



ANNUAL REPORT

Academic year 2023/24

1. Progress against our strategic priorities

The overarching OxInAHR aims are to:

- Produce world-class health and social care research which will improve service delivery, patient care and population health and wellbeing.
- Develop nursing, midwifery and allied health research capacity and capability.
- Promote and support national and internal research collaborations.
- Deliver the Applied Health Research Doctoral Training Programme(s)
- Support clinical research training and education
- Develop and support research commercialisation
- Foster a diverse and inclusive environment for our research to flourish

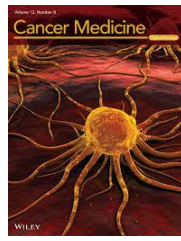
Our Strategic Priorities for 2023/24 were:

- To revise our Applied Health Post-Graduate Research Programmes strategy
 - Led by Dr Shelly Coe and Post-Graduate Research Tutors
 - OxInAHR PGR Applied Research document approved June 2024
- To continue to develop our Research Governance portfolio
 - Led by Mr Boki Savelyich (Research Governance Manager)
 - 21 Research Governance Standard Operating Procedures approved
- To establish an annual OxInAHR Research Conference
 - Led by Professor Benita Oliver
 - OxInAHR Conference scheduled for September 2024
- To develop a strategy for Public and Patient Involvement and Engagement
 - Led by Professor Jo Brett
 - Strategy document approved May 2024 with six goals and timescales

2. Publications in 2023/24 academic year

Over the past academic year, OxInAHR researchers have **published n=87** peer-reviewed publications in a wide range of high quality journals including:

- British Journal of General Practice
- The Lancet Neurology
- Cancer Medicine
- Advances in Nursing Science
- International Journal of Mental Health Nursing
- Neurosurgery
- Preventive Medicine Reports
- Journal of Advanced Nursing
- Lung Cancer
- Gait and Posture
- Journal of Biomechanics
- International Journal of Technology Assessment in Health Care
- British Journal of Nutrition
- Journal of Motor Behaviour
- Clinical Nutrition
- Health Expectations
- Children and Youth Services Review
- Psycho-Oncology
- Disability and Rehabilitation
- Frontiers in Physiology
- Journal of Clinical Nursing
- Journal of Midwifery and Women's Health
- International Journal of Nursing Studies Advances
- Journal of Psychosocial Oncology
- European Journal of Cancer Care
- The Breast
- Journal of Human Nutrition and Dietetics
- Supportive Care in Cancer



3. Grant activity 2023/2024:

Grant applications submitted: n= 65

Grants awards: n= **17**, totalling **£1,189,371**

Grants still y=under consideration **n = 15** (at time of report publication)

Some grant award highlights:

- **Innovate UK:** KTP with the Institute for Food, Brain and Behaviour (Prof Jonathan Tammam)
- **Thames Valley Police:** Enhance academic process and ensure evidence-based outcomes in Violence Reduction Unit activity (Dr Sarah Bekaert)
- **Medical Research Council:** Development of the Storytelling Promoting Alcohol Choice, Empowerment, and Sharing (SPACES) intervention for alcohol reduction in mid-life women (Dr Emma Davies)

- **Alzheimer’s Research UK:** Thames Valley Network Centre 2022 (with University of Oxford) (Patrick Esser)
- **Economic and Social Research Council:** Banking on health; a co-created nutrition initiative (Dr Shelly Coe)
- **Innovate UK:** Formulation and validation of Reducose as a functional food ingredient to reduce risk of diabetes (Dr Sangeeta Thondre)
- **ACE SMA:** A Monocentric, Prospective and Longitudinal study investigating the feasibility, acceptability, safety and efficacy of an optimized rehabilitation program for treated patients with SMA compared to the current rehabilitation program in United Kingdom (with the University of Oxford) (Dr Johnny Collett)
- **MS Australia:** Exploring the productive relationships between diet [pattern and diet index scores. (Dr Shelly Coe)



4. National Institute of Health Research activities

a. INSIGHT Masters in Health Research

The South Central INSIGHT Programme (SCIP) funding from National Institute for Health Research (NIHR) is confirmed. The programme is led by University of Southampton and Oxford Brookes University alongside University of Portsmouth, University of Winchester and Southampton Solent University.

