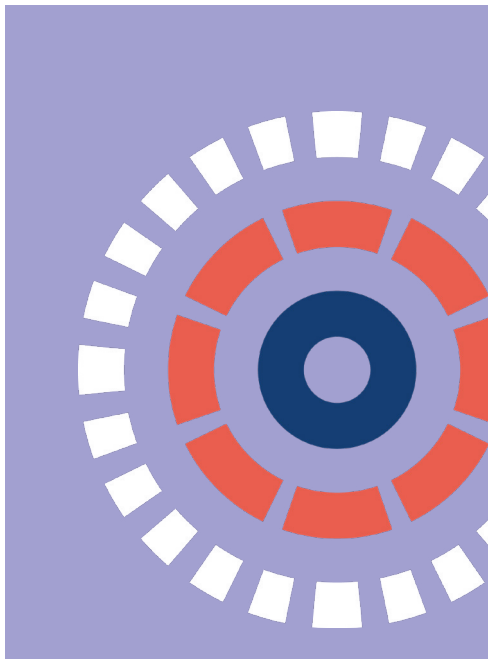
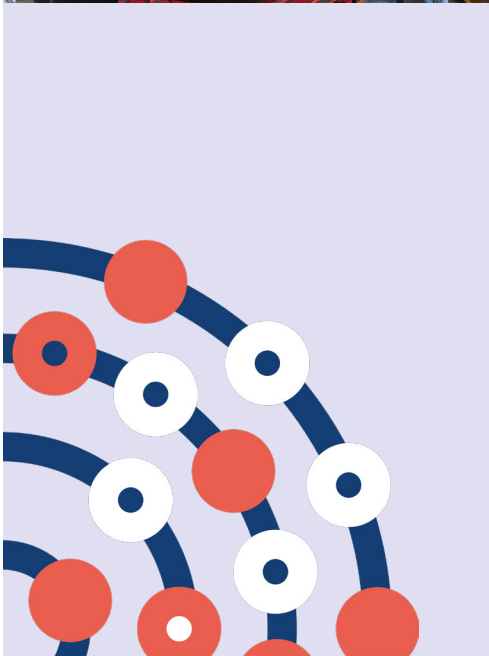




NIHR | Applied Research Collaboration East of England

Annual Performance Summary

2021/22



Introduction

This document provides a summary of NIHR ARC EoE's performance over 2021-2022, highlighting the important work from our 7 research themes, while providing an overview in our capacity building, implementation work and public involvement.

What is the NIHR Applied Research Collaboration East of England (ARC EoE)?

The NIHR ARC EoE is one of 15 ARCs across England, part of a £135 million investment by the National Institute of Health and Care Research (NIHR) to improve the health and care of patients and the public.

We are a five-year collaboration between Cambridgeshire and Peterborough NHS Foundation Trust, and the Universities of Cambridge, East Anglia, Hertfordshire and Essex along with other NHS Trusts, Local Authorities, patient-led organisations, charities, and industry partners across the region.

Find out more on our [website](#).

“

I am delighted that the Collaboration can report so much progress over the year. The work presented by all the themes is impressive and is making a real difference, while we continue to engage with our populations-in-focus and build capacity for our mission.

I am grateful to everyone who has played their part in this success, to date, and who will continue with us into the middle year of the programme. In particular, I would like to thank Andrée le May and John Gabbay who completed their tenure as co-Implementation Leads, with their work showcased in the Implementation Gallery, and welcome Sarah Robinson from Eastern Academic Health Science Network who takes over from André and John Implementation lead (p12). Bryony Porter joined us in the key role of PCIEP lead (p13) to support this cornerstone of the ARC.

I am delighted that Professor Wendy Wills has been appointed as my successor after I step down as Director at the end of September 2022. She is a terrific leader, and I look forward to reading about further progress when she writes here in 2023.”

