

Research and Development

e-Bulletin

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Northumberland,
Tyne and Wear
NHS Foundation Trust

Save the Date!

**Please note the date of the
Annual Research and
Development Conference
has now changed to**

16th October 2019

Virtual reality therapy has lasting effect in treatment for autism phobias

An immersive virtual reality treatment provided by Northumberland, Tyne and Wear NHS Foundation Trust (NTW) has been shown to help children with autism, with nearly 45% remaining free from their fears and phobias six months after treatment.

A separate study has also shown for the first time that the treatment works for some autistic adults.

The Blue Room is provided as part of NTW's specialist autism spectrum disorder services, and was developed by specialists at Newcastle University working alongside innovative technology firm Third Eye NeuroTech.

The treatment involves creating a personalised 360 degree environment involving the fear which may debilitate the person with autism in real life.

Within this virtual environment, which requires no goggles, the child can comfortably investigate and navigate through various scenarios working with a therapist using iPad controls but remain in full control of the situation.

Autism can affect a child's learning and development, often resulting in impaired social and communication skills and many also have fears or phobias which can be very distressing but are often overlooked. It is thought these phobias affect around 25% of children with autism. In the trial phobias included travelling on public transport, school classrooms, dogs and balloons.

The research papers, funded by the National Institute for Health Research (NIHR), were published in the Journal of Autism and Developmental Disorders and in Autism in Adulthood.

For the first time, the Blue Room treatment was also offered to autistic adults. In a separate publication in Autism in Adulthood by the same team, the virtual reality treatment was shown to work in five out of eight autistic adults.

Specific phobias which were addressed in the Blue Room treatment included: dogs, wasps/bees, lifts, fear of the dark, flying, dolls, balloons, public transport, school, and walking into rooms.

The Newcastle University team are continuing further research into the effectiveness and lasting effect of the Blue Room.

The Blue Room is available to UK families through NTW's [Complex Neurodevelopmental Disorders Service](#). You can also [click here](#) to download an information brochure about The Blue Room.

More information on the new research into the effectiveness of The Blue Room is available [here](#).

The full article can be found [here](#).

Implementing a UK local Information Pack

A UK Local Information Pack is being introduced in the summer of 2019.

Researchers working with NHS/HSC organisations across England, Northern Ireland, Scotland and Wales will benefit from a consistent package to support study set-up and delivery across the UK. A specific implementation date will be announced in March along with further guidance.

The current Statement of Activities used in England and Wales and the Site Specific Information form, used in Northern Ireland and Scotland, will be replaced by an Organisation Information Document.

Regular communications and updates will be available on the four nations NHS/HSC compatibility [website](#).

New system for excess treatment costs – NIHR Video

NIHR have created a new video which may be helpful to explain the new NHS Excess Treatment Costs process that came in on the 1st October 2018. CRN's will be the main mechanism for managing and distributing such costs to research sites. To view the video, please click [here](#).

Research Funding Alerts

[18/184 Public Health Research Programme: Researcher-led](#)

Closing date: 12 March 2019

The Public Health Research Programme are accepting stage 1 applications to their researcher-led workstream.

[18/138 Suicide prevention in high risk groups](#)

Closing date: 19 March 2019

The Public Health Research Programme are accepting stage 1 applications to their commissioned workstream for this topic.

[Research for Patient Benefit Programme- Competition 38](#)

Closing date: 20 March 2019

Applications are invited for Competition 38 of the Research for Patient Benefit programme. The deadline for applications is 20 March 2019.

[18/185 Antipsychotics for anorexia nervosa](#)

Closing date: 03 April 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their commissioned workstream for this primary research topic:

[18/189 Combination treatment for dementia with Lewy Bodies and Parkinson's disease dementia](#)

Closing date: 03 April 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their commissioned workstream for this primary research topic:

[18/191 Care planning intervention for people with dementia who do not have regular contact with an informal carer](#)

Closing date: 03 April 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their commissioned workstream for this primary research topic:

[18/194 Vagus nerve stimulation for highly treatment-resistant depression](#)

Closing date: 03 April 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their commissioned workstream for this primary research topic:

[18/195 Extended treatment in early intervention in psychosis services](#)

Closing date: 03 April 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their commissioned workstream for this primary research topic:

[19/05 - Health Services & Delivery Research Programme \(researcher-led evidence synthesis\)](#)

Closing date: 25 April 2019

The Health Services and Delivery Research (HS&DR) Programme is accepting stage 2 evidence synthesis applications to their researcher-led workstream.

