestigious grants, doctoral completions and high impact activities. I encourage you to read the news from each individual theme to get a summary of what has been going on. At the time of writing, we are in final preparation for a series of seminars, including our second doctoral showcase event. The success of this event in 2019 has led to what I hope will become an annual opportunity for our students to share their work.

We are also busy preparing for our annual CHCR showcase conference that is due to take place on Friday 3 April at Glenside Campus. We have an exciting line up of speakers representing each of our CHCR themes as well Professor Brendan McCormack (Associate Director Centre for Person-centred Practice Research, Queen Margaret University) due to talk on *Becoming and Being a Researcher: Opportunities, Challenges and Rewards*. We already have over 60 delegates registered for the conference. If you would like to attend, I would encourage you to register as soon as possible using the following link: [bit.ly/36qZvpS](https://bit.ly/36qZvpS). We are also accepting abstract submissions for poster presentation. If you would like to present your work and have an opportunity to win a prize, please visit: [bit.ly/30JcLE6](https://bit.ly/30JcLE6). The closing date for abstract submission is 17 February 2020.

We held two successful lunchtime seminars in the second half of last year; the first in July, showcasing our rapidly growing expertise in Realist Evaluation. Over 50 individuals, including UWE Bristol staff and students as well as external stakeholders, attended this event. In October, we showcased our research on *Manualised Interventions*. The event was recorded to allow those that could not attend to watch it later.

In addition to the new appointments reported within the theme reports, I would like to take this opportunity to welcome **Dr Faith Martin**, (Wallscourt Fellow Wellbeing and Mental Wealth) and **Dr Ann Smith**, (Wallscourt Fellow in Health Technology) who joined us in September and October respectively.

The winter graduations provided a great opportunity for us to celebrate our successful doctoral completions with Dr Alice Berry, Dr Juliet Girdher and Dr Michelle Bonfield all attending ceremonies in November 2019.

Finally, the Department of Nursing and Midwifery have recently advertised an exciting new post of Associate Professor in Life Limiting Conditions (closing date 26 February 2020). The successful candidate would be expected to work closely with Centre members. For further details, please visit: [bit.ly/37jSCqO](https://bit.ly/37jSCqO)

I do hope that you enjoy reading the news from our themes and encourage you to get in touch for further information. To find out more about our research, please visit our website [bit.ly/37j0xVn](https://bit.ly/37j0xVn) and follow us via twitter **@CHCR\_UWE**.

For additional queries, please contact me by email [Fiona.Cramp@uwe.ac.uk](mailto:Fiona.Cramp@uwe.ac.uk) or telephone 0117 3288501.

**Fiona Cramp**  
**Professor of Long Term Conditions and Director of CHCR**

## News from the Child Health theme

### Nepal Injury Research Centre (NIRC) programme update

It has continued to be a busy year for the National Institute for Health Research (NIHR) funded NIRC. Most of our component studies have finished collecting data in Nepal. The photos below illustrate some of the challenges in promoting road and home safety.



An *Advanced Injury Research Course* was delivered in August 2019 by the NIRC team and held at Kathmandu Medical College. **Julie Mytton** and **Puspa Pant** delivered oral sessions remotely via video link.

In October 2019, **Emer Brangan** and **Julie Mytton** visited the Centre for Injury Prevention Research Bangladesh and were taken to see a community crèche in rural south Bangladesh established to reduce the risk of drowning in children under 5s. The photo shows Emer and Julie meeting the village crèche development committee in front of the crèche building.



A successful one-day engagement workshop was held in Kathmandu on conceptualisation of 'injury' in Nepal in December 2019. We look forward to designing new research informed by the fascinating and complex concepts of injury which were articulated in this workshop.



Congratulations to **Amrit Banstola** who gained his MSc in Health Economics and Health Policy from the University of Birmingham in December 2019. His dissertation was on the *Economic burden of road traffic injuries in Nepal*. Amrit has received funding to undertake his MSc from the NIRC.

