

<p><b>Institution:</b> Canterbury Christ Church University</p>
<p><b>Unit of Assessment:</b> Allied Health Professions, Dentistry, Nursing and Pharmacy (3)</p>
<p><b>a. Overview</b></p> <p>The Unit of Assessment (UoA) consists of research from within the Faculty of Health and Social Care and the Salomons Centre of Applied Psychology. The Faculty of Health and Social Care trains nurses, allied health professionals, midwives, social workers and public health professionals. Our research draws on a broad range of professional disciplines including applied psychology, nursing, midwifery, speech and language, radiography, paramedic science, social work, occupational therapy, social science and public health and health promotion. In the Department of Psychology, Politics and Sociology, Faculty of Social and Applied Sciences, the Centre for Applied Psychology provides postgraduate training within mental health, largely commissioned by the NHS, including a Doctorate in Clinical Psychology. The UoA has an overarching aim to support the objective of '<b>building healthy and sustainable communities</b>' and is delivered through a structure that crosses teaching departments but also draws on the expertise and vitality contained within our dedicated research centres: the Centre for Health and Social Care Research, the Sidney De Haan Research Centre for Arts and Health (jointly with the Faculty of Arts and Humanities) and the Research Centre for Children, Families and Communities (jointly with Faculty of Education), and the newly established England Centre for Practice Development. Although both the Faculty and Applied Psychology have Research Directors and separate research strategies, they aim to promote, cross Faculty, cross Departmental research with Centre teams working together to build research capacity and reputation. The Research Directors work collaboratively and have responsibility to ensure that QR funds are focussed on achieving these aims. The UoA has received 10% (£96,150 in 12/13) of the total University QR funding.</p>
<p><b>b. Research strategy</b></p> <p>Following the RAE 2008 our strategic aims and plans, for ensuring the vitality and sustainability of research within the 2008-2013 period and beyond, focussed on addressing the needs of the health and social care economy by delivering timely, policy and practice related research on workforce and service development, the service users' perspective and Arts and Health. We sought to deliver this by strengthening our interdisciplinary focus, providing internal resources and attracting external funding. Within the Faculty of Health and Social Care we refined our research strategy using the Professors and Readers Group. A staff audit was conducted to capture the research experience and track records of staff and ideas on potential areas and for development. This Group also liaised with our health and social care partner organisations in order to ensure that our research would be relevant to practice. Within the Centre of Applied Psychology research activity was reviewed and focussed into specific clusters of research activity, to reduce breadth and increase depth. Staff from outside Applied Psychology were invited to join the clusters to increase collaborative and cross-disciplinary working. The combination of this work led to the identification of an overall research aim, for the UoA, of supporting a programme of research relevant to '<b>building healthy and sustainable communities</b>', the re-focussing of our research themes and the development of plans to achieve this aim.</p> <p>To ensure long term sustainability our research was developed at two interrelated levels: developmental (introducing staff to research processes, delivering smaller scale studies, publications in practice focussed journals etc.) and REF level (conducting high quality research which achieves impact, generates income and outputs). The purpose of this approach was to enable less experienced staff to learn from our high profile, established researchers, ensure a multi-disciplinary approach to research, build our next generation of researchers and ensure a critical mass of researchers in the future. The essential elements of the operationalisation of the strategy were:</p> <ol style="list-style-type: none"> <li>1. Seconding teaching staff to dedicated Research Centres and providing them with expert mentorship and opportunities to engage in high quality research. Seven members of academic staff were seconded for up to two days a week to a Centre of their choice. The secondments have been highly successful in enabling staff to produce academic papers and gain external grants. Examples of the success include Coren who, in addition to</li> </ol>

