

# DECEMBER 2020 BULLETIN



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**necs**

As a very challenging year comes to a close, we have all observed how research has been front and centre in our health world as we have learned more and shared. Our R&E team have kept the research and evidence agenda in the forefront to ensure everyone is up to date and with specific COVID related bulletins:

*COVID-19 Research - April 2020*

*COVID-19 & Mental Health – June 2020*

*Digital & Remote Consultations- August 2020*

*Digital & Remote Working – November 2020*

We send best wishes to you all for the Festive season and look forward to a brighter 2021 when we can yet again grow the research to improve patient care and outcomes for our population

**Stay safe and well**

## AN OPPORTUNITY TO HELP IMPROVE THE MANAGEMENT OF LIVER DISEASE IN THE COMMUNITY



Helen Jarvis is working with a team at Newcastle University to improve earlier detection of liver disease. She is looking to interview people involved in the commissioning and delivery of chronic disease management in primary care. Interviews will discuss experiences of chronic disease management and how liver disease might fit into this framework. What are the barriers to this happening and what might facilitate better management for those with chronic liver disease?

If you are a GP, commissioner, nurse, health care assistant, or are involved in chronic disease management in primary care, Helen would like to hear from you. This includes those providing lifestyle interventions / services for people with drug and alcohol problems. Interviews will take place at a time convenient for you, outside of work time and can be conducted using Teams/Zoom or by telephone. Interviews will take up to an hour and to thank you for your time you will receive an £80 amazon e-gift card. All relevant research authority permissions are in place

If you are interested in taking part then please contact [helen.jarvis2@newcastle.ac.uk](mailto:helen.jarvis2@newcastle.ac.uk) or on 07805 030385.

### CCG RESEARCH AND EVIDENCE ACTIVITY 2020/21 Q2 ACTIVITY REPORT

NECS R&E provide regular comprehensive reports to update North East & North Cumbria CCGs on research and evaluation progressing in the area. We recently shared our Q2 report, designed in line with your statutory duties for research and evidence. We welcome feedback on content [necsu.reteam@nhs.net](mailto:necsu.reteam@nhs.net)

- Plans and Priorities for 2020/21.
- Individual practice recruitment for portfolio research.
- Non-portfolio research and evaluation projects from all CCGs
- An update on Research Capability Funding is provided.

## EVIDENCE FOR PRACTICE GUIDE - MULTIPLE & COMPLEX NEEDS AND MORTALITY

The charity Fulfilling Lives and Fuse have produced a [two-page summary guide and report](#) to understand high mortality rates among people with multiple and complex needs. Multiple and complex needs include issues of homelessness, substance misuse, repeat offending and mental health. People facing these issues experience severe health inequalities – the mortality rates in these groups is almost seven times higher for men than the general population and almost twelve times higher for women (Aldridge et al, 2018). The North East of England has the highest drug-related death rate of any region in England and Wales.

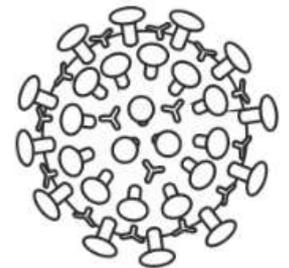
The guide summarises findings of a qualitative study developed by Fulfilling Lives and their experts by Experience (peer researchers) network along with Fuse researchers aimed to explore the reasons underlying the high mortality rates among people with multiple and complex needs. It summarises opportunities to identify people at-risk and makes recommendations relating to policy and practice interventions that have potential to prevent early death. The report outlines findings based on focus groups were held with Experts by Experience as well as those working in the health, social care and voluntary sectors that support people with multiple and complex needs. This project links in with the Health Inequalities and Marginalised Communities arm of the National Institute for Health Research (NIHR) North East and North Cumbria (NENC) Applied Research Collaboration (ARC).

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## HELP THE NHS DISCOVER WHY SOME FIT AND HEALTHY PEOPLE BECOME SO ILL WITH COVID-19

### [The GenOMICC Study](#)

Some people become very severely ill with Covid-19 and end up in hospital, but most people only experience mild illness. There are a variety of factors – such as being older, male, having another health condition, being from an ethnic minority, being in certain occupations, and more – all play a part in how sick people become. But scientific research has shown that even when all these factors are taken into account, there is something else.



This ‘something else’ might help explain one of the biggest Covid puzzles of all: why some people who were young or previously fit and healthy ended up on intensive care whilst others, who we feared might become very ill, did OK.

Genomics England is working in partnership with the GenOMICC consortium to analyse the whole genome sequences of some 20,000 people who have been severely affected by Covid-19, requiring admission to intensive care. They need to compare these genomes with 15,000 other genomes, from people who were only mildly affected – not requiring hospitalisation – or had no symptoms at all.

Genomics England believes the answer might lie in the DNA and is looking for two types of volunteer to take part in a study to help find the answers. If you have experienced any of the following and are interested in taking part visit the Genomics England website [here](#).

- You tested positive for Covid-19, but did not need to be hospitalised for their symptoms
- You tested positive for Covid-19, had severe symptoms and were in intensive care

## NEW WEBSITE – NIHR APPLIED RESEARCH COLLABORATION

The Applied Research Collaboration (ARC) [website](#) for the North East & North Cumbria has information on how NHS & care providers, commissioners, local government, universities, companies, charities, patients & communities are working together on research to address needs of our population and health & care systems.

