Pocket Guide to Research and Development

Dedicated to Research
Introduction

Dear Colleague,

Sussex Partnership NHS Foundation Trust is committed to providing excellent services. An integral aspect has been to develop, so that we both implement the findings of research done elsewhere, and carry out research locally that is relevant to the service we provide. We want to be known as an organisation that values learning and innovation through research, and we became a teaching trust in 2008 in order to further this aim.

We encourage all our staff to become involved in research activity in the many and varied ways set out in this excellent booklet.

Warm regards,

Lisa Rodrigues, Chief Executive

John Bacon CB, Chair
Research and Development: Trust Priorities

The Trust aspires to instigate, lead and host research studies and programmes that can impact upon the development of theory and practice nationwide. For this reason, studies on the National Institute for Health Research Portfolio are considered a priority (please see section on NIHR Portfolio studies for more information).

Sussex Partnership welcomes research studies from the commercial sector and we work within many areas of clinical research. Our portfolio includes a variety of commercial clinical trials sponsored by many Pharmaceutical and Clinical Research Organisations.

We are proud to have secured external funding for our research programme: Research income generated by Sussex Partnership topped £1 million during 2011-12. This breakthrough total highlights the growing national reputation of the Trust’s Research Department for leading edge mental health, learning disability and substance misuse research activity.

All future research hosted by the Trust will meet the Trust visions and values and fall into one of the Trust’s emerging research themes (please see section on Trust Research themes for more information).
Sussex Partnership Research Themes

The Research and Development (R&D) team have identified areas where we are currently research active and can share resources to increase our research success.

Current research themes include:

**Children and Adolescents:** Theme Lead: Mary John. Academic partner: University of Sussex. This theme is a working collaboration exploring all aspects of mental health for children and young people.

**Dementia and Older People’s Mental Health:** Theme Leads: Dr Naji Tabet, Dr Caroline Williams & Professor Jenny Rusted. Academic partners: University of Sussex, Brighton and Sussex Medical School and University of Brighton. This theme includes several studies exploring the issues of old age including clinical trials for Alzheimer’s disease.

**Learning Disabilities:** Theme Lead: Dr Suzanne Conboy-Hill. Academic partner: University of Brighton. The Learning Disabilities theme has a very broad remit that encompasses a wide range of potential studies, including positive psychology with people with challenging behaviour and the use of virtual worlds in capacity to consent.
Mood and Anxiety Research in Sussex (MARS): Theme Leads: Dr Fergal Jones and Dr Clara Strauss. Academic partners: University of Sussex and Brighton and Sussex Medical School. Research within this theme looks at the role of mood in mental health and wellbeing. It encompasses research into a variety of mental health problems, including bipolar, depression and anxiety conditions. The types of studies possible within the theme include investigations into assessment methods, the development and evaluation of interventions, service user and carer experience and involvement, and the development of theory relevant to any of the above conditions.

Neurobehavioural: Theme Leads: Professor Hugo Critchley and Dr Neil Harrison. Academic partners: University of Sussex and Brighton and Sussex Medical School. The Neurobehavioural theme seeks to explore new advances in the treatment of conditions such as Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorder.

Neuropharmacology: Theme Lead: Dr Richard Whale. Academic partner: Brighton and Sussex Medical School. The Neuropharmacology theme incorporates all drug trials within the Trust and seeks to be at the forefront of developments in this area.
Substance Misuse: Theme Leads: Anita Green, Natalie Lambert & Michael Morgan. Academic partners: University of Sussex and University of Brighton. The Substance Misuse theme seeks to learn more about why people misuse substances and looks into new interventions to support service development.

Sussex Psychosis Research interest Group (SPRiG) Theme Lead: Dr Kathy Greenwood. Academic partners: University of Sussex and Brighton and Sussex Medical School. SPRiG research explores understandings of the experience of psychosis. The theme aims to translate research into meaningful health and well-being benefits for people who experience psychosis, their families and carers. SPRiG also aims to enhance knowledge and understanding of psychosis, challenge stigma and promote positive attitudes towards help-seeking. Find out more at the SPRiG website: www.sussex.ac.uk/spriglab

Understanding Personality: Theme Lead: Renee Harvey. The Understanding Personality theme explores issues relating to personality and has developed a programme of studies investigating the effects of Systems Training for Emotional Predictability and Problem Solving (STEPPS).

Our research themes are constantly evolving: Please stay in touch with developments by logging on at: www.sussexpartnership.nhs.uk/r-and-d
NIHR Portfolio Studies

Research Studies that are funded through open, national competition are able to be included on the NIHR (National Institute for Health Research) Portfolio. All studies on the Portfolio have access to support via research networks such as the Mental Health Research Network (MHRN) or the Dementias and Neurodegenerative Diseases Network (DeNDRoN).

