

# Research and Evidence Bulletin

NECS Research  
and Evidence Team

January 2020

*Happy New Year and new decade to you all!  
We wanted to start the year with a special focus  
on an event we organised in December to share  
what worked and for whom in the ever changing  
world of Primary care.*

## Contact the Team



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## Information sharing event

### Primary Care Research: What Works and for whom

We were delighted to welcome 70 delegates to our event on Tuesday 10th December at St James' Park. We captured a lot of useful feedback on the day and via the event evaluation forms. A report collating feedback from the event, and available slides from the day can be found [here](#).

### Themes

Special thanks to our speakers, who gave a range of presentations based on the event's key themes;

- Robert Barker, Gregory Maniatopoulos, Florence Reedy and Michaela Fay presented on **working across boundaries**
- Beth Bareham, Suzanne Spencer, Laura Basterfield and James Durrand presented on **public health/prevention**
- Jane Pearson presented on the **Applied Research Collaborative (ARC)** and Peter van der Graf and Tracy Finch led an interactive session on **implementation science and knowledge mobilisation**
- MeiYee Tang and Becky Haines presented on **new ways of working** in primary care
- Katie Brittain presented on **ageing** in a care home context
- Joanne Smith presented on evidence and models of delivery for **social prescribing**.

### Event evaluation feedback

Delegates told us they liked the opportunity to network, receive information about research studies within primary care locally, and about the ARC. They said they would share new learning with their networks, implement this in practice, and continue seeking and supporting research and evidence.

There was a concern that many studies were still underway and so did not have results to share; delegates were interested in hearing about research going forward. We will continue to disseminate information about studies through events, bulletins, our website and social media.



Check out the tweets from the event [here](#).

# 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 or Evaluation to be considered, please use the link: [Research Ideas Inbox](#)

## Information sharing event

### Primary Care Research: What Works and for whom

#### Feedback from interactive sessions

We facilitated interactive sessions throughout the day to gather ideas and feedback from delegates.

#### **Working across boundaries**

What we asked: To share experiences of promoting working across boundaries including barriers and what works well.

What you said: Communication is key; this includes building good relationships with a network of contacts, having a shared vision and language, reinforcing key messages and making outcomes visible. Lack of information sharing and lack of integration between systems can be a barrier to working across boundaries, as is lack of time, resource and stability. A shared understanding of primary care organisation and culture, leadership support across organisations and making the business case for research is important in this context.

#### **Public health/prevention**

What we asked: To share what you had learned and how this learning could be used in your roles.

What you said: Presentations provided a range of memorable information. There was some concern regarding the capacity of primary care to deliver public health interventions. There was also some reflection on primary care networks as a potential opportunity to use and develop public health initiatives. Continued research and evaluation funding is important in order to extend the benefits of interventions and apply lessons learned.

#### **Wish lists**

What we asked: To write to our very own Shona Claus to tell her what would be on your research wish list.

What you said: Topics for future research were suggested. You asked for better connectivity, access to information and answers about what integrated care systems and primary care networks would bring to relationships between colleagues across services. You also asked for research to be given higher priority within primary care.

Our response: We are busy working through your wish lists to explore what can be actioned and how we can continue to support you into 2020 and beyond. Please continue to email us with your research and evaluation ideas or use our [Ideas Form](#).

## TEAM NEWS

Meet the team...

**Alison Janes**



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Alison Janes joined the NECS team in January 2020 as a Research and Evaluation Co-ordinator. She previously worked as an Occupational Therapist in a specialist inpatient service for neurorehabilitation and neuropsychiatry.

Alison completed an undergraduate degree at the University of Glasgow (MA) before qualifying as an Occupational Therapist at Northumbria University (MSc). Prior to re-training, she worked for several years in research and evaluation within the charity sector. This involved delivering mixed methods evaluation for projects across the UK aimed at promoting sustainable and active travel, as well as working with the Scottish Government to collate, quality assure and report national school travel statistics.

Alison also has hands-on experience of working collaboratively with schools and community/voluntary organisations to deliver interventions aimed at promoting health awareness and behaviour change in a charity and public health context. She aims to bring her skills, experience and pragmatic approach to support healthcare professionals and commissioners with research and evaluation.

## Upcoming events

### Newcastle University Knowledge Exchange Seminar Series (NU-KESS)

The Newcastle University Knowledge Exchange Seminar Series (NU-KESS) aims to promote evidence led policy making and provides a forum for researchers to present their findings to local decision makers.

The next seminar on the theme of health will include a presentation from Dr Heather Brown on **The Intergenerational Persistence in Health and Wages Over Time** from 13:30-14:30 on Wednesday 5th February in South Shields. For more information and booking visit: <http://bit.ly/NUKESSEALTH>

The following future seminars have also been arranged:

Dr Vikki Houlden - **WellGreen: Improving Urban Greenspace for Mental Wellbeing**, 8th April 2020 13:30-14:30 in Newcastle: <http://bit.ly/NUKESPLANNING1>

Professor Alison Stenning - **Playing Out: Promoting Community and Belonging through Play & Dr Emma Coffield - More Than Meanwhile Spaces: Long-Term Futures for Artist-Led Spaces**, 6th May 2020 13:30-15:00 in Gateshead: <http://bit.ly/NUKESPLANNING2>

### RDF20 Newcastle

The **2020 Annual NHS Research & Development Forum Conference (RDF20)** is to be held from the 10th – 12th May 2020 at the Sage Gateshead in association with the Health Research Authority (HRA). This is a national event which attracts a wide range of delegates from across the UK, including NHS colleagues in Research and Development, Quality Assurance, Finance & Administration and Project Management roles as well as Patient Group representatives.

NECS' Research and Evaluation team are pleased to have two posters and a presentation accepted for conference. More details about the conference and programme can be found here:

<https://annualrdforum.org.uk/>



**One to watch:** [@BJGPjournal](#) tweeting their top 10 most read research papers of 2019

### New research

#### Namaste care in the home setting:

#### developing initial realist explanatory theories and uncovering unintended outcomes

Sonia Dalkin, Monique Lhussier, Nicola Kendall et al.

Previously used in care homes, this study is the first to explore the use of Namaste Care in people's own homes via a hospice in the North East of England, operating in the community, through volunteers. The End-of-Life Namaste Care Program for People with Dementia provides a holistic approach using the five senses, which can provide positive ways of communicating and emotional responses.

Focus groups with volunteers and interviews with family carers were used to understand whether Namaste Care has positive outcomes, how these are generated, for whom and in which circumstances.

Results discuss four theories: increasing engagement, respite for family carers, importance of matched volunteers and increasing social interaction. The study concludes Namaste Care provides holistic and personalised care to people with moderate and advanced dementia, improving engagement and reducing social isolation. In the study, carers often chose to use Namaste Care sessions as respite, linked to their frustration at the dominance of task-focused care in daily life. Individualised Namaste Care activities thus led to positive outcomes for both those with dementia and their carers.

Full text: <http://dx.doi.org/10.1136/bmjopen-2019-033046>