



RESEARCH MATTERS

NEWSLETTER

ISSUE 1, NOVEMBER 2024

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**“No Research
without action, no
action without
research”**

~ Kurt Lewin (1946)

WELCOME TO RESEARCH MATTERS!

Welcome to our first issue of Research Matters! This newsletter aims to share with you our research activity as well as interesting news and available evidence to influence the care we give at St Luke's.

We all understand the importance of research, using the evidence obtained from research to influence aspects of our own lives and the care of our patients. All research carried out at St Luke's is underpinned by our Research Governance Framework and St Luke's values: dignified, compassionate, inspiring and pioneering. Our vision is to become a **research-leading** hospice, driving the local, national and international research agenda, and to become a centre recognised for innovation – with an overriding aim of producing demonstrable **benefits to the people of Sheffield**.

In today's hospice landscape, staying ahead is crucial and we are committed to participating in regional and national studies within palliative care. In each issue, we will bring you valuable content aimed at enhancing your understanding on why it is that research matters.

In this issue we will share with you feedback from delegates following the successful delivery of St Luke's first research conference, "Establishing Research in Your Hospice" which focused on sharing our research journey, governance structure and processes to enable others in the hospice community to develop their organisations in a similar research-active way. We will also update you with the status of studies we are involved in and our plans for further growth.

DID YOU KNOW?

The word hospice derives from the Latin word hospitum, meaning hospitality or place of rest and protection for the ill and weary. Historians believe the first hospices originated in Malta around 1065, dedicated to caring for the ill and dying en route to and from the Holy Land.



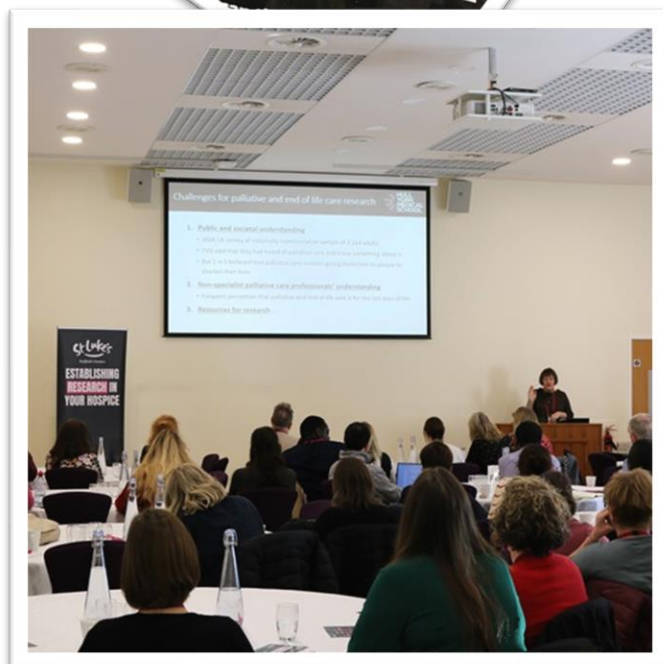
St Luke's Research Team

Dr Paul Taylor – Consultant Senior Clinical Lecturer

Clare Pye – Research & Innovation Manager *RN dip, MSc, NIHR Senior Nurse Research Leader (Alumni)*

Emma Matthews – Staff Nurse and Research Champion

Maria Paes – Executive Support (incl Research Admin)



ST LUKE'S INAUGURAL RESEARCH CONFERENCE

We were thrilled to welcome 92 delegates from across the hospice community to our inaugural research conference "Establishing Research in Your Hospice" on Friday 18 October 2024, in Sheffield. Of the 92, 38 hospices were represented nationally (6 of which were children's hospices) reaching from Exeter to Northumbria. 4 universities and 3 NHS trusts were also represented. The conference focused on sharing St Luke's research journey, governance structure and processes to enable others in the hospice community to develop their organisations in a similar research-active way.

The conference was led by our St Luke's Research team and we had invaluable contributions from our keynote speakers, who are leading experts in their field of research within palliative care. Research presentations ranged from strategy, engagement and research in the hospice culture, to NIHR Research Delivery Network and more. To learn more about our speakers and their research, please click here: [St Luke's Research conference](#).

Beyond the conference, St Luke's will be offering hospices ongoing support through a bonus [ECHO programme](#). These sessions aim to provide further information to equip palliative care providers with the knowledge needed to successfully implement a research programme within their hospice. These sessions will be open to delegates and all members of their local teams.

A huge thank you to our speakers, attendees, and organisers for making this event such a success. We hope everyone left feeling inspired and equipped to take the next steps on their own research journey.

RESEARCH ACTIVITY UPDATE

[CHELsea II trial | University of Surrey](#) remains our study of focus and it's fair to say the success of this study and the quality of the data is due to the efforts of the staff on the InPatient Centre (IPC). At the time of writing this newsletter we have recruited 8 of our 10 patients. The study has now been extended until February 2025 and we're hopeful we will continue to recruit with your support and exceed our initial target of 10.

