



NIHR ARC East Midlands 2019/2020 Annual Report Summary



Introduction

By March 2021 the National Institute for Health Research (NIHR) Applied Research Collaboration East Midlands (NIHR ARC EM) was 18 months into a 5 year programme of work. During this time ARC EM has continued to thrive, despite the difficult circumstances created by the COVID-19 pandemic.

Like everybody else, we have been coming to terms with the enormous challenge represented by the COVID-19 pandemic. Guidelines set out by the NIHR allowed for the recommencing of the work programme, albeit in the new environment, in the summer of 2020. The overall strategy of ARC EM remains the same but with an increased focus on the impact and management COVID-19, based on a commitment to focus on the health priorities of our region.

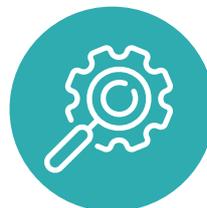
As an Applied Health Research Centre, with specialisms in multi-morbidities, health inequalities, mental health, social care and using real world data for health, we can lend our specialisms to understand this disease and assist the global effort to contain it, improve outcomes and ultimately save lives.

The disproportionate impact of the pandemic on ethnic minority populations highlighted the need to examine the terminology used to describe minority populations in research. This has led to the name of the Centre for BME Health to be changed to The Centre for Ethnic Health Research. This was decided upon as a result of feedback about the use of the term BME from the Race Commission and our own publication www.bmj.com/content/371/bmj.m4493 following recent advice for the word BME and BAME.

Performance 20/21



**GENERATED AND
ADDITIONAL £4.2M IN
CO-FUNDING**



40 ACTIVE PROJECTS



**134 PUBLICATIONS IN PEER
REVIEWED JOURNALS**



18 PARTNERSHIPS WITH INDUSTRY



**4 PARTNERSHIPS WITH LOCAL
SMALL AND MEDIUM ENTERPRISES
(SMES)**



**RECEIVED FUNDING FOR AN
ADDITIONAL 3 PROJECTS IN
AGEING AND DEMENTIA AND
PREVENTION THEMES**



**NATIONAL LEAD ARC FOR
MULTI MORBIDITY**



**NATIONAL LEAD ARC FOR
EQUALITY DIVERSITY AND
INCLUSION OF
UNDERREPRESENTED GROUPS**

Industry Partnerships

- We work with Ingeus as a partner under an NHS contract arrangement to deliver on the Healthier You National Diabetes Prevention programme.
www.preventing-diabetes.co.uk
- We work closely with Novo Nordisk on the Changing Cities Diabetes Programme. We also receive annual co-funding from them to support our work programmes within the Managing Multi morbidity theme www.leicesterchangingdiabetes.com
- We have received substantial donations from Astra Zeneca and Boehringer Ingelheim to support the establishment and work of the Leicester Real World Evidence Unit.
www.lrwe.org.uk/about
- The Mental Health and Wellbeing theme are part of a consortium with Johnson and Johnson, Biogen, CTMM-Ti Pharma, GABO-Mi, Intel, Livassured, Simbiotica, Software AG and Tenacta looking at new digital approaches to managing depression on its own or with epilepsy or multiple sclerosis.



Partnerships with SMEs

- The digital technology firm Ayup have partnered with us on the CLAHRC REBOOT study, involving an online e-therapy support programme for people with depression and anxiety, and are now working with us on the PRIDE study, promoting independence in dementia with a self-management app.
- OCB Media Ltd and Hark2 work with us across a range of studies within the Leicester Diabetes Centre providing IT support.



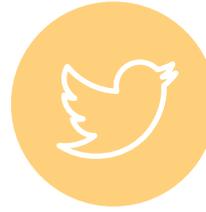
Communications



FEATURED IN 11
NATIONAL ARC
NEWSLETTERS



APPEARED IN 5
NATIONAL
BROADCASTS



TWEET
IMPRESSIONS
431,244



PRODUCED A
TOTAL OF 40
STORIES



EQUATES TO THE
EQUIVALENT
ADVERTISING
COST OF
£360,574



WITH A REACH OF
£12,183,196

Capacity Development



SUPPORTED 39
PHD students

Profile: New care pathway leads to new career path

Marie Rawdon had not thought about research and its direct benefits to frontline care. That was until she was assigned with a new project back in 2003.

