



CLAHRCBITE

Brokering Innovation Through Evidence

May 2019

Capacity Building: Internships, MRes Students, PhD Students and Fellowships



The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester is a partnership between providers and commissioners from the NHS, industry, the third sector and the University of Manchester.

We aim to improve the health of people in Greater Manchester and beyond through carrying out research and putting it into practice.

What was the aim of the programme?

Capacity building refers to the process of developing and strengthening the skills, instincts, abilities, processes and resources that organisations and individuals need to adapt and thrive in our fast-changing world. NIHR CLAHRC GM is committed to building research capacity and developing capacity to use and apply research across the region by supporting and developing research skills, ideas, and initiatives within our healthcare partner organisations.

Working in close partnership with the University of Manchester, we strive to achieve this in a number of ways from our annual programme of workshops and events to support continuous professional

development, to our dedicated internship programme and postgraduate research degree and Fellowship opportunities.

Capacity Building Activities:

Internship Programme: The purpose of CLAHRC GM's internships is to provide an introduction to research. The internships comprise of 30 days over six to nine months and provide interns with the opportunity, resources and time to develop key research skills and a piece of work which can be used in service following the internship.

MRes Students: The Masters in Clinical Research is an ideal course for healthcare professionals who wish to enhance their skills and knowledge in research, seek a career in research, or pursue a variety of careers where research is a core component. The course provides an ideal foundation for PhD study.

PhD Students: GM CLAHRC currently funds nine PhD students whose projects include:

- Can self-determination based interventions promote physical activity amongst people with physical-mental multi-morbidity? - **Isabel Adeyemi**
- How does the process of developing products for knowledge mobilisation in healthcare research influence their potential application? - **Charlotte Sharpe**
- The implementation of a pledge scheme to promote behaviour change in people who are overweight or obese - **Nia Coupe**
- Implementing a pressure ulcer prevention care bundle in nursing homes - **Jacqueline Lavallee**
- Optimising population access to General Practices - **Dr Jennifer Voorhees**
- Supporting family carers in the delivery of practical care at home - **Amy Mathieson**
- Supporting family carers of people living with dementia towards the end of life - **Sara Yearsley**
- Understanding the impact of dementia on access to stroke rehabilitation - **Verity Longley**

Completed Fellowships

Helen Hurst completed a fellowship with CLAHRC GM on the open visiting project which demonstrated benefits in communication between health care professionals (HCPs), patients, carers and relatives and a reduction in informal complaints. It was evaluated positively. Many of the perceived barriers that HCPs had before implementation, were based on the potential for interruptions in the ward, however views changed after implementation and most HCPs described the positive effects.

There were however barriers to managing privacy and dignity for patients whilst care was being delivered. Open visiting does not automatically mean families and carers will become partners in care or participate in care, and staff need to engage with them and encourage them whilst they are present.

Open visiting has been rolled out across one of the hospital sites within the participating Trust.

What is NIHR CLAHRC GM?

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Find out more

www.clahrc-gm.nihr.ac.uk/capacity-building

0161 206 8551

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