### Child injury prevention photosphere (ChIPP)

**Toity Deave** has been working with the Department of Mechanical Engineering (University of Bristol) to modify the photosphere so that it is fully functional. With colleagues in UWE Bristol, she is now exploring other applications for the process. She was invited to speak at the EU Safety conference in Luxembourg in October 2019.

## The Enhancing Post-injury Psychological Intervention and Care (EPPIC) study

The NIHR Knowledge Mobilisation Research Fellowship, EPPIC study, led by **Kate Beckett**, used Forum Theatre (FT) to help key stakeholders in trauma care engage with each other's knowledge and research to devise practical improvements in post-injury psychological care. Feedback from the two practitioner and researcher FT workshops was overwhelmingly positive. Using this dynamic social means to mobilise knowledge generated considerable momentum and impact.



Because of her work with her KMRF fellowship, Kate was invited to lead a Masters Level Knowledge Mobilisation Module workshop entitled *Assessing the impact of knowledge mobilisation* to international students at the School of Health and Related Research, University of Sheffield, in December 2019.

**Julie Mytton** was invited to be External Examiner for the MSc in Paediatrics and Child Health at University College London.

Sadly, the team said farewell to Associate Professor **Lyvonne Tume** in July who left to take up an Associate Professorship in Child Health at Salford University.

**Sally Dowling** (CHCR), Michal Nahman (SSRG) and Susan Newman (Bristol Centre of Economics and Finance) have commenced work on their Vice-Chancellor's Interdisciplinary Challenge Fund project, *Nurture Commodified*. The team are working with a research consultant in Bangalore (India) to investigate the commodification of breastmilk. Michal and Susan have recently returned from fieldwork in India; analysis of interview and other data is now underway and further fieldwork planned in India and Australia.

### PhD students

We welcomed **Kelly Spurlock**, funded by the ESRC South West Doctoral Training Fellowship, to explore sources of weaning advice and maternal wellbeing. Sally Dowling is her Director of Studies with Toity Deave and Patricia Lucas (University of Bristol) also supervising.

**Sam Burr**, a NIHR Clinical Doctoral Fellow, is back from maternity leave but managed to have a paper accepted just before she went, *The relationship between feeding and non-nutritive sucking behaviours and speech sound development: A systematic review*, in *Folia Phoniatrica et Logopaedica*, authors S Burr, s Harding, Y Wren and T Deave.

For more information, please contact the Theme Lead: [Toity.Deave@uwe.ac.uk](mailto:Toity.Deave@uwe.ac.uk)

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## News from the MAMBO theme

### (Musculoskeletal Management, Measurement, Behaviour Change and Outcomes)

Most recently, **Sarah Bennett** successfully defended her thesis at viva and has been recommended for the award of PhD subject to minor amendments. The examination team, Professor Raoul Engelbert (Amsterdam); Professor Carol Clark (Bournemouth); and Dr Emma Dures (UWE Bristol), were very impressed with her work titled *Understanding the psychosocial impact of Joint Hypermobility and Ehlers-Danlos Syndromes*. Sarah is currently working as a Research Associate with Dr Mwidimi Ndosu within rheumatology.

In October, we welcomed PhD students, **Suzanne van Even** and **Ruben Walsh**, funded by the ESRC South West Doctoral Training Fellowships. Their research is within inflammatory rheumatic diseases with Suzanne exploring coping strategies, psychological impact, and support preferences of black men and Ruben exploring coping strategies demonstrated by young men.



**Dr Alice Berry** graduated in November, having successfully passed her PhD. She is now employed at UWE Bristol as a Research Fellow and has recently been awarded a fellowship from the local Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group (BNSSG CCG) to support her post-doctoral pathway. The title of her research is *How do people with musculoskeletal long-term conditions transition from NHS care into community-based services? Exploring pathways of engagement with physical activity opportunities*.

