



## 0-19 Research Network Quarterly Newsletter

**Dear 0-19 Network Member,**

Welcome to the 2nd edition of the quarterly newsletter updating you with the Network and developments in the wider world of SCPHN research news. This newsletter is written by Louise Wolstenholme, Lisa Manlove and Tracey Long.



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Please do share this Newsletter with your colleagues

New members please join here: [0-19 Research Network Membership](#)

### Network update

As you may be aware, we have received funding (2022-2024) to host and evaluate the 0-19 Research Network and to develop a Champion programme, to enable Research Champions to set up Communities of Research Practice (CoRP) in their areas. At the heart of this we have 2 core aims :

1. To support and increase the participation and recruitment of children and families in public health research, with a focus on those underserved populations (research delivery).
2. To increase research engagement and capacity of public health professionals working with the 0-19 age group (research capacity building).

## What we have been doing to meet our aims as a Network:

- ◆ We continue to share opportunities to apply for training/development programmes such as the LCRNs 'First Steps into Research' programme, HEE/NIHR ICA Internships and further research related study. The Network has seen members being successful on all these programmes.
- ◆ We now have six regional Research Champions in York, Locala, Barnsley, Hull, Humber and Bradford who are moving forward in establishing their individual CoRPs.
- ◆ Our bi-monthly events continue, with an array of interesting speakers who have been positively received. The next meeting is our second face-to-face event at the Hepworth, in Wakefield – we hope to see some of you there.
- ◆ There are dates planned to deliver further 'Unlocking our Research Potential' sessions to our SCPHN students at our local Universities. Thinking of the future, it is key that we start to support our early career researchers from the outset of their SCPHN training.
- ◆ We continue to develop our Champions programme (including future resources), following our training delivery and ongoing peer support.
- ◆ Our webpage is starting to be developed, and video and written content is well on its way.

## A collaborative approach:

The Network happens because of a great team of people all striving towards the same goal, to make the Network a success so that we can achieve our aims. We continue to work with:

- **Victoria Jackson**, Senior Programme Manager - Projects and Evaluation, Institute of Health Visiting
- **Vicky Gilroy**, Head of Projects and Evaluation, Institute of Health Visiting
- **Gill Kelly & Sinead Coleman**, SCPHN course leaders Leeds Beckett University
- **Heidi Fewings**, 0-19 Service manager, Hull 0-19 Integrated Public Health Nursing Service
- **Sharon White**, SAPHNA
- **Kate Atkinson**, Deputy RDM CRN
- **Gillian Gatenby**, R&D Associate Director, Sheffield Children's NHS Foundation Trust
- **Cat Staddon**, Research Administrator, Sheffield Children's NHS Foundation Trust

## In the news

### NIHR Senior Research Leader Programme: Nursing and Midwifery award

Tracey Long, who last year was awarded a Queen's Nurse title, has now been awarded a place on the NIHR Senior Research Programme: Nursing and Midwifery. This three-year programme started in April 2023 and will offer a platform to impact on local, regional, and national priorities.



*A big well done from the 0-19 Research Network, Tracey, we are very proud of what you have achieved!*

### Save the date for the next 0-19 Research Network Event:

Following the success of our face-to-face network meeting in November, we look forward to welcoming members on the **16th May 2023**, again at Wakefield.



#### RISE project



Louise is currently seconded to the Nursing & Midwifery Team at the NIHR on a part-time basis as a Clinical Fellow, where she is undertaking the RISE (Research in Community Settings) project.

At the 0-19 Research Network we welcome the drive from the NIHR to expand research activity into community settings. The Nursing & Midwifery office at the NIHR recognises that a specific focus needs to be given on community if we want to see changes in research engagement in practice. This Network is a great example of how with investment, enthusiasm and team working, we can start to change the face of what research looks like in 0-19 Services. However, there is much more to be done nationally and within other nursing groups to truly start to make that research impact.

The RISE project is looking to identify the key factors that matter or need to be in place for research-related roles to happen for nurses and midwives in those community settings. The 0-19 Research Network is an excellent starting point to learn from and to share what works.

## Meet our Champions

Introducing two of the 0-19 Research Network Champions:

*“Hi, my name is Gilly Chalk and I am a health visitor working for the Healthy Child Service at City of York Council. My background is adult nursing, midwifery, fertility nursing and I have worked on 2 University research projects in Oxford and York. I was fortunate to be accepted onto the 0-19 research Champions programme in 2022 and have absolutely loved the exposure to 0-19 research and guidance in setting up a local community of research practice. There has been a lot of positive interest and our research group will launch in May 2023. Our service has also been involved in research studies relevant to children, young people, and families, supporting recruitment and participation in focus groups. The support from the Champion facilitators, their colleagues and our peers has been brilliant, and links have been made with local Public Health Leads, hospitals and babies, children and families living in York, colleagues, and our organisation”.*



*“Hello, my name is Janet Greenwood. I am the 0-19 Research Champion at Bradford District Care NHS Foundation Trust, of which I am employed as a Specialist Nurse for Special Educational Needs and Disabilities Health Visitor. I’ve recently completed the 0-19 Research Champion training and have moved onto the peer support sessions. I have gained support from senior leaders within the trust, of which I will be advertising the CoRP with the School Nurses and Health Visitors shortly. I look forward to holding the first CoRP session and look forward to the CoRP developing and growing. Within the 0-19 Research Champion role I have also distributed research-related information and opportunities and shared recently published research”.*



## Supporting our Champions

To support the Champions, Tracey Long and Lisa Manlove hold monthly peer support sessions which began following the Champion programme taught sessions. Additional peer support is also available from Sinead Coleman (featured below).

In this edition of the newsletter, we are pleased to hear from Sinead and her reasons for joining the project team.