[19/06 - Health Services & Delivery Research Programme \(standard researcher-led\)](#)

Closing date: 25 April 2019

The Health Services and Delivery Research (HS&DR) Programme are accepting stage 1 applications to their researcher-led workstream.

[19/14 Community health and care services to support people with learning disabilities and behaviour that challenges, and their families and carers](#)

Closing date: 09 May 2019

The Health Services and Delivery Research (HS&DR) Programme are accepting stage 1 applications to their commissioned workstream.

[19/13 Support interventions for carers](#)

Closing date: 09 May 2019

The Health Services and Delivery Research (HS&DR) Programme are accepting stage 1 applications to their commissioned workstream.

[19/10 Health Technology Assessment Programme - researcher-led \(evidence synthesis\)](#)

Closing date: 15 May 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their researcher-led workstream.

[19/11 Health Technology Assessment Programme - researcher-led \(primary research\)](#)

Closing date: 15 May 2019

The Health Technology Assessment Programme is accepting stage 1 applications to their researcher-led workstream.

[19/01 Improving health and wellbeing for people who are at risk of or exposed to Adverse Childhood Experiences \(ACEs\)](#)

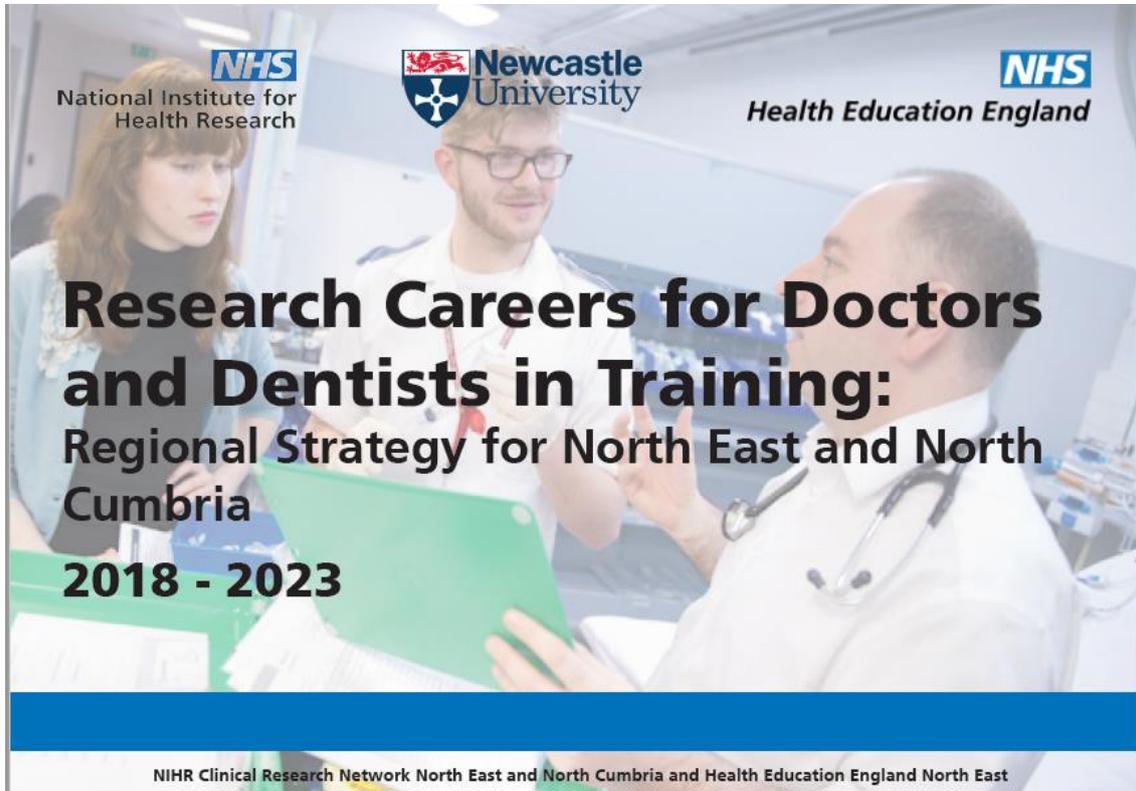
Closing date: 30 July 2019

The Public Health Research Programme are accepting stage 1 applications to their commissioned workstream for this topic.

