

## Evaluation Projects 2018/19

Title	Description	Progress to date
<p><b>GP Retention Intensive Support Sites (GPRISS) Evaluation</b></p> <p><i>All CCGs</i></p>	<p>On behalf of NHSE, NECS R&amp;E are delivering a mixed method evaluation of the 7 sites in GPRISS. In addition to the final evaluation report, the NECS R&amp;E Team are identifying local interventions with the greatest impact and national potential, develop case studies and other materials for use on collaboration platforms and disseminate learning to ensure that other CCGs adopt the best of GPRISS.</p>	<p>NECS R&amp;E Team are collaborating with NEL Healthcare Consulting on the delivery of this project. Data collection is currently ongoing.</p>
<p><b>Urgent Care Centre Learning and Impact Study</b></p> <p><i>All CCGs</i></p>	<p>This 'learning and impact' study from the NHS England vanguard programme. The study describes some of the models which have been adopted in urgent care centres and walk-in centres across England and looks to understand the impact of such centres on the health system and staff experience.</p>	<p>NECS R&amp;E Team have led the delivery of this project. The report is with NHSE and is due to be shared soon.</p>
<p><b>Organising general practice for care homes: A multi-method study (GP Care Home section of study which is not portfolio adopted or required HRA approval – Survey Monkey survey)</b></p> <p><i>All CCGs</i></p>	<p>Researchers from Newcastle University are currently looking at the different ways GPs organise their services for care homes and the impact this has on care homes, residents and practices themselves.</p>	<p>Thank you to all practices who have taken part in this survey – nearly 80 practices have responded. The survey was circulated to all CCGs - the survey is still open if you wish to take part:  <a href="https://newcastle.onlinesurveys.ac.uk/organising-gp-care-for-care-homes">https://newcastle.onlinesurveys.ac.uk/organising-gp-care-for-care-homes</a></p>
<p><b>High Intensity Users (HIU) in County Durham (DDES / N Durham)</b></p> <p><i>Durham Dales, Easington and Sedgfield (DDES) CCG and North Durham CCG</i></p>	<p>DDES and North Durham CCGs have agreed to commission a 12 month pilot service across County Durham. The High Intensity User (HIU) service (developed by NHS Blackpool CCG) offers a robust way of reducing frequent user activity to A&amp;E, hospital admissions, 999, NHS 111 and GP contacts and freeing up front-line resources to focus on more clients and reduce costs.</p>	<p>NECS are leading the evaluation for the pilot High Intensity User (HIU) service in DDES and North Durham CCGs. The evaluation should be available in February.</p>

## Evaluation Projects 2018/19

Title	Description	Progress to date
<b>Evaluation of a Health Optimisation Policy</b> <i>Harrogate and Rural District CCG</i>	The aim of the evaluation is to understand and evidence the impacts from this policy. The pathway applies if the patient has a BMI of 30 or above and/or they are an active smoker. They are offered a period of health optimisation for 6 months before referral for non-urgent, routine elective surgery.	NECS R&E Team are leading the evaluation of this policy and the project is currently being set up in partnership with Harrogate and Rural District CCG.
<b>Evaluation for myCOPD app</b> <i>Newcastle Gateshead CCG</i>	The CCG are looking to pilot the app at a small number of practices in the CCG.	The R&E Team have provided advice and support to this project.
<b>Lifestyle groups for Type 2 Diabetes Mellitus with Non-alcoholic Fatty Liver Disease</b> <i>Newcastle Gateshead CCG</i>	A gastroenterologist/ hepatologist at the QE is proposing a lifestyle modification model alongside group education sessions.	NECS have provided support and advice to this project and it is currently in very early stages.
<b>Shared decision making: Versus Arthritis</b> <i>Northumberland CCG</i>	The charity Versus Arthritis has been working with CCGs. The aims of the service are to assist patients to complete the Shared Decision Making process in regards to surgical hip and/or knee interventions.	We have offered to help advise on and support this project.
<b>Evaluation Support for the Northumberland Vanguard to Northumberland CCG – CATCH Evaluation</b> <i>Northumberland CCG (North locality)</i>	Evaluation of the CATCH team which is to Identify, target and manage complex patients more effectively in the community, via an enhanced MDT approach, to reduce pressure on acute services and release capacity in primary care.	The R&E Team have been commissioned to co-ordinate, lead and deliver the evaluation. Initial interviews have been conducted and are progressing as planned.
<b>Sharing Information Regarding Safeguarding (SIRS) process</b> <i>North Tyneside CCG</i>	This project is looking at how safeguarding information is shared between midwives and GP practices where the partner is registered with a different GP practice.	We have provided advice and support to this project.