## TRAINING & EVENTS

### NECS Research & Evidence Training

The Research & Evidence Team provides training courses to North East & North Cumbria CCG, NECS and primary care staff. Standard training sessions focus on developing skills to find, appraise and apply research evidence in the commissioning cycle, and how to design an evaluation. We will be delivering all our training sessions online in the New Year. Our standard training sessions include:

- Introduction to Research & Evidence
- Finding evidence
- Appraising evidence
- Designing & carrying out an evaluation

You can find out more about our training sessions [here](#)



### SAPC NORTH CONFERENCE, NOVEMBER 2020

The Society for Academic Primary Care North online conference was held as a one-day online meeting on 12th November 2020. This included a panel discussion on the future of academic primary care, led by Professors Helen Stokes-Lampard, Joe Rosenthal and Robbie Foy.

Primary care researchers gave poster presentations on a wide range of research projects in themed parallel sessions – Primary Care Delivery, Primary Care Medical Education and Patient Perspectives. The full conference programme and abstracts have been published online and a poster book was also shared following the conference (for more information about the poster book, contact [necsu.reteam@nhs.net](mailto:necsu.reteam@nhs.net) ).

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### AHSN REGIONAL & NATIONAL REPORTS: DIGITAL, WORKFORCE AND DECISION MAKING IN THE PANDEMIC

The Academic Health Science Network (AHSN) have published a [Rapid Insights Report](#) into the North East & North Cumbria Integrated Care System response to the COVID-19 pandemic.

The report summarises key findings from work done to date, including an online rapid insights survey with over 40 health and care professionals across the North East & North Cumbria and Healthwatch patient surveys from across the region. It makes a series of suggested recommendations around three particular themes: Workforce Qualities, Digital Innovation and Rapid Decision Making.

Nationally the [AHSN Network Digital & AI Reset Report](#) makes 8 key recommendations based on lessons learned from the pandemic. These recommendations are based on interpretation of findings from focus groups with individuals from the 15 AHSNs and key health, government and industry organisations. The report also contains case studies.

### VOLUNTEER TO HELP FIND THE VACCINE FOR COVID-19



Join the national effort and sign up for the NHS COVID-19 vaccine research registry. Be part of the fightback against the virus by volunteering to be contacted by researchers to take part in COVID-19 vaccine research. There is no obligation to join in any study if you are contacted. But by taking part, you could help researchers find vaccines to protect us all more quickly - which in turn could help the NHS and save lives. Find out more [here](#). To sign up visit: <https://www.nhs.uk/sign-up-to-be-contacted-for-research>.

## NIHR EVIDENCE

NIHR alerts are short summaries of the latest health research presented in plain English to promote use of research by all members of society. You can find NIHR alerts [here](#). Some recent alerts include:

- [Managing medication: older people and their families need support to deal with the hidden burden of medication](#)
- [The WHELD programme for people with dementia helps care home staff deliver person-centred care](#)
- [The Vanguard programme to integrate health and social care achieved some of its aims but took time to show an effect](#)

NIHR collections are an overview of recent research on topics or themes that have been highlighted as being of interest by members of the community. You can find NIHR collections [here](#). Some recent collections include:

- [Diabetes](#)
- [Mental health and COVID-19](#)

NIHR themed reviews are specially created reviews of recent research on topics of strategic importance for the UK health and social care system. You can find NIHR themed reviews [here](#). Some recent themed reviews include:

- [Living with COVID19 \(Long COVID\)](#)

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## C-WORKS

C-WorkKS has been set up to support the collation and sharing of knowledge and intelligence across the system about the impacts of COVID-19 (and the response to this) on non-COVID morbidity and mortality – to cover key areas of concern but also include any positive impacts.

Please visit the dedicated C-WorkKS knowledge exchange hub (registration required) to find out more or contact [LKISNorthEast@phe.gov.uk](mailto:LKISNorthEast@phe.gov.uk)



## NORTH EAST & NORTH CUMBRIA RESEARCH AND RESEARCHERS: RECENTLY PUBLISHED STUDIES

- [Thomson, K., Berry, R., Robinson, T. et al. \(2020\) An examination of trends in antibiotic prescribing in primary care and the association with area-level deprivation in England. BMC Public Health 20, 1148.](#)
- [Graham Y et al \(2020\) Evaluating a potential role for community pharmacists in post-bariatric patient nutritional support](#)
- [Graham Y et al \(2020\) How a pandemic affects the mental health of the nursing workforce. Nursing Times \[online\]; 116: 8, 20-22.](#)
- [Russell et al. \(2020\) Implementation of the National Early Warning Score in UK care homes: a qualitative evaluation, British Journal of General Practice 2020; 70 \(700\): e793-e800](#)
- [Cooper et al. \(2020\) Diagnosis and Management of UTI in Primary Care Settings - A Qualitative Study to Inform a Diagnostic Quick Reference Tool for Women Under 65 Years, Antibiotics \(Basel\) 9\(9\):581](#)