Professor Peter Jones, NIHR ARC EoE Director





National co-lead
ARC for Mental
Health



National co-lead
ARC for Palliative
end of life care



National care
home network lead



29 partners



87 open
research projects



59 papers
published in
peer reviewed
journals



Over £10 Million
external funding



£1 Million
in co-funding



Awarded £750,000
funding over 3 years for
our Mental
Health Capacity building
infrastructure

2021-2022

in numbers

Booklet Contents

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8 fellows joined
our fellowship
programme

Current research priorities

- Optimisation of medicines for people living with multiple health problems
- Community engagement and support for people affected by dementia
- Care homes
- Assistive technology

Highlighted projects



PROJECT AMM01

Developing resources And minimum data set for Care Homes' Adoption study (DACHA)



PROJECT AMM31

Implementation and evaluation of the opioid deprescribing toolkit

Ageing and Multi-Morbidity

Research Theme

Awarded funding from National Insights Prioritisation Programme (NIPP) to study remote monitoring in four Integrated Care Systems (ICSs).

Collaborated with Hertfordshire Community Trust on two projects to investigate how remote consultations and remote monitoring benefit local communities.

Disseminated the DEMCOM Active booklet, about dementia friendly Physical Activity around local areas to people living with dementia with support from Stevenage Borough Council.

Presented the DECISION project - which is a project about driver effect of cognitive impairment and spatial orientation and navigation- to the Secretary of State for Transport's Honorary Medical Advisory Panel on Driving and Psychiatric Disorder.

Case Study | The ARC East of England Care Home Network

NIHR ARC East of England is working in and with care homes and has achieved impact in building a robust collaboration across the 15 ARCs. The Care Home Network links researchers and care home staff across the country to share learning, develop programmes of work, and convey news of applied projects. Examples of collaborative success from this network include the Top Tricks for Tricky Times guidance for care homes during the COVID-19 pandemic and The DACHA study - developing resources for minimum data set for care homes adoption.

[View theme webpage](#)

Health Economics and Prioritisation in Health and Social Care

Research Theme

Completed economic evaluations across the ARC, including: evaluation of novel service mental health pathways within Cambridge and Peterborough NHS Trust; early adoption of remote monitoring technology.

Finalised an implementation project (building on previous HEP analysis), helping to secure continuing funding for an intensive support team for young people with learning disabilities

Developed Cystic fibrosis (CF) research: Working with respiratory specialists to deliver a portfolio of studies focused on the impact of treatment burden on quality of life in CF – recent paper acceptance & findings presented at three conferences.

PhD projects: 1) [Alice Wreford](#), valuing the outcomes of social connection interventions; 2) [Godsfavour Illori](#), investigating UK regional health inequalities.

Case Study | Evidence-based valuation of patient-centred outcomes in Cystic Fibrosis

The introduction of novel (CFTR modulator) drugs has dramatically improved clinical outcomes for many people with cystic fibrosis (pwCF). Despite this improvement, treatment burden remains high, and is a key area of concern for clinicians, carers and pwCF. Our work focuses on measuring and valuing the impact of treatment burden (VALU-CF & LwCF), understanding how pwCF prioritise treatment burden versus other outcomes (VALU-CF II), and how treatment burden might safely be reduced ([CF-STORM](#)). Outputs are expected to facilitate the explicit consideration of treatment burden in national level policy decisions.

[View theme webpage](#)

Current research priorities

- Economic evaluations
- Economic evidence/ methodology around mental health
- Patient preferences, particularly in cystic fibrosis

Highlighted projects



PROJECT AMM32

[Understanding the implementation and impact of remote monitoring pathways in Integrated Care Systems](#)



PROJECT HEP07

[Evidence-based valuation of patient-centred outcomes in Cystic Fibrosis II](#)

Current research priorities

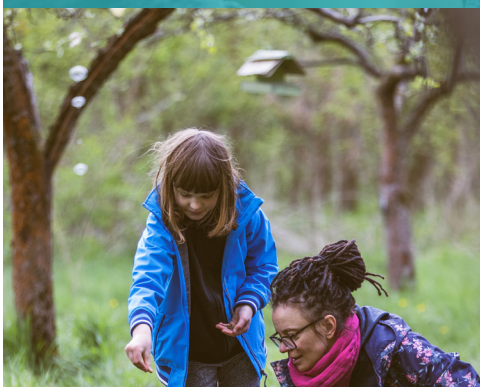
Work inclusively with communities to identify research topics and use innovative methods, to enable more relevant research into health and social care.

