



Partners in improving local health



North of England
Commissioning Support Unit

Research and Evidence Bulletin

NECS Research
and Evidence Team

May 2019

Contact the Team



@NECSRETeam



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<https://www.necsu.nhs.uk/research-evidence/>

Thank you to everyone who has contacted us with comments and ideas for the webpage – we have already implemented some changes and look forward to this interaction continuing so that we can ensure the efficacy of this resource is maximised.

Shona

Care home research: Current state and future priorities

18th June 2019 - King's Hall, Armstrong Building, Newcastle University

A full day event co-ordinated by AHSN, NECS R&E Team and Newcastle University - reviewing current research in Care Homes and an opportunity to share experiences to inform future direction.

With Key speakers:

- **Professor Karen Spilsbury**, Professor of Nursing Research, University of Leeds;
- **Mr Peter Hodgkinson**, Managing Director, Westward Care;
- **Mr Jim Ainslie**, VOICE: Patient and Public Involvement;
- **Ms Alison Redhead**, Manager, Minster Grange care home, York; and
- **Professor Claire Goodman**, Professor of Health Services Research, University of Herts

<https://www.necsu.nhs.uk/research-evidence/events/> this flyer offers more information about the speakers, the venue and bursaries which are available to support attendance.

Please note, light lunch included but no on-site parking available.

To register interest in attending and receive further information, please mail NECSU.RETeam@nhs.net

Information Sharing

The NECS Research and Evidence team will continue to share reports about developments in the North East and North Cumbria using our Research Library webpage <https://www.necsu.nhs.uk/research-evidence/research-library/>

It has recently been updated to include Integration as a category and recently shared reports including:

- **2019-03 Care Home Performance Report** (Independent Age)
- **2019-04 Hydration Trine** (Northumbria University – commissioned by Pathways of Care workstream (Gateshead Vanguard) and Newcastle Gateshead CCG)
- **2019-04 Integrating Better Guide** (NHSE (integrating Better Fund) /NICE/ SCIE)
- **2019-04 Solving Inactivity** (Activity UK)

For regular updates of information shared on the website, we would advise following us on twitter @NECSRETeam. This also gives colleagues the opportunity to keep abreast of what's happening with Research and Evaluation in the North East and North Cumbria, plus national information to support decision making with confidence.

As always, the NECS Research and Evidence Team are available to support colleagues in finding and critically appraising evidence and offer training for the same – again visit the website for details –

<https://www.necsu.nhs.uk/research-evidence/finding-evidence/>

Current Projects List: <https://www.necsu.nhs.uk/wp-content/uploads/2019/05/Current-Projects-List-Q4-2018-19.pdf>

Focus on ERS – Exercise Referral Schemes

<https://www.nice.org.uk/guidance/ph54/chapter/what-is-this-guideline-about>

This NICE guideline makes recommendations on exercise referral schemes to promote physical activity for people aged 19 and older. NICE has already recommended structured exercise programmes to manage specific health conditions, or for rehabilitation after recovery from a specific condition - these include stroke, cardiac and pulmonary rehabilitation programmes. The physical activity programmes offered as part of an exercise referral scheme – and the reasons why people are referred to them – vary considerably. Exercise referral schemes are popular and they may offer other benefits aside from physical activity, such as helping people to socialise, providing a means of getting involved with the community and providing affordable access to facilities.

Physical activity can play an important role in preventing and managing health conditions such as coronary heart disease, type 2 diabetes, stroke, mental health problems, musculoskeletal conditions and some cancers. It also has a positive effect on wellbeing and mood, providing a sense of achievement or relaxation and release from daily stress.

Evidential studies consider effect on;

- people who are sedentary or inactive
- people who have an existing health condition (such as coronary heart disease, diabetes or depression)
- people who have other risk factors for disease, such as being overweight or obese, having raised blood pressure or cholesterol levels, or experiencing mild depression, anxiety or stress.

The NICE guideline is for primary care practitioners and policy makers, commissioners and other practitioners with physical activity as part of their remit working in local authorities and the NHS. In addition, it may be of relevance to providers of exercise referral schemes, organisations that provide exercise qualifications and accreditation and members of the public.

Active Northumberland have commissioned work looking at the design and implementation of a mobile health app to help support ERS participants and maybe be the intervention for people in rural areas. You might be interested to know that the scheme was recognised by PHE in their document:

http://researchinstitute.ukactive.com/downloads/managed/Identifying_what_works.pdf

and features in the UK Active document:

http://researchinstitute.ukactive.com/downloads/managed/Steps_to_solving_inactivity_ukactive.pdf

Links below to additional relevant papers shared by BMJ Open and Durham University Online Research site.

<https://bmjopen.bmj.com/content/3/8/e002849>

<https://bmjopen.bmj.com/content/9/2/e024370>

<http://dro.dur.ac.uk/18411/1/18411.pdf>

Invitations to GPs to take part in Research Studies

Do you prescribe medicines to adults with T2 Diabetes Mellitus? Do you have an opinion about the current NICE diabetes guidelines?

If the answer is yes, and you are a GP working in Primary Care in Northern England, please contact lead investigator for the study sara.ramzan@hud.ac.uk for further details

Spiritual Health in Primary Care

<https://newcastle.onlinesurveys.ac.uk/discussing-spiritual-health-in-primary-care-study>

A GP should be able to competently take a spiritual history from a patient, to meet the obligations of The General Medical Council, outlined in “Good Medical Practice”, and the Royal College of General Practitioners, who set standards for the profession.

To aid this, various tools have been created, and this research seeks to get the views of GPs regarding discussing spiritual health, and the use of the HOPE tool.

Use the link above for more information.

The GNCH Foundation has research funding available across the Great North Children’s Research Community

The GNCH Foundation invite applications for medical research grants.

APPLY NOW

Closing date : Mon 3rd June 2019 at 17:00

The grants are targeted to research into Child Health and applications are welcomed from all staff groups and from those collaborating with our partner organisations.

Please read the [Guidance for GNCH Foundation Grants](#) and apply on the [GNCH Foundation Application form](#).

Details about opportunities to get involved in Research are shared at <https://www.necsu.nhs.uk/research-evidence/get-involved/>