[19/02 Interventions that reduce harmful substance use with a focus on novel psychoactive substances](#)

Closing date: 30 July 2019

The Public Health Research Programme are accepting stage 1 applications to their commissioned workstream for this topic.



In partnership with Newcastle University and Health Education England, the NIHR Clinical Research Network North East and North Cumbria have today launched a five year strategy for Research Careers for Doctors and Dentists in Training, which is active until 2023.

The strategy is designed to help educate both doctors and dentists in training about the research training opportunities available in the region.

Shaped by contributions from key stakeholders, the strategy is also intended to serve as a resource for trainers and mentors, in order to help advise doctors and dentists in training.

If you would like further information please contact nenclearning@nihr.ac.uk

A copy of the strategy can be accessed [here](#).

Research Design Service



RDS Blog: From the RDS Desk

Considering ethics at research design stage is vital to strengthen your funding application! Read our case study which illuminates that even seemingly low risk studies can raise considerable concerns.

Click [here](#) to read the latest blog, 'The Monday Morning Moral Maze'

[Find out more about how RDS North East & North Cumbria can help you](#)

Want to keep up to date with the latest RDS NENC news? [Sign up to our newsletter here](#)

News from NTW Research Delivery Team

Managing Repetiitive Behaviours (MRB)

The first Managing Repetitive Behaviours (MRB) parent group has now started.

We are looking for children aged between 3years and 7years 11months with a diagnosis of Autism Spectrum Disorder (ASD) for the next groups. Children can also have a learning difficulty as well as ASD (information for parents and health professionals attached).

Parents will be randomised to receive either the Understanding Autism parent group (run by National Autistic Society) or our MRB parent group- either way parents will get an 8 week ASD intervention – which is likely to be more than is available within current pathways. If you can think of any families that are on your caseloads and would be interested please could you discuss the study with them and ask them to complete an expression of interest form.

For further information or queries about this study please contact:

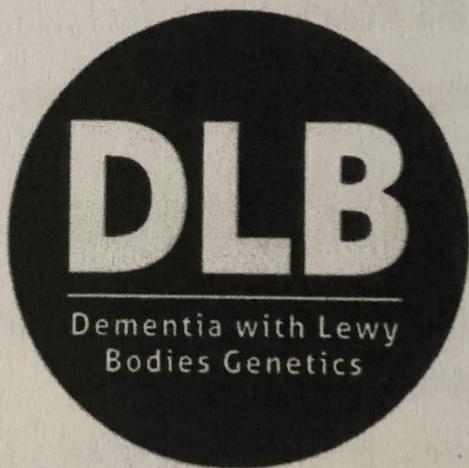
Magdalena Glod (Research Associate): magdalena.glod@newcastle.ac.uk

Susan Wilson (Clinical Research Nurse): susan.wilson1@ntw.nhs.uk

EMHeP: Efficiency, cost and quality of mental healthcare provision

The Efficiency, Quality and Outcomes of Mental Healthcare online survey developed by The University of Sheffield is now closed to recruitment. It exceeded the target of 300 and a total of 41 service users and 45 healthcare professionals completed the survey from NTW which is excellent!

Thank you to everyone that made a contribution to the survey.



DLB Genetics Study:

The trust recently opened a new study exploring the genes involved in Dementia with Lewy Bodies (DLB). The study aims to learn more about why people develop DLB, and hopes this translates into new treatments and better methods of diagnosis in the future. The study involves a one off home visit to take blood samples and interview the patient and a relative/friend. We are pleased to announce our first patient has been recruited and we have 4 more participant booked in over the coming weeks. Please refer any potentially suitable DLB patients to: Vicki Hetherington; 01912081351;

Victoria.hetherington@ntw.nhs.uk



Current practice relating to Assistive Technology in Memory Services.

Chief Investigator – Dr Lisa Newton – Alzheimer's Society Clinician Training Fellow.