Marie was working as a nurse specialist for an eating disorder service for Lincolnshire Partnership NHS Trust at the time at the Child & Adolescent Inpatient Unit at Ash Villa. They needed a new integrated care pathway and Marie was at the heart of the process to develop and roll it out.

Marie explains: *“Very early in 2003 my colleagues and myself developed an integrated care pathway for young people with eating disorders. There were inconsistencies which were causing tensions with young people and staff, we needed a consistent service.*

“I sort of fell into it because I was passionate about improving services. At the time I was working clinically in the community, working in schools, working with GPs and social services to raise awareness of the early identification to treat and prevent young people.”

Having had the experience of using the evidence gained from research to build a care pathway, Marie returned to research in 2012, this time to bolster her management and leadership skills for her then role as a deputy manager by studying for a masters in public health.

Then in 2018 Marie came to a crossroads. She had realised that middle management was not for her and during maternity leave, she also realised that she missed a project. With the bit between her teeth, Marie returned to work and after



a few weeks back, she secured a secondment as an as an early career researcher post with the regional Clinical Research Network. Marie said: *"It was a fantastic opportunity which actually led to me getting my PhD. I was supporting NIHR studies for one day a week and then one day a week writing a systematic review supported by Dr Ffion Curtis."*

A year later and Marie started her PhD exploring acceptability and effectiveness of an online body image training programme in mental health services targeting conditions including anorexia, bulimia and binge eating. Now a PhD student, Marie from Swaton near Sleaford, is looking forward to continuing her journey in research.

She said: *"Research is the answer, it's the foundation of everything in all walks of life not just within health to develop new treatment options and advancements for patients to help make their lives better."* Speaking about the future, Marie said: *"I would like to work as a clinical academic, I went into nursing to help people and I still want to help people, but I want to do it in a robust way."*

Training Courses Available



Deliver Cultural Competence courses available to all research, health and voluntary sector employees



Provision of Effective community engagement training



Free resources and online courses for widening participation in research

Details of these courses can be accessed here: www.ethnichealthresearch.org.uk/training-courses/



COVID- 19 Impacts

ARC EM has been represented on a number of national COVID-19 response committees including:



The National Clinical Research Network to increase the recruitment of Ethnic Minority communities to COVID-19 studies.



Director Professor Kamlesh Khunti, serving as a member of Scientific Advisory Group for Emergencies (SAGE), chairing a subcommittee looking at the impact of the virus on ethnic minority communities.



Led an expert working group which developed a Risk Reduction Framework for NHS staff at risk of COVID-19 infection.



The Academy of Medical Sciences Group who published the report: *“Preparing for a Winter Challenge 2021”*.



Mental Health & Wellbeing (MHW) Theme Lead Professor Richard Morriss has been appointed the National ARC Mental Health NHS and Care COVID-19 workforce project co-lead.



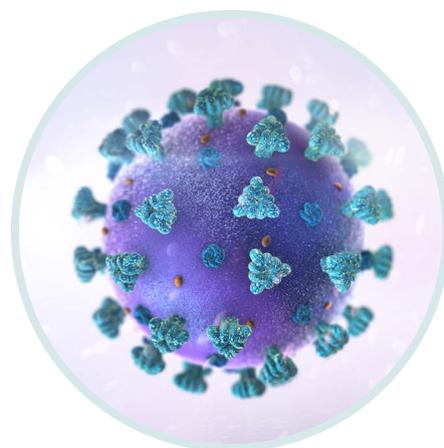
The Centre for Ethnic Health Research joined with the South Asian Health Foundation to produce a report making recommendations on how to support the ethnic minority communities to deal with COVID-19. The report entitled, *“COVID-19 in Black, Asian and Minority Ethnic populations: An evidence review and recommendations from the South Asian Health Foundation”*, makes a series of short and long term recommendations to tackle the disproportionate impact COVID-19 is having on ethnic minority communities.