Professor Nicki Walsh and Dr Emma Dures will support Alice during the fellowship. Alice also received an external funding grant from SBRI (Small Business Research Initiative Scheme) Healthcare in relation to developing technology through co-design (see [Knowledge Mobilisation theme news](#) for further details). It certainly was a successful end to 2019 for Alice!

**Dr Emma Dures** has been awarded £19,215.00 from Research Capability Funding (RCF), University Hospitals Bristol (UH Bristol) for a project titled *Living well with inflammatory rheumatic disease: Promoting psychological flexibility in newly diagnosed patients*. Collaborators are Chris Silverthorne, Dr Jo Robson, Dr Miles Thompson, Beth Jones and Remona Jenkins (patient research partner).

The GCA-PRO study (Principal Investigator **Dr Jo Robson**, Study Co-Ordinator **Celia Almeida**) recently opened its first site, with another 50 sites in the process of set-up. The study aims to develop a Patient Reported Outcome Measure (PRO) for Giant Cell Arteritis (GCA), in the form of a questionnaire specific to the disease and its impact on quality of life. The team are planning to test the PRO on a sample of 500-1000 GCA patients across the UK.



**Bethan Jones** (PhD student) and Andrew Hunt (Patient Research Partner and supervisor) feature in the latest resource from Versus Arthritis on patient involvement in research. Their case study (section 4) showcases a model for students' collaboration with patients in doctoral research. As a result of how they work together, Beth and Andrew have been invited to give several talks to groups of both academics and clinicians.

In August, **Dr Emma Dures** gave a talk to the National Rheumatoid Arthritis Society (NRAS) patient group titled *Fatigue in inflammatory arthritis: A review of evidence and clinical practice*. During the talk, Emma

discussed some of the tools and techniques that were tested in the RAFT trial. More information about RAFT and fatigue self-management can be found via the NIHR signal: <https://discover.dc.nihr.ac.uk/content/signal-000860/group-cognitive-behavioural-courses-may-reduce-fatigue-from-rheumatoid-arthritis>

In November, **Dr Emma Dures** delivered a session called *Motivational interviewing, what it is and how to harness it* to a group of nurses and allied health professionals as part of the British Society of Rheumatology's 'Core Skills' training event. She has also been invited to be an international member of the Targeted SELF-MANagement in Patients with Inflammatory Arthritis (TASEMA) Advisory Board, funded by Novo Nordisk.

Finally, **Prof Shea Palmer** has been invited by the Kuwaiti Physical Therapy Association to deliver a course on *Building Physiotherapy Research*.

**For more information, please contact one of the joint Theme Leads:** [Shea.Palmer@uwe.ac.uk](mailto:Shea.Palmer@uwe.ac.uk) and [Emma2.Dures@uwe.ac.uk](mailto:Emma2.Dures@uwe.ac.uk).

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## News from the Emergency Care theme

We welcomed three new team members: Dr Laura Goodwin as Senior Research Fellow in Emergency Care supporting a range of ongoing projects and grant applications; and Edd Carlton and Rob Crouch joined us as Visiting Professors – bringing a wealth of expertise on research in Emergency Care.

Data collection is well underway for several projects supported through Research Capability Funding.

### **Barriers to paramedic administration of TXA**

Every year in England, around 20,000 people are severely injured and many of these suffer significant blood loss which can prove fatal. Paramedics can give a drug called Tranexamic acid (TXA) which is highly effective in reducing bleeding and saving lives. Importantly, the sooner TXA is given, the better a patient's outcome is likely to be. We are conducting a qualitative study of paramedics' perceptions of barriers to the identification of patients at risk from bleeding due to trauma, and the timely administration of TXA to this patient group. The findings will inform further research into the effective implementation of a new prognostic tool to guide the use of TXA by paramedics.

