

BACD Strategic Research Group: Question Time May 2022

Getting started in neurodisability research

Morag Andrew (Paediatrician)

Sarah Crombie (Physiotherapist)

Ben Marlow (Paediatrician)

Jen McAnuff (Occupational Therapist)

Jeremy Parr (Paediatrician)

Lindsay Pennington (Speech and Language Therapist)

Sinead Rhodes (Psychologist)

Overview

Introduction

- Research priorities – how to know what research to focus on? And how to get appropriate Patient and Public Involvement (PPI) (Sinead, Lindsay)
- How to become involved in research as an NHS clinician? (Morag)
- Getting and protecting the time to undertake research (Ben)
- What Fellowships and funding are available to apply for? (Jen)
- Research methods – specific ‘how to’ questions about research (Jeremy, using Menti)

Question and answer session (20 mins) – please use Menti!

Role of the BACD SRG

- Identify and encourage high quality UK childhood disability clinical research
- Encourage and assist identification of research priorities
- Facilitate and support development of major research applications
- Encourage and help interested clinicians, to participate in NHS research, and potentially pursue an academic career path

SRG activity to support research capacity

BACD-Castang Fellowships; 2 cohorts: 1. those with a research qualification; 2. NHS clinicians with research experience. Substantial impact – new funding, Fellowships, posts

Informal advice to many in training or NHS posts; linking people to research groups, facilitating collaborations

Question time sessions

Research priorities

- Priority setting partnerships – James Lind Alliance
- NICE guidelines – research recommendations
- White papers: NHS Long Term Plan

James Lind Alliance Priority Setting Partnerships

- Patients, carers and clinicians setting research priorities together, with equal voice
- With the aim of making sure that researchers and funders know what matters most to patients, carers and the clinicians (and/or practitioners) who work with them
- Ensuring value from limited research resources by asking those who use and are affected by health research to decide the priorities
- Now 100 published 'Top 10s' and the JLA process is recognised nationally and internationally as the Gold Standard in priority setting

Recent and current JLA PSPs

- Neuro-Developmental Disorders
- Autism
- Children's Neurological Conditions
- Pre-term Birth
- Digital Technology for Mental Health
- Occupational Therapy
- Childhood Neurodisability
- Mental Health in Children & Young People
- Epilepsy
- Learning Difficulties (Scotland)
- Palliative and end of life care

How far to go?

Top 10 question is a good start



Research 'to', 'for' or 'with' participants

PPI – Patient and Public Involvement



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Resources

- INVOLVE - <https://www.involve.org.uk/>
- NIHR - <https://www.nihr.ac.uk/documents/ppi-patient-and-public-involvement-resources-for-applicants-to-nihr-research-programmes/23437>
- Paper by Sandra Moll in BMJ Open 2020 - <https://bmjopen.bmj.com/content/10/11/e038339>

How to become involved in research as an NHS clinician – first steps

- Good Clinical Practice (GCP)
- Be part of a team
- Network
 - Local
 - Team building
 - Collaboration opportunities
 - External
 - Research groups, special interest groups, specialty societies roles
 - Link with your professional body and Royal College e.g. RCSLT/RCPCH/RCOT
 - Universities - co-supervise undergraduate student projects
- Mentorship

How to become involved in research as an NHS clinician – putting it into practice

- Audit and Quality Improvement Projects
- Engage with management
 - Annual Personal development review or Appraisal
- Recruit to studies your Trust is participating in
- NIHR Associate Principal Investigator scheme
- NIHR Greenshoots scheme
- Principal Investigator
 - Start with less complex studies

How to become involved in research as an NHS clinician – developing your own ideas

- Be realistic
- Engage with your NIHR RDS service early
 - research design, writing funding applications and public involvement
 - NIHR research programmes, open, national, peer-reviewed funding competitions including research charities
 - quantitative, qualitative and mixed-methods research designs, and more novel approaches.
- Consider a fellowship e.g. NIHR pre-doctoral fellowship??

