



Demystifying Public Health Research

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Objectives

This webinar will:

- Help you reflect on the research skills you already use in your daily work
- Show how you can translate this work into formal research to inform the literature and evidence for the sector.
- Show how academic partners can support the research process.
- Give you some examples of the benefits of engaging in research

Content

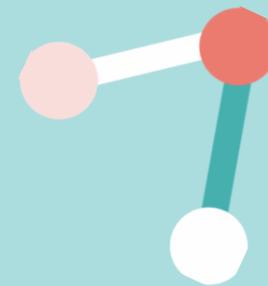
What is research?

Examples of Public Health Research studies

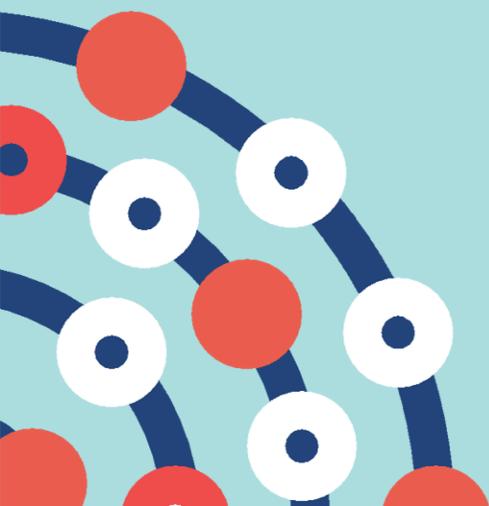
Reflection on what you already do

How can this become research?

Who and what do I need to help this happen?



What do we mean by 'Research'?

