

Research Engagement And Community Health



Introduction

- This presentation is part of the REACH project, funded by the Integrated Care Systems (ICS) Research Engagement Network (REN) Programme, co-produced in partnership with Voluntary, Community and Social Enterprise (VCSE) organisations across Worcestershire
- The aim is to widen engagement in health and care research across the region, to better understand and ultimately reduce health inequalities
- We want to encourage conversations about health research in all our communities and support better links between community and research



What is REACH Worcestershire?

Research Engagement and Community Health – working together for better health through effective research

Mission: To improve health and wellbeing outcomes and address health inequalities through cohesive, targeted and research-informed support for communities in Worcestershire.

We aim to:

- ✓ (Re) build trust in health and care services across the county
- ✓ Increase participation in community health research by diverse and seldom heard groups
- ✓ Encourage more consistent use of research evidence around what works in health and social care by the VCSE sector



What is health and care research?

“the attempt to derive generalisable or transferable new knowledge to answer or refine relevant questions with scientifically sound methods”

(Health Research Authority 2017)

In other words...

Asking questions
Finding answers



This is so we can:

- diagnose diseases earlier or more accurately
- provide life-changing treatments
- prevent people from developing conditions
- improve health and care for generations to come
- ensure everyone has a better quality of life

For more information, see

<https://bepartofresearch.nihr.ac.uk/about/What-is-health-and-care-research/index>



A bit of history... the first clinical trial



The first clinical trial was conducted by James Lind. He was a Scottish doctor and a pioneer of naval hygiene in the Royal Navy. He conducted the first clinical trial in history in 1747.

James wanted to investigate whether citrus fruits cured scurvy. He selected twelve patients with scurvy on a ship, kept them together and gave them all different diets and monitored them. By the end of the week, the sailors whose daily diet included citrus fruits recovered, therefore proving that citrus fruit could cure scurvy.



Source: <https://bepartofresearch.nih.ac.uk/about/What-is-health-and-care-research/index>



Different types of research for different types of questions



Healthcare research (sometimes known as 'clinical trials')

- Explores how people with different health problems feel and behave, sometimes compared with people who don't have the same condition.
- Includes studying samples like blood or tissues, along with diagnostic tests such as scans or X-rays.
- Analyses patient records and/or data from health and lifestyle surveys to look for patterns.



Public health research

- Focuses on understanding and addressing significant health challenges affecting communities.
- Addresses major societal health issues, for example smoking, lack of exercise.
- Evaluates treatment benefits, costs, acceptability, and broader impacts.



Social care research

- Aims to make life better for people who get help from our social care system.
- Might involve creating new tools, like lifting equipment to assist residents, or studying how technology can improve care.
- Researchers also look into changing rules and practices to make social care better for everyone.



There are also approaches to knowledge creation that recognise some of the best insights come from communities themselves, for example:

Citizen Science

- Members of the public actively take part in data collection, analysis, or problem-solving.
- Involves collaborating with professional scientists to contribute valuable data and insights to various fields such as astronomy, ecology, biology, and environmental science.



Community-based research

- Researchers work closely with a community to study and address issues that are important to that community.
- Focus is on collaboration and sharing of knowledge between researchers and community members.



Community-led research

- Community members take the lead in identifying research questions, designing the study, collecting data, and analyzing results.
- Researchers support and assist throughout the process, but the community has more control and ownership over the research.



In summary, community-based research involves collaboration between researchers and community members, while community-led research is driven and directed by the community itself.