- securing income from national and international funders for her work on systematic reviews of vulnerable and excluded populations, has been successful in gaining a Readership and Bressington who as a result of his secondment submitted a PhD by publication and has been awarded an £80,000 grant from Pfizer Community Funds.
2. The hosting of the England Practice Development Centre within the Faculty of Health and Social Care from 2010 to ensure that our NHS related research could be effectively translated into practice. The work of this Centre will become a key focus of the impact element of our research beyond REF 2014.
  3. Ensuring that PhD studentships and study leave applications result in research that contributes to meeting our research aims.
  4. Using allocated QR funds to support staff to produce research outputs, generate income, achieve and demonstrate the impact of their research and to capacity build. For example, QR funds used to provide teaching relief for staff to conduct research and write papers has resulted in publication in high quality journals. Whilst funds used to establish a systematic reviews network, in which our experts work with staff to enable them to produce systematic reviews of topics within their own area of expertise, has been effective in building capacity.
  5. Establishing and supporting the Mental Health Research Network to enable researchers within this field to meet regularly to collaborate, develop new areas of work and work closely with NHS practitioners to ensure the impact of this work can be realised.
  6. Refining our RAE 2008 themes in order to meet our aim of supporting '**building healthy and sustainable communities**' and responding to national and international priorities as follows:

**Theme 1: Optimising individual health** (main investigators **Burns, Camic, Ruston, Hutton, MacInnes (D), MacInnes, (J), Jones**).

This theme incorporates our RAE 2008 themes of understanding the psychosocial and ethical context of professional practice and our planned work on strengthening research on the patients/clients perspective. It takes the research forward by gaining a better understanding of the potential for patients/clients to influence and/or self-manage their illness in order to improve care. Thus our research has been directed towards improving and/or enhancing the management, care and treatment of service users/patients in any health, social care or community setting. It supports our overall aim of '**building healthy and sustainable communities**' by ensuring that people receive appropriate care that incorporates their perspectives and behaviours and how this influences both self-care and their interactions with health and social care settings. Notable examples include Burns' work on social support and intellectual disabilities in relation to sports participation, including the 2012 Paralympics. MacInnes' (J) investigation of patient's perceptions of their heart failure and how this influenced their approach to self-care. Ruston's research on the perceptions and experiences of people with diabetes in managing their disease at work, and use of technology to enhance their care. MacInnes' (D) novel study in which inmates of a medium secure unit were recruited to interview fellow in-mates about illicit drug taking thereby using services users in the research process.

**Theme 2: Promoting healthy communities:** (main investigators **Coren, Clift, Camic, Skingley, Ruston, Marsh**)

This extends the RAE 2008 theme of Arts, Health and Wellbeing, which was a major strand of our proposed plans post RAE 2008. In addition to exploring Arts and Health to improve community health we felt it was important to develop our health promotion/public health research base by focusing on specific population groups and communities in order to understand how culture and place influenced health and social care behaviours.

The Arts and Health research has been driven by national clinical priorities such as managing dementia and enduring mental health problems, but also includes a strong emphasis on using the Arts as vehicles for social inclusion and communication, and as mechanisms for self-exploration, personal growth and well-being. Research by Clift, Camic and Skingley is now making a major contribution to the discipline in terms of determining the benefits of singing for health. The vitality and sustainability of the UoA can be demonstrated in this strand of work which encompasses researchers from both the Faculty and the Centre for Applied Psychology and which has been

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successful in gaining a range of prestigious grants.

Our research which focuses on culture and place is developing and has utilised qualitative methods and systematic reviews to explore health beliefs, perceptions and practices within specific population groups. Examples of our work in this area include Coren's systematic reviews on teenage parents and their children, and on unhealthy lifestyles amongst children living on the street. Whilst Ruston's work includes research focused on exploring the relationship between where Gypsies and Travellers live (on the road, in sites or in housing) in relation to social networking and health practices.

**Theme 3: Building and developing an effective workforce or workplace:** (main investigators **Holttum, Piper, , Hutton, Owen, Heinen, MacInnes (D), Dewing**).