## Research Capability Funded Projects for 2018/19

Title	Description	Progress to date
<b>Better Outcomes Scheme (BOS)</b> <i>South Tyneside CCG</i>	The BOS focusses on the four clinical challenge areas for South Tyneside: CVD, Cancer, End of life and Respiratory conditions. The emphasis of the scheme is to improve outcomes for patients in the four clinical areas.	The R&E Team have been commissioned to support an evaluation of this scheme. The report is currently being finalised and will be shared with South Tyneside CCG soon.
<b>Perceived barriers to Shared Medical Appointments in Primary Care</b> <i>All CCGs</i>	This project aims to explore why the implementation of SMAs has been slow, which in turn can inform what needs to be addressed in order for there to be wider adoption of this approach.	The initial steering group meeting has taken place and the project is currently in set-up phase.
<b>Exploring primary care's role in supporting mental health pathways and care for young people in transition to adult services</b> <i>All CCGs</i>	The research objectives are to explore primary care's role and perspective on factors shaping successful transition out of children and young people's mental health services and the organisational and policy barriers and facilitators for implementing mental health pathways.	This follows the outcomes of the programme grant led by Prof Allan Colver from Newcastle University.
<b>A comparison of two different self-management programmes for patients with back pain. A double-blind randomised controlled trial – dissemination plan</b> <i>Recruited in CDDFT</i>	A comparison of two different self-management programmes for patients with back pain: A double-blind randomised controlled trial. This study is a PhD and not recruiting in primary care but recruiting in CDDFT.	This project has recently been granted RCF funding for costs for papers and dissemination.
<b>Economic evaluation of Newcastle Gateshead Enhanced Health in Care Homes</b> <i>Newcastle and Gateshead CCG</i>	The aim of this project is to undertake a comparative health economic evaluation of a new model of care in Newcastle Gateshead over a longer time period.	This will be an extension of work already completed to date whereby an evaluation of EHCH was conducted in Gateshead alone from April 2013 – December 2017.
<b>Research at Scale – Gateshead and Newcastle</b> <i>Newcastle and Gateshead CCG</i>	Gateshead GP Federation and CBC Health have been working together to promote research at scale across Gateshead and Newcastle and this project is to extend the work already completed.	The CCG has quarterly meetings to monitor the progress of the work being undertaken for this building capacity project.

### Research Capability Funded Projects for 2018/19

Title	Description	Progress to date
<b>An evaluation of the mental health service provision available to refugees &amp; people seeking asylum in the South Tees area: taking a needs-led approach to inform primary care</b> <i>South Tees CCG</i>	This study seeks to make more specific links between needs and provision in order to enable services to improve outcomes.	The steering group met in January 2019 and the project is progressing.
<b>GP PREPWELL toolkit study (South Tees CCG)</b> <i>South Tees and North Durham CCGs</i>	The aim of the evaluation is to evaluate the change in primary care clinician awareness, attitudes and clinical practice surrounding pre-habilitation associated with completion of the PREP toolkit.	This project has recently been granted RCF funding to progress.