Highlighted projects



PROJECT IIRP08COV

Understanding the lived experience of infection transmission in care homes



PROJECT IRRP05

Exploring access to healthcare with Gypsies, Roma and Traveller communities living in the East of England

Inclusive Involvement in Research for Practice-led Health and Social Care Research Theme

The DISCOVERY project has funding to work alongside people with dementia to look at support provided by Recovery Colleges after getting a diagnosis of dementia.

Established the IIRP Advisory group to enable more diverse public voices within our theme.

Disseminated the Public and Patient Involvement (PPI) Feedback Guidance which is listed on the NIHR PPI Resources [website](#)

Hosted a series of meetings and a workshop (67 attendees) with local community groups, health professionals, Romani and Travellers, as part of their research development around access to healthcare in the East of England for Travelling Communities.

Case Study | Helping people with learning disabilities understand and explore their feelings about the COVID-19 vaccination programme

The **CAREVIS** (Co-creation And Evaluation of a visual REsource to support COVID-19 Vaccine uptake in people with Intellectual Disabilities) was a Royal College of Nursing Foundation funded evaluation of the usefulness of a co-designed visual resource to describe having a COVID-19 vaccine by, and for, people with learning disabilities. 'Having a Vaccine for Coronavirus' resource was produced by the charity 'Books Beyond Words'. Interviews with people with learning disabilities, their carers and a national survey were carried out, advised by The Purple All Stars and our Expert by Experience.

[View theme webpage](#)

Mental Health Over the Life Course

Research Theme

Awarded funding from NIHR Health and Social care Delivery Research to develop new ways to fight fatigue in the NHS Ambulance workforce.

Piloted a rapid and reliable assessment method for screening mental health and wellbeing in job centres, with frontline public services and employers across the country.

Published the results from our Delphi study: Designing a community based service model to promote mental health and well-being of children in the East of England.

Collaborated with NIHR ARC South London to lead the UK's Mental Health Priority Network, which aims to drive national collaborations and changes in mental health practice.

Case Study | The Mental Health Implementation Network

The **Mental Health Implementation Network (MHIN)** aims to drive national collaborations and changes in mental health practice. NIHR ARC East of England is working closely with NIHR ARC South London, as well as the other 13 ARCs nationally. In 2021, the MHIN identified seven areas of mental health needs and solutions in England: children and young people, comorbidities, inequalities, mental health systems strengthening, talking therapies, suicide / self-harm and severe mental illness. The team are now inviting stakeholders in mental health care to rate these solutions on how well they are likely to deliver on a series of objectives which support national and NIHR priorities.

Current research priorities

- Jobseekers' mental health
- NHS workforce and services
- Children's mental health
- Suicide prevention
- Treatments of depression
- Coastal communities

Highlighted projects



PROJECT MH19

Evaluation of the NHS England Peterborough Exemplar implementation



PROJECT MH35

CATNAPS: Fighting fatigue in the NHS ambulance workforce

[View theme webpage](#)

Current research priorities

- Regional and national inequalities in Palliative and end of life care (PEoLC) provision
- Out-of-hours PEoLC provision
- PEoLC needs of the ageing

Highlighted projects



PROJECT PEOLC14

Support Needs Approach for Patients (SNAP) piloting within district nursing with older people living in the community



PROJECT PEOLC25

Developing a Palliative and End of Life Care in Prisons

Palliative and End of Life Care

Research theme

Awarded funding to develop a project to enable delivery of person-centred conversations to people with chronic progressive conditions in prison.

Commissioned a poem and an audio play with The Pear Tree Centre exploring the Compassionate Communities approach to palliative and end of life care.

Awarded the National Hospice UK Award 2021 for Innovation in Dying Matters in collaboration with local hospices.

Published a set of studies during the COVID-19 pandemic on anticipatory prescribing in community end-of-life care and bereavement care that have informed regional, national and international prescribing practice and policy.