Case study – Sarah, Clinical Specialist and Lead Physiotherapist

- Trust MDT research meetings
- Data collection for local studies
- Diploma in Research Methodology
- Masters in Rehabilitation and Research
- PhD
 - Reduced clinical hours, part-time over 6 years
 - University bursary scholarship, Chartered Society of Physiotherapy, charity funding.
- Principal investigator:
 - Postural training trial
- Independent research:
 - Co-investigator on NIHR HTA Standing Frames
 - Co-applicant in European study on lower limb robotic technology.
 - Chief investigator night-time positioning for children with neurodisability study

Case study – Ben, Paediatric Consultant

- Basic science degree
 - Lab-based research exposure
- NIHR Greenshoots Award
 - Dedicated research time in Job Plan
- Set up research centre in neurodevelopmental disorders
 - Backing of Trust
 - Collaboration with local University teams
 - Joint research and clinical roles secured
 - Funding for 2 Band 8 clinical academic AHPs (3years towards MPhil)
- Principal Investigator on two autism trials
- Chief Investigator for ASD microbiome study
- Chief Investigator for neurodevelopmental registry study

Useful links

- [Good Clinical Practice \(GCP\) | NIHR](#)
- [Greenshoots Scheme \(nihr.ac.uk\)](#)
- [Associate Principal Investigator \(PI\) Scheme | NIHR](#)
- [Collaborating in applied health research | NIHR](#)
- [Research Design Service | NIHR](#)
- [NIHR Fellowship Programme | NIHR](#)
- [Allied Health Professions' Research and Innovation Strategy for England | Health Education England \(hee.nhs.uk\)](#)
- [About CAHPR | Council for Allied Health Professions Research \(csp.org.uk\)](#)
- [B0880-cno-for-englands-strategic-plan-fo-research.pdf](#)

What Fellowships & funding are available?

- [Free NIHR training](#) and professional body events (e.g. [RCSLT](#))
- CPD funding / study leave within your department
- [Research Capability Funding](#)
- University seed funding / pump priming
- Professional bodies (e.g. [CSP](#)) and (e.g. [APCP](#), [CAHPR](#))
- Charities linked to your profession e.g. [Elizabeth Casson Trust](#)
- [HEE/NIHR Integrated Clinical and Practitioner Academic Programme](#)
 - Internship, pre-doctoral, doctoral, post-doctoral
- Explore...but be strategic (**outputs** for your **CV** + **relationships**)
- Different set of skills involved
- For you, your colleague, your department...
- Think about now, 1 year, 3 years, 5 years...

Getting and protecting the time to undertake research

- Formal funding applications

- **The Associate PI Scheme**

- The scheme is open to any healthcare professional :
- The healthcare professional works alongside the Local PI for six months on the study as an Associate PI trainee.
- The Local PI acts as a mentor to the Associate PI trainee, helping them to understand what it means to be a Local PI on an NIHR portfolio study.



Getting and protecting the time to undertake research



- The scheme is open to all research active professionals to develop CRN Eastern pool of Co-PIs, PIs and CIs
- Applications will be assessed according to their contribution to High Level Objectives (HLOs) and strategic impact
- For medically qualified applicants, the maximum award will be 1 PA. For other applicants, funding up to a maximum of 0.2 WTE will be available.
- **Local department / Other teams within hospital**
- **Ring fence time**
- **Use it to build / establish connections**

Getting and protecting the time to undertake research

- **Research capability funding (RCF)**

- NIHR research capability funding (RCF) is allocated to NHS organisations that undertake NIHR research, to help them maintain research capacity and capability.
- **The aims of RCF funding are to:**
 - help research-active NHS organisations to act flexibly and strategically to maintain research capacity and capability
 - support the appointment, development and retention of key staff undertaking or supporting people and patient-based based research
 - contribute towards the costs of hosting NIHR-funded or 'adopted' research

Getting and protecting the time to undertake research

- Other approaches



- Get local Trust interest in your area of research
- Engage colleagues, present at ‘Grand Round’, Journal Club
- Better use of SPA activity and ‘ringfencing’ time so it doesn’t get taken by clinical duties
- Persistence - **know reality that extra hours need to be put in**

Thank you for attending this BACD SRG webinar re: Getting started in neurodisability research

Lots of MDT attendees!

Meeting recorded – and will be put on the SRG website. Q&A doc being developed to answer questions that we haven't had time to answer, so please check back!

If you'd like to contact the SRG, please email specific members or bacd@rcpch.ac.uk

Next session in 2 weeks: 'Developing your neurodisability research career' (25th May 1230-1330)