A key aim of the NMAHP Research Unit is to develop research capacity and capability across the professions. We are therefore delighted to announce the development of a novel scheme which aims to support clinical academic careers for nurses and midwives in Scotland. The scheme is funded by the Chief Nursing Officer, and will be administered through the Unit under the auspices of an operational team and wider advisory group. Applied health services research has been endorsed by the Government, Royal College of Nursing and UK Clinical Research Collaboration in its call for greater nursing research capacity/capability. This is research which aims to: identify the most effective ways to organize, manage, finance, and deliver high quality care; reduce errors; and improve patient safety. However, retaining research active clinical/academic staff at a post-doctoral level has been challenging. A number of motivated nurses with aptitude and foundational experience to become senior researchers have sometimes become lost back to non-research active clinical or teaching positions in Higher Education Institutions. The scheme will therefore focus on re-engaging research-experienced nurses and midwives, and will support the development of a more permanent clinical academic position. The scheme has been developed by the NMAHP Research Unit, in consultation with a variety of stakeholders, and draws on lessons learned from a range of previous in-depth studies examining the barriers and facilitators to the development of clinical academic careers. Further details will be available on the Unit website soon and will be sent to all Higher Education Institutions and key senior NHS staff.

Professor Brian Williams, Unit Director
Feasibility Trial for a Creative Engagement Intervention for Stroke Patients

Stroke patients in Tayside are set to benefit from the announcement of an innovative research project, funded by the Chief Scientist Office, that will investigate the impact of visual arts programmes in stroke rehabilitation. Stemming from a collaboration between Prof Brian Williams of NMAHP RU and Dr Jacqui Morris of Dundee University/NHS Tayside, which established a research apprenticeship scheme for nurses and AHPs who are interested in developing research ideas that emerge from their clinical practice, the project will allow patients the opportunity to work with a visual artist during their inpatient stay following a stroke. The intervention and research will be led by Chris Kelly from Tayside Healthcare Arts Trust. Research using art as an expressive tool in other areas has shown to be successful in improving physical and psychological outcomes. By using art materials to explore their own creativity, it is hoped that this project will benefit patients in their rehabilitation after stroke, through building confidence, motivation and goal achievement. For more information contact Brian. Williams@stir.ac.uk.

NMAHP RU postgraduates’ award winning presentations

Earlier this year three of our PhD students presented their work at the University of Stirling’s annual Stirling Graduate Research School Conference. This event allowed the students to showcase their research to other members of the University and to gain valuable ‘first’ experience in conference presentations. Students from the Unit were accepted for three talks and two posters. Karen Semple presented her work on judgement and decision making in prosthetics for war injured military personnel; Keir Liddle presented his work on improving patient centred care by transforming leadership in NHS practices; and Mary Steele presented her work designing a theory-informed, visual intervention to promote smoking cessation during pregnancy. All were well received by the judging panel, and Mary’s poster won first prize in the poster competition. Mary’s award winning poster is shown in the picture. For more information on any of these projects please contact Karen.Stanton@stir.ac.uk.

Applied goal setting research presented at two national conferences

Lesley Scobbie, a pre-doctoral Chief Scientist Office research fellow within the Unit presented her PhD work at two national conferences in June. Lesley’s PhD aims to develop and evaluate a Goal Setting and Action Planning (G-AP) Framework to guide goal setting practice in community based stroke rehabilitation. This work was presented at the College of Occupational Therapists’ Annual Conference in Glasgow and at the Welsh Stroke Conference; the latter as an invited talk. These conferences were attended by various professional groups interested in stroke rehabilitation, including allied health professionals, nurses, doctors and academics. Both presentations were received well. Contact Lesley.Scobbie@stir.ac.uk.

NMAHP RU Raised £2769 for The Stroke Association!

On May 27th this year, NMAHP RU entered four teams into the Edinburgh Marathon Relay Race to raise money for The Stroke Association. NMAHP RU would like to thank everyone who supported the runners and The Stroke Association on the day. Our 16 runners did fantastically, completing the race in good time and blowing our original fundraising target out of the water raising a whopping £2769! Congratulations to the teams for doing so well!
Right From the Start Report looks at Getting It Right For Every Child within Maternity Services

Getting it Right for Every Child (GIRFEC) is an approach to coordinating services impacting on a child’s well-being. It is a streamlined strength based policy that is in the process of being implemented in Maternity Services across Scotland. Our evaluation study, which took a realist evaluation approach, found that midwives implementing GIRFEC could see tangible benefits, notably enabling better joined up working. There was greater mutual understanding and appreciation of roles across agency boundaries, which lead to fuller conversations with women that, in turn, increased problem solving resources for practitioners and families alike. However, they also noted time consuming aspects of implementation that could be improved, and a lack of training and resources to implement some of the conceptual aspects of GIRFEC around strength based working and joint outcomes setting with women. The evaluation also included women involved in policy: those at risk of poorer pregnancy outcomes expressed a high degree of trust for midwives and felt they had helped them problem solve and access services. Where there are child protection concerns, mothers emphasised it is important to talk through concerns with parents and where possible take a gradual approach to intervention. Younger women in particular reported a lack of confidence to ask questions and make decisions about their care and reported significant barriers to taking up standard provision of birth preparation and early parenting classes. These findings will help focus further work to inform Scottish Government maternity care policy. Contact H.L.Cheyne@stir.ac.uk.