Funder – Alzheimer's Society

NTW Clinical Research Network staff (DeNDRoN) are currently helping coordinate a national survey to determine current practice of professionals working in Memory services in England in the provision of information on and access to Assistive Technology for families living with dementia.

Assistive Technology (AT) is any aid or device which helps someone become more independent. The term AT encompasses a wide spectrum of aids and devices. Examples of AT used in dementia include clocks to help orientation, automated pill dispensers and the more controversial Global Positioning System tracking devices. GPs are often the first port of call for families living with dementia, but a previous study found they were unclear where to get information on AT and who was responsible for providing AT. Some GPs suggested the Memory service for such advice but they were unsure whether Memory service clinics provided information on AT or supported people to access AT.

36 Trusts across the country are taking part in this online survey, with over 300 staff having responded to date. The close date for survey completion is the 31/5/19.

It is hoped this project will help design information and referral pathways for AT which will help people with dementia get timely information on AT and support to access AT if they wish to use it.

For further information please contact Dr Lisa Newton, email lisa.newton@newcastle.ac.uk; Dr Barbara Wilson, Clinical trials Officer, DeNDRoN: barbara.wilson@ntw.nhs.uk

LQD

The Lithium versus Quetiapine in Depression (LQD) study is a multicenter randomised clinical trial, trying to find out which of two medications (lithium or quetiapine) added to an antidepressant is best in helping people with treatment resistant depression. The aim is to address the gap in the research literature on which of these medications is most effective over the course of a year.

We will assess patients over 12 months to establish which (if any) treatment is more likely to improve TRD over a long duration of time. Clinicians do not need to alter their standard practice if a patient is taking part in the trial, aside from considering prescribing as per randomisation.

We are currently over a year into the study and have reached a third of our recruitment target with more than 100 participants taking part in the study.

STUDY ELIGIBILITY

Inclusion criteria:

- Currently depressed and taking an antidepressant
- Aged 18+ years
- Patient has not responded to 2+ antidepressants in the current episode

Exclusion criteria:

- Bipolar disorder
- Current psychosis (other comorbid conditions are ok)
- Adequate (>4 weeks) use of lithium or quetiapine in the current episode
- Contraindication to lithium / quetiapine e.g. untreated hypothyroidism, severe cardiac disease or severe renal impairment

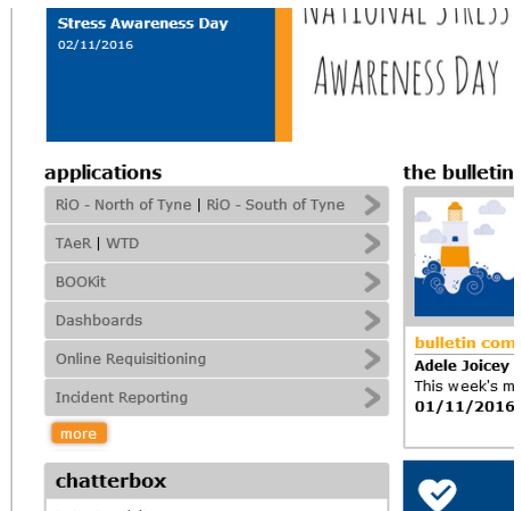
Please contact the study team if you are interested or know someone who is suitable for the study via email Kimberley.nortey@ntw.nhs.uk or susan.wilson1@ntw.nhs.uk Telephone: 01912082108 or 0191 2081356

NIHR Research Currently in Recruitment

Opportunities for our service users to become involved in research is now available for quick access:

Under “Applications” click the “more” button and then “Research” – this takes you straight to the list of NIHR Portfolio research open in NTW.

[Research looking for participants](#)



Library and Knowledge Services

News from the Library and Knowledge Services

Want an easy way to **make your research more visible** to NTW staff?

K'nect has been upgraded and is now live on the intranet allowing you to create your own profile and **add your publications** for other NTW staff to view. Profiles are searchable enabling greater visibility of your work to colleagues.

You can also add **skills and interests** to your profile making collaborating with colleagues easier.

Add your profile today and start connecting: <https://weblive.ntw.nhs.uk/knect/>



@NTWlibrary

Please follow the link below to view the latest NTW staff publications:

<https://www.ntw.nhs.uk/about/research/#new-ntw-staff-publications>

Research and Development Contacts

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