Types of support available are:
- Study promotion
- Study set up
- Recruitment
- Follow-up

NIHR Networks

Mental Health Research Network (MHRN)

The MHRN provides the infrastructure to support large scale, high quality research in mental health and social care. Clinical Studies Officers funded by MHRN and based within Trusts help researchers to set up studies locally, identify and recruit participants and assist with data collection. Sussex Partnership is part of the MHRN South London and South East Hub.

Dementias and Neurodegenerative Disease Research Network (DeNDRoN)

DeNDRoN promotes the active involvement of patients and public in research and supports the set up of studies. This includes site specific approvals and recruitment of patients to specific research projects. DeNDRoN promotes the development of new research proposals and provides access to trained staff to deliver studies. Neurodegenerative diseases include Alzheimer’s disease, Parkinson’s disease, Motor Neurone disease, and Huntington’s disease. Sussex Partnership is a part of DeNDRoN South Coast.
Getting involved in research

• Becoming a researcher - if you are interested in doing some research or have some interesting research ideas get in contact with the R&D Department. There may be opportunities for you to get involved in national projects or a chance to discuss your ideas with others.

• Events – the R&D Department hold regular events across the year which provide an opportunity to hear about research taking place in the Trust and to network with researchers. Please see the R&D web pages for up to date event listings including our seminar programme and annual conference in June.

• Web pages - if you would like to know more about research within the Trust please visit the R&D web pages for more information: www.sussexpartnership.nhs.uk/r-and-d

Service User and Carer Involvement

The Service User and Carer Involvement Coordinators give practical advice, training and support to people with lived experience who wish to become involved with research. They also assist researchers with the planning and development of their studies.

Service User and Carer Involvement in Research is about more than participating in a research study as a subject. Rather, the aim is to integrate the expertise of people with lived experience at each stage of the process, from designing a study through to the dissemination of study findings. Involvement can be consultative, e.g. setting up a Lived Experience Advisory Panel (LEAP) to advise researchers on the development and conduct of a study, and/or collaborative, e.g. involving lived experience specialists to deliver the research study as co-researchers. Each study is different and needs an involvement strategy that is right for it and the client group.

To maximise the benefit of Service User & Carer Involvement, it is recommended that potential researchers make contact with the Service User and Involvement Coordinators in the early stages of research planning. Tel: 01273 265890 or Email: research@sussexpartnership.nhs.uk

INVOLVE is a national advisory group that supports greater public involvement in NHS, public health and social care research: www.invo.org.uk
Recruitment to research

Often the most important factor in the success of research is the successful recruitment of service users to a study or trial. Staff at all levels of the Trust can assist with this process by being aware of research activity and promoting research studies to service users and carers.

Successful recruitment to studies reflects the success of the research itself. It is important for service users and staff to be given the opportunity to get involved in research and high recruitment numbers means that the Trust is achieving this aim.

Recruitment to NIHR Portfolio studies provides the Trust with resources and income. It is vital that these studies are promoted to anyone who could benefit from being involved.

Research Network

The Research Network is a mailing list of service users, carers and staff who are interested in research within the Trust and would like to find out about opportunities to take part in studies.

Once signed up to our Research Network, members receive a quarterly newsletter from us informing them of current research study opportunities.

To find out more
email: research@sussexpartnership.nhs.uk
or telephone: 01273 265898.
Drugs Trials Units

We are committed to conducting drug trials to the highest standards. We currently have two drugs trials units operating within the Trust:

Cognitive Treatment and Research Unit (CTRU)

The CTRU is one of our dedicated clinical research units specialising in the treatment of Alzheimer’s disease and other dementias. The CTRU was established in 2007 and since then has hosted a number of important clinical trials. The aim of the unit is to give excellent patient care whilst finding out about new possibilities for the treatment of dementia.

For information about clinical trials or how to refer service users into a trial please contact:
Cognitive Treatment and Research Unit (CTRU), Sussex Partnership NHS Foundation Trust, Uckfield Community Hospital, Framfield Road, Uckfield, East Sussex TN22 5AW
Telephone: 01825 745087 / 01273 265896
Email: ctru@sussexpartnership.nhs.uk

ADHD and Mental Health Research Unit (AMHRU)

The ADHD and Mental Health Research Unit (AMHRU) was set up in Horsham 2012. AMHRU will promote research and encourage service users in North Sussex to engage in research and will host a variety of research and clinical trials. The Unit will be actively involved in mental health studies, with a focus on Schizophrenia, Bipolar, ADHD and Autistic Spectrum Disorder.

