

# Inside RESEARCH

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## Welcome to the September 2019 edition of *Inside Research*

We hope you have all had a wonderful summer. We have lots of news and updates to share with you, so let's get started!

For newsletter enquiries please contact, [Rachael Dowling](#) or call x4971.

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## **NEW! Research champions module on HELM**

We have launched a free e-learning programme on HELM for staff who wish to become research champions or who simply want to broaden their knowledge about clinical research.

The 30 minute course is an introduction to why we do research at UHL and its importance to our patients. Contact Sally with a screenshot of your completed quiz to get a certificate.



Please share with your colleagues!

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## **CQC update**

All heads of nursing and deputy heads of nursing have been sent a briefing to help staff direct patients to clinical trials. The short briefing is designed to go in your CQC ward folders and can be tailored to your ward or department. There is even a space for research champions to be named! If you would like a copy, please email Rachael Dowling.

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## Research Wall

If you work at the LRI, you may have seen our fabulous new research wall! Situated between the L'Eat restaurant and Leicester Hospitals Charity Hub in Balmoral, it has five interchangeable panels to showcase our work.



## Faces of research

We are looking for volunteers – staff and patients - to be in photographs promoting our research on social media, website and in our poster/leaflet campaigns. We want to show that we put patients at the heart of research and that research doesn't just happen in laboratories.

If you or someone you know is interested, please contact Rachael Dowling who will take consent.

## Improving the patient experience in Adults' Research Space

Thanks to Leicester Hospitals Charity, we have installed space-related wall art to create a calm but engaging environment for adult study participants who access Research Space at LRI. The new wall art compliments the children's side, which was opened in 2017.



## Leicester's Research in the news

### *Physical activity at any intensity linked to lower risk of early death*



Prof Tom Yates and Dr Charlotte Edwardson in our Biomedical Research Centre were part of an international team who analysed previous studies. They found that people who were sedentary (for example, sitting) for 9.5 hours or more per day, had an increased risk of a premature death. [Read more here](#)

*This was covered in many of the national newspapers, including The Sun, Guardian, and the Independent.*

### **Research at Leicester's Hospitals in top ten**

In 2018/19 we recruited 3,000 more participants to research than the previous year, putting UHL in the top ten trusts in the country for increased recruitment. Thank you to all of you who made that possible. [Read more here](#)

*This story was reported in the Leicester Mercury*

### **Ground-breaking software lets surgeon see real-time 3D map of heart**



In August we became the first hospital in the UK to use a 3D map of the heart to successfully correct a disturbed heart rhythm. Patient Jo, from Oakham, came back to the Glenfield to describe her experiences. [Read more here](#)

*This story was covered by BBC East Midlands Today, Capital FM, Leicester Mercury and many specialist cardiology publications*

### **County research partnership launched to tackle local health challenges**

We have joined up with the University of Leicester and Leicestershire Partnership NHS Trust to create the Leicestershire Academic Health Partners (LAHP). The LAHP will better link excellence in research, education and health service delivery across the county. [Read more here](#)

*This story was reported in the Leicester Mercury*



#### **Follow us on Twitter**

For all the latest news and updates, follow us on Twitter @LeicResearch. Don't forget to use the hashtag #ResearchChampion!

Have you got an **idea for a research project**, but don't know where to start? We are holding a **grant proposal writing pit stop** with our NIHR partners and clinical librarian team on 26 September 2019. Book your place: call x8351 or email [riadmin@uhl-tr.nhs.uk](mailto:riadmin@uhl-tr.nhs.uk)