This theme takes forward our RAE 2008 plans to extend our research on workforce development and clinical practice. The workforce development element examines the professional practice and evidence base of a range of health and social care professionals and workplaces that have been studied to include doctors, paramedics, occupational therapists, radiographers, psychologists and nurse clinicians. For example, Piper's work influenced the development of radiography over a number of years. He has conducted studies which have compared nurses and radiographers, casualty officers and nurse practitioners interpretation of appendicular skeletal radiographs. Hutton has focused on occupational therapy students attitudes towards individuals with disabilities in Australia, Taiwan the USA and the UK. Holttum's research has identified the obstacles to being research active and how these may be overcome for practising clinical psychologists.

In relation to improving clinical practice MacInnes (D) has evaluated the implementation of video conferencing in mental health practice and has been involved in developing evidence based on the prevention and management of aggression and violence by patients with mental disorders produced by the Royal College of Psychiatrists. Owen has investigated the management of cardiovascular risk prevention including a reappraisal of the evidence base underpinning current practice. Heinen's work also relates to cardiovascular prevention and delivery and he has conducted clinical studies and literature reviews on cardiomyopathy and hypertension. Whilst Dewing has focussed on practice development, particularly relating to Dementia and wandering.

**Future Plans:**

The Faculty of Health and Social Care is in the process of appointing a new Director of Research and Innovation to lead Research and Knowledge Exchange and the Centre for Health and Social Care Research which will become a virtual, outward facing research portal composed of research associates who have been successful in obtaining funding, are publishing at the level required for future REF's and who act as representatives on local, national and international bodies. These associate members will support capacity building and strategy implementation within their own teaching departments. The Centre of Applied Psychology has merged with another department containing undergraduate Psychology, Politics and Sociology. Within this new Department a strategic lead for research has been identified in each area to lead the development of research within their discipline. They will also work together within the Department to develop a research strategy across the Department and identify beneficial intra and inter Faculty links.

Continuance and Consolidation.

Our Arts and Health Research, conducted by the Sidney De Haan Research Centre, has grown substantially in terms of income generation, publications and impact. The Centre has been successful in gaining funding from rigorous, competitive external sources e.g. the Arts and Humanities Research Council and NIHR. A world leading, coherent body of research into the benefits of Arts in improving health and wellbeing has been established and will continue with the examination of the benefits of Arts for a range of diseases and population groups. The aim is to provide substantive evidence for the adoption of Arts as a form of prevention and treatment within the NHS with the view to reducing healthcare costs. The potential impact of this area of research will be identified and measured for the next REF.

The Centre for Health and Social Care Research will continue to expand its innovative research on

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the use of technology in healthcare and it will seek to deliver research that has impact on patient care by combining an understanding of patient and provider perspectives on the implementation of technology for disease management.

**New initiatives**

In 2010 the England Practice Development Centre was hosted by the Faculty of Health and Social Care. It has focused so far on undertaking practice development work with our local health and social care providers. There is considerable potential to deliver research that has direct impact on patient care and internal resources are being directed to develop this field. The aim being to undertake high quality research which will provide a strong evidence base for the use of practice development as a strategy for change, to implement and evaluate practice development processes within the NHS and Social Care, and to demonstrate the impact of this type of work. This work will be led by Professor Jan Dewing who has internationally recognised expertise in the field.

The restructure of the Faculty of Social and Applied Sciences has opened up the opportunity for much stronger inter-disciplinary working to be developed between psychology, sociology and politics. An established cross-disciplinary area of research already exists focussed on inter-group conflict which will be further developed. The joining of the post-graduate Centre for Applied Psychology and the undergraduate psychology teams will also lead to enhancement of research activity. The Centre will also launch a PhD in Professional Practice in 2014, aimed at existing practitioners and to encourage research into the service delivery of health and social care. drawing on supervisory input across the University.