Please contact:
ADHD and Mental Health Research Unit (AMHRU), New Park House, North Street, Horsham, West Sussex, RH121RJ
Telephone: 01403 223200 / 01273 265896
Email: amhru@sussexpartnership.nhs.uk
R&D Approval and Support

Permission to undertake research in the NHS includes both Research Governance approval and Research Ethics Committee approval. These processes minimise the risks that can be associated with research, support high quality research and ensure that the dignity and rights of participants are protected.

For a copy of the Trust’s Approval Guide for Researchers contact: research@sussexpartnership.nhs.uk

Research Governance

Research Governance approval ensures that all studies meet the standards set out in the Research Governance Framework. These standards are based on:

- Ethics
- Health & Safety
- Science
- Information
- Finance
- Quality Research culture

Please contact the Research and Development Department for advice and support on any aspect of R&D approval.

Telephone: 01273 265896
Email: research@sussexpartnership.nhs.uk

Research Ethics Approval

The dignity, rights, safety and wellbeing of participants must be the first consideration in any research study. The Department of Health requires that research involving patients, service users, volunteers, or their organs, tissue or data, is reviewed independently to ensure it meets ethical standards.

It is the responsibility of the researcher to ensure that the study is ethical and meets all the requirements specified by the National Research Ethics Service.

Please see their website at: www.nres.nhs.uk
Research and Development Team

To contact any of the staff in the R&D Team please go to the Trust web pages: www.sussexpartnership.nhs.uk/r-and-d or email: research@sussexpartnership.nhs.uk

Director of Research
Develops and implements the Trust's R&D strategy. This involves ensuring the Trust meets its business objective of increasing research activity in the Trust and developing a quality research culture.

Medical Lead for Research
Facilitates the development of relationships with researching colleagues in the medical workforce and associated educational establishments.

Clinical Research Fellows
Develop and lead a cross Trust/University clinical research group. The group will develop a programme of collaborative clinical research within a designated research theme.
Research and Development Team

Co-ordinators of Service User and Carer Involvement
There are dedicated Co-ordinators of Service User and Carer Involvement working with researchers and with service users and carers to develop meaningful involvement within the Trust’s research activity. People hold a wide range of views about meaningful involvement. Our aim is to develop involvement that is both meaningful and functional within each individual study.

Research and Development Administrators
We have dedicated Administrators within the Research and Development Department who are available to help with networking events such as seminars, workshops and conferences as well as having responsibility for the general administration of the department.

Research Nurses and Research Assistants
We have a diverse team of Research Nurses spanning a wide range of specialisms, including DeNDRoN Nurses and MHRN Clinical Studies Officers, as well as Research Assistants employed directly by Sussex Partnership. They are based across Sussex and work flexibly to ensure that all research studies and clinical trials have the full support needed.

Research and Development Facilitator
The Research and Development Facilitator ensures that all research undertaken in the Trust complies with the Research Governance Framework. The Facilitator also helps with research approval, research support, training and funding opportunities for non-commercial research, conducts Local Feasibility Assessments and is the key contact when putting together a research proposal or developing ideas for research. The Facilitator is also responsible for monitoring recruitment levels in the Trust and identifying barriers to recruitment.

Research and Development Manager
The Research and Development Manager is responsible for managing operational systems for research governance and approval of all research projects within the Trust, and ensures that high quality systems are established to support accurate and timely delivery of research projects, and compliance with necessary governance and regulatory requirements to local and national standards.
Useful Contacts

Training - via NIHR Clinical Research Network
www.ukcrn.org.uk

Funding opportunities - Trust research webpages
www.nihr.ac.uk
www.rdfunding.org.uk

Research Design Service South East
www.rds-se.ac.uk
Telephone: 01273 643952

National Research Ethics Service
www.nres.nhs.uk

Local Research Ethics Committees
- East Brighton, telephone: 01273 545373
- West Brighton, telephone: 01273 545371

The Library, Sussex Education Centre,
Mill View Hospital, Nevill Avenue, BN3 7HZ
Telephone: 01273 265897
Email: sptlibrary.services@bsuh.nhs.uk
Websites:
www.bsuh.nhs.uk/work-and-learn/library-services
www.sussexpartnership.nhs.uk/staff-pages/library-services

What’s on our R&D web pages?

Our web pages are continually updated so please check them out for more information!

You can find more information in the following areas on our web site:

- Research approval
- Research themes
- R&D Department
- R&D News
- Research Network
- R&D events

www.sussexpartnership.nhs.uk/r-and-d