Different types of research for different types of questions

Descriptive: describes or explains what is happening

Example: patients' experience of accessing their GP

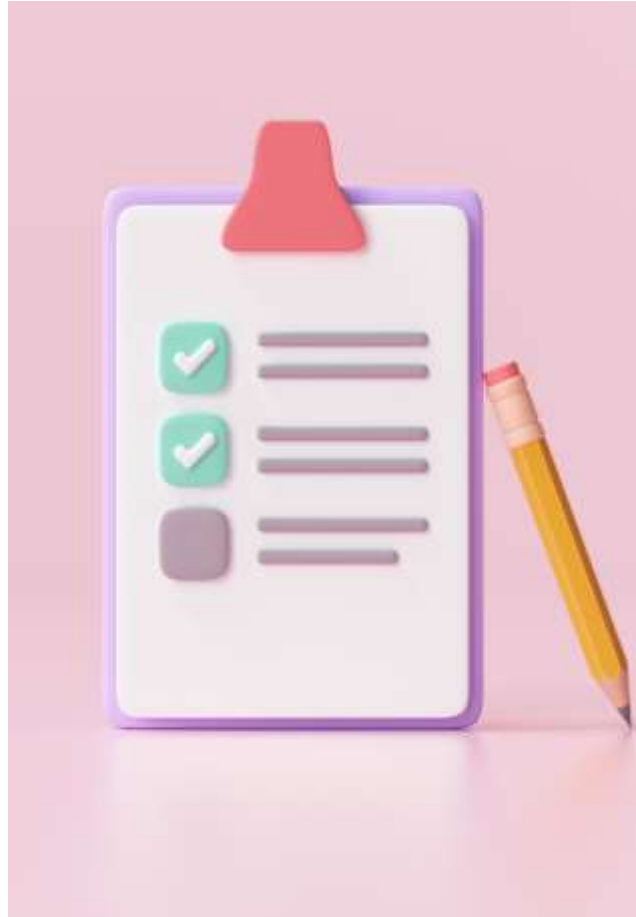
Relational: looks at the relationship or link between two or more things

Example: link between diet and anxiety

Causal/Comparative: looks to see if one or more things effect others

Example: effect of age on lung capacity





Different types of research methodologies for different types of questions

Quantitative: gathering numerical data so it can be measured to find out how many, how often or to what extent something is happening

Data collection tools:

- *Surveys and questionnaires which measure responses as numerical data*
- *Observations e.g., counting number of times something happens*
- *Document screening e.g., counting number of times certain words are used*
- *Experiments e.g., testing a hypotheses to find cause and effect relationships*



Different types of research methodologies for different types of questions

Qualitative: gathering data about people's lived experiences, their emotions or behaviours

Data collection tools:

- *Interviews and focus groups with either one participant or several participants to discuss a topic or set of questions*
- *Observations of activities*
- *Document analysis of written sources such as diaries or reports*
- *Oral history or life stories shared with the researcher by the participant*



Different types of research methodologies for different types of questions

And...

Mixed methods: brings together numerical data with people's experiences to look for agreements and/or disagreements between the different types of data



Research Results: making a difference locally

RECOVERY

Randomised Evaluation of COVID-19 Therapy



Phil...*"The treatment I received on the trial gave my three children their Dad back."*



Hearing nasty voices (2021)

Results: A framework of listening and believing negative voices has the potential to inform the understanding and treatment of voice distress.

Psychological Impact of Covid-19 (phase 3) (2021)

Results: Impact of relaxing lockdown restrictions had a positive mental health impact



Research Results: making a difference elsewhere...

Promoting positive body image and self-esteem among children could help to reduce poor mental health associated with being higher weight in adolescence. (Summer 2023)



Women with poor mental health 'have 50% higher risk of preterm birth' (Aug 2023)



'Fastball' test could help detect Alzheimer's earlier (14.7.23)

Smart watches could detect Parkinson's up to 7 years before symptoms appear (3.7.23)



The Oxford/AstraZeneca COVID-19 Vaccine
(2020/2021)



Research Results: making a difference elsewhere

Postnatal depression across countries and cultures: a qualitative study

The study found across all countries in its study that people described a morbid unhappiness after childbirth which was similar to what we term postnatal depression but not all centres saw this as an illness that needs remedying by health interventions.



Health inequality implications from a qualitative study of experiences of poverty stigma in Scotland

By talking to small groups of people with experience of living in poverty in Scotland, the study found five themes 'reflecting aspects of poverty stigma' which existed; media representations of poverty; negative encounters with social security systems; perceived public attitudes regarding poverty in Scotland; lowered self-esteem and internalisation of negative attitudes, and; emotional responses to stigma.



Experience of healthcare among the homeless and vulnerably housed a qualitative study: opportunities for equity-oriented health care

People shared valuable insights of their lived experience of accessing hospital-based services whilst homeless or living in vulnerable housing. Findings showed people found these services stigmatising and shaming which often put them off avoiding further appointments.



Research happening right now across Herefordshire & Worcestershire!

GENETIC LINKS TO

GLAD

ANXIETY & DEPRESSION

JOIN US IN THE WORLD'S LARGEST STUDY

ARE YOU...

- AGED 16+
- LIVING IN ENGLAND
- EVER HAD CLINICAL OR SERIOUS ANXIETY AND/OR DEPRESSION

WE HOPE

40000

PEOPLE WILL TAKE PART

PATIENTS WITH BIPOLAR DISORDER, BDD, OCD, OR RELATED DISORDERS ARE WELCOME TO JOIN

TELL A FRIEND OR SIGN UP TODAY AT WWW.GLADSTUDY.ORG.UK

Understanding the impact of life experiences on maternal wellbeing and mental health

This survey aims to capture the effects that the COVID-19 pandemic and other life events have had on your experiences of pregnancy.