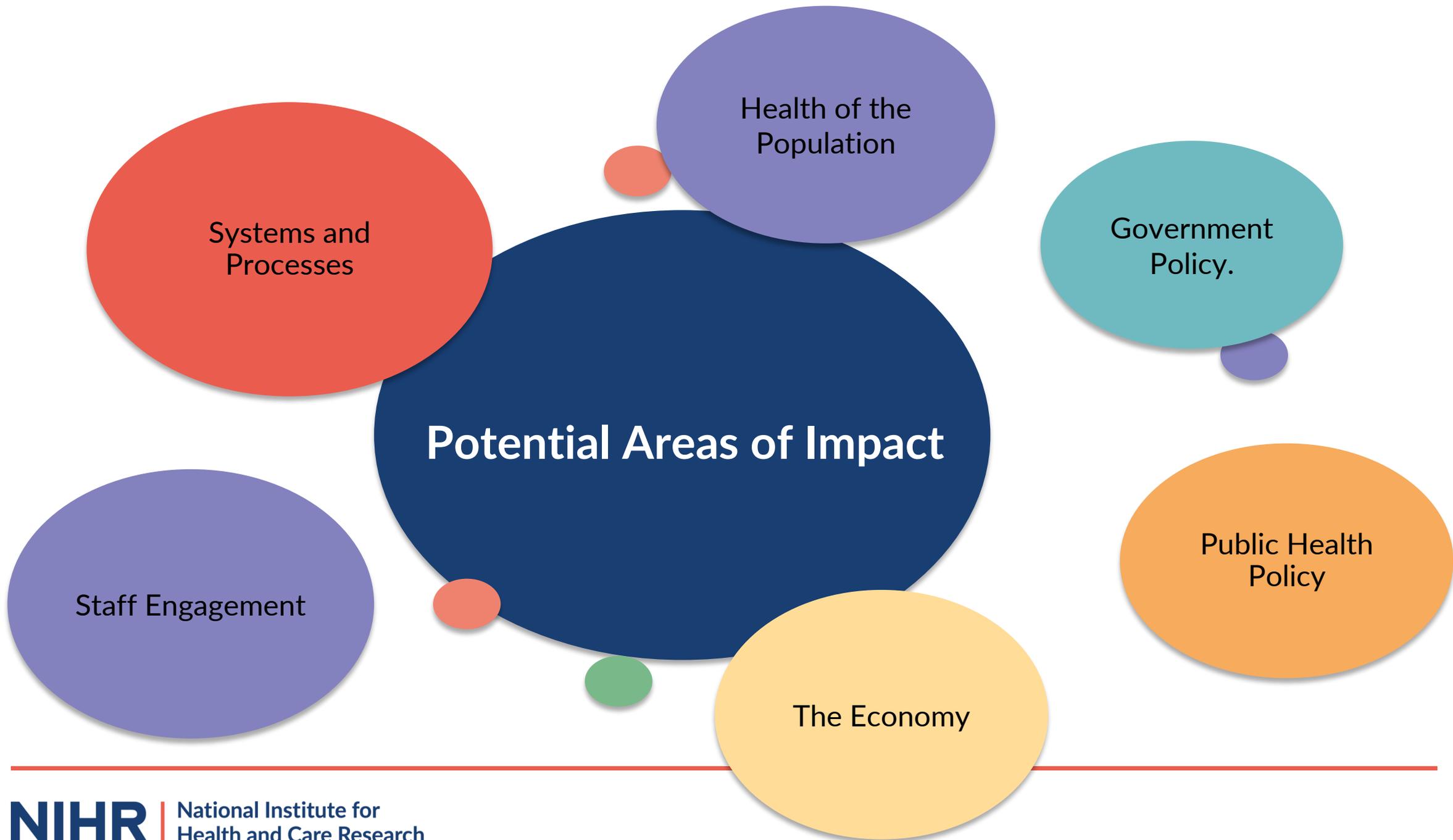


What is research anyway?

“Research is defined as the attempt to derive **generalisable or transferable¹, new² knowledge**, to answer or refine relevant questions **using scientifically sound methods.**”

UK Policy Framework for Health and Care Research

1. (NB This definition involves an attempt at generalisability or transferability, i.e. the project deliberately uses methods intended to achieve quantitative or qualitative findings that can be applied to settings or contexts other than those in which they were tested. The actual generalisability or transferability of some research findings may only become apparent once the project has been completed)
1. (Including new knowledge about existing treatments, services or care)



Importance of Research

- It compares different approaches to preventing and treating illness and population health problems
- Health and social care professionals as well as service users need evidence to know
 - which interventions work best
 - which interventions are safe
 - which interventions are cost effective
 - what the risks and benefits are to each one
 - whether new services are “better than” or equivalent to what we already do

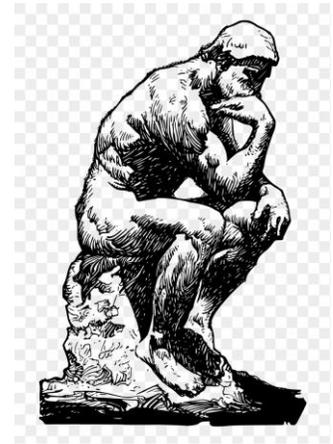


Does this sound familiar?

Are you involved in continuous improvement? Trying to find better ways of doing things.

How many of you already look for evidence on how best to run your services?

What makes it reliable enough to use?



Hierarchy of Research

Systematic reviews
and meta analyses

Randomised controlled trials

Cohort studies

Case-control studies

Cross-sectional surveys

Ecological studies

Case series and case reports

Ideas, editorials and opinions

Examples of Public Health Research: RCT

Reflective Fostering (Lancashire and Wirral currently participating)

Intervention: The Reflective Fostering Programme (RFP) aims to help foster carers do their very best for the children in their care. The Programme consists of ten, three-hour sessions, run by social care staff and experienced foster carers to promote 'reflective fostering'; that is being able to think about the thoughts and feelings of both themselves and the child in their care.

Research question: Does offering foster carers the RFP, alongside the usual social care support provided to carers, (i) help to improve the emotional well-being of Children in Care., (ii) reduce carer stress and burnout and (iii) have an impact on how often children have to change foster placement?

Method: Randomly assign an equal amount of carers to either do the RFP or not.

Examples of Public Health Research: Cohort Study

Born in Bradford <https://borninbradford.nhs.uk/#>

Research Question: why some families stay healthy and other families fall ill.?

Method: a longitudinal birth cohort which enrolled over 12,400 families during pregnancy between 2007-2011. They follow-up their families regularly by administering surveys, collecting measurements and biological samples, and collecting routine data from health and education records.

They use their findings to help decision makers in the city implement evidence-based changes to improve health and wellbeing in the city and beyond.

Examples of Public Health Research: Case-Control

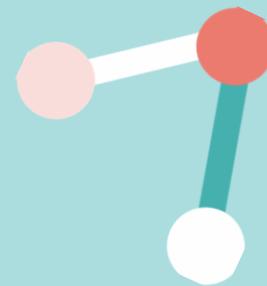
The health and health inequalities impact of a place-based community wealth Initiative

Intervention: The Community Wealth Initiative (CWI) aims to address <regional economic and health inequalities> in Preston.

