Seventh Research and Development Conference
“Living up to the label – What it means to be a University Health Board”
21st June 2016

The Aneurin Bevan University Health Board Research & Development Department would like to thank everyone who attended the Seventh Annual R&D Conference “Living up to the Label” for their support in making the event such a resounding success.

This year’s conference was one of the largest the University Health Board has hosted with over 300 delegates attending the event throughout the day. We had in excess of 50 poster abstracts displayed and 50 trade stands (included 6 industry representatives) set up at the event.

We would like to thank all the speakers and members of staff who presented posters and set up stands on the day, the Young Persons with Dementia Choir and the Keith Little Trio and all of the staff who worked behind the scenes.

Awards

The Conference Committee were delighted to have received over 90 abstracts to consider for inclusion in this year’s event. All abstracts were judged on their clarity and the positive difference they have made to patient care. First and second places prize were awarded for both the poster and 15 minute oral. This year’s awards were presented by Mr Philip Robson, Vice Chair

Oral Presentations

First Place

Presenter: Dr Liz Andrew, Consultant Clinical Psychologist, Adult Mental Health, Aneurin Bevan University Health Board
Presentation Title: Working effectively to reduce self-harm and suicide

Second Place

Presenter: Dr Owen Morgan, Foundation Year 2, Anaesthetics, Aneurin Bevan University Health Board
Presentation Title: Use of a single hs-troponin I to facilitate early discharge

Poster Presentations

First Place: DNACPR: Does our practice need resuscitation?
Authors: Dr Majd Protty, Dr Ahmed Haggar, Dr Nikolina Lalagianni, Dr Laura Parrish, Dr Alina Ionescu

Second Place: An Introduction to Mindfulness: increasing access to psychological therapy, managing emotional distress and improving clinical outcome.
Authors: Emma Jacobi, Charlotte Marr, Anjora Gomes & Ciara Trant
Refer your cancer patient to Sing with Us

If you are treating someone who has cancer, there is now significant evidence to show that singing in a choir could help them both during and after their treatment.

New research, published in *ecancermedicalscience* by Tenovus Cancer Care, the Royal College of Music and Imperial College London, shows that *singing in a choir rehearsal for an hour had positive effects on mood, stress, immune function and inflammation response*, as measured in biomarkers in 55 cancer patients’ saliva (p = < 0.01). This correlated with patients’ self-reported improvements in their mood states during the same hour.

**Why is this so important?**

Over the past 50 years, more than 300 studies have explored the psychological and biological value of support services for cancer patients, survivors and carers. These have been found to reduce depression and anxiety, increase social support and improve quality of life which has, in turn, been linked to optimised immune responses including the lowering of inflammation, enhanced cellular function and other longer term health outcomes. In contrast, negative psychological states and limited social interactions have been linked to lower white blood cell activity, reduced numbers of antibodies and increased stress hormone response. This research, coupled with existing evidence, therefore suggests that support services like *choirs could play an important role in optimising health in people affected by cancer*, helping to put patients in the best position to receive treatment or maintain remission.

If you’d like to know more about Sing with Us please contact Tenovus Cancer Care on 0808 808 1010 or email sing@tenovuscancercare.org.uk

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Senior post-doctoral fellowship for applied research to improve health care in the UK.

This senior post-doctoral fellowship offers three years’ funding to lead original, applied research dedicated to improving health care in the UK.

The Improvement Science Fellowship includes a unique leadership development programme and facilitated action learning sets, enabling Fellows to develop their potential to become leaders in the field and build practical knowledge about what works to improve health care.

**Key facts about Improvement Science Fellowships:**

- **Up to five** post-doctoral research fellowships are available.
- We are seeking clinicians, NHS Managers or academics with potential to be the future leaders of improvement science and the essential skills to run major research programmes to improve the quality of health care in the UK.
- **Over three years**, Fellows will receive funding for full-time salary and research costs.
- Fellows will participate in a tailored leadership development programme including group sessions, action learning sets, individual coaching and the opportunity to work with international experts in improvement science.