### Research Capability Funded Projects: NIHR School for Primary Care Research, Newcastle University

Title	Description	Progress to date
<b>Primary Care enhancing care home health (Rachel Stoker)</b> <i>All CCGs</i>	This will enhance the evidence base of Care Homes and support an event to share knowledge.	Funding granted in December 2018.
<b>Primary care, alcohol and older people (Beth Bareham)</b> <i>All CCGs</i>	Work will involve disseminating work from her PhD on older people's alcohol use and how this applies in primary care.	Funding granted in December 2018.
<b>Primary care, multi-morbidity &amp; frailty analyses (Germaine Uwimpuhwe)</b> <i>All CCGs</i>	This is an additional piece of work related to the 85+ study.	Funding granted in December 2018
<b>A method comparison study to support application for funding of 2020 data collection of a unique longitudinal cross-sectional study of adolescent dietary intake (Suzanne Spence)</b> <i>All CCGs</i>	The study aims to compare data from two dietary data collection methods in pupils aged 11-12yrs: Intake24, an online 24-hr dietary recall tool (test method) and a 3-day prospective food diary.	Funding granted in December 2018.
<b>Qualitative research completion 85+ (Helen Hanson)</b> <i>All CCGs</i>	This is to support an additional analysis of the 85+ study.	Funding granted in December 2018.

### Non-Portfolio Research projects 2018/19

Title	Description	Progress to date
<p><b>General practice staff perceptions of internet-based pharmacy and centralised dispensing</b></p> <p><i>(All CCGs)</i></p>	<p>This study will use focus groups and an online survey to assess the experiences and views of GPs and other practice staff on the influence and potential impact of centralised dispensing and internet-based pharmacy services on general practice in the UK.</p>	<p>This study recruited 8 GPs from the North East and Cumbria and a total of 96 participants from other areas of England. The findings are being disseminated to conferences and a paper is being submitted.</p>
<p><b>Planning and delivery of health and care services – NIHR Fellowship</b></p> <p><i>(All CCGs)</i></p>	<p>The researcher plans to interview 40 professionals in England as part of a research study. Some of these will be NHS employees (e.g. commissioners working in CCGs and NHS England). Each person will be interviewed once, for approx. one hour, either face to face or over the phone.</p>	<p>This study is pre-HRA approval and we provided governance support to the study team.</p>
<p><b>Frailty in the new GMS contract - what does it mean to Primary Care Providers?</b></p> <p><i>(All CCGs)</i></p>	<p>The new General Medical Services (GMS) contract requires primary care practices to identify and code all their moderately and severely frail patients and to provide appropriate care. This study explores primary care providers views about frailty, whether providers find this to be a useful way of looking at their patients, and how they take frailty into account in decision-making and care management for individual patients, and how the new contract requirements are impacting on the work of primary care practices.</p>	<p>The R&amp;E Team provided governance support to this project and also assisted in promotion to CCGs.</p>
<p><b>BRC-funded study investigating the effect of ageing on inflammatory responses</b></p> <p><i>(All CCGs)</i></p>	<p>The study team from Newcastle University are aiming to recruit groups of younger healthy volunteers and groups of healthy volunteers aged &gt;65 to receive an immune stimulus and assess differences in the responses. They hope to recruit 26 volunteers in total: 13 volunteers aged 18-30 and 13 aged over 65. They are hoping to recruit healthy older volunteers through research-active GP practices.</p>	<p>Please contact the R&amp;E Team if you are interested in recruiting to this project.</p>

### Non-Portfolio Research projects 2018/19

Title	Description	Progress to date
<p><b>Planning and delivery of health and care services – NIHR Fellowship</b></p> <p><i>(All CCGs)</i></p>	<p>The researcher plans to interview 40 professionals in England as part of a research study. Some of these will be NHS employees (e.g. commissioners working in CCGs and NHS England). Each person will be interviewed once for approx. one hour, either face to face or over the phone.</p>	<p>This study is pre-HRA approval and we provided governance support to the study team.</p>
<p><b>The potential role of community pharmacies in diabetes prevention</b></p> <p><i>(DDES CCG)</i></p>	<p>The aim of the project is to investigate the potential role of community pharmacies in diabetes prevention and it involves GPs, nurses and community pharmacists filling in an electronic survey.</p>	<p>This study is now recruiting in DDES CCG.</p>
<p><b>Understanding early attrition in IAPT services</b></p> <p><i>(North Cumbria CCG)</i></p>	<p>This is a PhD study from the University of York. The study team are inviting people with recent experiences of IAPT referrals to tell us about their experiences. They are especially interested in what happens when people require support but do not attend early IAPT appointments.</p>	<p>NECS have provided governance support to this project and it is currently recruiting in North Cumbria CCG.</p>
<p><b>Co-designing dementia care to improve value. Action research project involving patients, carers, providers and commissioners of health and social care in Durham</b></p> <p><i>(North Durham and DDES CCGs)</i></p>	<p>The primary objective of the research is exploring the design of optimal care packages for patients with dementia and to identify the barriers and facilitators to implementing quality improvements in dementia care. Funded by the Health Foundation.</p>	<p>A map of local services is being completed which will develop organically over the remainder of the project (until mid-2020).</p>
<p><b>A comparison of two different self-management programmes for patients with back pain: a double-blind randomised controlled trial</b></p> <p><i>(recruiting in CDDFT)</i></p>	<p>A comparison of two different self-management programmes for patients with back pain: a double-blind randomised controlled trial. This study is a PhD and not recruiting in primary care but recruiting in CDDFT.</p>	<p>NECS have provided governance support to this project.</p>