Case Study | **Anticipatory Prescribing in Community End of Life Care in the UK and Ireland during the COVID-19 pandemic**

Researchers conducted a UK-wide online survey study of healthcare professionals in April 2020, followed by in-depth interviews concerning changes to prescribing practice during the first wave of the pandemic. Major changes to anticipatory prescribing practice were reported, especially the medications prescribed, quantities prescribed and the routes of administration. This research directly informed regional and national guidance and contributed to further work currently underway in the NHS East of England Strategic Clinical Network for Palliative and end of life care.

[View theme webpage](#)

Population Evidence and Data Science

Research Theme

Updated the **SHAPE atlas**, an interactive visual map of the Population in Focus (PiF) areas to inform and support the strategic planning of services.

Developed a resource to improve data quality to address health inequalities.

Engaged with communities to co-produce projects with local stakeholders. This included advancing findings in an Inclusive Involvement theme's project focusing on deep community co-working and co-production.

Investigated how population health management approaches can be applied to diabetes prevention pathways. The project has identified diabetes-related lower limb amputations as an initial focus area.

Case Study | How can researchers connect with whole communities?

ARC researchers Dr. Sowmiya Moorthie and Dr. Carol Brayne have released a **blog** discussing ways to achieve longer term sustainable relationships with the communities they work with, through reporting on a series of interviews they conducted with experts who have been involved in developing and delivering strategies for community involvement. This ranged from a deeply embedded longstanding community and primary care hubs, to research leaders with years of experience in setting up whole system engagement in the North West of England.

[View theme webpage](#)

Current research priorities

- Better data quality to address inequalities
- Population Health Management, focusing on Diabetes prevention
- Social value of place based approaches to ageing well
- Facilitating engagement

Highlighted projects



PROJECT PEDS04
Bespoke SHAPE atlas for ARC East of England

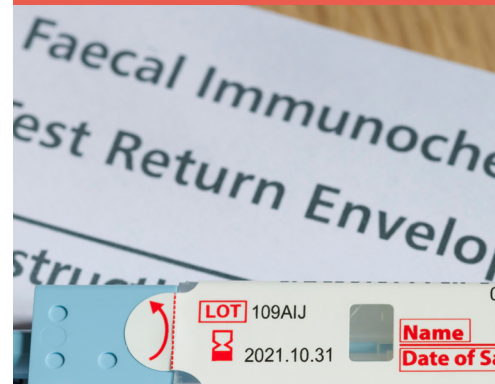


PROJECT PEDS07
Prevention and management of diabetes across Suffolk and North East Essex

Current research priorities

- Diet, obesity and malnutrition
- Infection control
- Cancer
- Carers' health and wellbeing
- Vaccine hesitancy and confidence

Highlighted projects



PROJECT PEDHSC13

Evaluation of The British Islamic Medical Association intervention for bowel cancer screening in the Muslim community



PROJECT PEDHSC19

Hostile Environment: Migration and Food Poverty in the UK

Prevention and Early Detection in Health and Social Care

Research Theme

Engaged with our local populations by hosting a series of walks in our Populations in Focus (Waveney, Peterborough, Thurrock and Stevenage)

Partnered with Cambridge and Peterborough NHS Trust to begin developing a ground-breaking food strategy for the new regional Cambridge Children's Hospital.

Supported NHS England and NHS Improvement, in partnership with the British Islamic Medical Association, to evaluate an educational bowel cancer screening intervention in Luton and Peterborough.

Awarded funding by the Food Foundation to conduct research on dietary inequalities for asylum seekers/refugees and during the 'early years' period. The theme have also been awarded funding by Beezee Bodies to work with them on co-production of weight management services.

Case Study | Addressing access to health and care services amplified by COVID-19

As recovery efforts from the pandemic increase pace, evidence-based local research and interventions are needed to support them. Two projects are underway that have the potential to increase access to services and, thereby, ultimately contribute to reductions in health inequalities. The PEDHSC researchers are supporting the evaluation of a bowel cancer screening intervention for the Muslim community in Luton and Peterborough. They are also working with local councils and organisations to develop a co-designed intervention to increase vaccine confidence among the African/Caribbean community in Watford.

[View theme webpage](#)

Capacity Building at ARC East of England

Our aim is to address the regional needs of research capacity building for the East of England, while making use of the national NIHR infrastructure to support and optimise our work.