Across the University there is senior management commitment to develop and implement a University wide research strategy for health and wellbeing. This strategy will be built around the research themes and active researchers identified in this area through REF, linking together the research Centres and ensuring collaborative working within identified areas of strength. It has been recognised through the REF process that within the UoA there are some major areas of high quality research activity which are clearly impacted upon health and social care at a national and international level. This health and social care research strategy will ensure that this work is capitalised upon and that new and aspiring researchers are linked into this research and the resources of the University are focussed upon supporting these areas. This will also allow us to enhance our collaborative working with external service providers and other HEIs by being able to clearly identify our areas of major contribution and impact. Such a strategy will facilitate the continued development of our internationally recognised research within this area, and encourage the strategic development of new areas for impactful research activity.

**c. People, including:****i. Staffing strategy and staff development**

The staffing policy across the UoA reflects the main principles of the Concordat to 'Support the Career Development of Researchers' by recruiting high quality staff with both clinical and research expertise. However, in order to recruit staff with the right clinical skills there is often a compromise to be made in relation to their research experience and we have sought to address this gap by appointing two professors, increasing visiting professors to 15, a visiting reader and two research fellows. In addition two members of staff have been promoted to Reader. Within the Centre for Applied Psychology two staff have been promoted to Professor and a new research lecturer post established, and across the wider Department nine new posts have been established. Through the recruitment, probationary and appraisal processes all new members of staff will have explicit development plans in relation to research activity. Senior members of staff play a key role in leading research and supporting and mentoring less research active staff. Their input has been both distinctive and internationally excellent. For example, two research networks have been established to enable staff to work alongside leaders in the field, to present and share their research and to identify research priorities in the field. The Mental Health Research Network brings together staff from within the UoA, with NHS practitioners providing the opportunity to engage in internationally recognised research and to secure funding from nationally prestigious funding sources e.g. NIHR. The value of this network is that it enables effective integration of academics/researchers with NHS employed clinicians. The second network, led by an

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internationally recognised Cochrane reviewer (Coren), focused on enabling staff to engage in writing high quality review papers and submitting applications for funding to undertake systematic reviews.

Secondly, we have used QR and staff development funds to support secondments to research centres, provide teaching relief for staff to engage in research and provide PhD completion study leave. Our secondment approach has been distinctive as, in addition to enabling secondees to work alongside internationally recognised experts in an environment that has a strong research culture and infrastructure, it also supported new staff (teaching assistants), who were appointed to backfill time, to also experience academic life, engage in research and publish papers.

Thirdly, the UoA staff development strategy enabled the streamlining of research activities in order to add critical mass. Within teaching departments departmental research leads, whose role was to encourage and support research, took this forward. The formal appraisal system was also used to ensure that academic staff were given the opportunity to engage in research and scholarly activity and that they deliver on any commitments made in return for support and funding. These mechanisms combined with the University wide policies, infrastructure and funding support secured a high quality research environment.

Fourthly, a range of training workshops on elements of the research process, specifically tailored to meet the needs of the wide range of professions represented in the UOA, have been provided. These include project management, dissemination, presentation and publication activity, bid writing, research ethics and governance and PhD supervisor training.

**ii. Research students**

In the REF period, the UoA has more than doubled its number of PhD student completions from 4.6 in RAE 2008 to 11. The PhD subject areas covered by the UoA are nursing, social work, public health, arts and health, applied psychology. Supervision of students takes place using staff from the Department of Applied Psychology, the Sidney De Haan Research Centre, The Centre for Health and Social Care Research and the Research Centre for Children, Families and Communities as appropriate for the student. This enables students to be linked into vibrant, internationally recognised research environments and to learn from highly active researchers. This offer will be further enhanced in 2014 by the launch of the PhD in professional practice by the Centre of Applied Psychology. The University's investment in postgraduate research includes twelve central MPhil/PhD studentships which are offered annually across the University. In addition the Faculty of Social and Applied Sciences has sponsored four MPhil/PhD studentships over the last two years and is looking to expand this programme. The University has also invested in the building of a new £30m Library and the opening of a dedicated computer suite and study area for research students, open 24 hours a day.

