

Research Dissemination Bulletin February 2016

Norfolk and Suffolk Primary and Community Care Research Office has received final reports and/or publications from research studies listed below where Norfolk and Suffolk primary care and/or community care trusts were involved. Other local research results that may be of interest to you are also listed here. Further details can viewed via our website <http://nspccro.nihr.ac.uk/research-study-results>.

CLINICAL PSYCHOLOGY:

- **Can training paradigms enhance global processing style in people with Asperger Syndrome?** This student research project aimed to investigate whether adults with Asperger syndrome have a tendency to look at the images in detail rather than the whole and whether this tendency can be modified using a computerised training paradigm. The findings of this study challenge the notion that people with Asperger syndrome have impaired ability to integrate detail into a coherent whole (global processing): in essence, people with Asperger syndrome could “see the bigger picture”. The study report can be found [here](#).

DIABETES:

- **Diagnosis of type 1 diabetes mellitus in children from the perspective of the child, family and general practitioner study** results are published in [BMJ Open 2013](#) and [BMJ Open 2015](#). The study provides a novel perspective of areas in this pathway where future interventions may be targeted. The study highlights the difficulties for parents and GPs in recognising the early symptoms of T1D and emphasises that primary care physicians should take parental concerns seriously.

GENERIC:

- A study of **Qualitative investigation of disinvestment from NHS procedures** provides initial insights into how disinvestment is experienced by patients and clinicians in practice. Results show a high degree of geographical variation in many procedures that could not be explained by proxies of clinical need. **Commissioning group meeting agendas** were dominated by investment rather than disinvestment topics. Interviews with stakeholders confirmed concerns about the reliability of routine NHS data for benchmarking and the lack of alternative methods for identifying opportunities for disinvestment. There is a need for increased central NHS support to encourage commissioners to disinvest, and provide the tools, accurate data and relevant evidence to facilitate this. Results are published in [The Lancet 2013](#) and [The Lancet 2014](#).
- **Utilising Electronic Patient Records For Intervention Research.** This research has developed methods and provided ‘proof of concept’ of the feasibility and utility of implementing cluster randomised trials utilising electronic health records from a large national primary care database. The [Final report](#) includes a list of publications resulting from this research. One study provided evidence of a small reduction in antibiotic utilization to patients presenting with respiratory tract infections in primary care. The second study in stroke secondary prevention demonstrated that large pragmatic intervention studies may be implemented at low cost by using electronic health records.
- The results of the University of Aberdeen and UEA **Minor Ailment (MINA) Study** involving GP practices and pharmacies in Norfolk & Waveney suggest the value of community pharmacy in the management of minor ailments in terms of effectiveness, cost-effectiveness and satisfaction. Three papers generated from this research are published in [BJGP](#), [Family Practice](#) and [BMJ Open](#)



MENTAL HEALTH:

- **Evaluating a picture-based computerised assessment and training paradigm for cognitive behaviour therapy (CBT) skills in adults with intellectual disabilities (IDs).** The findings of this student's PhD study suggest that computerised training led to a significant improvement in some aspects of cognitive mediation for people with IDs and there is potential for computerised training to be used as a "primer" for CBT with people with IDs to improve engagement and outcomes. The full results are published in the two peer-reviewed papers in [Behaviour Research and Therapy August 2105](#) and [Behaviour Research and Therapy Jan 2016](#).

NEUROLOGY:

- **A study of the effect of musculoskeletal (MSK) pain on patients with idiopathic Parkinson's disease (IPD)** explored the 'lived experience' of musculoskeletal pain in patients with IPD recruited from acute and community NHS Trusts in the East of England. The study found that analgesic use was low due to participants' belief that taking pain killers was bad for them. Pacing of daily activities, comfort and appropriate exercise were important in pain management. Patients should be reassured of the benefits and low risk of step 1 analgesics. Best coping was enabled by both, acceptance of their condition and advanced management techniques. Patient's unique experience of pain and their personal expertise in its management should be respected by professionals. A full report can be found [here](#).

PATIENT AND PUBLIC INVOLVEMENT (PPI) IN RESEARCH:

- **Older care-home residents as collaborators or advisors in research: a systematic review** as part of the CLAHRC EoE funded study [Residents Research-Active in Care Homes \(RReACH\)](#) study, was recently published in the journal [Age and Ageing](#). The review, aimed to determine how older care-home residents have been involved as PPI members in care-home research, concludes that older care-home residents can be successfully involved in the research process. RReACH research team has also presented their experiences of collaborating with older care-home residents in research at the School of Health Sciences [Seminar](#) Series at the University of East Anglia, connecting public, staff, students and clinicians with current research debates on research and evidence.

STROKE:

- **TOMAS study (Getting Out Of The House Study):** A Multi-Centre Randomised Controlled Trial of rehabilitation aimed at improving outdoor mobility for people after Stroke is published in HTA [NIHR Journal Library](#). The outdoor mobility intervention provided in this study to stroke patients was not clinically effective or cost-effective.
- **Clots in Legs Or sTockings after Stroke (CLOTS) 3** trial results are published in HTA [NIHR Journal Library](#) and [International Journal of Stroke](#). The trial tested whether or not squeezing the legs with intermittent pneumatic compression (IPC) sleeves reduced the risk of deep vein thrombosis DVT. The results demonstrate that IPC is an effective and inexpensive way to reduce the risk of DVT in stroke patients and it also improves their chances of survival. Researchers recommend that the IPC should be considered in all immobile stroke patients, however, the final decision should be based on a judgment about the individual's prognosis.
- **Supported Communication to Improve Participation in Rehabilitation of people with moderate-severe aphasia after a first stroke (SCIP-R) study found that** staff communication practices for those staff trained in supported communication for adults with aphasia (SCA) changed positively as a result of training. Higher levels of confidence were reported, even when working with patients with severe aphasia. Patients also reported having gained confidence and enjoying the intervention as it was an opportunity to have their say. The researchers have produced a video, [available on YouTube](#).

Further information with access to complete reports and/or publications can be found on <http://nspccro.nihr.ac.uk/research-study-results>. The latest research publications arising from NIHR funded and other studies that may be of interest to clinicians, commissioners and patients, can be found on the [NIHR Dissemination Centre](#) pages.

