

What is Research?



Alison Robinson
Head of Research

Our Values

**People at
the Heart**

**Listen and
Involve**

**Kind and
Respectful**

**One
Team**

What is Research?

Health and social care research aims to find out new knowledge that could lead to changes to health treatments, policies or care.

Without health and social care research, clinicians (doctors, nurses, dentists, social workers, and other health professionals) would continue to carry out their work the same way without knowing if a new treatment or approach would be more effective for the person they are supporting or treating.

NHS Constitution

NHS England: Statutory responsibility to promote clinical research
(NHS Constitution 2013, Health and Social Care Act 2012).

To deliver the best possible treatments for patients, we need evidence on 'what works'

Every patient should have the opportunity to participate in research

High-quality clinical research helps the NHS improve the health and wealth of the nation

Research Impact in general

Patients admitted to more research-active hospitals have more confidence in staff and are better informed about their condition and medication: Results from a retrospective cross-sectional study

Journal of Evaluation in Clinical Practice 2019
International Journal of Public Health and Health Service Research

The correlation between National Health Service trusts' clinical trial activity and both mortality rates and care quality commission ratings: a retrospective cross-sectional study

Journal of Public Health 2017

Increasing diversity in research

UK geographies that experience **high rates of disease** also have the **lowest number** of patients taking part in research.

The areas where there are the **lowest levels** of participation also align closely to areas where incomes are lowest, and indices of **deprivation are highest**.

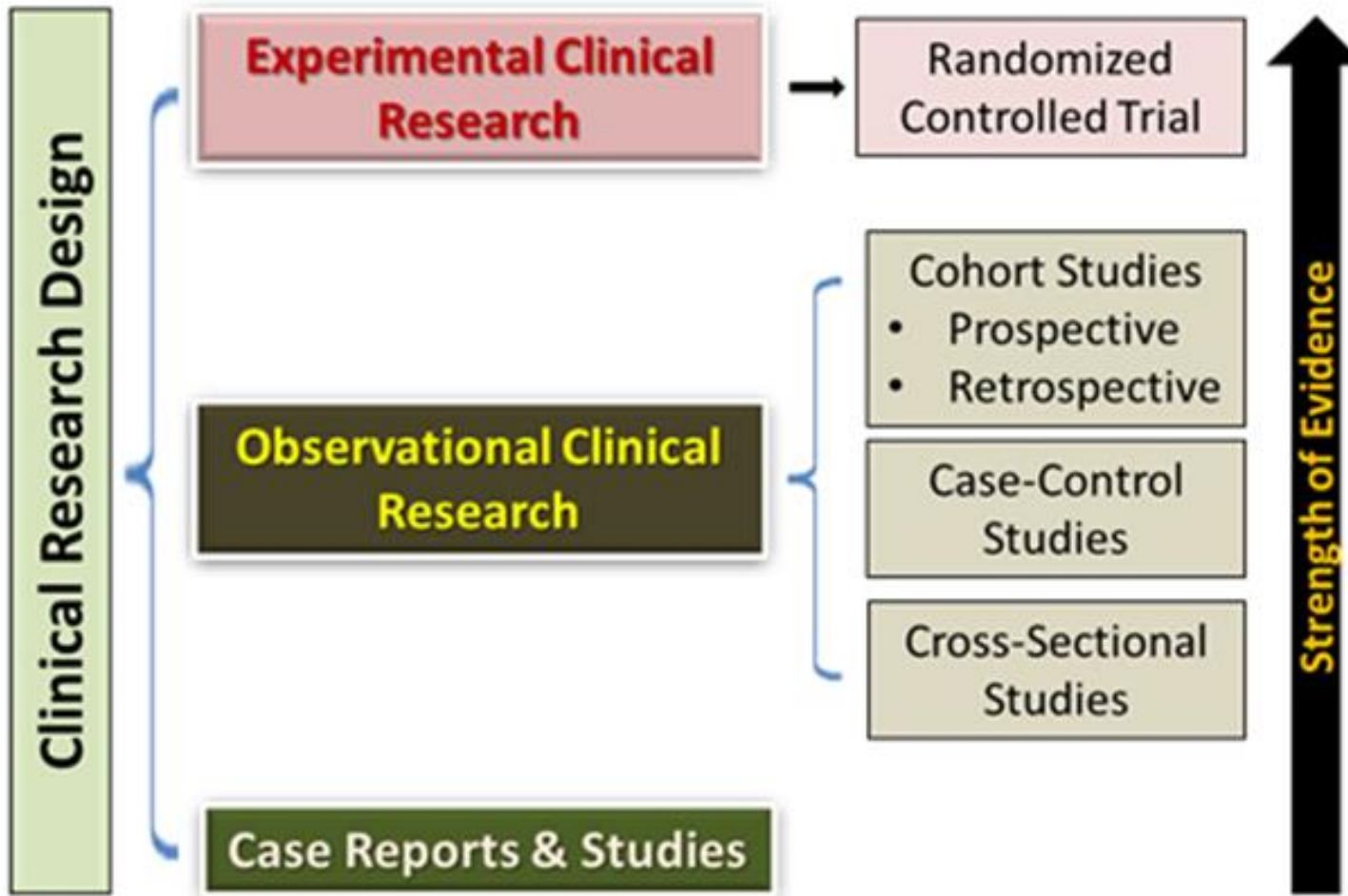
[Saving and Improving Lives: The Future of UK Clinical Research Delivery - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/saving-and-improving-lives-the-future-of-uk-clinical-research-delivery)