### **Paramedic identification of patients in the last year of life**

Quality of care at the end of life (EoL) is variable across the UK, and identifying patients in the EoL phase could be improved, particularly for those with diagnoses other than cancer, including frailty, chronic heart and lung disease and dementia. The role of the ambulance service in recognising patients approaching EoL is often overlooked. Ambulance services are well-placed to initiate personalised care and the provision of care closer to home in EoL patients who have not been identified previously, and who access the ambulance service through a 999 call. We are interviewing paramedics, GPs and community nurses to investigate their views on a paramedic screening and referral intervention aimed at improving advance care planning in patients who are likely to be in the last year of life. This exploratory work will be used to guide further research.

### **Airway management for in hospital cardiac arrest**

Following on from the success of the AIRWAYS-2 randomised trial of initial airway management during out

of hospital cardiac arrest, we are undertaking some scoping work to explore the acceptability of conducting a related trial in the hospital setting. We are working with resuscitation experts and hospital-based researchers to identify the issues that need to be addressed to pave the way for this future randomised trial. We have recently completed a survey of hospitals across the UK, gathering views on which methods of airway management are considered usual practice and whether this trial would be welcomed by the staff who attend cardiac arrests in hospitals.

### **GPs in Emergency Departments (GPED) study**

The study is now in its closing stages. So far, the project has progressed very smoothly.

### **Message from the Chief Investigator, Professor Jonathan Benger, UWE Bristol**



We have now completed data collection from all ten of our case study sites, and I am hugely grateful to all the staff and patients who have supported GPED to this point. We have gathered an enormous amount of data through observations, interviews and surveys, alongside routine sources, and are now fully engrossed in the task of data analysis and interpretation, working closely with our patient and public partners who have been invited to examine both quantitative and qualitative data in a truly mixed methods approach that mirrors the main study analysis. Our study database has been updated and improved, and now contains details of the characteristics and model of GPED in every major A&E Department in England.

A research paper describing the taxonomy of current GPED models of care has been published in the *Emergency Medicine Journal* in collaboration with colleagues who are working on a similar study under the leadership of Professor Adrian Edwards at Cardiff University (see <https://emj.bmj.com/content/36/10/625>). We are now fully committed to the task of data analysis and reporting, and expect to publish our findings during the summer. My heartfelt thanks go to everybody involved in and supporting this study; we simply couldn't do the work without you.

#### **Recruitment Update**

##### **From the 10 case study sites:**

- 284 staff either interviewed, observed or both
- 150 patients/carers either interviewed, observed or both
- 460 workforce surveys completed

##### **Additional recruitment:**

- 10 telephone interviews across England with national system leaders
- 85 telephone interviews across England with an Emergency Department Senior Responsible Officer

Our qualitative team have collected case study data at 10 sites nationally in the form of interviews and field-notes recording observations made on-site. We have collected quantitative data from workforce surveys completed by the staff working at the case study sites, alongside extracting data on Emergency Department performance from the Hospital Episode Statistics from NHS digital and directly extracted from three of our case study sites. We have also produced a database that underpins the GPED study with an extensive and diverse dataset including data on emergency department attendance and local deprivation

score, the GPED model in place and level of GP cover. Analysis is now underway on both the qualitative and quantitative data.

## GPED Stakeholder Conference

Hosted by the Cardiff-Based Research Team



GPED is a collaboration between research teams at UWE Bristol, Newcastle University, University of York and University of Bristol. An excellent and well attended GPED stakeholder conference took place in Bristol on 3 December. Delegates from UWE Bristol, Newcastle, Bristol and Swansea, were in attendance with strong support from patient, public, clinical and managerial colleagues from emergency departments, general practice and commissioning organisations.



The event kicked off with a warm welcome from Professor Adrian Edwards (left). Speakers introduced the GPED taxonomy and findings so far followed by group workshops on patient safety, patient experience and attitudes to GPED. The afternoon session opened with a GPED project summary from UWE Bristol's Dr Heather Brant (top, right).