Fellows will need to demonstrate leadership skills and significant research or improvement in practice experience. A PhD, professional doctorate or an MD is the minimum entry requirement.

We encourage applications from clinicians who wish to combine research with continuing clinical practice.

Profile of inpatient falls in patients with dementia: A prospective comparative study between 100% single rooms and traditional multibedded wards

Authors: Sophie Knight, Inderpal Singh

Background
New hospital designs with single rooms have emerged in recent years, where increased risks of falls have been reported. The objective of this prospective study was to measure the incidence and outcome of inpatient falls (IFs) in high-risk dementia patients being treated in single rooms and multibedded wards (MB-Ws).

Methods
A total of 100 patients with dementia were recruited across the two hospital settings in South Wales. Baseline characteristics and falls data were collected for the total length of stay (LoS) in the hospital.

Results
There was no significant difference between the two cohorts as suggested by mean age, sex, activities of daily living, comorbidity burden, polypharmacy, or care needs. The number of patients who sustained an IF at the two sites was similar ($p = 0.83$). Time to first fall was not significantly different (single rooms = 12 ± 18.6 days, MB-Ws = 11.4 ± 12.4 days; $p = 0.89$). Fifty-three IFs were sustained by 16 patients in single rooms compared with 23 IFs by 15 patients in MB-Ws. Mean IF/patient treated in single rooms was 3.3 (range 1–9) and this was significantly higher than those treated in MB-Ws (mean 1.5; range 1–3, $p = 0.03$). One patient sustained hip fracture at each site; otherwise, there was no significant difference with regard to other injuries and mortality. Mean LoS for patients with dementia having recurrent falls in single rooms (58.86 ± 41.44 days) was significantly higher as compared with MB-Ws (26.13 ± 20.91 days).

Conclusion
Patients with dementia were at an increased risk of recurrent IF in single rooms compared with MB-Ws. Recurrent IF could be correlated with longer LoS but it is difficult to establish the cause and effect due to the low power of the study. There was no significant difference in terms of injury or mortality between the two settings.

For more information the following link will take you to the published article: [http://dx.doi.org/10.1016/](http://dx.doi.org/10.1016/)

Volunteers Wanted!

The Research and Development Department are looking for enthusiastic volunteers to join their Research Risk Review Committee (RRRC.)

The RRRC meet twice a month in the Friars Building, Royal Gwent Hospital (members only attend one meeting a month) and are tasked with reviewing all new research projects for any potential risks to Patients, Staff and the Health Board.

If you would like more information on please email:

Michael.Morgan@wales.nhs.uk

RDINFO

The RDinfo website provides a very comprehensive list of available funding for research, fellowships, calls for bids and a range of other funding that researchers can apply for.

You can register for free for a set number of searches.

This is an event where clinical, care and research communities meet to celebrate innovation and collaboration.

This event is the first of its kind in Wales.

The event offers:

Presentations from two parallel streams:

1. Health and Care Research & Innovation Showcase: Presentations from Health Board and Trusts sharing the potential of new developments in research and patient care.

2. NHS Industry Collaborations: An opportunity to explore successful industry projects.

- Feature zones: Exhibition, technology demonstrations and innovations that are transforming patient care.
- Seminars: Interactive training workshops, celebrating and sharing success as well as exploring issues and challenges.
- Industry Symposia: Company-led training and skills sessions.

For further information please email: Debbie.Laubach@mediwales.com

or visit www.mediwales.com/connects

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Research Ethics Committee 3: Expert Member Wanted!

Research Ethics Committee, Wales REC 3 is currently seeking new expert members, and would particularly welcome applications from practicing clinicians.

REC 3 meets on the second Thursday of each month in Cardiff with meetings commencing at 130pm, lasting for approximately four hours.

A Research Ethics Committee’s (REC) task is to consider the ethics of proposed research projects which involves people and which will mainly take place within the NHS.

It is the duty of a REC to protect the interests of research participants. The committee reviews applications and gives an opinion as to whether the research is ethical.

REC members are interested in thinking about the issues from the perspective of a potential research participant, and already have or would like to develop a knowledge of research ethics.