In addition to our own tailored programmes of support and training, which aims to address the needs of part time, mature, PhD students the University's Graduate School offers a comprehensive Researcher Development Programme consisting of regular workshops and seminars. The programme, which is organised around the four main domains of the Vitae Researcher Development Framework, provides research skills and training and development including in-depth modules in quantitative and qualitative research methods, generic sessions on research design, methodology and theory, data collection and analysis techniques, project management skill, specialist software training, presentation and publication. It is underpinned by the Concordat to Support the Career Development of Researchers, the QAA Code of Practice for research degree programmes and the 'Roberts' recommendations for postgraduate researchers and research staff, emphasises the value of inter-disciplinarity as a means of enhancing the mobility and employability opportunities for new researchers, and aims to engender the value of networking and collaboration. The University also supports a student led Postgraduate Research Association (PGRA) which organises regular work in progress forums where students are encouraged to present their research and an annual conference hosted at the University.

**Environment template (REF5)****d. Income, infrastructure and facilities**

Research staff within this UoA have been successful in generating £849,559 research income from a range of UK research charities, industry, research councils and the public sector, particularly the NHS. Income generation is generally buoyant and healthy with successful grants having been awarded through rigorous competitive processes e.g. NIHR Research for Patient Benefit programme, Dunhill Medical Trust, Pfizer, as well as, by local and regional health organisations. Extensive support for seeking research funding is available from the University's Research and Enterprise Development Centre, including the sourcing and identification of funding opportunities, bid development support, facilitation of peer review through to project set up and on-going project management support. Research activities are also supported from central funding and departmental budgets. These funds include QR and HEIF funding, allocation of time for departmental study leave, funding for attendance and presentation at conferences, support for experienced staff to mentor less experienced staff etc. All three research centres covered by this UoA have dedicated research space which enables staff to gain mutual support, collaborate and benefit from shared resources. The research centres and the Centre of Applied Psychology have their own research equipment including, digital recording equipment, quantitative and qualitative data entry and analysis software, transcribing facilities, and a psychometric test library.

**e. Collaboration and contribution to the discipline or research base**

The research undertaken within this UoA has contributed to the wider research base through a range of activities including staff being invited as keynote speakers at international conferences, participation in peer review for funding bodies and journals and holding editorial board positions on international journals. For example, O'Connor is an Associate Editor on the European Journal of Oncology Nursing, Dewing is on the Editorial Board of the International Practice Development Journal, and Springett is on the Editorial Board of Journal of Foot and Ankle Research. Research staff have very productive links with partners in the NHS, Social Care, industry and the third sector and this is evidenced through our attendance on NHS Boards and through links with international bodies. For example, Marsh is part of an international group of researchers and clinicians who are seeking to change the ways in which suicide prevention is practiced, including the University of Victoria, Canada (child and youth care) and the University of Illinois, USA (anthropology). Bressington is collaborating with academics from Hong Kong to examine medication management, Burns is part of an International group funded by the International Paralympic Committee, the research of which resulted in the re-inclusion of athletes with intellectual disabilities into the Paralympics for London 2012.

In addition, member of the UoA are frequently asked to contribute to or sit on national and expert panels, review research bids and hold lead positions in professional and/or learned societies. For example, Robinson is an expert evaluator for the Directorate of General Health in the EU and a member of their Research Council. O'Connor is a reviewer for the European Commission FP7 Research and Innovation bids, and Burns is a regular reviewer for research bids from the Nuffield Foundation and the Leverhulme Trust. Many staff also hold honorary positions with other Universities, for example, Manley visiting Prof University of Surrey and Monash University, Dewing visiting Prof University of Wollongong, and University of Ulster.

Overall the research in this UoA has made a major contribution to the discipline in relation to the field of research in Arts and Health internationally through its programme of research on singing wellbeing and health, to the field of mental health nationally and locally. It has added to the disciplines in terms of understanding the service user, involving the service users in research and understanding the perspective of carers of service users. Finally, the research within the UoA has added to disciplinary understanding of the context of professional behaviour and how that influences health outcomes, service delivery and development.