### Non-Portfolio Research projects 2018/19

Title	Description	Progress to date
<p><b>SILVER: Smart Interventions for Local Vulnerable Residents</b></p> <p><i>(Newcastle Gateshead CCG)</i></p>	<p>The aim of the SILVER research programme is to explore the barriers and facilitators to linking health data to the current Troubled Families data sets. Funded by Connected Health Cities and brings together leads from five regional local authorities, information governance officers, academics and researchers, IT specialists, local families and key workers, to explore how health and social care data can be shared, with the aim of improving care for vulnerable families meeting criteria for the Troubled Families Programme (TFP).</p>	<p>The R&amp;E Team are supporting and advising this project from both a governance perspective and also promotion to CCGs.</p>
<p><b>Characterising treatment pathways and decision-making in sleep-disordered breathing in childhood: a pilot study Protocol</b></p> <p><i>(Newcastle Gateshead CCG)</i></p>	<p>The overall aim of the project is to inform the design of our researcher-led NIHR bid for a pragmatic surgical RCT (Adenotonsillectomy versus deferred surgery) in Paediatric Sleep Disordered Breathing (PSDB) across the severity spectrum. The study team are hoping to interview a small amount of GPs within the Newcastle-Gateshead CCG area.</p>	<p>This was approved in August 2018.</p>
<p><b>Investigate the attitudes and perceptions of professionals to oral anticoagulation</b></p> <p><i>(Sunderland CCG)</i></p>	<p>This Masters project is exploring the attitudes and perceptions of professionals to oral anticoagulation, specifically the choice between warfarin and DOACs.</p>	<p>This study is now complete.</p>
<p><b>Oral cancer screening in the community pharmacy: an exploratory qualitative interview study into the attitudes and perceptions of community pharmacists in the North East of England</b></p> <p><i>(ALL CCGs)</i></p>	<p>This study is sponsored by the University of Sunderland and involves qualitative interviews with community pharmacy staff in the region.</p>	<p>This study has been granted Health Research Authority approval.</p>

### Non-Portfolio Research projects 2018/19

Title	Description	Progress to date
<b>Women with a learning disability and their attitudes and opinions of the cervical and breast national cancer screening programmes.</b>	The current study will involve speaking to women with a learning disability, family carers, and paid care workers about their attitudes towards cervical and breast cancer screening.	This is a PhD from the University of Teesside and we have provided support and advice to the researchers.
<b>The potential role of community pharmacies in diabetes prevention</b>	This is a PhD project aiming to obtain feedback from GPs and nurses that are currently referring patients to the NHS Diabetes Prevention Programme (DPP) as well as obtain their opinion as to the role of community pharmacies in diabetes prevention.	This study has been granted HRA approval and has recruited in NHS Durham, Dales, Easington and Sedgfield CCG
<b>Oral health promotion by pharmacists in general practice. An explorative study into the feasibility of oral health promotion and interventions by pharmacists working in general practice. A qualitative study in the North East of England</b>	The aim of the study is to explore the knowledge and current practice of primary care pharmacists, general medical practitioners and administrative staff regarding the role of the pharmacist in oral health.	This study has been granted Health Research Authority approval.
<b>Active participation in parallel surgeries in undergraduate general practice placements: how students' and patients' contributions are facilitated during workplace-based learning debrief interactions. A pilot study.</b>	This is a video study of the GP/patient/student interaction during teaching sessions in General Practice.	Pre-HRA & REC approvals - to go to REC in early 2019.