The EPOC study (Exploring Pathways to Optimise Care in Malignant Bowel Obstruction) has now closed and the team in Hull is currently analysing the data. We look forward to hearing about the results from this study.

Understanding the role of the chaplaincy in specialist palliative care study performed by Dr Itzel Valderrama is also now complete. Itzel, a masters student supervised by Dr Paul Taylor, has analysed the data and we're reliably informed she has identified some interesting themes which she plans to share with us at our Journal club in November.

Dr Wadee, who many of you will remember, is due to start her study in November exploring **the effect of Project ECHO for medical trainees on their future practice** and we have 2 new studies we are currently looking at so watch this space for more information.

Dr Paul Taylor is currently designing the **data donor study** he will submit to the NIHR for grant funding next year. The aim of the study is to identify when people access services along their palliative care journey to understand how to provide the right support at the right time. Writing a grant for funding takes time and Paul is working with colleagues at St Luke's and the Universities of Sheffield & Hull to ensure the grant is of the best quality it can be to be considered for funding in what is a very competitive process. – watch this space!

SHOUT OUT TO NURSES & AHPS

You may have completed, seen or heard about our questionnaire shared with Nurses and Allied Health Professionals (AHPs) by Clare & Emma in the Research Office. Thank you to everyone who has completed it thus far and provided your thoughtful feedback.

This survey aims to understand the current experience, perceptions, and ambitions of these clinical teams to establish a baseline and track our progress.

This work has gained attention from the Council of Deans of Health & NHS England, as we are the first hospice to explore staff ambitions using these questionnaires in this way. Dr. Linda Tinkler, NHS England, will visit next month to help analyse the data. So far, 23 responses have been collected, but we aim for 60 to ensure we have as much meaningful data as possible. Please complete the questionnaire and help us to further reinforce St Luke's pioneering status, as well as facilitating the development of our workforce:

- <https://forms.office.com/e/UVKmVkjDg>

Come and work in the Research Office

Are you a staff member that is currently undertaking postgraduate study?

If so, please contact Clare and arrange to spend some time working on your assignments or dissertation in the Research Office at Ecclesall Road South (ERS). The environment and a chat might be just what you need to resolve any challenges you are facing! email Clare on c.pye@hospicesheffield.co.uk.

'SIGNALS' INTRODUCTION TO RESEARCH EVIDENCE

Every year, thousands of studies are published in academic journals, but they're full of scientific jargon which can be difficult to understand. NIHR evidence select the most important findings and make them easy to read. These summaries of single studies, and collections of research on specific topics, can inform your decisions about health and care – whether you're a member of the public, health or care professional, commissioner or policy maker - Click on this link to find out more - [NIHR Evidence | Informative and accessible health and care research](#) – One such study of interest is about nasal sprays: [Nasal sprays and behavioural interventions compared with usual care for acute respiratory illness in primary care: a randomised, controlled, open-label, parallel-group trial](#)

CONGRATULATIONS ST LUKE'S ECHO TEAM!

Six years of Project ECHO: Implementation and evaluation of a hospice-led multiprofessional education programme - The ECHO team at St Luke's have had an article published on the implementation and evaluation of an established technology-enabled collaborative learning programme (Project ECHO) – You can read the abstract or full article here- <https://doi.org/10.1177/14604582241290719>

A SAUSAGE SANDWICH

Our Hospitality, Housekeeping, and Reception teams form the cornerstone of the St Luke's experience. They spend significant time with patients, fostering therapeutic relationships, and thanks to this, have unique and valuable insights into the wellbeing of our patients and their families. However, while the vital contribution of these teams is always acknowledged in feedback - be it cards, comments or hugs - research has traditionally focused on the experiences and perspectives of clinical staff, such as nurses, doctors, and AHPs.

Dr. Natalie Richardson from the University of York recognised this and explored the everyday experiences of hospice work by engaging with *all* patient-facing teams. Dr Natalie's research findings recognised the impact of simple, everyday needs and acts of kindness that aren't often celebrated, but that make our patients feel loved and valued – from holding a hand, to making a sausage sandwich.

We plan to invite Dr Natalie to come and share her research with us and are particularly keen for members of hospitality, housekeeping and reception to attend. In the meantime, we ask you to watch this animation that captures her findings. Do you see your own experiences reflected in it? - <https://youtu.be/BxXbMxSraMs?si=9Po8dj2OfbH0cTmR>

YOUR FEEDBACK MATTERS!

Please provide your valuable insights and recommendations to enhance the quality and content of this newsletter.

Thank you for being part of our research community! For more information, please email us on research@hospicesheffield.co.uk.