## GPED Patient and Public Involvement (PPI) Workshops

A PPI workshop took place in late November, introducing the group to a quantitative data set for review and discussion to develop understanding and support interpretation. Additional workshops are planned for early 2020. For further information on GPED, please contact the Study Administrator, Hayley Dash ([Hayley2.Dash@uwe.ac.uk](mailto:Hayley2.Dash@uwe.ac.uk))

For more information, please contact the Theme Lead: [Jonathan.Benger@uwe.ac.uk](mailto:Jonathan.Benger@uwe.ac.uk)

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## News from the ACTIoN theme (Assessment, Care, Treatment in Neurology)

The latter part of 2019 has been a very successful one for ACTIoN theme members. Amongst the highlights were:

**Dr Mary Cramp, Emily Dodd** and Dr Jo White (a Senior Research Fellow from the Centre for Public Health and Wellbeing) recently won funding from BNSSG CCG to develop a national grant application. This work builds on existing research on the impact of stroke in the Black African and Caribbean community in Bristol. Using a co-production approach with community members, Mary, Jo and Emily will be exploring ways in which information sharing between health care professionals and black stroke survivors and their carers can be improved.



**Professor Richard Cheston** and **Emily Dodd** were successful with an application to the NIHR Research for Patient Benefit scheme to establish how to create an augmented care pathway for people living with dementia and their carers who are from South Asian communities. The project is titled *The South Asian Communities Enhanced Dementia pathway (SACED) refining a package of intervention* and is a collaboration with the Universities of Bradford and Wolverhampton. Emily's time in setting up the study will also be supported by an RCF grant from BNSSG CCG. Emily Dodd also had a successful DPhil viva with recommended outcome of minor corrections.

The Bladder and Bowel Confidence (BABCON) Health Integration Team (HIT) was approved by Bristol Health Partners (BHP) with **Dr Nikki Cotterill** as Director (see [In other news](#) for additional information). Nikki also attended an All Party Parliamentary Group for continence and hopes to be joining the group later in the year. She is also Chair of the Bowel Workstream of the National Bladder and Bowel Health Project (NHSE) and, at a meeting with the Chief Nursing Officer for England (Ruth May), gained an assurance that continence will be added to her priority list. Nikki was also successful with an application to the UWE Bristol Vice-Chancellor Mid-Career Accelerator programme.

**For more information, please contact the Theme Lead:** [Richard.Cheston@uwe.ac.uk](mailto:Richard.Cheston@uwe.ac.uk)

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## News from the PROactive theme (Pain, Rehabilitation and Innovation)

A special mention to PhD student, **Leah Morris**, who was offered her first research job and submitted her thesis in December – all on the same day!

Two new internally-funded studies have commenced:

- Exploring the role of appearance in the wellbeing of adults with incurable cancer. This project is being led by the Centre for Appearance Research, in collaboration with **Professor Candy McCabe**.
- Creating a visual hand illusion to treat chronic pain. Funding for this collaborative study was awarded to **Dr Jenny Lewis** and Dr Mark Palmer (Faculty of Environment and Technology) via a cross-faculty competition.

Several PROactive members have taken on new roles alongside their regular activity:

- **Sharon Grieve** and **Professor Candy McCabe** have roles with the NIHR 70@70 Nursing and Midwifery Leadership Programme, which aims to champion research, innovate and drive improvement in future care.
- **Professor McCabe** led a successful application for three Nursing and Midwifery research internships funded through the Clinical Research Network (co-app **Dr Nikki Cotterill**). The interns will be based at Dorothy House, North Bristol NHS Trust and at the Children's Hospital, UHBristol.
- **Professor Nicki Walsh**, **Professor Candy McCabe** and **Dr Mary Cramp** are involved with the NIHR Applied Research Collaboration (ARC) West.
- **Professor Candy McCabe** has taken on the directorship of the Integrated Pain Management (IPM) HIT, which will be formally relaunched in January 2020.
- **Dr Alison Llewellyn** is the new part time Project Manager for the IPM HIT, and her role started in October 2019.