An expert member is defined as someone who is a registered health care professional, or a retired doctor/dentist, or a person with professional qualifications or experience relating to the conduct of, or use of statistics in clinical research, unless those qualifications or experience relate only to the ethics of clinical research or medical treatment.

Ethics Committee members receive training in ethical review and have opportunities to debate challenging issues.

For more information please contact Corinne Scott on either corinne.scott@wales.nhs.uk; or 029 2078 5735 / 07896 940674
**International Research Scholars Programme**

This scheme supports early-career scientists who have trained in the UK or US and want to continue their research career in a country outside of the G7. Up to 50 scholars will be supported by this scheme to establish independent research programmes.

Applications are encouraged from researchers in all areas of basic biological and biomedical research, in public health, and in areas of chemistry, physics, computer science and engineering that are directly related to biology or medicine.

The International Research Scholars Programme is a partnership between the Wellcome Trust, the Howard Hughes Medical Institute, the Bill and Melinda Gates Foundation, and the Calouste Gulbenkian Foundation.

Deadline: 30 June 2016.

Further information: [http://www.wellcome.ac.uk/Funding/Biomedical-science/Funding-schemes/Other-schemes/WTP060266.htm](http://www.wellcome.ac.uk/Funding/Biomedical-science/Funding-schemes/Other-schemes/WTP060266.htm)

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**Research Funding Opportunities 2016: PhD Fellowships**

RCBC (Research Building Capacity Collaboration) Wales ([http://www.rcbcwales.org.uk](http://www.rcbcwales.org.uk)) is pleased to announce funding for a number of PhD Fellowships in Nursing, Midwifery, Pharmacy and Allied Health Professions to commence in October 2016.

Applications are invited from eligible registered health professionals for up to four RCBCWales funded fellowships.

RCBC Wales will fund the PhD Fellowships full-time for three years. The Fellowship includes a bursary, contributions towards university fees and research costs, and attendance at the Community of Scholars study days. RCBC Funding cannot be extended beyond March 2020. Applications for part-time study (no less than 3 days per week) may be considered at the discretion of the host university.

The application process will be held in two stages:

1. Eligibility check forms are to be completed and returned to [marina.mcdonald@southwales.ac.uk](mailto:marina.mcdonald@southwales.ac.uk) any time up to 14th July 2016.
2. Applicants will be notified within 10 working days of receipt of the check form whether they meet eligibility criteria. Eligible applicants will be requested to submit a full proposal application form by 8th August 2016.
3. Full proposal applications will be subject to independent review and successful applicants will be invited to interview.
4. Interviews will be held week commencing 19th September 2016. Fellowships will commence October 2016.

The relevant application forms and further guidance (including funding details) are available at [http://www.rcbcwales.org.uk/apply-now/](http://www.rcbcwales.org.uk/apply-now/)

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**Congratulations to Dr Szakmany**

The R&D Department would like to congratulate Dr Tamas Szakmany on his appointment to Welsh Specialty Lead for Anaesthesia, Peri-operative Medicine and Pain Management, Welsh Government.

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Marina McDonald, RCBC Wales, University of South Wales.
Email: marina.mcdonald@southwales.ac.uk
Telephone: 01443 483070
This debate is funded by the British Science Association as part of the Future Debates Series.

Genome Data Privacy Debate

In the name of research, do cancer patients have a responsibility to share their genetic information with the state?

Thursday 30th June
Doors open at 5.30pm
Debate from 6pm - 7.30pm

The Old Library
The Hayes, Cardiff CF10 1BH

A genome is an entire set of DNA; all the instructions for making every part of a living thing. Research into our genomes could improve our understanding of diseases like cancer and could ultimately help us find a cure. All welcome - come along and have your say!

FREE EVENT - for more information and to register, visit tenovuscancercare.org.uk/debate

TENOVUS Cancer Care is a registered charity in England and Wales (1054016).
The British Science Association is a registered charity in England and Wales (22479) and in Scotland (SC039136).

tenovuscancercare.org.uk