More diverse participation will help ensure that the health service continues to serve and be available to all.

NHS England published [‘Increasing Diversity in Research Participation: A good practice guide for engaging with underrepresented groups’](#).



Types of Research



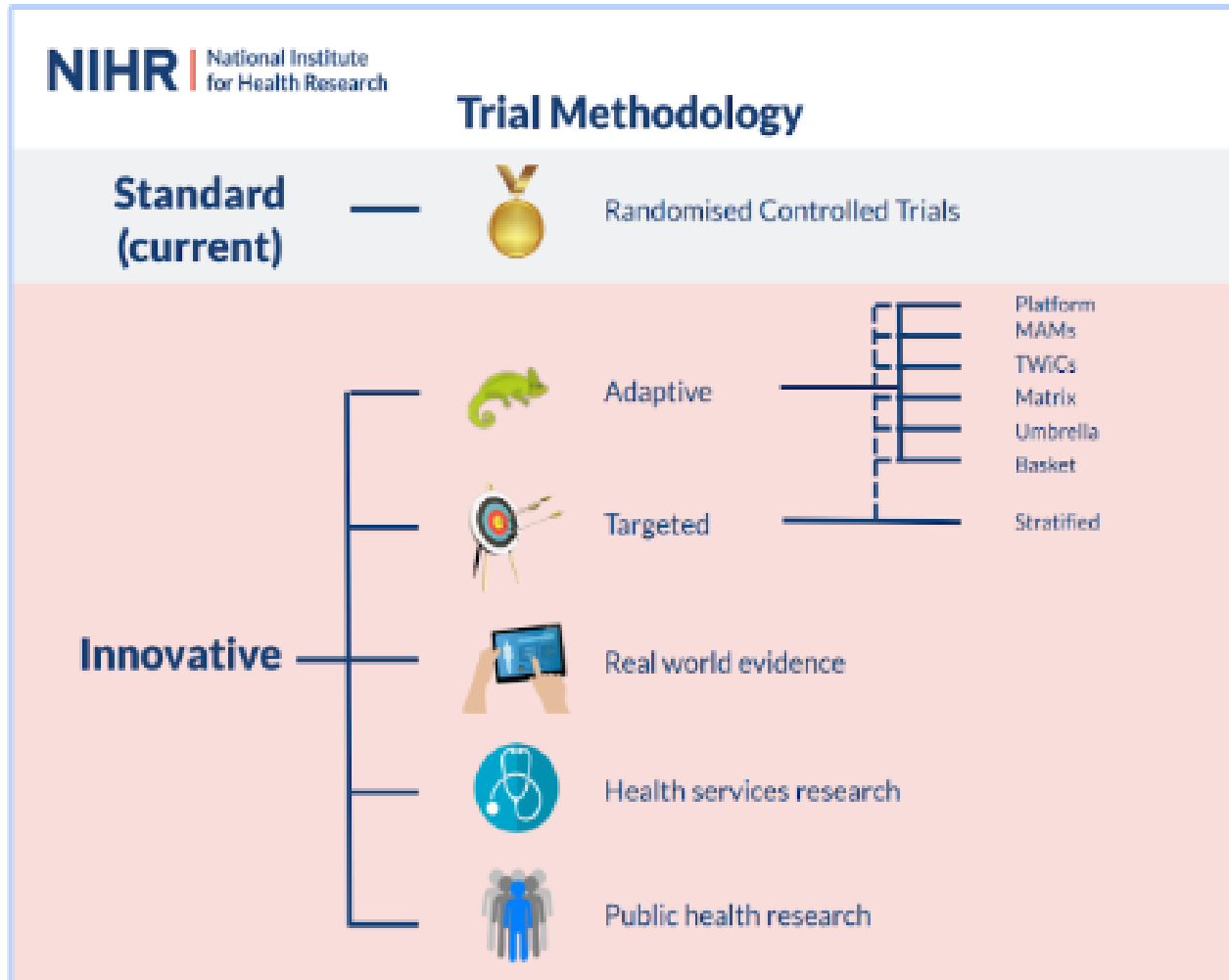
Experimental (Interventional) studies

- Evaluate the effectiveness of a therapy, treatment or intervention
- Compare differences between participants or within participant groups

Observational studies

- Find associations between cause and effect
- Observe, interpret and analyse

Evolution of Research Design



We will consolidate our world-leading position in delivering novel and innovative trials by:

- Promoting the UK's expertise in **designing and delivering innovative trials**.
- Enabling industry, including SMEs, and the wider research community to **access advice to support innovative trial design**.
- Delivering a skills programme to embed expert understanding of how innovative studies can be run across the NHS.

UK Government: Life Sciences Sector Deal 2, 2018

Research Designs

Research projects are unique and can be simple or diverse in their design. E.g.



Cohort observations

Review of existing data

Prospective Surveys, or data collection

Prospective Trials, randomised/blinded

Qualitative Research, interviews,

focus groups, questionnaires

Your initial approach

The **key** to developing your study/project is being clear about the **purpose** and **aims** and consider the **context** of your project e.g.

- Is it a small localised project? Suitable for a post-graduate student?
- Is it Research, are you testing something new, to see if it works?

or

- Are you implementing a new way of working already proven through research or other evidence?
- Developing a new service/approach?

**This will help determine your approach
and how to measure outcomes for your project.**

Why?

Where to find official guidance



**Health Research
Authority**

NIHR | National Institute for
Health and Care Research