Six research papers have been published in different journals, including the European Journal of Pain, Musculoskeletal Care, Pain Medicine and the European Journal of Cancer Care. These not only cover specific conditions such as Complex Regional Pain Syndrome, arthritis and fibromyalgia, but also patient experience of adult cancer survivors and an observational study of body mass in adolescents with chronic pain.

PROactive has been represented at eight national or international conferences, either as an invited speaker or presentation of an abstract. These include the UK Oncology Nursing Society conference where PhD student, **Julie Armoogum**, presented a poster abstract, plus the European Pain Federation Congress in Valencia where **Professor Candy McCabe** delivered a plenary lecture and **Professor Nicki Walsh** led a symposium session.

**Professor Candy McCabe** started a new part time role as Head of Research at Dorothy House Hospice Care, Winsley in mid-October. Candy's colleagues in her research team (Dr Ali Llewellyn Sharon Grieve, Lisa Buckle, Charlotte Boichat) and her PA, Lindsay Davies, have also moved with her, into a dedicated research space for the team. The team now work across Dorothy House, UWE Bristol and the Royal United Hospitals (Bath). This move has opened up a host of new opportunities for research and collaboration, which colleagues at UWE Bristol and Dorothy House already actively exploring ways to optimise the benefits across both organisations and their wider existing partnerships.

**For more information, please contact the Theme Lead:** [Candy.Mccabe@uwe.ac.uk](mailto:Candy.Mccabe@uwe.ac.uk)

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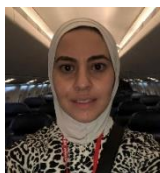
## News from the Knowledge Mobilisation theme

### KM Theme welcomes Evaluation lead



In September, **Dr Kathy Pollard** was appointed as Evaluation lead for CHCR. Kathy has a wealth of experience in bidding, planning and conducting evaluation. As part of her role, she is also working with the West of England Academic Health Science Network facilitating the Evaluation Network, and will take on co-leadership of the Knowledge Mobilisation theme. If you are interested in hearing more about Kathy's role, please contact her on [Katherine.Pollard@uwe.ac.uk](mailto:Katherine.Pollard@uwe.ac.uk).

### Realist Evaluation Methods



UWE Bristol are developing a growing reputation for expertise in realist methods that was further strengthened by the recent appointment of realist expert **Dr Rasha Okasheh**. Rasha will be supporting teams across CHCR to develop projects using this method. In addition, she will be working with colleagues within BNSSG CCG, who are co-funding her role, supporting real world evaluations in healthcare. For further information, please contact Rasha on [Rasha.Okasheh@uwe.ac.uk](mailto:Rasha.Okasheh@uwe.ac.uk).

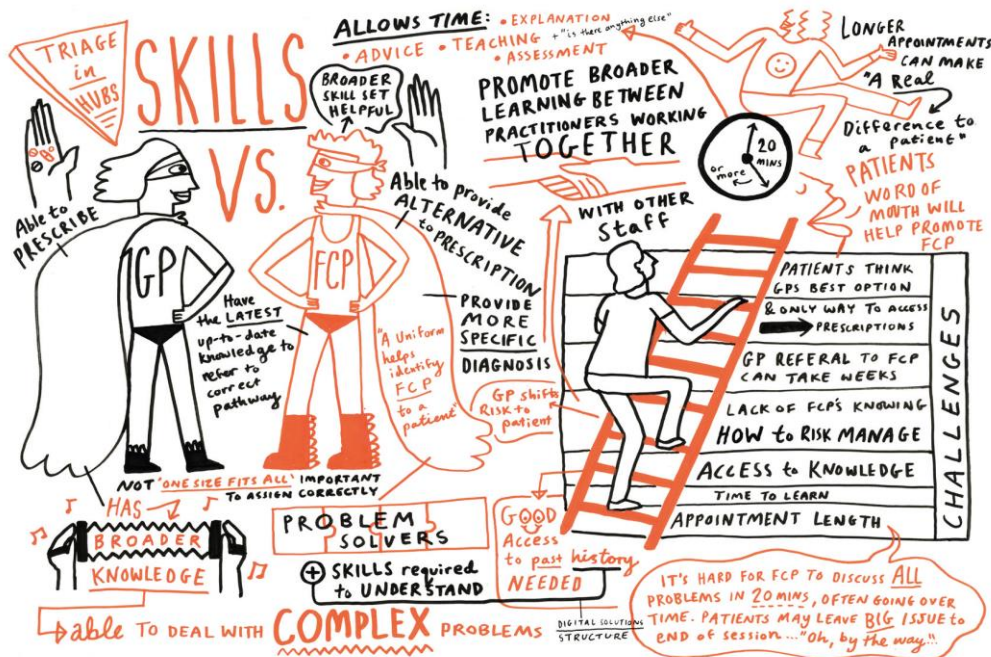
If you're interested in Realist Methods, then the 'Realist Journal Club' is a great way to learn more, meet people undertaking projects and discuss any challenges you are facing with the methods. The sessions are well-attended, so if you'd like to find out more or for details of the next date, contact **Dr Hannah Stott** on [Hannah3.Stott@uwe.ac.uk](mailto:Hannah3.Stott@uwe.ac.uk).