**Sinead Coleman - Lecturer and programme leader for SCPHN, School Nursing PGDip at Leeds Beckett University.**

*Sinead states - “I am involved in the research network as I am keen to increase research capacity within the field of public health for School Nurses and Health Visitors. As programme leader for School Nursing, I also champion a depleting workforce and am keen to maintain a School Nurse voice within the regional network. My personal and professional objectives align with those of which the network advocate, and as an academic voice we can achieve a bridge to enable HVs and SNs to undertake more research and scholarly activity”.*

## Research in Practice

Welcome to research in practice, a place where you can share your story of research and how you have found it. If you would like to share your area's work, please contact us at [scn-tr.0-19.researchnetwork@nhs.net](mailto:scn-tr.0-19.researchnetwork@nhs.net) so we can include it in the next issue. In this edition, we welcome Isabelle McKeever, a Health Visitor who is also working one day a week as a Research Health Visitor. Isabelle gives her insight into this exciting new role she is undertaking. Then Lisa Manlove discusses the recent research module she has undertaken.

### 'A Day in the Life of a Research Health Visitor...'

*"I have recently started a new Research Health Visitor role as part of the Surviving Crying Research Project (SC). SC is testing the clinical and cost effectiveness of an intervention to support parents of babies who cry excessively. I am doing this alongside my current Health Visitor position.*



*My role involves contacting any newly referred parents to provide further information about the study. During the initial phone call, it is established if they are eligible for the study and whether they are interested in taking part. The initial baseline home visit is then arranged. During the initial visit, informed consent is obtained, and I answer any questions the participant may have. We then go through the study case report forms and questionnaires together.*

*I visit the participant again 8 weeks later, where we complete the review case report form and questionnaires. The participant then completes a separate evaluation of the study. I visit the family for a third and final time at 16 weeks where these forms are repeated, and a voucher is provided to the participant as a thank you for partaking in the study.*

*I am blinded to which arm of the study (control or intervention) the participants are allocated. The intervention arm provides the Surviving Crying support package to the participant, and the control arm continues with standard Health Visitor support.*

*I am enjoying this new hybrid role, as it's an exciting addition to my usual Health Visiting tasks, but I'm also able to draw from previous experience to support families struggling with excessively crying infants. There have been challenges with managing my ledger and shuffling visits around to cater to the project time frames, but this has so far been manageable. I am pleased and proud to be able to trial this new role".*

## Learning point

FAQs to the project team:

Q - I have got a research idea, how can I take it forward?

A - The research design service (RDS) is a great place to start your early discussions about your idea going forward.

Q - I am thinking about doing a literature review, where do I start?

A- Contacting your local health library is a great place to start and having a look in health journals for the different types of literature reviews, such as scoping, systematic.



*Lisa Manlove:*

I recently undertook a module at the University of Sheffield - **HAR6029, 'Systematically Reviewing the Research Literature'**. I would recommend this course to anyone interested in undertaking a systematic review. I learnt so much in relation to developing a research question and focusing this, writing a protocol, searching the literature, appraising qualitative and quantitative literature, data extraction and data synthesis. As well as writing up the review. I was able to take a question from my clinical practice and explore this and it was a very interesting piece of work. My systematic review was in relation to successful interventions by health visitors in addressing childhood obesity in children 0-5, as evidenced by a change in body mass index or weight. I am very passionate about this as the rising obesity rates are concerning and there is a need to identify successful interventions which work in practice. Interestingly, most of the articles yielded were overseas and so there is a real need for research to be undertaken in the UK around this and complement the great work already happening to tackle this significant health need, both locally and globally.

**We would really like to hear what's going on out there and how you have engaged with research, and we know others would also love to hear what you are doing. Please email us with a paragraph or two, telling us about what you are doing in the world of research or have a suggestion of a topic you would like to know more about - you could find it featured in the next issue!**

## **Where to find information on nursing research:**

- Royal College of Nursing (RCN) Research and innovation <https://www.rcn.org.uk/Professional-Development/research-and-innovation>
- School And Public Health Nurses Association (SAPHNA) Research <https://saphna.co/research/>
- Institute of Health Visiting (iHV) Research <https://ihv.org.uk/our-work/research/>
- NICE QS148: Community engagement: improving health and wellbeing <https://www.nice.org.uk/guidance/qs148/chapter/Quality-statements>

## **Queen's Nursing – research masterclass**

The QNI's Community Nursing Research Forum is holding a series of free bitesize masterclasses open to all community nurses interested in research.

- **Research Webinar:** Working with Underserved Communities [Research Webinar: Working with Underserved Communities – The Queen's Nursing Institute \(qni.org.uk\)](#)
- **Community Nursing Research Forum** [Community Nursing Research Forum – The Queen's Nursing Institute \(qni.org.uk\)](#)

## Opportunities to get involved in research

- Finding a PhD <https://www.findaphd.com/>
- National Institute for Health and Care Research (NIHR)
  - \* Career development support  
<https://www.nihr.ac.uk/researchers/career-development-support-and-training.htm>
  - \* Become a committee member  
<https://www.nihr.ac.uk/researchers/become-a-professional-committee-member.htm>
  - \* Funding opportunities  
<https://www.nihr.ac.uk/researchers/funding-opportunities/>

### Dates for the diary

#### 0-19 Network Meetings

- ◇ 16/05/2023 (Face to face, at The Hepworth)
- ◇ 04/07/2023 (Virtual)
- ◇ 28/09/2023 (Virtual)



Thank you for taking the time to read our 0-19 Research Network update, please do let us know what you would like to see in the newsletter, email us: [scn-tr.0-19.researchnetwork@nhs.net](mailto:scn-tr.0-19.researchnetwork@nhs.net)

Best wishes

The 0-19 Research Network Team



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