The aim of NIHR SCIP is to excite, inspire, and activate a diverse range of soon-to-qualify or newly qualified health and social care professionals to include research within their career. Students from registered healthcare, social work and public health professions at an early stage in their career are eligible to apply. This includes undergraduate or postgraduate students/early career professionals working towards registration and early career professionals on the following regulatory bodies (not including doctors or dentists).

The South Central INSIGHT Programme is now accepting applications from individuals wishing to commence their MRes (Science and Health) studies in the 2024/25 academic year.

The Oxford Brookes lead for INSIGHT is Professor Lorraine Dixon

b. South Central Research Support Services

Four OxInAHR senior researchers are contracted as expert advisors for the NIHR Research Support Services (RSS). This RSS Hub is delivered by University of Southampton with partners (University of Oxford, University of Portsmouth and Oxford Brookes University).

Our expert RSS advisors are: Prof Jo Brett, Prof Eila Watson, Dr Olga Kozłowska and Dr Johnny Collett

c. NIHR Senior Leadership Awards

OxInAHR members Prof Lorraine Dixon and Dr Clair Merriman have recently been awarded NIHR Senior Research Leaders awards for nurses and midwives.

The Senior Research Leader (SRL) Programme offers nurses and midwives the opportunity to shape and embed a research culture within their organisation and beyond. They aim to use their knowledge and personal experiences to motivate and enable others to get involved in research projects that help improve patient care.

5. Building Research Capacity and Capability

a. Senior research promotions

There have been two OxInAHR senior research promotions in this academic year.

- **Professor Jo Brett** (Applied Health Research)
- **Professor Jonathan Tammam** (Nutrition and Dietetics)

b. OxInAHR Research Fellows

Our three OxInAHR Post-Doctoral Research Fellows have completed the first year of their five-year tenure.

- Dr Lauren Matheson: Supportive Cancer Care research portfolio
- Dr Georgia Cook: Children and Families research portfolio
- Dr Richard Baskerville: Movement, Exercise and Rehabilitation research portfolio

Key outcomes for year 1:

| | |
|--------------------------|--|
| Grants submitted | N = 14 |
| Grants awarded | N = 4 |
| Papers in submission | N = 12 |
| Papers published | N = 6 |
| Conference presentations | N = 9 |
| Teaching/supervision | 12 x Doctoral/Masters teaching 8 x PG Research student supervision 4 x Post-Doc RA supervision |

c. OxInAHR/ OUHT Research Capacity and Capability Grant

The OxInAHR/OUHT grant was awarded to develop research capability and capacity, and provide research education and training across the two organisations.

Since inception (2022) the support for HCP research and innovation activity has developed exponentially moving from a poor baseline to one of growth and an estimated income into the Trust of approximately £900k in 3 years on capacity building alone. This is the second year of the grant and highlights/achievements include:

- Six (6) OUHT staff enrolled in Research Degrees at OBU in 2023/24
- Twenty-eight (n= 28) Research Training and Development Bursaries awarded in this academic year
- MRC Complex Interventions Course (with Cardiff University) (n=27 attendees)
- Service Evaluation/QI projects being undertaken in the OUHT divisions n=143
- OUHT Chief Investigator/Co-app grants awarded n =12
- External bursaries, fellowships and internships awarded n = 29

d. 2024 PhD Internal Scholarship awards

PhD Scholarship: Identifying and developing an intervention to support physical activity predicated on an in-depth analysis of the OxWell student survey (Director of Studies: Johnny Collett)