Funding awarded for major review of physiotherapy approaches for stroke

Alex Pollock has recently been awarded funding from CSO to carry-out a major update of a Cochrane systematic review investigating the effectiveness of physiotherapy treatment approaches for stroke rehabilitation. Physiotherapists often base their clinical practice on global ‘approaches’ to physiotherapy treatment for stroke, but the effectiveness of these global physiotherapy approaches have been challenged by systematic review evidence. However, evidence exists which has not been considered or included in current systematic reviews. The aim of this project will be to determine the effectiveness of physiotherapy treatment approaches for key functional, impairment and participation outcomes after stroke. This will update our 2007 Cochrane review and incorporate foreign language publications not previously included. A key feature of this project will be the involvement of a Stakeholder Group which will be involved in establishing specific project outputs and actions, and ensure relevance and accessibility of the project outputs to staff and patients within NHS Scotland. Any stroke survivors/service users, carers, physiotherapists, educators and NHS managers/commissioners interested in contributing to this project should contact Alex.Pollock@gcu.ac.uk.

NMAHP RU Presentations at the 21st European Stroke Conference

Two members of NMAHP RU joined around 4,500 delegates at the 21st European Stroke Conference, held in Lisbon, Portugal, in May 2012. Myzoon Ali presented the results of a series of projects completed using data from the VISTA dataset. VISTA is a collaborative resource of anonymised clinical trial data for use in exploratory analyses. Myzoon’s research aims to improve stroke clinical trial design through investigations using the VISTA dataset. Her presentations at the conference collated data relating to visual and communication problems after stroke. These presentations were very well received and noted for the volume of data which has been compiled; which now provides some of the best international evidence relating to recovery from visual and communication problems after stroke. Myzoon also assisted in hosting a meeting of the international steering group for VISTA, which provided an opportunity for contributors to the VISTA dataset from around the world to discuss future projects and collaborations. Alex Pollock presented the results of her recently completed project to identify the Top 10 research priorities relating to life after stroke - a study which was reported in a previous issue of the newsletter. There has been considerable interest in this project and the resulting Top 10; as well as being presented in Portugal, and in Lancet Neurology, a full paper describing the methods and results of this project has just been accepted for publication in International Journal of Stroke. Contact Myzoon.Ali@gcu.ac.uk or Alex.Pollock@gcu.ac.uk for more information.
Our Workstream Approach

Physical Activity among Young People with Asthma

A substantial number of young people in Scotland and the UK have asthma. Although physical activity is important for the health and wellbeing of all young people, there are good reasons to suggest that it may be even more helpful for young people with asthma. However, substantial evidence from studies both in the UK and internationally show that young people with asthma are, in fact, less active than their peers. In 2008 we published a wide ranging scoping review examining the key issues surrounding this problem. This led to a substantial qualitative study funded by the Chief Scientist Office aimed at uncovering the reasons for reduced activity. Young people with and without asthma were interviewed, along with parents and school staff. This uncovered a set of shared beliefs regarding perceptions of safety, capability and motivation were largely responsible, linked to the problematic interpretation of asthma symptoms compared to breathlessness due to poor fitness. The theoretical basis developed in this study has now formed the development of a novel intervention (funded by the CSO) aiming to create a theory based animation to address these beliefs, coupled with a child specific action plan to translate intentions to behaviour. The Project is currently underway in conjunction with colleagues from the Universities of Dundee, Edinburgh and Newcastle, along with Asthma UK. A visualisation of the physical activity among young people with asthma workstream is shown below. Contact Brian.Williams@stir.ac.uk for more information.

To give some idea of the high quality of this novel visual intervention we have captured some images to show the progress in our work, developing the theory based visual intervention for this project. We have been working closely with colleagues at Dundee University to ensure that we have the best possible balance between a theoretically informed intervention and one that is of a high production standard.
Emma France
Lecturer

I joined the NMAHP Research Unit in March 2012 as a lecturer. My role is to support the Unit Director to report and disseminate studies investigating patient behaviour and decision-making in services delivered by NMAHPs; to provide postgraduate research supervision and teaching; to support the writing of research proposals; and to develop and manage new studies in the field of families and health. I specialise in qualitative research methods but also have expertise in quantitative and mixed methods approaches. I studied psychology and French at the University of Glasgow where I was awarded a PhD in psychology in 2000. Following this, I worked for seven years as a researcher and project manager in the commercial and voluntary sectors. This a PhD in psychology in 2000. Following this, I worked for seven years as a psychology and French at the University of Glasgow where I was awarded.

Jennifer Murray (Editor, Jennifer.Murray@stir.ac.uk); Mary Steele (Designer, Mary.Steele@stir.ac.uk); Christine Hazelton (Christine.Hazelton@gcu.ac.uk).

Grants and Publications


Grants

A feasibility study for a trial of Recovery versus Mindfulness models for Depression (ReMeDe). CSO £224,995. M Maxwell, C Williams, S Mercer, S Bradsheet, N Dougall, G McHugh, C Donaldson, A MacGregor, C Ettershank

Long term consequences and recovery from stroke: what is important to stroke survivors and health professionals? CSO (PHD Fellowship) £126,046. B St George, A Pollock, B Williams, T Quinn.