## NIHR Portfolio Research Projects 2018/19

Title	Description
<b>ACT-FLARE study</b>	This study aims to recruit 620 participants who have knee pain and/or knee osteoarthritis.
<b>Barrett's oEsophagus Trial 3 (BEST3)</b>	The study team have developed a non-endoscopic diagnostic test for Barrett's oEsophagus (BE) which involves a device called the Cytosponge combined with molecular biomarker Trefoil Factor 3 (TFF3).
<b>CARE-Study</b>	The study will establish a cohort (group) of around 1000 frail older people recruited from GP practices.
<b>Community pHarmacies Mood Intervention Study (CHEMIST)</b>	The study aims to find out whether brief psychological support provided via community pharmacies may help people living with long-term health problems to maintain a healthy mood. The study is being undertaken at various community pharmacies within the North-East of England.
<b>CR UK Stratified Medicine Pilot study</b>	The CRUK Stratified Medicine Programme has now progressed to Part 2 (SMP2) after demonstrating in the pilot, Part 1, that the study was feasible in the UK. SMP2 has a sole focus on advanced non-small cell lung cancer and is designed to facilitate molecular profiling for enrolment in the National Lung Matrix trial of patients with locally-advanced or late-stage metastatic lung cancer.
<b>Enterogel in the treatment of Irritable Bowel Syndrome with Diarrhoea</b>	This study aims to recruit 430 adult participants with IBS-D, from approximately 30 medical practices and outpatient clinics in the UK. The goal is to investigate whether Enterogel® can improve IBS-D symptoms, including diarrhoea and abdominal pain, and is well-tolerated.
<b>Feasibility study: Endometabolic determinants of unintentional weight loss and frailty in old age (EULO) v01</b>	The feasibility study will involve 10 women aged 65 years or more, with half the group having unintentional weight loss (4.5kg or 5% weight loss). They will be screened at their GP surgeries and attend the Newcastle Clinical Research Facility (CRF) twice.
<b>Impact of nausea in pregnancy using technology (INPUT) study</b>	To assess whether a web-based data collection system (CheckWare) can be used to gather research outcome data via web-based data entry on 3 occasions over a 7 day period, and subsequently to trigger patient-initiated changes in care where there is deterioration in symptom severity.
<b>INTREPID: INvestigation of Trelegy Effectiveness: Usual Practice</b>	Commercial study sponsored by GlaxoSmithKline.

## NIHR Portfolio Research Projects 2018/19

Title	Description
<b>IPS Mental Health &amp; Employment Support Evaluation v2.0</b>	By integrating local employment support (IPS) and clinical support services provided by NHS Improving Access to Psychological Therapies (IAPT) among other community services and 'treatments as usual', we hope to demonstrate that significant savings can be achieved as well leading to improvements in the participants' health and employment prospects.
<b>I-WOTCH V1.0</b>	The study team have developed a self-management course to target opioid tapering.
<b>Lifestyle Health and Wellbeing Survey</b>	The HWB survey aims to examine lifestyle risk factors for health and illness amongst people with serious mental illness.
<b>Multiple Symptoms Study 3</b>	The Symptoms Clinic is a series of psychologically-informed medical consultations which have gone through several stages of development and piloting. They are delivered by extended-role GPs who have received specialist training. The aim of the trial is to test the longer term clinical and cost-effectiveness of the intervention.
<b>NAXOS</b>	This study is to find out whether Naloxone HCl Prolonged Release Tablets are effective at treating patients currently suffering from opioid-induced constipation.
<b>Oral health and sarcopenia in older people</b>	All surviving study participants of the British Regional Heart Study for a further examination at the age of 77-98 years.
<b>PREVeNT RA</b>	To establish a national cohort of first-degree relatives (FDRs) of patients with established Rheumatoid Arthritis (RA).
<b>PRIMUS</b>	The aims of the PriMUS study is to create a 'decision aid' to help GPs find out the most likely cause of patients' urinary symptoms, so that together they can choose the best management.
<b>PROACT (Sunderland CCG)</b>	This study aims to raise awareness of prevention of pressure ulcers with patients, carers and healthcare professionals who work in health and social care settings. This study is sponsored by the University of Sunderland.
<b>Rare and Undiagnosed Diseases Study (RUDY)</b>	This application is to develop a national cohort of participants with rare diseases. From this cohort, we will characterize patients using their clinical history, physical examination, blood, urine and genetics to describe different patient groups within each rare diagnosis to understand their disease better.
<b>Screening of target genes for polymorphic variation</b>	The aim of the study is to define the extent of polymorphic variation in genes whose products are, or may be, primary targets for treatment of patients with asthma and COPD, and to identify if this genetic variation contributes to disease severity or treatment response.