PhD Scholarship: Technology in diabetes self-care: use and contextual engagement with flash and continuous glucose monitoring (Director of Studies: Marion Waite)

PhD Scholarship: The ACUTE study. Optimising support for Acute onCology patients: a mixed methods study with health care professionals and patients (Director of Studies: Lucy McGeagh)

e. HEE Research Internships

The two HEE-funded OxInAHR NMAHP Internships to commence in September 2024 are:

- Clare Forno – School Nurse from Oxford Health NHS Foundation Trust
- Jessica Watts- Physiotherapist from Frimley NHS Foundation Trust

[6. OxInAHR joins WHO HEPA Europe network](#)

OxInAHR has been accepted to join the World Health Organization's (WHO) HEPA Europe (European network for the promotion of health-enhancing physical activity) network. Joining the network allows OxInAHR to contribute to advancing health-enhancing physical activity research, policy and practice for better health and well-

being across the WHO European Region. Being accepted to the network is a clear demonstration of high quality and internationally recognised research outputs for which we must congratulate all within OxInAHR! Click [here](#) to subscribe to the HEPA newsletter.

[7. UoA3/ Applied Health PGR Training Programmes](#)

| Post Graduate Award | Current numbers |
|--|------------------------|
| PhD students (transferred from MPhil) | 66 |
| MPhil students (yet to transfer to PhD) | 33 |
| Professional Doctorate (doctoral stage) | 19 |
| Professional Doctorate (predoctoral stage) | 8 |
| TOTAL on doctoral pathway | 126 |
| | |
| MPhil (only) | 1 |
| Masters by Research | 7 |
| TOTAL PG Research students | 134 |

- **Applied Health PhD Completions 2023/24**

| Title | Name | DoS |
|---|----------------------|-------------------|
| The development and evaluation of virtual reality-based training on performance and rehabilitation outcomes. NB MPhil | Ali Najafi | Dr Anne Delextrat |
| The MenFAS, Understanding Mental Fatigue after Stroke | Avril Dillon | Dr Johnny Collett |
| The experiences of mental health nurses who have been assaulted by patients in medium secure mental health settings. | Helen Ayres | Dr Olga Kozłowska |
| Robots in Nursing: Feared Rhetoric or Future Reality? How might robots contribute to hospital nursing in the future? A qualitative study of the perspectives of roboticists and nurses. | Elaine Strachan Hall | Dr Helen Aveyard |
| Evaluating the musculoskeletal health state of intensive care unit survivors | Owen Gustafson | Dr Mark Williams |
| Bearing witness to distress as breathlessness: a hermeneutic phenomenological study | Lucy Speakman | Dr Sue Schutz |
| The roles of anxiety, self-concept, self-efficacy, resilience and motor control in the perceptions and actions of adults with and without Developmental Coordination Disorder | Sophie Harris | Dr Kate Wilmut |
| A mixed method investigation into the relationship between physical activity, nutritional status, dietary intake, | Najmeh Zare | Dr Shelly Coe |

| Title | Name | DoS |
|---|-------------------|------------------|
| symptoms, and health-related quality of life in children and young people with juvenile idiopathic arthritis. | | |
| Quality of life, symptoms and experiences of patients with an elevated body mass index undergoing catheter ablation for atrial fibrillation. | Angela Griffiths | Prof Eila Watson |
| Left Ventricular Diastolic Function in Adolescents with Overweight and Obesity: The Moderating Influence of Physical Activity, Cardiorespiratory Fitness, and Metabolic Health | Samuel Burden | Dr Patrick Esser |
| How do parents experience using sleep-related routines to benefit their toddlers' sleep? | Fiona Tierney | Dr Kate Wilmut |
| How do organisational and social contexts influence mealtimes on wards caring for the older person aged 65 years and above? | Maxmiller Buyanga | Dr Helen Aveyard |
| Perspectives and explanations of successful executive nurse leadership in English NHS Trust Boards. | Sally Bassett | Dr Ian Scott |
| Entering and adjusting to a different and uncertain world: experiences and support needs of adult family members, partners and friends in England who care for an adult at risk of suicide. | Karen Lascelles | Dr Helen Aveyard |
| Nurses' experience of professional enjoyment of nursing: a qualitative descriptive study. | Samantha Donohue | Dr Sue Schutz |

