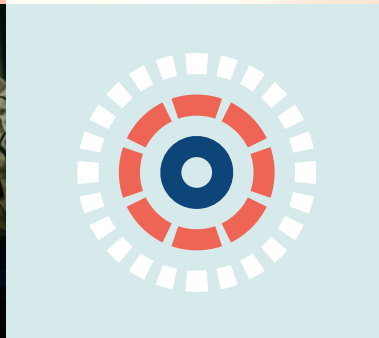


# Improving health and social care with research



The NIHR ARC East of England is hosted by

**NHS**  
Cambridgeshire and  
Peterborough  
NHS Foundation Trust

## Introduction



**Tracy Dowling**  
*Chair*  
NIHR ARC  
East of England

Thank you to everyone who has helped to secure and shape a regional programme to address the greatest health and care challenges for communities, with focused research.

Cambridgeshire and Peterborough NHS Foundation Trust is proud to host the NIHR ARC East of England, as one of the top research active NHS trusts in the country.

We will work with our partners, health professionals, researchers, patients, carers and the public over the next five years to ensure research meets a wide range of health needs across the life course, from young children to older people.

Projects are planned to apply research to help health and care staff improve practice, find effective treatments, and translate findings to benefit patients and families as quickly as possible.

Thank you for your support to ensure research in this region improves lives.

## Overview

The NIHR ARC East of England is 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, regional Sustainability and Transformation Partnerships (STPs), patient-led organisations, charities, and industry partners across the region.

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, providing good value.

The NIHR ARC East of England will:

- Undertake focused research projects with areas identified as having health challenges, including Great Yarmouth and Waveney, Peterborough and Fenland, Stevenage and Thurrock.
- Nationally co-lead applied research with ARC South London in mental health, and palliative and end of life care.
- Effectively engage with communities across the region.
- Facilitate the implementation of research findings into practice.

## Prevention and early detection in health and social care

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**Professor Wendy Wills**  
*Theme Lead*  
University of Hertfordshire

This cross-cutting theme aims to:

- Identify and address ways to support different populations and potentially vulnerable groups to sustain their health and wellbeing.
- Better understand how to help key groups to recognise, at the earliest opportunity, signs of illness or disease in themselves and others and to take action.
- Work with local communities and health and social care staff to develop and evaluate strategies for early detection and referral to services, based on research evidence.
- Clarify the currently under-determined distinction, which is crucial for effective policy and care, between population screening, targeted screening, proactive and reactive early detection strategies.

We will frame our work around conditions of practical concern to our partner organisations, local policy makers and local communities.

## Population evidence and data science

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**Professor Carol Brayne**  
*Theme Lead*  
University of Cambridge

In partnership with the other ARC themes, this theme aims to significantly add to the evidence base and apply evidence on using data in the best way to understand population health needs and outcomes.

Community engagement will underpin this theme to support evidence-driven local population health action.

Core strategic strands include:

- **Innovative methods:** identifying, developing and sharing innovative methods relating to population health data access and use.
- **Data linkage:** supporting and influencing the establishment and use of linked data sets to inform population health research.
- **Vulnerable populations:** developing the evidence base on vulnerable populations at risk of poor health with a focus on the use of population health data to improve outcomes.

## Health economics and prioritisation in health and social care



**Professor Jennifer Whitty**  
*Theme Lead*  
University of East Anglia

People need and want more and more from health and social care, while funding is very limited. Research in this theme will help health and social care services deliver the greatest benefit possible from public funding.

Projects in this theme will:

- Produce information on the costs and outcomes of different forms of treatment and care. This will help all groups of people - from public to the government, make better decisions when selecting the various options.
- Use and develop 'best practice' methods for analysing costs and the wide range of patient-centred outcomes.
- Increase and strengthen connections between the different parties interested in health economics and prioritisation (HEP), thus helping share findings and increasing the impact of HEP research in the East of England and beyond.

## Inclusive involvement in research for practice-led health and social care



**Professor Fiona Poland**  
*Theme Co Lead*  
University of East Anglia



**Dr Elspeth Mathie**  
*Theme Co Lead*  
University of Hertfordshire

Research on health and social care should involve patients, service users, carers and members of the public with different experiences.