Help us make a difference and take part today

Visit: bit.ly/HWmaternal



NIHR NCMH

Get in touch
If you have any questions about our research, call us on 01223 3344 3333

8 Research Design Councils
NIHR Research Design Councils

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NIHR BioResource

JOIN US IN THE EATING DISORDERS GENETICS INITIATIVE (EDGI)

IS OPEN TO ANYONE WHO...

- IS AGED 16+
- LIVES IN ENGLAND
- IS CURRENTLY EXPERIENCING OR HAS EXPERIENCED AN EATING DISORDER IN THE PAST

WE HOPE

10000

PEOPLE WILL TAKE PART

PATIENTS WITH ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE EATING DISORDER OR ANY OTHER EATING DISORDER ARE WELCOME TO JOIN

TELL A FRIEND OR SIGN UP TODAY AT WWW.EDGI.ORG

@EDGI.UK
@EDGI_UK
@EDGI_UK

Eating Disorders Genetics Initiative - Recruitment Poster v1.1
Date: 13/08/2019



Other types of projects

Evaluations

A process that takes place before, during and after an activity. It includes looking at the quality of the content, the delivery process and the impact of the activity or programme on the audience(s) or participants. Evaluation assesses the worth or value of something” (Research Councils UK 2011)

Good for seeing if a service or process works, and includes collecting feedback from people who use that process or service.

Quality Improvements

Quality Improvement is defined as the application of a systematic approach that uses specific techniques to improve quality (NHS Evaluation Scotland)

Good for exploring a process or service, mapping out each stage of the process, and introducing small changes which are intended to improve the process or service.





So, why take part in research?

In 2020/2021 over 1.3 million people took part in research.

This public participation, from people like you, has helped provide valuable knowledge to help people live healthier and better lives now and in the future.

Why research is important

Every day in the UK, someone is diagnosed with a disease or a condition. The treatment and support they will receive will, at some point, have been informed by research.

Why should I get involved?

You might want to get involved in research to:

- learn more about a condition that affects you
- make a difference, by helping to improve treatments and quality of life, now and for future generations
- support medical research for a particular condition or disease that you care about
- access new treatments
- take an active role in your own care.

<https://bepartofresearch.nihr.ac.uk/taking-part/why-take-part/>



Meet Research Champion Wendy Mitchell

Research Champion and Sunday Times best-selling author Wendy Mitchell was diagnosed with young onset dementia at the age of 58. Wendy was an NHS Manager for 20 years