## Congratulations



In September, NIHR Knowledge Mobilisation Research Fellow, **Kate Beckett**, received the European Society for Prevention Research President's Award for outstanding Prevention Science Research paper, for a piece entitled *Embracing complexity and uncertainty to create impact: exploring the processes and transformative potential of co-produced research through development of a social impact model*. Well done Kate!

## Innovation in Dissemination



The FRONTIER team held a consensus event with key stakeholders to discuss the issues that impact on implementation of First Contact Physiotherapy in primary care. They employed the skills of an illustrator for the day to document discussions in real time. The series of illustrations are being used to help with dissemination of findings.

## New projects

- **Dr Alice Berry** is working with getUbetter on an SBRI funded project to map the theoretical foundations and behaviour change techniques embedded in an app for managing low back pain.
- **Professor Nicola Walsh** is collaborating with colleagues at Bath University who are leading an Engineering and Physical Sciences Research Council Fast Assessment and Treatment Healthcare award on the iKOALA app for remote monitoring of physical activity.

For more information, please contact the Theme Lead: [Nicola.Walsh@uwe.ac.uk](mailto:Nicola.Walsh@uwe.ac.uk)

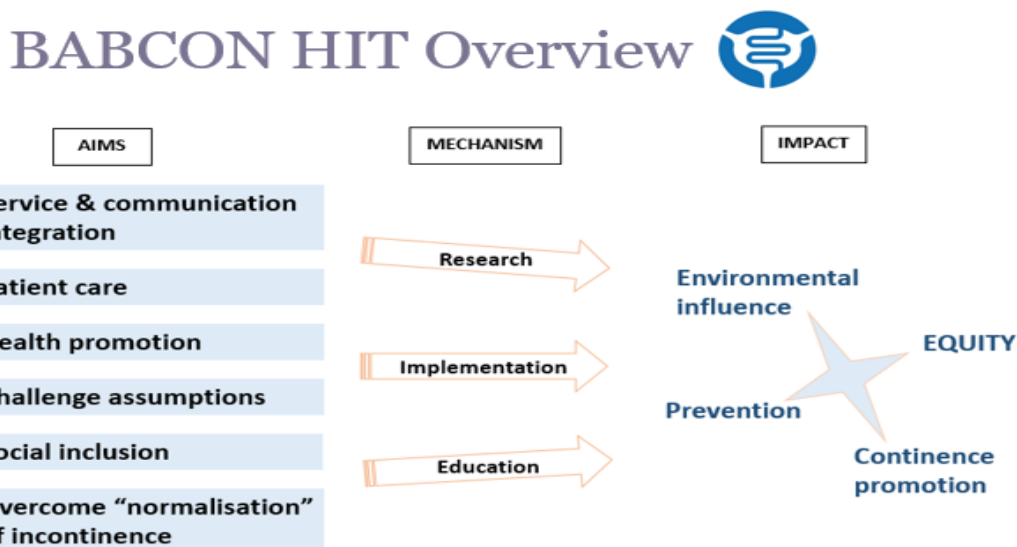
## In other news

### BABCON

The Bladder and Bowel Confidence (BABCON) HIT was recently launched with a focus on continence issues in the local area (@babconHIT).