You may be able to obtain advice on research design, methodology, statistics, health economics and protocol design from experienced academic researchers and/or the [NIHR's Research Support Service](#).

The [Health Research Authority](#)

One of a number of organisations that work together in the UK to regulate and approve different aspects of health and social care research.

Lots of **planning advice and templates:**

Is it Research tool, Protocol, Participant Information Sheet/Consent Form, public involvement in design, roles and responsibilities etc.

Build Your Team – Expertise from....

- Patients, Carers – relating to your area of focus
- Yourself and any of your colleagues
- Other clinical practitioners in different sectors
- Research Support Staff
- Statistician, Health Economist
- Qualitative Researcher
- Data Science Experts for digital projects
- Patient and public involvement experts
- Behavioural Psychologist
- Experienced researcher/Mentor

Research isn't delivered by one person alone, it needs input from a multi-disciplinary group with different skills and experiences to produce a successful project.



Building your own knowledge

Welcome to NIHR Learn

The National Institute for Health and Care Research Learning Management System.

[NIHR Learn: NIHR Learn Home Page | NIHR Learn](#)

Explore Learning row

This row offers access to key training packages including Research Delivery Training (GCP/Fundamentals/Informed Consent) as well as local regional training (GCP Consolidation and other face-to-face)



Good Clinical Practice (GCP) and Informed Consent



Regionally Delivered Learning



Apply to the Associate PI Scheme



Research Inclusion

Your time expectations

A good project needs time to develop, with your multi-disciplinary team.

Deciding on whether the study needs funding. **Seek advice!**

Timelines for preparing a good protocol and/or grant application
6-9 months

Funding applications timelines 6-12 months

Health Research Authority submission preparation and approvals
4 months

Set-up discussions and opening the study
1-2 months



Contact Details

Alison.Robinson2@wwl.nhs.uk

ResearchSponsorship@wwl.nhs.uk

ResearchAdmin@wwl.nhs.uk