The ARC Fellowship Programme

The ARC Fellowship has been running since 2010 and is aimed at clinicians, health and social care practitioners, voluntary sector staff and NHS managers across the East of England. They are funded one day a week for a year to carry out a research project relating to their area of expertise.

The fellowship is for those who would like to work at the interface of research and practice; develop an understanding of the research environment; and develop skills in research methodology, service redesign, change management and implementing evidence-based improvements into practice.

We currently have three fellowship programmes including, research and implementation, mental health and social care. Learn more about our current 2022 -2023 fellowship cohort [here](#).

“As I learned more about the programme, workshops, masterclasses and the project. I saw how it would help me gain practical research skills and build my research capability, and credibility.” Read [Helen Hall’s blog](#), Fellow alumni

[View capacity building webpage](#)

Dementia Capacity Building Award



We have received £486,000 from a £7.5 million national funding award to support early career researchers working on applied research for dementia.

Mental Health Capacity Building Award



We have received £750,000 of funding over 3 years for our mental capacity building infrastructure.

Quarterly Capacity Building Roadshows



Our online roadshow events showcase opportunities for professionals to make a start, or continue developing their research skills through regional and national schemes.

Implementation at ARC East of England

We aim to improve care by undertaking applied research which supports frontline NHS and Social Care staff to change practice and investigate whether care and treatments are effective and provide good value.

ARC East of England Implementation Lead:



Dr Sarah Robinson, Director of Delivery at Eastern Academic Health Science Network (EAHSN) is now the ARC East of England Implementation Lead from April 2022. The EAHSN supports the implementation of research that shows promise in assisting with health and care challenges in the East of England and building implementation capacity and skills through our fellowship scheme.



Case Study | Improved Support Helps Young People with Complex Needs Stay Close to Home

Young people with severe learning disabilities in Cambridgeshire and Peterborough are being supported by a new service, shaped by ARC EoE researchers and health professionals working with families.

Positive Behaviour Support (PBS) is a well-established, multidisciplinary approach to support young people with learning disabilities and help them remain close to their families, schools and communities. Not only will this have a hugely beneficial effect on their lives, but may eventually achieve an annual saving to the local health, care and education system of up to £2.5 million. PBS helps to reduce the incidence and impact of behaviour that leads to restriction and exclusion, through person-centred practice, promoting human rights, and making evidence-based decisions in partnership.

Following a successful pilot with support from the local authority and NHS, funding has been secured to continue to develop the team working with more young people to gather further evidence of what works. [Read more](#)



Resource

The Implementation-Art Gallery

This is a guide to the Community of Practice approach in research implementation. This resource can be accessed in both a virtual gallery format and as a downloadable PDF. [access here](#)

All implementation resources are available [here](#)

[View Implementation webpage](#)

Public Involvement at ARC East of England

We are committed to involving patients, service users, carers and members of the public. We engage with our communities to make sure they can both influence and benefit from the research we undertake.



Case Study | Stevenage Dementia Involvement Group

Stevenage Dementia Involvement Group was set up by researchers from the University of Hertfordshire in 2020 in collaboration with The Red Shed CIC.

The group meets monthly and provides opportunities for people with experience of dementia to have their voice heard and to have influence on research and the planning of new services. Each session the group discusses a particular topic relating to living with dementia or health and social care services in Stevenage.

Some of the topics discussed so far include: Making Stevenage a Dementia Friendly Community (with guest speaker from Stevenage Borough Council); GPS Location Devices and Dementia; Living well with dementia in care homes, Experiences of hospitals.

“I am so pleased to be given the opportunity to be involved with the group and know that my thoughts and feelings are being listened to and hopeful that this may lead to positive change.”
Anne, Group member

[View Public Involvement webpage](#)

Bryony Porter is our ARC East of England Public and Community Involvement, Engagement and Participation (PCIEP) Lead. Bryony is passionate about effective engagement, involvement and participation of communities in research and as part of her role she Co-chairs the PCIEP Co-ordinating Group and oversees the implementation of the ARC PCIEP Strategy.



Blog: Digital Exclusion & Health Inequalities



Penny is a public contributor and has written a number of blogs where she reflects on the impact of digital exclusion for Public Involvement in Research. [Read latest blog](#)

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East of England