

Research and Evidence Bulletin

NECS Research
and Evidence Team

November 2019

The Research and Evidence team see value in sharing learning from research and evaluation studies, so arrange information sharing events throughout the year.

Please join us for our latest event, detailed below. Commissioning decisions and service developments, supported by robust evidence, are vital in moving forward service transformation in primary care.

Shona

Contact the Team



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

Research and Evidence in Primary Care: What Works and for Whom

St James' Park, Newcastle
(Four Corners Room)

Tuesday 10th December 2019
from 10.00 to 16.00

This event is aimed at all with an
interest in primary care,
commissioning and
Primary Care Networks.

Presentation themes include:

Working Across
Boundaries/ Integration

Group
Consultations

Ageing

Social
Prescribing

Public Health/
Prevention

ARC

Applied Research Collaborative

Light Buffet Lunch will be provided for all delegates –
so please let us now if you have any dietary
restrictions.

Join us to find out more – don't miss
out, places are already very limited

Register your place – mail
NECSU.RETeam@nhs.net
or jill.riding@nhs.net
NOW!

The STEM Club (Sustaining Transformation through Evidence Mobilisation)

A group of staff from NHS Library and Knowledge Services (LKS), NECS R&E, Public Health and Commissioning have formed The STEM Club, an informal group of colleagues working to support the effective mobilisation of evidence within the healthcare system, by:

- making links to work streams within the North East & North Cumbria Integrated Care System
- providing both virtual and real (in person) opportunities to connect as a group and understand who is working on what, making effective use of our collective knowledge and insights to support evidence based decision making

To find out more contact your Regional LKS Leads Joanne Naughton, NHS Library and Knowledge Services Development Manager – North East joanne.naughton@hee.nhs.uk r Suzanne Wilson, Head of Library & Knowledge Services, Cumbria, Northumberland, Tyne & Wear FT suzanne.wilson@ntw.nhs.uk or Shona Haining NECS R&E s.haining@nhs.net social media links include: #healthstemclub and <https://kfh.libraryservices.nhs.uk/#facebook>

The STEM Club recent event was, “Dilemmas in Decision Making: How Evidence informs Changing Services and Systems”.

Jim Brown, Mark Lambert, Suzanne Wilson prompted discussion around the question “Is social marketing or other uses of media and communications effective in reducing inappropriate use of urgent care or accident and emergency in any population subgroups?”. Discussions showed the importance of unpicking “Why are you asking the question?” and “What do you really want to know?” Suzanne Wilson provided a very useful guide on how evidence informs system change including a list of useful sources to look at what is effective and not effective. <https://www.necsu.nhs.uk/wp-content/uploads/2019/11/2019-10-03-STEM-DecommLibraryBriefing-1.pdf>.

Tom Hall shared the work in South Tyneside sharing the story of the success they have had, remembering to focus on the importance of engaging all stakeholders, including frontline staff or it won't work. Creating time to learn and think and remembering that learning is working. David Hambleton, CEO South Tyneside CCG emphasised the importance of the mobilisation part of STEM Talked through two major changes in patient pathways he led on and what he learned from both: Engage with stakeholders as early as possible - really try to find out what people think and what their fears are; Genuinely listen and be open to change; David's advice to the group was to not be afraid to ask questions and get to the nub of the issue. Get into a dialogue with decision maker. Decision makers will ask the wrong question first time! , so keeping in the conversation to get the right question to find the right evidence For the public, this may be about finding out what their fears are around the change. We need to be brave about acting on the evidence and keep the conversation open. Mike Lavender shared the Value Based Clinical Commissioning Policies for 11 CCGs in North East & North Cumbria. These policies aim to help CCGs and clinicians to focus NHS resources where they can have most effect by identifying and avoiding interventions which have little or no effect. These are now backed up by a national [NHS Evidence-based Interventions Programme](#).

Link to speaker presentations: <https://www.necsu.nhs.uk/research-evidence/events/>

Information Sharing

The team continues to share research, evaluations and evidence from the North East, North Cumbria and North Yorkshire using our

[Research Library Webpage](#)

For regular updates of information shared on the website, we would advise following us on twitter @NECSRETeam.