This theme aims to find the best ways to do this. We want to work inclusively with people in communities and areas where involvement opportunities have been limited.

Researchers will work together (co-design) with the public – to design, carry out, share and implement research findings.

Our team includes members from community, service user led and voluntary groups and universities who will build on CLAHRC EoE Patient and Public Involvement theme work.

We aim to identify research topics and use methods that will be of wide interest and relevant to people from East of England communities, other regions and nationally.

## Mental health over the life course



**Professor Jesus Perez**  
*Theme Lead*  
Cambridgeshire and  
Peterborough NHS  
Foundation Trust

This theme aims to reduce social and health inequalities for people with mental health difficulties, especially in communities with high health needs.

Mental health problems affect people's social and working life. For example, half of those claiming Employment and Support Allowance report mental health difficulties. We will investigate ways to support jobseekers and people working in NHS and social care organisations who have emotional and wellbeing problems.

People with serious mental illnesses also tend to have shorter life expectancy due partly to discrimination. We will build a research infrastructure to fill the damaging gap between physical and mental health services.

Finally, we will work to improve identification of children's and young people's emotional and wellbeing problems that often continue into adulthood.

## Ageing and multi-morbidity



**Professor Claire Goodman**  
*Theme Lead*  
University of Hertfordshire

The focus of this theme is on improving how people living with complex needs are supported by health and social care services to live well.

It builds on prior work to support people who have long term needs and who are users of multiple services.

The following are current priority areas for research and implementation work:

- Cross sector working to improve the health outcomes of people with complex health and social care needs.
- Optimisation of medicines for people living with multiple health problems.
- Community engagement and support for people affected by dementia.
- Research with care homes.

## Palliative and end of life care



**Dr Stephen Barclay**  
*Theme Lead*  
University of Cambridge

Over 500,000 people die in England and Wales each year; including more than 50,000 in the East of England. There is a pressing need for improvements in palliative and end of life care (PEoLC).

This theme will investigate and address:

- Regional and national inequalities in PEoLC provision
- Out-of-hours PEoLC provision
- PEoLC needs of the ageing multi-morbid population

We will:

- Build on our established collaborations across universities, service providers and practitioners, to ensure grounded relevance, dissemination and implementation of research.
- Engage with the populations-in-focus to undertake research where it is most needed and will be implemented.
- Undertake research on inequalities in service provision, out-of-hours care and multi-morbidity.
- Co-lead a national cross-ARC PEoLC collaboration with Professor Higginson (South London ARC), involving national charities and researchers.

## Public and Community Involvement, Engagement and Participation (PCIEP)

We have a strategy for involving patients, carers and the public in all aspects of the NIHR ARC EoE's work.

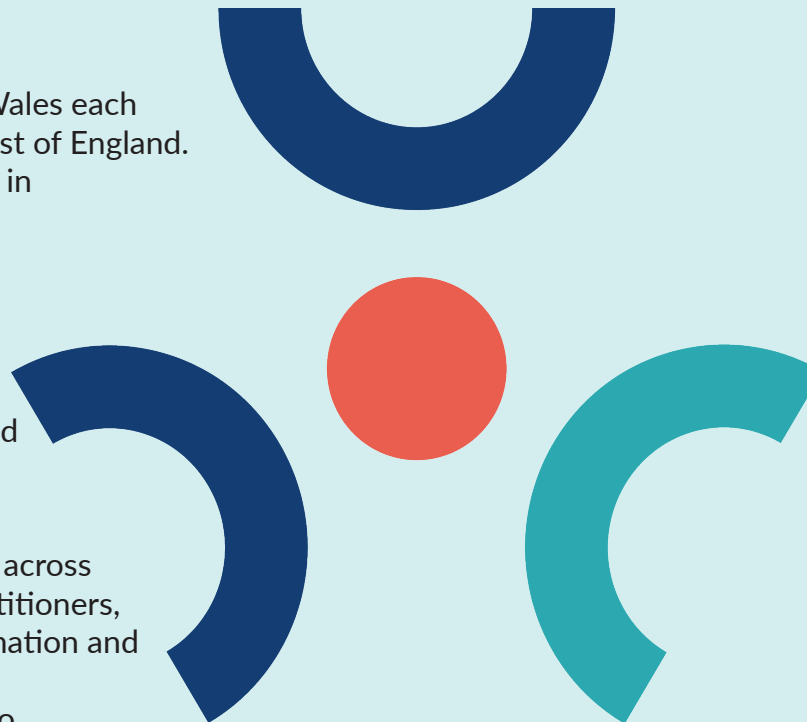
Public and Community Involvement, Engagement and Participation (PCIEP) members will sit on our Boards and Committees to make sure we act in the best interests of our communities.