## NIHR Portfolio Research Projects 2018/19

Title	Description
<b>The Adult Autism Spectrum Cohort – UK</b>	This project is about engaging adults on the autism spectrum and their relatives in research.
<b>The CHildren with COugh Randomised Controlled Trial (The CHICO RCT)</b>	The research team have developed an intervention that helps clinicians to know which children are very unlikely to benefit from an antibiotic. The intervention includes a decision aid which lets the clinician know if a child is likely to get well without antibiotics.
<b>The Connected Patient Project</b>	The aim of this study is to look at ways of increasing the number of people who take part in research from the community setting. To do this we are carrying out a project based in a general practice. The project sets out to assess how suitable and practical it is to inform the patients of a general practice about opportunities to take part in research.
<b>The Feasibility and Practicality of dementia risk reduction</b>	The study proposes to pilot an internet counselling intervention targeting cardiovascular risk factors which has been successfully trialled in continental Europe in an existing cohort study (Cognitive Function and Ageing Study II (CFAS II)). The aim is to investigate feasibility and acceptability to UK populations and whether outcome measures are suitable for launching a full-scale trial.
<b>The First Consultation for Low Mood in General Practice (Revised)</b>	This study wishes to investigate what patients find helpful in their first consultation for low mood with the GP. The Chief Investigator Dr Ian Morgan (Cumbria) has been awarded a Helen Lester Mental Health Research Fellowship from the RCGP for this study.
<b>The Nuclear Community Charity Fund Chromosomal study</b>	This project will carry out chromosomal analysis of cells from nuclear test veterans and their children. The study will recruit 50 veteran family trios (father, mother, and child) to provide samples for fluorescence in situ hybridisation (FISH)-based analyses to ask if there is any evidence of altered frequencies of chromosomal aberrations in veterans and/or their children when compared to 50 control family groups.
<b>The United Kingdom Aneurysm Growth Study</b>	The United Kingdom Aneurysm Growth Study (UKAGS) is a comprehensive clinical and laboratory study of the growth of small abdominal aortic aneurysms (AAA), funded by a grant from the British Heart Foundation.

## NIHR Portfolio Research Projects 2018/19

Title	Description
<b>TIMELY Phase 1 Prototyping Study</b>	The R&E Team want to find out if a text message service can be developed that reminds people to take their medicines. They would also like to find out if pharmacists (chemists) might be a good place to deliver this text message service to patients. In this Phase 1 study, the Team want to share parts of a text message service design to patients, pharmacists and GPs in focus groups.
<b>Relieve IBS (IBS-D)</b>	Commercial study sponsored by Salix Pharmaceuticals
<b>Bisoprolol in COPD study (BICS)</b>	A randomised, double-blind placebo controlled trial of the effectiveness of the beta-blocker bisoprolol in preventing exacerbations of chronic obstructive pulmonary disease.
<b>Lithium versus Quetiapine in Depression (LQD study)</b>	A randomised pragmatic trial comparing the clinical and cost effectiveness of lithium and quetiapine augmentation in treatment-resistant depression
<b>Diamonds Quest</b>	The study team will conduct interviews with approximately 40 people with severe mental illness (SMI) and Long Term Conditions (LTCs) and also 40 relatives, friends and healthcare staff. The information the team collects will be analysed to understand more about the support people with SMI and LTCs need to manage their health, with the aim to develop a self-management programme which addresses the specific needs of this population.