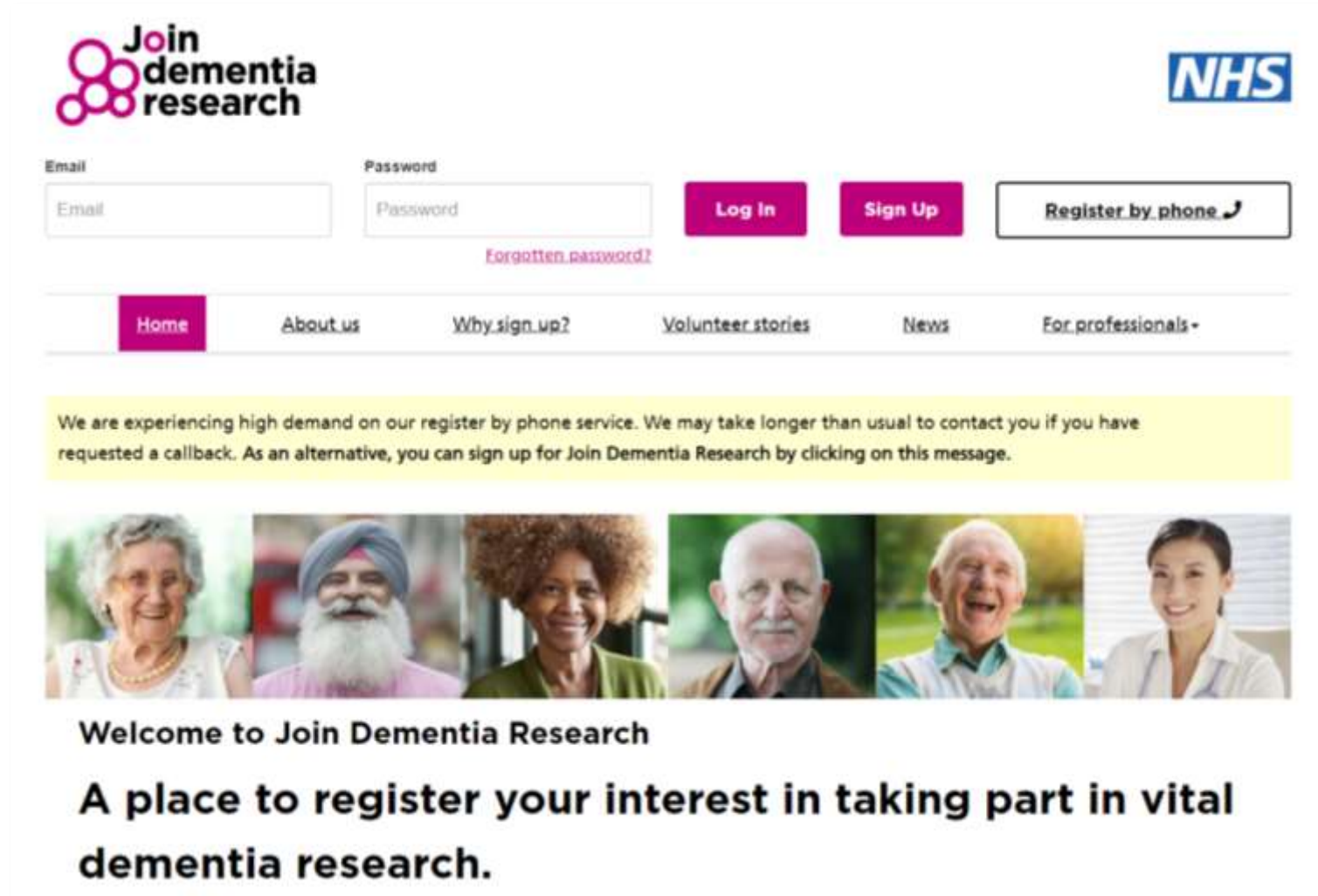
Click on the image to hear Wendy share her dementia journey and explain why encouraging others to take part in dementia research is so important to her.



<https://news.joindementiaresearch.nihr.ac.uk/category/volunteer-stories/>



Ways to get involved...



The screenshot shows the registration page for Join Dementia Research. At the top left is the logo with the text "Join dementia research" and a graphic of four pink circles. At the top right is the NHS logo. Below the logo is a registration form with an "Email" input field, a "Password" input field, a "Log In" button, a "Sign Up" button, and a "Register by phone" button with a phone icon. A link for "Forgotten password?" is located below the password field. A navigation menu below the form includes "Home", "About us", "Why sign up?", "Volunteer stories", "News", and "For professionals". A yellow banner contains a message about high demand on the phone service. Below the banner is a row of six diverse people's faces. At the bottom, the text reads: "Welcome to Join Dementia Research" and "A place to register your interest in taking part in vital dementia research."

<https://www.joindementiaresearch.nihr.ac.uk/>



Ways to get involved...



The screenshot shows the homepage of the NIHR 'Be Part of Research' website. At the top left is the NIHR logo with the tagline 'Be Part of Research' and a colorful graphic of people. At the top right is the NHS logo. Below the logos is a search bar with the text 'I'm looking for research about'. The search bar has two input fields: 'Keyword e.g. cancer, drug name' and 'Location e.g. city, postcode'. To the right of the search bar are two buttons: 'Search for study' and 'View conditions'. A 'Menu' icon is also present. Below the search bar is a paragraph: 'We are here to help you find out about health and social care research taking place in England, Northern Ireland, Scotland and Wales.' The main content area features a large graphic with the text 'Better care and treatments start with you'. Below this text is a sub-headline: 'Health and care research can only improve and save lives with the help of people like you. Create a free health research account to make it even easier to take part.' A dark blue button labeled 'Register or sign in' is positioned below the sub-headline. To the right of the text is a circular image of four diverse people. At the bottom of the main content area are three buttons: 'How to take part', 'Volunteering without a condition', and 'Support for researchers'. Below these buttons is a section titled 'What's new?' with a decorative graphic of colorful shapes.

<https://bepartofresearch.nihr.ac.uk/>





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How to get involved

- Do you want more information on how to become:
 - an LRL (Local Research Lead)?
 - a REACH steering group member?
 - a REACH Aware organisation?
- Click the link below to get in touch and register your interest!
- [I want to be part of it! REACH Worcestershire : Working together for better health through effective research](#)



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