ARC researchers will be supported when involving PCIEP members in their research to make it relevant.

We will use evidence produced by the inclusive involvement in research practice theme (page 7) to make sure we are using PCIEP in the best ways.

We will work with the regional organisations who support our communities, to help increase the involvement of under-represented groups, in particular our populations in focus.

We will work with ARCs and other NIHR organisations in sharing learning and developing joint approaches to PCIEP.





## Capacity building



**Eneida Mioshi**  
*Capacity Building  
Committee Chair*  
University of  
East Anglia



**Christine Hill**  
*Fellowship  
Programme Lead*  
University of  
Cambridge

Our strategy builds upon successful initiatives developed over the last ten years, other established capacity building models in our region, recommendations from the NIHR strategic review of training and the newly established NIHR Academy.

We aim 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.

Our flagship programme, ARC Fellows, has trained 105 fellows to date. Such success is due to the effort of the Fellows, and the support of ARC East of England academics and colleagues across the region who provide one-to-one supervision, mentorship and teaching. Implementation Fellowships will be a new branch of this programme in 2020.

## Implementation



**John Gabbay**  
*Co Lead*  
NIHR ARC  
East of England



**Andrée le May**  
*Co Lead*  
NIHR ARC  
East of England

The point of applied research is to put the findings into practice, but that is surprisingly difficult to accomplish.

Our implementation strategy uses down-to-earth but effective techniques to help achieve this. The Implementation Leads, Andrée le May and John Gabbay, help the ARC bring together academics and people working in or using the local health and social care system who could make use of research findings.

The emphasis is on facilitating open and robust relationships between all the interested parties, supporting them to fully explore the pros and cons of implementing the research in that particular practical and organisational context.

This enables everyone to agree an implementation plan that they themselves can evaluate and adjust to ensure successful uptake and delivery of improvements.

## Forward view



**Professor Peter Jones**  
*Director*  
NIHR ARC  
East of England

Our new applied research collaboration, the NIHR ARC East of England, has been eighteen months in preparation, so it is exciting to be launching the new programmes.

We shall be addressing key questions for health and social care through research.

The focus on implementation means the ARC should be well placed to make a positive difference to the health and wellbeing of people in the region.

Our plans to form lasting partnerships with communities and stakeholders - within the four populations in focus - presents a fresh challenge, but this will increase the impact of the ARC in communities with the greatest need.

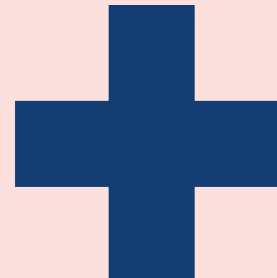
Our discoveries may have local origins but their relevance will be widespread. We look forward to the next five years and beyond.



## Partners

The NIHR ARC East of England works with regional providers of health and social care services.

Hosted by



Working in partnership with

**University of Cambridge**  
**University of East Anglia**  
**University of Essex**  
**University of Hertfordshire**

- BeeZee Bodies
- Cambridgeshire and Peterborough STP
- Eastern Academic Health Science Network
- East and North Hertfordshire NHS Trust
- East Suffolk and North Essex NHS Foundation Trust
- Healthwatch Hertfordshire
- Hertfordshire County Council Adult Care Services
- Hertfordshire County Council Public Health Service
- Hertfordshire Independent Living Service
- Hertfordshire Partnership University NHS Foundation Trust
- Hertfordshire and West Essex STP
- Hearts Milk Bank
- Home Start Hertfordshire
- Local Knowledge and Intelligence Service East of England
- Mental Health Foundation
- Norfolk County Council Public Health Directorate
- Norfolk and Suffolk NHS Foundation Trust
- Public Health England
- Quantum Care



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