

Improving our regional  
healthcare through **research**  
and **development**



## Newsletter - June 2017 - Issue 1

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The West Yorkshire Research and Development team (WY R&D) is hosted by Bradford Districts Clinical Commissioning Group (CCG), working across all the West Yorkshire CCGs to support primary care research. Our team is here to help with every step of the research process, from the development of a research idea to the dissemination of research findings. You can contact us with questions at [research@bradford.nhs.uk](mailto:research@bradford.nhs.uk). This twice yearly update provides a brief summary of ongoing research activity, both nationally and across West Yorkshire. You can also find more information on our regularly updated website: <http://www.westyorksrd.nhs.uk/>

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**The National Institute for Health Research** (NIHR) has launched a new campaign following on from the success of 'OK to Ask', which aimed to encourage more patients and members of the public to ask what opportunities are open to them to take part in health research. The NIHR explain on their website:

***"'I Am Research' gives patients, the public and health and social care research professionals a chance to shout about how fantastic research is. We aim to raise awareness of the benefits of research and the positive impact it has on people's lives."***



For more information about this, and to find out about events that took place to celebrate this year's International Clinical Trials Day on 20<sup>th</sup> May 2017, visit the National Institute for Health Research website: <https://www.nihr.ac.uk/news-and-events/support-our-campaigns/i-am-research/>

If you missed this year's International Clinical Trials Day make sure you get the date of the next in your diary now: we'll be celebrating on Sunday 20<sup>th</sup> May 2018.

**Practice Protected Time** events provide an opportunity for engagement between the West Yorkshire R&D team and NHS colleagues who have an interest in research. Members of WY R&D attended 20 CCG practice protected time events across West Yorkshire throughout 2016/17.

Attending these events enabled members of the team to raise awareness of the numerous research opportunities available, both locally and nationally, to those working in general practice.

The West Yorkshire R&D team has liaised with academic partners across the area to ensure that relevant, high quality information can be accessed directly by event attendees.

Researchers have attended numerous events alongside the WY R&D team to raise awareness of and recruitment to studies and to disseminate study findings. As we continue to attend PPT events this year we will provide this opportunity to access advice and support directly from clinicians and researchers where possible, to allow greater scope for troubleshooting to occur and for questions and feedback to be shared with study teams.

To find out when we are next in your area please contact Gemma Doran, Research Engagement Officer on 01274 237727 or [gemma.doran@bradford.nhs.uk](mailto:gemma.doran@bradford.nhs.uk).

*Thank you to everyone who stopped to talk about research with us this year!*



*Our Research Delivery Officer Emma sharing the message that it is 'Ok to Ask' about health research. We can signpost you, inform you of upcoming opportunities, share information about future educational events & answer your questions about primary care research.*

**Our website** launched in the autumn of 2016. On the website you will find useful information about research activity across West Yorkshire. The website has been designed to inform and guide patients, the public, researchers, commissioners, general practitioners and other health professionals and it contains a frequently updated repository of emerging evidence that can be utilised by clinicians and commissioners to help make evidence-based decisions. The WY R&D website also provides guidance on reading and understanding research findings which may be useful if you are presented with a research paper that you want to appraise, to help you to understand whether the findings are of value to you.

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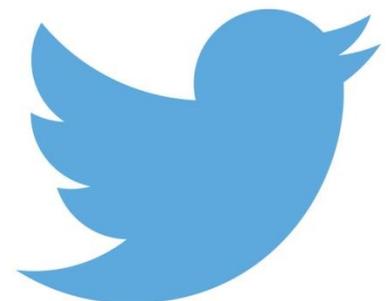


*Our website aims to increase knowledge of research opportunities, to aid research activity and to encourage knowledge dissemination and implementation. If there is anything you'd like to see added to this then please contact Gemma Doran to discuss: [gemma.doran@bradford.nhs.uk](mailto:gemma.doran@bradford.nhs.uk) – thank you.*

The website can be visited at: [www.westyorksrd.nhs.uk/](http://www.westyorksrd.nhs.uk/)

You can also follow us on Twitter: [www.twitter.com/nhswyrd](https://www.twitter.com/nhswyrd)

You can follow the **#whywedoresearch** and **#iamresearch** hashtags on Twitter to see lots of examples of research activity taking place up and down the country.



**Cancer and Palliative Care event** - In February 2017 we held a workshop alongside the University of Leeds, bringing together academics, clinicians and commissioners to discuss research that has taken place in West Yorkshire, focusing on cancer and palliative care. The aim of the workshop was to support evidence-based commissioning as well as to offer health professionals the opportunity to provide feedback to university academics about research from a clinician's perspective.

The event was chaired by Professor Sean Duffy and the presentations were given by Professor Mike Bennett, Dr Matthew Mulvey, Dr Lucy Ziegler, Dr Matthew Allsop, Professor Richard Neal and Dr Sam Smith.

You can access the presentations from this session via our website:

<http://www.westyorksrd.nhs.uk/cancer-and-palliative-care-workshop>

We will be holding our next evidence sharing event in the autumn. If you are interested in attending please contact us to discuss: [research@bradford.nhs.uk](mailto:research@bradford.nhs.uk)

**Team changes** have taken place recently as our Research Governance Lead Rebecca Harper is now on maternity leave following the birth of her beautiful baby girl. Until Rebecca returns to the office you can contact Rose Dewey, who will be covering the role of Research Governance Lead until November. You can contact Rose directly or you can get in touch via our shared inbox. All contact details for the team can be found on our website:

<http://www.westyorksrd.nhs.uk/contact>

**Campaign to Reduce Opioid Prescribing** General Practices across West Yorkshire have recently received the sixth and final CROP report. Over the past year the Campaign to Reduce Opioid Prescribing has provided bi-monthly reports giving the latest guidance and research conclusions along with highlighting practice performance and has enabled practices to identify areas where opioid prescribing could be reduced along with the opportunity to compare their prescribing habits with others in the CCG and across the West Yorkshire region.

When used for chronic, non-cancer pain, opioids can be ineffective, harmful, and addictive and CROP has given evidence based encouragement to GPs to 'think twice' before prescribing opioid medication. Opioid prescribing during the campaign has subsequently reduced in all 10 West Yorkshire CCGs and a majority of practices now prescribe opioids to fewer patients than at the same point a year ago.

We would like to thank all the practice staff for their hard work in reducing opioid prescribing and for their efforts to improve patient care. We would also urge practices to keep up the good work going forwards and to continue to make progress in this important area.

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***Thank you! We would like to take this opportunity to thank everyone who took part in research during 2016. We look forward to working with you throughout the rest of 2017, aiming to produce and support high quality research to advance patient care.***