BABCON HIT was approved by BHP at the end of October bringing together UWE Bristol, University of Bristol, UHBristol, BNSSG CCG, Avon and Wiltshire Mental Health Partnership, Bristol City Council and North Bristol NHS Trust (NBT) as HIT sponsor.

BABCON is strengthened by charity partners including ERIC (The Children’s Bowel and Bladder Charity), Bristol Age UK, Bladder and Bowel UK and the MS Therapy Centre, alongside a passionate patient and public involvement group underpinning all that we do to ensure the relevance of our projects and initiatives.



**Dr Nikki Cotterill** (left), Associate Professor of Continence Care within the CHCR, is Director of BABCON, alongside co-Director colleagues, Dr Kathryn McCarthy and Professor Paul Abrams (NBT), and Professor Marcus Drake (UoB). Incontinence is far more prevalent than is commonly understood with over 14 million adults experiencing bladder control problems, 6.5 million experiencing bowel control difficulties and more than 900,000 children in the UK (that we know of) experiencing continence conditions. Incontinence has significant impact on the lives of those experiencing symptoms with reduction in activity, independence, and physical and mental health effects experienced to widely varying degrees.

BABCON aims to drive improvements and promote continence for all ages, genders and for all causes. The key aims of BABCON are to target priority areas through research, education and implementation, ensuring equity is embedded throughout.

Nikki is also setting up a new UWE Bristol-wide network for all those interested in all different aspects of continence; for example, multidisciplinary patient care, public health, education, continence-friendly design for communities and housing, tech developers to promote self-help and management of symptoms, and any other aspects that we may not yet have considered. Details for this network are available from [research@uwe.ac.uk](mailto:research@uwe.ac.uk).

### Introduction from Dr Alison Diaper, Senior Research Fellow



I work as a research grants facilitator for CHCR members, but this is a broad remit, so here’s a little information about me and how I can help you to get started or get further with your research. I have a background in Experimental Psychology and my PhD concentrated on the effects of antidepressants and anxiolytics on the sleep of older adults. I spent 10 years managing various psychiatric drug and addiction studies for pharmaceutical companies, then moved to Neurosurgery at Southmead Hospital, managing industry trials of novel spinal cord stimulators for pain, and deep brain stimulators for Parkinson’s and other conditions.

I have a joint appointment with BNSSG CCG Research and Evidence team, who facilitate research in primary care, social care and community care settings. An advantage of this joint post is access to commissioners, to encourage their collaboration on research projects. This early buy-in helps our interventions to be suitable for commissioning.

Within CHCR, my time is divided in two ways. Firstly, I spend time with individuals who are new to research, talking through ideas. I can help them find suitable first funding calls and collaborators. Secondly, I spend time with experienced researchers who require help with larger grant applications. Regardless of experience, I can help you form your ideas and study design to suit different calls, help with the content and layout of your research grant applications, link your work to local and national strategic priorities, and assist with the language involved in 'selling' your idea to funders. I can also help cost your research, including NHS cost attribution, and liaise with UWE Bristol Finance.

I am happy to meet over coffee for an informal chat about your ideas. An ideal opportunity is the CHCR coffee morning, every Tuesday at 10:00, in the Glenside Staff Room.

Alternatively, keep an eye out for my monthly research grant update emails or follow us on Twitter [@CHCR\\_UWE](#). Research is vital to the future success of UWE Bristol, and I am pleased to be part of research development within CHCR.