

Inside RESEARCH

Welcome to the February 2018 edition of *Inside Research*

This newsletter is for Research Champions and non-research staff working at Leicester's Hospitals. We hope that you find the content informative and share it among your colleagues. Why? Because the evidence is clear that research active Trusts have better patient outcomes, so all staff have a part to play in ensuring that high quality research is delivered and we can live up to our mission statement of providing Caring at its Best.

If you would like to provide feedback on the newsletter, please contact our Research Communications Manager, [Rachael Dowling](#) or call extension 4971.

Meet the Research and Innovation team

In each edition of the newsletter, we will introduce some of the key people in the Research and Innovation team and explain a little bit about their role.



Rita Patel, Contracts and Innovation Manager

“Hello, my name is Rita. I am responsible for all contract negotiations relating to research activity and innovations.

“I work closely with our university partners to make sure all our agreements are robust.

“I enjoy supporting inventions through their journey from inception to adoption – a complex process that can take three to five years.”



Lisa Wann, R&I Manager

“Hello, my name is Lisa. I am responsible for implementing national best practice research management processes within the Trust.

Working closely with individual researchers, senior managers and the University of Leicester I am to provide an environment that is supportive to researchers and helps to build and develop strong working relations with staff across the Trust.”

What is that?!

The structure of research in Leicester can be confusing, so to help you understand it better we will be focusing on one area at a time. In this edition, we look at the **NIHR Leicester Clinical Research Facility (CRF)**.

The CRF is a partnership between Leicester's Hospitals and the University of Leicester. It supports early phase clinical trials – such as trials in healthy volunteers - to increase understanding of a disease, evaluate potential new treatments and ultimately improve the care of our patients.

Our CRF is funded by a £1.4 million grant from the [National Institute for Health Research](#) (NIHR), initially for two years. The NIHR is the arm of the NHS that provides funding, facilities and training for clinical research. However, additional funding is brought in through matched grants from charities, funding bodies and industry partnerships.



We are one of only 23 CRFs in the country. We work on what we call a 'federated model' – there is not one single building that is 'the CRF'. Instead our facilities are embedded in clinical areas within specialities – such as a dedicated research bay in the Emergency Department. We feel this creates a seamless link between laboratories and the patient's bedside.

We will be launching a dedicated website that will host some case studies of our latest work in March 2018.

You will be able to find us at www.leicestercrf.nihr.ac.uk

Leicester's Research Live: celebrating our success 2018



Thank you to all of you who attended our research conference. We hope you found it informative, exciting and want to share what you have learnt with your colleagues.

A special thank you goes to Research Champion Don Osborn from ED, who co-presented a workshop describing how he identifies acute patients for clinical trials and refers them to the research teams.

For all the slides and photographs from the day, visit:

www.leicestersresearch.nhs.uk/news/leicesters-research-live/

In the news

GSK, Leicester and Nottingham launch medicine discovery collaboration in respiratory diseases

Leicester's Hospitals is part of a new collaboration with industry to look for the genetic causes of Chronic Obstructive Pulmonary Disease.



[Read more...](#)

Type 2 diabetes education programme significantly improves health outcomes

Research shows that people who take part in a type 2 diabetes education programme developed in Leicester feel 'empowered' to manage their condition better.

[Read more...](#)



Prolonged periods of sedentary time strongly associated with amount of fat around internal organs

Researchers at the NIHR Leicester Biomedical Research Centre used MRI scanning to show how fat is deposited around internal organs and investigated whether it was linked to amount of sedentary time.

They found that even when accounting for age, ethnicity and physical activity levels, the longer a person remained sedentary during the day, the higher the levels of liver fat, visceral fat (around internal organs) and outer (subcutaneous) fat layers.

[Read more...](#)

[Watch the BBC East Midlands Today interview](#)



Listen out for: BabyBiome study on Radio 4, 17 April, 11am and 9:30pm

Participants in the BabyBiome study - a research programme to find out how microbes and immune system in early life work together to influence health in childhood and later life – will discuss their views on babies and microbes in part of a series on understanding the role of the microbiome in our health outcomes.



Date for your diaries

We are planning to celebrate International Clinical Trials (ICT) day on Wednesday 23rd May with an open afternoon at the Research Space, Level 0, Balmoral Building, Leicester Royal Infirmary.

This will be an opportunity to speak with research teams about their projects and have a tour of the new children's research facility.

More details will be released soon. Watch this space!