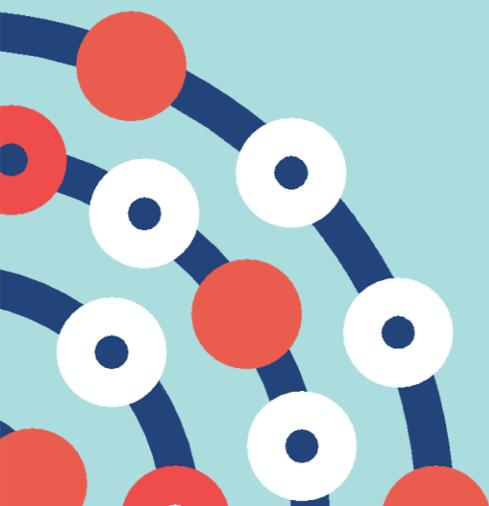
It involves a coalition of large employers coordinating action to improve the local economy and reduce inequalities by: (1) changing procurement to support local supply chains; (2) supporting local small enterprises (cooperatives, social enterprises, charities, small businesses); (3) investing pension funds in affordable housing; (4) improving working conditions and (5) renovating empty properties for social housing.

Research Question: Has Preston CWI has mitigated the impact of the COVID19 pandemic on these outcomes?

Methods include: Comparing Preston with similarly matched area's who haven't implemented a CWI model



Who can be a researcher?



Do you ever...?

Spot patterns in services? (e.g. it's always a certain group of people that attend)

Speculate or make assumptions about the cause of the pattern

Try something to change it

If you do, then you already have the mindset for research!

What skills are needed?



What would make this research?

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UK Policy Framework for Health and Care Research

In practical terms

- 1) Need to review what evidence already exists to ensure your question will create 'new knowledge'
- 1) Need to plan a sound methodology and follow it stringently so it can be evidenced

Literature search (and possibly a systematic review)

Is there any evidence already published on your topic?

Yes - you could undertake a 'systematic review' to evaluate all known data to date. This may help you identify knowledge gaps. Check out [NIHR Evidence Synthesis](#), which funds some [Cochrane Reviews](#) (training available in methods)

No - then your research question is likely to be new knowledge

Research Methodology

If these are skills you don't have yet;

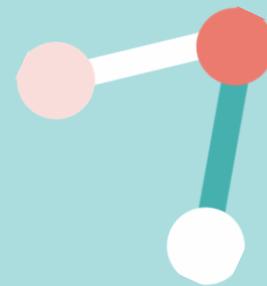
we look at the importance of collaboration (with those that do)

and development programmes in the next section.

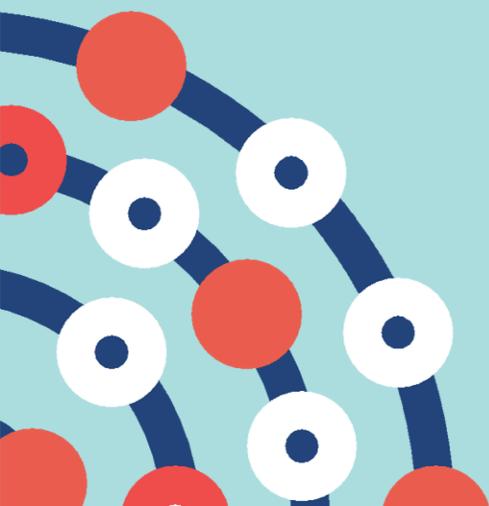
NIHR Research Design Service NorthWest (RDS NW)

[“RDS NW](#) offers free and confidential advice to new and experienced health and social care research teams to develop competitive funding applications for NIHR and other national peer-reviewed funding programmes.”

- Support is **tailored to the needs of your research team**
- They can work with you face-to-face, by telephone, email or video conferencing
- Advice is available **free of charge** to health and social care researchers developing a grant application to an open, national, peer-reviewed funding programme.
- ~~Sign up to their mailing list and find out more: <https://www.rds-nw.nihr.ac.uk/>~~



Who and what else do I need?





Collaborators - time to network

Add Expertise to the team

- Methodology, someone who has done it before
- PPIE expert
- Peers with a shared interest
- Project management/organisational help
- Help to deliver it
- Help to analyse the findings

Share the workload and time involved

Get a broader viewpoint

More on Collaboration

Join forums, speciality groups, events. Network.

Make contact with those who have a shared interest.

Check out the NIHR Resources on 'Collaborations, Services and Support for your Research'

Consider having students on placement in your services. Can you offer a project for a dissertation for example?

Researcher Development

NIHR Fellowship Programmes: <https://www.nihr.ac.uk/researchers/career-development-support-and-training.htm>

Supports individuals in becoming future leaders in Public Health Research:

- Pre-Doctoral Local Authority Fellowship (PLAF)
- Doctoral Local Authority Fellowship (DLAF)
- LA SPARC

Free NIHR Research Related e-learning

learn.nihr.ac.uk is our online Learning Management System (LMS).