If you have any ideas for Research to be considered, please use the link [Research Ideas Inbox](#)

National Institute for Health Research

Applied Research Collaborative

North East and North Cumbria

Launch Event

on 15th November 2019

at the Centre for Life in
Newcastle

It is hoped that as many people as possible can attend to celebrate the exciting opportunities that the NIHR ARC NENC will bring:

- What does ARC mean for the region?
- Meet the Team
- Explore the Themes
- How to become involved

YOU ARE INVITED TO ATTEND

Further details regarding registration and the programme

https://www.eventbrite.co.uk/e/nihr-arc-nenc-launch-event-registration-72375341595?ref=enivtefor001&invite=MTc1OTQyNzEvSmFuZS5QZWYyc29uQG5ld2NhczR5ZS5hYy51ay8w%0A&utm_source=eb_email&utm_medium=email&utm_campaign=inviteformalv2&utm_term=eventpage

keep up-to-date by following on
Twitter [@ArcNih](#)

Hydration Interventions for older people living in residential and nursing care homes: overview of the literature

Collaboration between Northumbria University and NG CCG – work published by British Medical Bulletin initially and available on the NECS RETeam website

<https://www.necsu.nhs.uk/wp-content/uploads/2019/10/HydrationInCareHomes.pdf>

Digital-first primary care:

helpful disruptor or unnecessary disruption?

Directly from King's fund Article by Beccy Baird - Posted: 15 October 2019

Full Article: https://www.kingsfund.org.uk/blog/2019/10/digital-first-primary-care?utm_source=twitter&utm_medium=social&utm_term=thekingsfund

Digital-first primary care – a model of general practice where patients use smartphone and desktop apps to book and conduct their consultations remotely – has generated a huge amount of interest and debate. Is it the Uber of general practice that will make it easier for people to get hold of a GP? Or is it going to cause the demise of general practice as we know it by creating a two-tier system?

The NHS was caught out by this rapid innovation, and the way in which, for example, “GP at Hand” has registered large numbers of patients from outside their local community has created several issues. It puts pressure on local commissioning budgets, as current rules mean that the clinical commissioning group (CCG) where the patient is registered, rather than where they live, is responsible for paying for their care. It also adds complexity to screening processes and referral pathways and, most importantly, changes the ‘place-based’ nature of general practice, which works with patients as part of a local community. NHS England and NHS Improvement recently [published](#) a response to a consultation that aimed to address some of these issues.

Digital technology can help to deliver all the components of primary care ... but there is a danger that by focusing on digital-first models investment and innovation focusses on this component of general practice while other areas are neglected.

So [the writer] would prefer to see much more investment in effective technology to support all GP practices to deliver the best possible care to the patients in their community. Traditional primary care has been slow to adopt digital access channels for a variety of reasons, including a lack of support for implementation, workforce capacity and the outdated ways in which GP IT systems are commissioned. The new GP IT Futures Framework, which is changing the way IT systems are commissioned, will need to support practices to have the technology at their fingertips to offer digital consultations, integrated with their clinical systems.

NHS E/I say in its consultation response that helping practices to digitise is its priority and that *‘health systems will receive funding to provide the implementation support, training and backfill required for PCNs [primary care networks] and practices to redesign how they deliver services to make best use of the technology provided’*. This is fundamental. Without it, neither patients nor professionals will be able to take advantage of the benefits that technology can offer.

As always, the NECS Research and Evidence Team are available to support colleagues in finding and critically appraising evidence.

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

links to opportunities to be involved in research – including training to develop your knowledge, skills and understanding

Are you involved in the care of patients with T2DM and would like to share your experiences?

General Practitioners, Nurses and Pharmacists in the North East are invited to take part in this research.

To do so, please use the link from any digital device: https://hud.eu.qualtrics.com/jfe/form/SV_8fil8uOY9r6W59z

Participation should take no more than fifteen minutes. Please contact sara.ramzan@hud.ac.uk for more information