We are part of a number of national COVID-19 studies including PHOSP-COVID www.phosp.org and UK-REACH www.leicesterbrc.nihr.ac.uk/themes/respiratory/research/uk-reach/



Our Mental Health & Wellbeing theme is working closely in the cross-ARC study NHS Health Checks, which is researching the impact of the COVID-19 pandemic on the health and wellbeing of the NHS staff who have been in the frontline www.arc-em.nihr.ac.uk/research/nhs-check-study



Research Impact

Focus ADHD (QbTest Utility in ADHD: AQUA-Trial) is now a national programme to improve the assessment process for Attention Deficit Hyperactivity Disorder (ADHD). In the last 12 months (April 2020 – March 2021):



Nearly 10,000 children across England have had an objective assessment for ADHD



With 46 trusts



86 sites providing objective assessments within their ADHD pathway



Over 42,000 tests have been undertaken across England since work was implemented in the East Midlands

The Leicester Self-Assessment Diabetes risk score developed in partnership with Diabetes UK is a short self-administered questionnaire to assess level of risk of having and/or developing type 2 diabetes. The questionnaire can be found on the Diabetes UK website <https://riskscore.diabetes.org.uk/start>.



Completed 2.25m times



It is recommended in NICE guidelines



Used by NIHR as an example of how they have contributed to growth. The public can self refer to the NHS diabetes Prevention Programme by using the online risk score. This led to a surge in completions with a 637% increase, leading to an additional 5,000 referrals over the first two months.



Translated versions in **5 South Asian languages** are available at: <https://arc-em.nihr.ac.uk/clahracs-store/leicester-diabetes-risk-score>

Equality, Diversity and Inclusion (EDI)

At ARC EM we are aware that research informs health care, but services may not always benefit everyone fairly. In order to address inequalities in research uptake, and in particular, the underrepresentation of minorities, we request that all ARC EM study participants complete an Equality Monitoring Form <https://arc-em.nihr.ac.uk/clahrcs-store/equality-impact-assessment-eqia-toolkit>. This ensures that ARC research meets the requirements of the 2010 Equality Act, consistent with our equality practice.

The Equality Monitoring Form asks about the nine protected characteristics (Age, Disability, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Race, Religion or Belief, Sex and Sexual Orientation) and also includes questions on caring responsibilities, geographical location, refugee and asylum status and language spoken, to more fully capture the diversity of the East Midlands.

The EIA process is an approach designed to improve equality analysis, practice and outcomes. It helps determine and understand how what we do may affect people differently. Whilst it is a key part of the evidence that is needed to demonstrate compliance with the Equality Act's Public Sector Equality Duty, the most important outcome of this process is demonstrating how individual research studies make a real difference to the lives of people from all communities. EIAs make research more accountable, more inclusive, more credible and more community orientated.

We have had a number of influential publications over the last year including: Patient and public involvement for ethnic minority research: an urgent need for improvement (W Ekezie¹, A Routen, S Denegri and K Khunti) which emphasised the need for a greater ethnic minority contribution to all aspects of research



Patient and Public Involvement and Engagement (PPIE)



The pandemic brought an unprecedented challenge to our public involvement methods and practices as most traditional community-based channels of engagement, such as face-to-face interactions and meeting people in community settings, were not possible. Nonetheless, over the years, we have continuously invested the time and effort in pro-active engagement, and meaningful relationship building with our community partners and organisations. Those well-established networks, built on trust and sustainability rose and shone even more during the pandemic, and became an important vehicle for us, to overcome those challenges.

The following testimonial, provided by a PPI representative involved in the ALPHA STIM study demonstrates this:

'During these unprecedented times it would be easy for academic teams to focus on things other than PPI - a challenge at any time!'

'Making the video - and a patient being the 'face' of the training - was an enjoyable and rewarding experience. I felt like an equal in the process and felt valued and respected in terms of my input.'

'working on the video provided me with many things, not least the opportunities to 'achieve something' and connect with fabulous people - getting me up and out and going.'

Feedback from the NIHR

"We thank the ARC staff for a tremendous year's work, including the contribution to the national response to the Covid-19 pandemic. The ARC reported strong progress with the portfolio of projects across the six research themes; with some delays reported in some projects as a result of the pandemic".

The National Institute for Health Research (NIHR) Applied Research Collaboration
East Midlands (ARC EM) is a partnership between Nottinghamshire Healthcare
NHS Foundation Trust and the Universities of Leicester Nottingham.

 @arc_em  www.arc-em.nihr.ac.uk  arc-em@leicester.ac.uk