- **Applied Health MSc by Research Completions 2023/24**

| Title | Name | DoS |
|---|------------------|-------------------|
| How The Expectations of Masculinity Affect Young Men In Sport And Physical Activity. | Evie Kite | Dr Stuart Whigham |
| Exploring the relationship between an instrumented walking test and community physical activity in individuals with Congenital Myasthenic Syndrome. | Hayley Ramjattan | Dr Patrick Esser |
| Investigating media narratives of bisexual people in sport settings. | Jess Mortimore | Dr John Jakeman |

- **New Applied Health PhD scholarships awarded to the last academic year (to start September 2024)**

| Title | DoS |
|---|--------------------------|
| Self Conscious Emotion in Depression | Dr Sanjay Kumar |
| Early Language Development in Bilingual Infants | Dr Nayeli Gonzalez-Gomez |
| Identifying and developing an intervention to support physical activity predicated on an in-depth analysis of the OxWell student survey | Dr Johnny Collett |
| Technology in diabetes self-care: use and contextual engagement with flash and continuous glucose monitoring | Dr Marion Waite |

- **Doctorate in Nursing final stage projects (n= 14)**

| Title | DoS |
|---|-------------------|
| Nurses' experience of decision making about the use of constant observations in the management of self-harm and suicide in forensic mental health settings | Dr Olga Kozłowska |
| To explore the self-management (SM) practices used by people with haematological malignancies and consider how services might best support these. | Prof Eila Watson |
| Nurses' experiences of delivering and planning care for patients with dementia-related behaviours: an observational and interview study | Dr Olga Kozłowska |
| An investigation into the factors which influence the reporting of assaults on mental health nurses and care assistants by in patients and the response of the police | Dr Helen Aveyard |
| Optimising follow up for patients treated for colorectal cancer from seldom heard groups | Dr Obrey Alexis |
| A focused ethnography to explore the way in which the interaction between the person with long-term conditions in the home setting and the community nurse contributes to patient engagement in decision making | Dr Helen Aveyard |
| "To what extent is wound care perceived to be a fundamental of nursing care?" A sequential exploratory mixed methods collective case study | Dr Helen Aveyard |
| What are the communication challenges registered nurses (RNs) experience when assisting in Robotics-Assisted Surgery (RAS)? An Exploratory Qualitative Study Using Critical Incident Technique | Dr Helen Aveyard |
| What enables senior nurse leaders to develop a culture of evidence-based practice (EBP) | Dr Helen Aveyard |
| How do adults living with progressive fibrotic lung disease and interstitial lung disease nurses experience the phenomenon of remote specialist nurse review? | Dr Louise Stayt |
| Specialist nurses' interventions for people who have heart failure preserved ejection fraction | Dr Sue Schutz |
| Examining the discourse of nursing leadership: A critical discourse analysis approach | Dr Olga Kozłowska |

| Title | DoS |
|--|-------------------|
| The Research Activities of Advanced Practitioners in General Practice: A Cultural-Historical Perspective | Dr Olga Kozłowska |
| Registered Nurses' clinical decision-making via remote reviews | Dr Louise Stayt |

- **Doctorate in Midwifery final stage projects (n= 3)**

| Title | DoS |
|--|------------------|
| An exploration into birthing pool use for labour and/or birth for women having a vaginal birth after caesarean section (VBAC). | Dr Helen Aveyard |
| Exploring midwives' experiences of incivility using Hermeneutic Phenomenology | Dr Helen Aveyard |
| The assessment of postnatal perineal wounds: perspectives of midwives and women | Dr Sue Schutz |