Resources include;

“GCP and other e-learning” (Fundamentals, Specialised Consent)

“Locally Delivered Learning” - for our virtual and f2f events

“NIHR Insights” - bi-monthly magazine for research delivery workforce

“DeLVE” for personal development resources e.g. webinars, toolkits, leadership

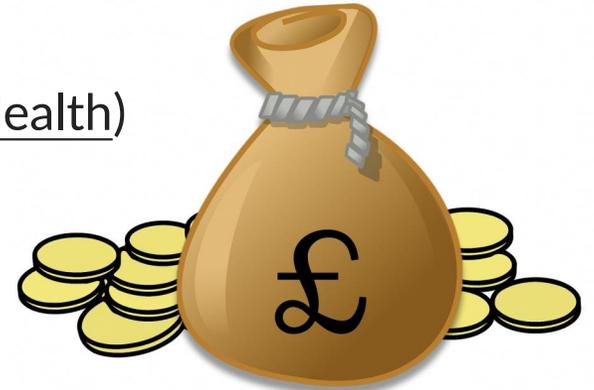
Places to find Funding

NIHR – https://www.nihr.ac.uk/researchers/funding-opportunities/?custom_in_specialty=10454

PHR/HTA/RFPB England only/HSDR check NIHR websites for details

Other sources of funding

- UKRI (i.e. Research Councils, Innovate UK, Research England)
- Charities (including international charities and foundations)
- International state funding (e.g. European Union, US National Institutes of Health)
- Industry
- Government Funding (won through competitive process)





Supporting Information

Additional Sources of Support & Information



North West Coast
Research Delivery Strategy
- <http://nihr.co.uk/research-delivery-strategy/>



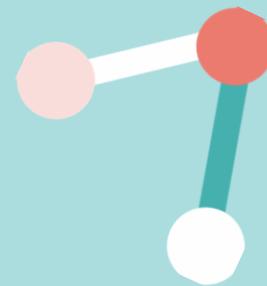
@NIHRCRN_nwcoast
@NIHRcommunity
#whywedoresearch
#yourpathinresearch
@NIHRCRN_nw_wld

NIHR School for Public Health
Research (NIHR SPHR)
<https://sphr.nihr.ac.uk/about/>

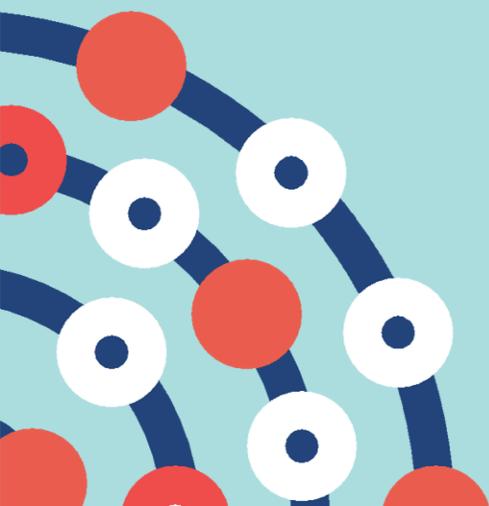
NIHR FELLOWSHIP PROGRAMMES:

<https://www.nihr.ac.uk/explore-nihr/academy-programmes/fellowship-programme.htm>

Your Path in Research



In Summary



Nurture your Research Ideas - 3C's

Stay Curious

what patterns are you seeing? What needs further investigation? What gaps are there?

Stay Critical

encourage a critical approach to your professional work, appraising data that can be worked up to an approval when a funding call comes along

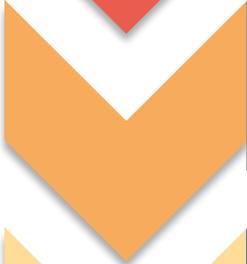
Become Connected

- who else is doing work in this area already? What forums are there? Who can you work with when that related funding call comes along?
 - make sure you're the first to hear about funding calls
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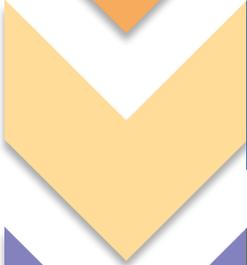
Summary



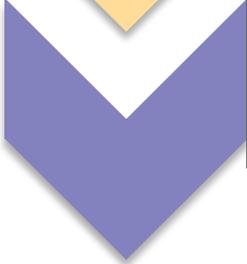
Research evidence is important



You already have the right mindset



You have the transferable skills needed



Start nurturing your own research ideas

Networking / Contacts

Research Workforce & Learning

NIHR Learn - [NIHR Learn](#)

North West Research Workforce Team - [email](#) & [website](#)

SPHR - [newsletter sign-up](#) [Twitter](#)

Social Media



@NIHRCRN_nw_wld

@NIHRCRN_gman

@NIHRCRN_nwcoast

#whywedoresearch

#yourpathinresearch

@NIHRevidence

@NIHRcommunity

@NIHRresearch

@NIHR_Industry

@NIHRinvolvement